

Worksheet 2-3: Dietary Reference Intakes and Food Composition Tables

The **Dietary Reference Intakes** are a collection of 4 nutrient values used for different purposes. List below the definitions for the abbreviations. When or why would these values be used?

1. RDA –

2. AI –

3. EAR –

4. UL –

Find the DRI tables in your textbook.

5. How much calcium would a 15-year-old girl need each day? _____
6. How much calcium would a 35-year-old man need? _____
7. How much calcium would a 60-year-old man need? _____
8. Why do you think these individuals require different amounts of calcium? Think about the body and bone health throughout the lifecycle.

The Dietary Reference Intakes also provide a percentage of carbohydrate, protein, and fat necessary for a balanced diet. These are called the AMDR or Acceptable Macronutrient Distribution Ranges. Fill in the numbers for the ranges.

9. Carbohydrate _____

10. Fat _____

11. Protein _____

Food Composition Tables: Appendix A of the textbook has a food composition table. This will provide detailed information about the nutrient content of foods and beverages. In the next section, you will look up the values for three food items. At the top of each right-hand page in Appendix A there is a key to locate the various types of foods. Within each section, the foods are listed in alphabetical order. The caloric value is listed as Ener (cal). This process could be very tedious and time consuming! Today, we have computer programs that will perform these calculations of an individual's food intake.

12. Case Study: Molly ate the following meal. Total the amount of calories, iron, and vitamin A in her meal. *Hint: Use the food composition table at the end of your textbook.*

	Calories	Iron (mg)	Vitamin A (RAE µg)
1 cup 2% milk			
3 oz. ground beef extra lean, broiled well (plain hamburger without bun)			
8 raw baby carrots			
Totals			

13. Molly is a 22-year-old female. How much iron and vitamin A are recommended for her? Look in the DRI tables.

14. Molly takes a thiamin supplement that provides 3 mg of thiamin per day. She also takes a vitamin C supplement that contains 5 grams of vitamin C per day. What do you think about this?

(Hint #1: Look up the UL values for these nutrients. Some nutrients do not have a UL value. It may be that sufficient research has not been completed to set a UL value. So then compare the supplement to the value listed in the main DRI table.)

(Hint #2: Be careful with the measuring units for vitamin C. She is taking 5 GRAMS. The UL for vitamin C is listed in milligrams.)