

# What Should DRIs Mean to You?

**D**ietary reference intakes (DRI) are a set of values for vitamins, minerals, and other nutrients important to human health. DRIs provide guidance about the appropriate amount of each nutrient that should be consumed based on American diets. Some of these nutrients include vitamins A, C, D, E, K, B-6, B-12, thiamin, riboflavin, niacin, folate and minerals calcium, iron, potassium, magnesium, and sodium.



There are different DRI values based on your age and gender. The DRI is used by health professionals to plan the composition of diets for schools, prisons, hospitals, nursing homes, and other public meal programs like senior meals. Certain population groups, such as those with kidney failure, have dietary needs that may be satisfied only with very carefully controlled diets.

The first set of dietary standards were developed during World War II and refined in 1941 to be used as nutrition recommendations to prevent symptoms of nutrient deficiency diseases. For example, the standard for vitamin A was set at a level that would prevent symptoms of night blindness.

The standards are reviewed every five years and the values are adjusted to reflect the most recent scientific research available for each nutrient.

Today, the nutrient levels are set to prevent diet-related disease such as cardiovascular disease, certain cancers, and osteoporosis. The last set of standards were released in 2005.



## Dining Centers & Days of Service Call for Lunch Reservations

### LINN COUNTY

#### Albany Senior Center

Monday - Friday (541) 967-7647

#### Brownsville Christian Church

Tues. & Thurs. (541) 466-5015

#### Lebanon Senior Center

Monday - Friday (541) 451-1139

#### Mill City, First Presbyterian

Tues. & Thurs. (503) 897-2204

#### Sweet Home Community Center

Mon., Tues., Fri (541) 367-8843

### BENTON COUNTY

#### Corvallis Senior Center

Monday - Friday (541) 753-1022

### LINCOLN COUNTY

#### Lincoln City Community Center

Mon., Wed., Fri. (541) 994-7731

#### Newport Senior Center

Mon., Wed., Fri. (541) 574-0669

#### Siletz, Tribal Community Center

Mon. & Wed. (541) 444-9169

#### Toledo, Trinity United Methodist

Friday (541) 336-2450

#### Waldport, South County Sr. Center

Mon., Wed., Fri (541) 563-8796