

Recommended Dietary Allowance (RDA) for Meal Planning

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Description

Health-care professionals and policy makers uses DRIs (Dietary Reference Intakes) in order to determine nutritional recommendations in people who needs to reach their Nutritional goals. The Recommended Dietary Allowance (RDA), Adequate Intake (AI), Tolerable Upper Intake Level (TUIL), and Estimated Average Requirement (EAR) are the set of reference values which are included in Dietary Reference Intakes.

Essential nutrients intake levels on the basis of scientific knowledge which are judged by Food and Nutrition Board should be adequate to meet the Nutrient needs to Healthy people and such Essential nutrients are known as Recommended Dietary Allowances (RDAs).

Protein RDA values

The current recommended dietary allowance (RDA) for protein is 0.8 grams per kilogram (g/kg) of body weight a day for adults over 18, or about 2.3 ounces for a 180-pound adult.

Vitamin RDA values

Below mentioned are the values of RDA of vitamins (Table 1).

vitamins	RDA values
Vitamin A	150 µg/d
Vitamin B1	3 µg/d
Vitamin B2	3 µg/d
Vitamin B3	17 µg/d
Vitamin B5	8 µg/d
Vitamin B6	3 µg/d
Vitamin B7	32 µg/d
Vitamin B9	400 µg/d
Vitamin B12	3 µg/d
Vitamin C	50 µg/d
Vitamin D3	20 µg/d
Vitamin E	14 µg/d
Vitamin K2	120 µg/d

Table 1. RDA values of Vitamins.

RDA of healthy people

Recommended Dietary Allowances (RDAs) differs and will not be same in all the persons and is determined based on different age groups and gender (children, men, women, etc.).

RDA is calculated from the Estimated Average Requirement (EAR). RDA (Recommended Daily Allowance) = EAR(Estimated Average Requirement) + 2 SD(standard deviation). Estimated Average Requirement is a Nutrient intake value which is estimated to meet the requirement needs in half of healthy individuals in a group. Based on scientific literature Estimated Average Requirement (EAR) satisfies the needs of only 50% people where as Recommended Dietary Allowances (RDAs) satisfies the needs of all healthy people i.e., 97%-98%.

Recommended Dietary Allowances (RDA (µg day⁻¹))

- For infants in the age group between 0–6 months RDA should be 65 and for the age group between 6–12 months RDA should be 80 and for the age group between 1–3 years RDA should be 150.
- For children in the age group between 4–6 years RDA should be 200 and for the age group between 7-14 years RDA should be 300.
- For the adults at the age group 15 and above RDA should be 400.
- For pregnant lady RDA should be 600.
- For lactating women RDA should be 500.

Applications of Recommended Dietary Allowances (RDA)

Below mentioned are the some of the applications of RDA

- Food assistance programs standards establishment.
- Evaluating the food supply adequacy in meeting national nutritional needs.
- Nutrition education programs designing.
- Development of new product in industries.
- Guidelines for nutrition labeling of foods are established.

The diets rich in fibre such as cereals, nuts, fruits and vegetables have a positive effect on health since their consumption has been related to decreased incidence of several diseases. Dietary fibre can be used in various functional foods like bakery, drinks, beverages and meat products.