

## DAILY VALUES (DV) NUTRITION INFORMATION

Daily value (DV) is a dietary reference to help you plan a healthy overall diet. It will be the reference you will see used on nutrition labels for food products regulated by the Food and Drug Administration (FDA) and the U.S. Department of Agriculture (USDA). The labeling plan was devised so that the nutrition label information can be easily seen on the product, understood, and utilized in planning your daily diet.

### DEFINITIONS:

- **DVs (Daily Values):** A dietary reference term that will appear on food labels. It is made up of two sets of references, DRVs and RDIs.
- **DRVs (Daily Reference Values):** A set of dietary references that applies to fat, saturated fat, cholesterol, carbohydrate, protein, fiber, sodium, and potassium.

### Daily Reference Values (DRVs)\*

Food Component	DRV
fat (total)	65 grams (g) (based on 30% of calories)
saturated fatty acids	20 g (based on 10% of calories)
cholesterol	300 milligrams (mg)
total carbohydrate	300 g (based on 60% of calories)
fiber	25 g
sodium	2400 mg
potassium	3500 mg
protein**	50 g (based on 10% of calories)

\*Based on 2000 calories a day for adults and children over 4 only.

\*\*DRV for protein does not apply to certain populations: Reference Daily Intake (RDI) for protein has been established for these groups: children 1 to 4 years = 16 gm; infants under 1 year = 14 gm; pregnant women = 60 gm; nursing mothers = 65 gm.

- **RDIs (Reference Daily Intakes):** A set of dietary references based on the Recommended Dietary Allowances for essential vitamins and minerals and, in selected groups, protein. The name "RDI" replaces the term "U.S. RDA" (U.S. Recommended Daily Allowance) previously used by the FDA.

### Reference Daily Intakes (RDIs)\*

Nutrient	Amount	Nutrient	Amount
vitamin A	5000 IU	folic acid	0.4 mg
vitamin C	60 mg	vitamin B <sub>12</sub>	6 mcg
thiamin	1.5 mg	phosphorus	1.0 gm
riboflavin	1.7 mg	iodine	150 mcg
niacin	20 mg	magnesium	400 mg
calcium	1.0 gm	zinc	15 mg
iron	18 mg	copper	2 mg
vitamin D	400 IU	biotin	0.3 mg
vitamin E	30 IU	pantothenic acid	10 mg
vitamin B <sub>6</sub>	2.0 mg		

- **RDAs (Recommended Dietary Allowances):** A set of estimated nutrient allowances established by the National Academy of Sciences. It is updated periodically to reflect current scientific knowledge.

\* Based on National Academy of Sciences' 1968 Recommended Dietary Allowances.

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