

FOOD LABELING for Meal Management Project RDI/DRVs

RDI: Reference Daily Intakes (Micronutrients)

DRV: Daily Reference Values (Macronutrients)

RDI and DRV are used in the label declaration of **% DAILY VALUE**

Voluntary nutrients are italicized.

LABEL DRVs (based on a 2000 calorie diet)

Fat	65 g
Saturated Fat	20 g
Trans Fat	No DV
Cholesterol	300 mg
Sodium	2400 mg
<i>Potassium</i>	<i>3500 mg</i>
Total Carbohydrate	300 g
Dietary Fiber	25 g
Sugars	No DV
Protein	50 g

(NOTE: You will also evaluate **Calories**.)

****VITAMINS AND MINERALS** (US RDAs renamed as RDIs)

Vitamin A	1000 RE or 5000 IU
Vitamin C	60 mg
<i>Thiamin</i>	<i>1.5mg</i>
<i>Riboflavin</i>	<i>1.7mg</i>
<i>Niacin</i>	<i>20 mg</i>
Calcium	1000 mg
Iron	18 mg
<i>Vitamin D</i>	<i>400 IU</i>
<i>Vitamin E</i>	<i>30 mg or 30 IU</i>
<i>Vitamin B6</i>	<i>2.0 mg</i>
Folate	400 mcg or 0.4 mg
<i>Vitamin B12</i>	<i>6 mcg</i>
<i>Phosphorus</i>	<i>1000 mg</i>
<i>Iodine</i>	<i>150 mcg</i>
<i>Magnesium</i>	<i>400 mg</i>
<i>Zinc</i>	<i>15 mg</i>
<i>Copper</i>	<i>2 mg</i>
<i>Biotin</i>	<i>0.3 mg</i>
<i>Pantothenic Acid</i>	<i>10 mg</i>

****The nutrients in bold MUST appear on the label**

*****STANDARD FOR ADULTS AND CHILDREN OVER 4 YEARS OLD.**

These are the nutritional standards used to evaluate the nutritive value of food products for nutrition labeling in the US. These are the levels believed to represent the amounts of nutrients necessary for a person to consume to stay healthy. The standards were derived from tables of the Recommended Dietary Allowances, published by the Food and Nutrition Board of the National Academy of Sciences-National Research Council. The Food and Drug Administration for use in the nutrition labeling and dietary supplement programs developed the label.