

Nutrition & Wellness for Life © 2012

Chapter 4: Nutrition Guidelines—Glossary

Adequate Intake (AI). A reference value that is used when there is insufficient scientific evidence to determine an EAR.

Daily Values. Recommended nutrient intakes, which are based on daily calorie needs, used as references on food labels.

Dietary Guidelines for Americans. A document developed by the United States Departments of Agriculture and Health and Human Services that provides information and advice to promote health through improved nutrition and physical activity for Americans two years and older, including those at increased risk of chronic disease.

Dietary Reference Intakes (DRI). Reference values for nutrients and food components that can be used to plan and assess diets for healthy people.

Estimated Average Requirement (EAR). A nutrient recommendation estimated to meet the needs of 50 percent of the people in a defined group.

Exchange Lists for Meal Planning. A system for planning healthy meals or special diets that classifies foods into groups of similar nutrient and caloric content.

food diary. A record of the kinds and amounts of all foods and beverages consumed for a given time.

MyPlate. The USDA's new food guidance system based on the *Dietary Guidelines for Americans*. (MyPlate replaced MyPyramid.)

nutrient dense. Foods and beverages that provide vitamins, minerals, and other substances that may have positive health effects, but supply relatively few calories.

Physical Activity Guidelines for Americans. A set of recommendations that specify amounts and types of exercise individuals at different stages of the life cycle should do to achieve health benefits.

Recommended Dietary Allowance (RDA). The average daily intake of a nutrient required to meet the needs of most (97 to 98 percent) healthy individuals. RDAs are based on EAR.

SoFAS. Foods and beverages that are high in solid fats and/or added sugars.

Tolerable Upper Intake Level (UL). The maximum level of ongoing daily intake for a nutrient that is unlikely to cause harm to most people in the defined group.