



American Society for Nutrition  
*Excellence in Nutrition Research and Practice*

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## ***Dietary Reference Intakes (DRIs)***

**Dedicated funding is essential to ensure accurate dietary recommendations to meet the needs of Americans.**

- DRIs are nutrient reference values that provide the science necessary to develop food and nutrition guidelines and assess nutrient intake for the entire American population.
- The DRIs provide the science needed to develop the *Dietary Guidelines for Americans*, Nutrition Facts Labels, federal nutrition assistance programs, and to assess the American population's nutrient intakes, among many other uses.
- The first DRIs were developed in the late 1990's and early 2000's. Over the last 20 years, research on nutrient intake and health has improved our understanding, yet DRIs have only been updated occasionally, dependent on available funding, leaving most of them out of date.
- The DRIs are expensive to review. Funding is needed to perform systematic evidence reviews by expert committees to ensure the DRIs are evidence-based and up to date.

***ACTION: ASN recommends that Congress provide HHS and USDA with mandatory funding of at least \$2 million per year to support a regular schedule of DRI development and updates.***

***Now is the time to invest in the science that underpins these essential recommendations!***

- Multiple steps are involved in the development and review of DRIs, and the evidence must be reviewed to keep a DRI up to date.
- The proposed mandatory funding goes to the US-Canada DRI Working Group (made up of HHS, USDA, and Health Canada) that prioritizes nutrients for updated DRIs, since many nutrients require updated DRIs, ideally occurring on a cyclical basis.
- The committee distributes the money for systematic reviews to ensure that updated DRIs are evidence-based, and to the National Academies of Sciences, Engineering, and Medicine (NASEM) to appoint an expert panel that uses the evidence to develop an updated DRI.
- Altogether, each DRI update takes 2-3 years and costs about \$3.5 million.

### **NUTRITION MATTERS for your constituents and ASN can help!**

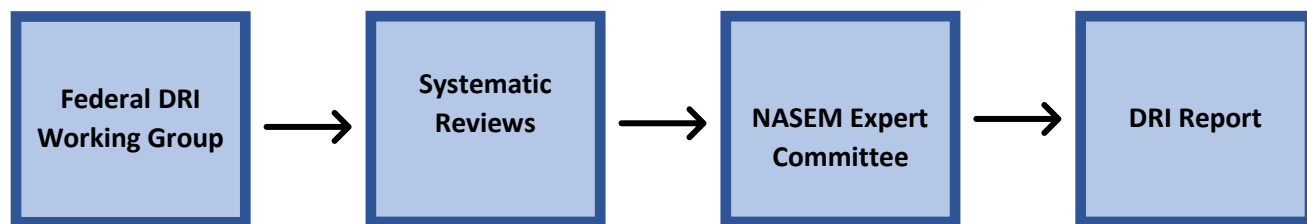
**ASN** is the authoritative voice informing Congress on the latest nutrition advances, issues, and value for supporting nutrition research. Since 1928, ASN has served as the premier scientific professional society made up of the world's top nutrition researchers and experts. ASN's experts are creating the future of nutrition!

Want to learn more? Contact Sarah Ohlhorst, MS, RD, at [sohlhorst@nutrition.org](mailto:sohlhorst@nutrition.org) or 240-428-3647



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## Multiple Steps are Involved to Update a DRI

### Federal DRI Working Group

#### Federal DRI Working Group

The proposed mandatory funding will support the work of Federal agencies that belong to the US-Canada DRI Working Group (made up of HHS, USDA, and Health Canada). The working group members prioritize nutrients for DRI review and use the money to sponsor systematic reviews to ensure updated DRIs are evidence-based, and to fund NASEM to appoint an expert panel to use the evidence to develop updated DRIs.

#### Systematic Reviews

The systematic reviews are performed by an independent 3<sup>rd</sup> party, such as the Agency for Healthcare Research and Quality (AHRQ)-supported Evidence-Based Practice Centers. A single review costs upwards of **\$600K** and can take **1-1.5 years** to complete. Each nutrient requires multiple reviews examining multiple health outcomes, including those related to Chronic Disease Risk Reduction Intake value.

#### NASEM Expert Committee

The expert panel appointed by NASEM then uses the systematic review findings to come to consensus on updated DRI values. Sponsoring a DRI committee costs **\$1-2M** and the committee can take **1.5-2 years** to deliberate the evidence and update the DRI.

#### DRI Report

NASEM drafts a DRI report that undergoes an external peer review process before being published. Once published, the DRIs are used as the scientific backbone of the *Dietary Guidelines for Americans*, the Nutrition Facts Labels, federal nutrition assistance programs, and more. Altogether, each DRI update takes **2-3 years** and costs about **\$3.5 million**.