

Dietary Reference Intakes for Japanese, 2010

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< Summary >

Following the comprehensive systematic review of domestic and overseas scientific evidence, the “Dietary Reference Intakes for Japanese, 2010 (DRI-J)” was published in May, 2009. The DRI-J is a reference for intake values of energy and 34 nutrients to maintain and promote health and to prevent lifestyle-related diseases due to insufficient or excessive consumption of either energy or nutrients. Five indices were used for nutrients: estimated average requirement (EAR), recommended dietary allowance (RDA), adequate intake (AI), tolerable upper intake level (UL), and tentative dietary goal for preventing lifestyle-related diseases (DG). While, the energy recommendation is provided as an estimated energy requirement (EER). Only a few articles from within Japan could be used for its establishment. Further research is therefore required.