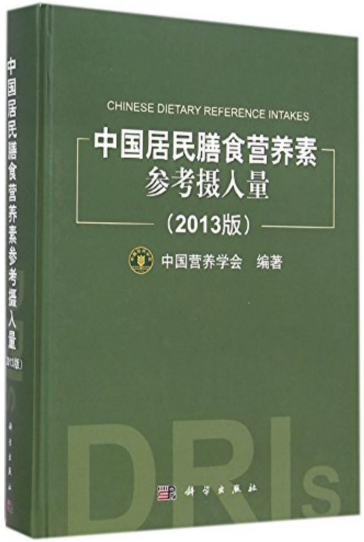
Chinese Dietary Reference Intakes (DRIs)

Chinese Nutrient Recommendations

Dietary Reference Intakes 2013



Objectives

- **Define** and **describe** the Chinese Dietary Reference Intakes (DRIs) (2013) which
  - promote optimal physiological function & prevent nutrient deficiencies
  - deal with chronic disease prevention
- **Compare** Chinese DRIs (2013) with the NHMRC Nutrient Reference Values (NRVs) for Australia and New Zealand (2006)

Dietary Reference Intakes for Chinese (2013)

Purpose of DRIs:

- Define the amount of nutrients that need to be consumed to best support health:
  - promote optimal physiological function & prevent nutrient deficiencies
  - decrease risk of non-communicable disease (diet-related chronic diseases)
- Apply to healthy people
- Dietary guidelines translate DRIs into dietary and lifestyle patterns
- These values are used for planning and assessing diets

Past Editions

- Minimal nutritional requirements 1938
- Recommended Dietary Intakes Table 1952
- Chinese Recommended Dietary Allowances:
  - 1956, 1962, 1981, 1990
- Chinese Dietary Reference Intakes (DRIs) 2000

http://en.cnsoc.org/yqui/pdf/web/viewer.html?file=http%3a%2f%2fen.cnsoc.org%2fpdfLl%2f921901205.html

Dietary Reference Intakes for Chinese (2013)

- Nutrient and non-nutrient recommendations for the Chinese population
- Based on the best available evidence at the time, and evolve as new evidence becomes available.
- Total of 44 nutrients
- 8 reference values including a reference value for non-nutrient components:
  - EER, EAR, RNI, AI, UL, AMDRs, PI-NCDs, SPLs

Chinese Dietary Reference Intakes

These DRIs deal with promoting optimal physiological function & preventing nutrient deficiencies.

Acronym	Full term	Definition
EER	Estimated Energy Requirement	Estimated total energy intake for healthy, normal weight individuals in a particular group to maintain energy balance.
EAR	Estimated Average Requirement	Nutrient level estimated to meet the requirements of half the healthy individuals in a particular life stage and gender group. EAR is used to calculate RNI
RNI	Recommended Nutrient Intake	Average daily intake level sufficient to meet the nutritional requirements of nearly all healthy individuals (97.98%) in a life stage/gender group.
AI	Adequate Intake	Set when there is insufficient scientific evidence to calculate an EAR. AI is a nutrient level sufficient to maintain a satisfactory nutritional status of a particular life stage and gender group. It is based on observation or experimental studies on a group or groups of healthy people.
UL	Tolerable Upper Intake Level	This is the highest daily intake level of nutrient that is unlikely to pose risk of adverse health effects in almost all individuals in a general population

Australia & New Zealand Nutrient Reference Values (NRVs)

These NRVs deal with promoting optimal physiological function & preventing nutrient deficiencies.

Acronym	Full term	Definition
EER	Estimated Energy Requirement	Estimated total energy intake for healthy, normal weight individuals in a particular group to maintain energy balance.
EAR	Estimated Average Requirement	Daily nutrient level estimated to meet the requirements of half the healthy individuals in a particular life stage and gender group. EAR is used to calculate RDI.
RDI	Recommended Dietary Intake	Average daily intake level sufficient to meet the nutritional requirements of nearly all healthy individuals (97.98%) in a life stage/gender group.
AI	Adequate Intake	Set when there is insufficient scientific evidence to calculate an EAR. AI is a nutrient level sufficient to maintain a satisfactory nutritional status of a particular life stage and gender group. It is based on observation or experimental studies on a group or groups of healthy people.
UL	Upper Intake Level	Highest average daily nutrient intake level likely to pose no adverse health effects to almost all individuals. As intake increases above the UL, the potential risk of adverse effects increases.

Chinese Dietary Reference Intakes

These DRIs deal with decreasing risk of diet-related chronic disease.

Acronym	Full Term	Definition
AMDRs	Acceptable Macronutrient Distribution Ranges	A range of intakes for fat, protein and carbohydrate associated with reduced risk of chronic diseases while maintaining adequate nutrient intake. Expressed as a percentage contribution to energy intake.
PI-NCDs	Proposed Intakes for Preventing Non-Communicable Disease	A proposed daily nutrient intake value for the prevention of NCDs in individuals.
SPLs	Specific Proposed Levels	A proposed intake level for non-nutrient components in foods which may reduce the risk of NCDs.

Australia & New Zealand Nutrient Reference Values

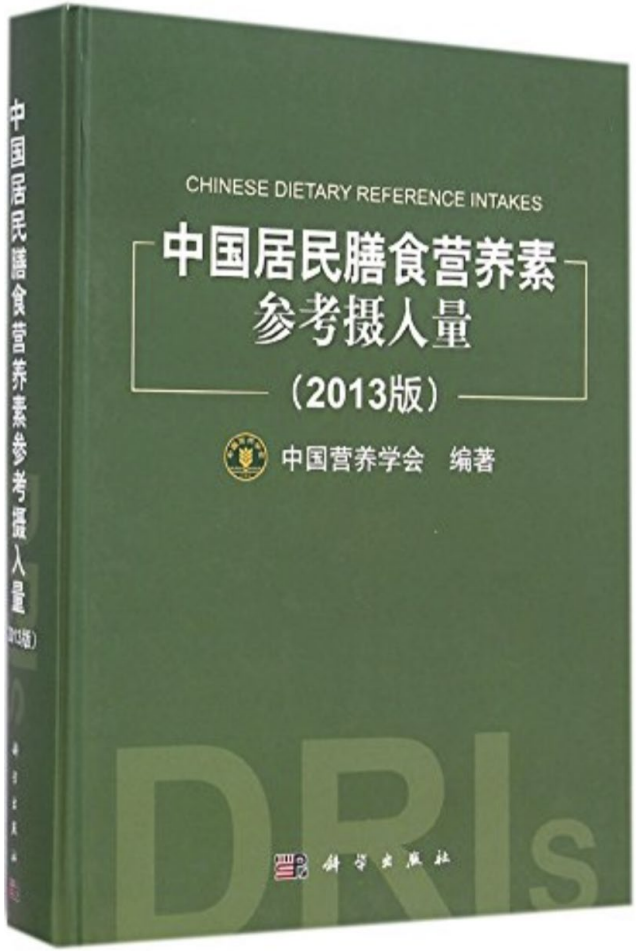
These NRVs deal with decreasing risk of diet-related chronic disease.

Acronym	Full Term	Definition
AMDRs	Acceptable Macronutrient Distribution Ranges	An estimate of the range of intake for each macronutrient for individuals which would allow for an adequate intake of all the other micronutrients, whilst optimising general health outcomes. Expressed as a percentage contribution to energy intake.
SDTs	Suggested Dietary Targets	A daily average intake from food and beverages for certain nutrients that may help in prevention of chronic disease.

References & Further Reading

Chinese Dietary Reference Intake Values (2013)

http://en.cnsoc.org/yqui/pdf/web/viewer.html?file=http%3a%2f%2fen.cnsoc.org%2fpdfLl%2f921901205.html



NHMRC Nutrient Reference Values for Australia & New Zealand

http://www.nrv.gov.au