Dietary Reference Values, RNIs and GDAs

In the diet analysis we have used 3 of the systems available for diet analysis: Dietary Reference Values, RNIs and GDAs.
The Government has guideline figures for DRVs or RNIs.
The Nutrition Program uses the GDA system which has been provided by IGD. This is for recommendations for sugar

Dietary reference values (DRVs) are benchmark intakes of energy and nutrients. They can be used for guidance but should not be seen as recommendations for intakes by individuals or groups.

DRVs have been set by the Government for
energy, protein, fat, sugars, starch, NSP and a range of vitamins and minerals.

For most nutrients, including protein, vitamins and minerals, the RNI is the figure usually quoted.
Reference Nutrient Intake (RNI) is the amount of a specific nutrient which is sufficient for almost all individuals. It is an amount that is enough or more than enough for about 97% of people in a group. Intakes above this amount will almost certainly be adequate. This corresponds with the previous COMA

Reference Nutrient Intake (RNI). The database uses RNI amounts for protein, vitamin A, C, thiamin, riboflavin, niacin, vitamin B6, folate, vitamin B12, sodium, calcium, phosphorus, iron, magnesium, zinc, iodine, copper, potassium, manganese, selenium.
The RNI is the amount that is enough for about 97% of people.

GDAs
Guideline Daily Amounts (GDA) help consumers understand the nutritional information on food labels. The GDAs informs consumers the amount of fats, saturated fats, sugars, calories, carbohydrates, protein, fibre, salt and sodium that are considered healthy for an everyday diet.
Guideline Daily Amounts are used on food labels. http://www.igd.com/cir.asp?menuid=35&cirid=1141

Women	Men	Adults						
Energy (calories)		2000	2500		2000			
Fat (g)	70	95	70					
Saturated Fat (g)		20	30	20				
Carbohydrate (g)		230	300	230				
Total sugars (g)		90	120	90				
Non Milk Extrinsic sugars (NMES) (g)					50	65	50	
Protein (g)		45	55	45				
Dietary Fibre (AOAC) (g)		24	24	24				
Dietary Fibre (Non Starch Polysaccharide- NSP) (g)					18	18	18	
Sodium (g)		2.4	2.4	2.4				
salt (g)		6	6	6				

IGD provides leadership and supply chain best practice for the Food and Grocery Industry.

IGD is the key research organisation for the sector and provides a forum for discussion, learning and specifically opportunities for improvement and the development and sharing of best practice. IGD aims to support a better informed and skilled workforce which works together to benefit the consumer.
Guideline Daily Amounts (GDAs) help consumers make sense of the nutrition information provided on food labels. They translate the science into consumer friendly information, providing guidelines on pack that help consumers put the nutrition information they read on a food label into the context of their overall diet.

GDAs are guidelines for healthy adults and children about the approximate amount of Calories, fat, saturated fat, carbohydrate, total sugars, protein, fibre, salt and sodium required for a healthy diet.
Because people vary in many ways, such as size and activity levels, GDAs cannot be used as targets for individuals. They simply provide a benchmark against which the contribution from macronutrients, fibre, salt and sodium per serving of a food product can be roughly assessed. GDAs are different from Dietary Reference Values.
It is acknowledged that it is very difficult, if not impossible, for an individual to achieve the GDAs for all nutrients in any one day. This is not the purpose of providing this information. The aim is to provide a guide for consumers to assist them in making appropriate dietary choices. For example, they can use them as a basis against which to judge the contribution of fat made by a particular food product to their diet.

Qualitative and quantitative consumer research was conducted by IGD in 1998 to inform the development of the term Guideline Daily Amount.