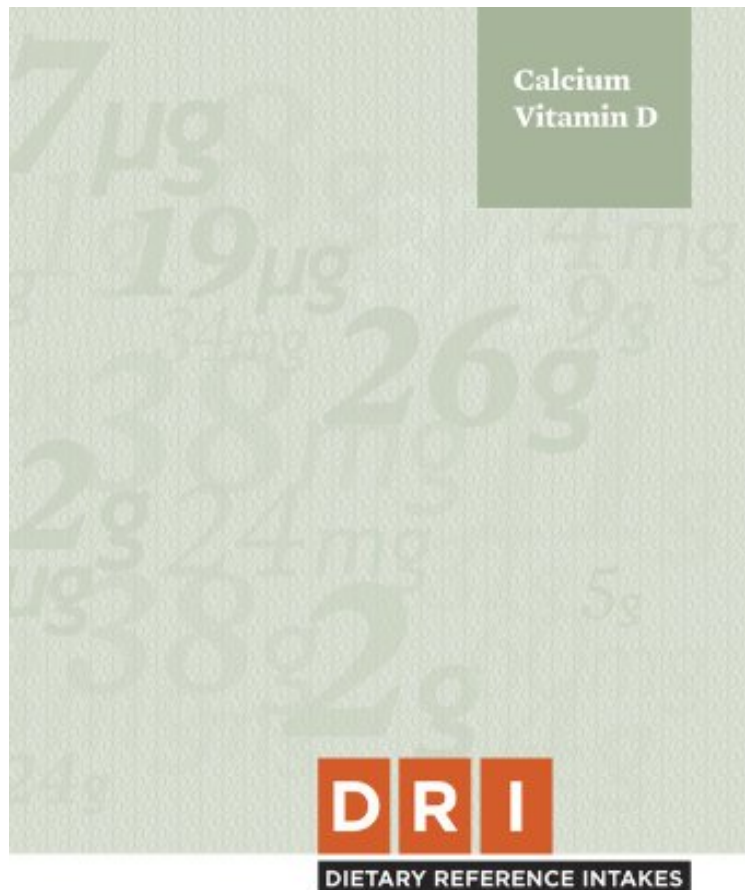


[Free and download] Dietary Reference Intakes for Calcium and Vitamin D

Dietary Reference Intakes for Calcium and Vitamin D

*Institute of Medicine, Food and Nutrition Board, Committee to Review Dietary Reference Intakes for
Vitamin D and Calcium*
*audiobook / *ebooks / Download PDF / ePub / DOC*



INSTITUTE OF MEDICINE
OF THE NATIONAL ACADEMIES

 Download

 Read Online

#3879313 in Books 2011-04-30Original language:EnglishPDF # 1 9.00 x 1.70 x 6.10l, 2.45 #File Name:
03091639431132 pages | File size: 25.Mb

Institute of Medicine, Food and Nutrition Board, Committee to Review Dietary Reference Intakes for Vitamin D and Calcium : Dietary Reference Intakes for Calcium and Vitamin D before purchasing it in order to gage whether or not it would be worth my time, and all praised Dietary Reference Intakes for Calcium and Vitamin D:

Calcium and vitamin D are essential nutrients for the human body. Establishing the levels of these nutrients that are needed by the North American population is based on the understanding of the health outcomes that calcium and

vitamin D affect. It is also important to establish how much of each nutrient may be "too much." Dietary Reference Intakes for Calcium and Vitamin D provides reference intake values for these two nutrients. The report updates the DRI values defined in Dietary Reference Intakes for Calcium, Phosphorus, Magnesium, Vitamin D, and Fluoride, the 1997 study from the Institute of Medicine. This 2011 book provides background information on the biological functions of each nutrient, reviews health outcomes that are associated with the intake of calcium and vitamin D, and specifies Estimated Average Requirements and Recommended Dietary Allowances for both. It also identifies Tolerable Upper Intake Levels, which are levels above which the risk for harm may increase. The book includes an overview of current dietary intake in the U.S. and Canada, and discusses implications of the study. A final chapter provides research recommendations. The DRIs established in this book incorporate current scientific evidence about the roles of vitamin D and calcium in human health and will serve as a valuable guide for a range of stakeholders including dietitians and other health professionals, those who set national nutrition policy, researchers, the food industry, and private and public health organizations and partnerships.