



# **IOM Committee to Review DRIs for Vitamin D and Calcium**

**US Government Sponsors' Perspectives**

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# DRIs for Vitamin D and Calcium— US Perspectives/ Uses

- Nutrition/ Health Policy
- Nutrition Education
- Nutrition Assistance Programs
- Food Labeling
- Nutrition Research
- Military DRIs
- Sources
- Key Issues

# US Nutrition/ Health Policy

- Dietary Guidelines for Americans
- Healthy People 2020 Initiative



# Nutrition Education

- Federal Dietary Guidance
- MyPyramid



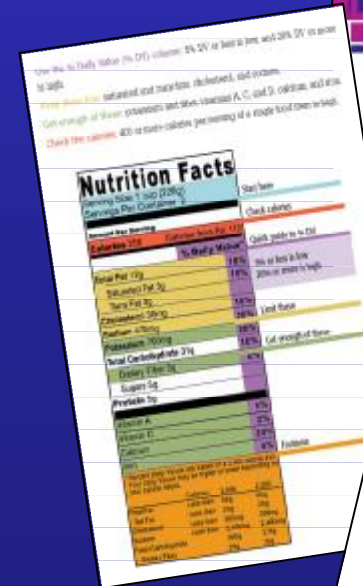
# US Nutrition Assistance Programs

- Supplemental Nutrition Assistance Program (formerly Food Stamps)
- National School Lunch and Breakfast Programs
- Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)
- Older Americans Act Nutrition Programs (Meals on Wheels and Congregate Meals)



# Food Labeling

- Health Claims
- Nutrition Facts Label



Eating healthier and  
feeling better using the  
**Nutrition  
Facts Label**



# Nutrition Research

- Clinical Studies
- Nutrient Analysis
- Nutrition Education
- Diet Assessment
- Addressing Gaps





# DRIs for Military Personnel

- Military DRIs (MDRI)
  - Garrison Feeding
  - Operational Rations
- Health Effects in Military Personnel
  - Prevention of Stress Fracture
  - Immune Function
- Upper Levels
  - Gender/ Race
  - Supplementation



# US Sources of Vitamin D and Calcium

## Vitamin D

- Fish and fish oils
- Fortified foods: Most milk; some ready-to-eat breakfast cereals, orange juice, yogurt, and margarine.
- Dietary supplements
- Sunlight (suntan)

## Calcium

- Dairy foods
- Non-dairy foods
- Fortified foods
- Dietary supplements



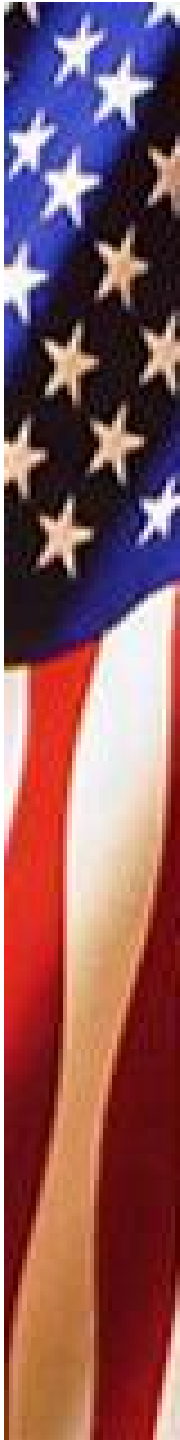
# Key Issues for Vitamin D and Calcium DRIs

- Preference for EARs/ RDAs vs. AI
- Chronic Disease Risk
- Value of Risk Assessment Approach



# U.S. Sponsors of DRI Review of Vitamin D and Calcium

- U.S. Department of Agriculture
  - Agricultural Research Service
  - Center for Nutrition Policy and Promotion
- U.S. Department of Health and Human Services
  - Food and Drug Administration
  - National Institutes of Health
    - Division of Nutrition Research Coordination
    - National Cancer Institute
    - National Institute on Aging
    - Office of Dietary Supplements
  - Office of Disease Prevention and Health Promotion
- U.S. Department of Defense



*THANK YOU!*

