



This is “Appendix A”, chapter 16 from the book [An Introduction to Nutrition \(index.html\)](#) (v. 1.0).

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## Chapter 16

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### Appendix A

#### **Dietary Reference Intakes Tables**

To view the DRI Tables, visit the following link:

[http://www.iom.edu/Activities/Nutrition/SummaryDRIs/~//media/Files/Activity%20Files/Nutrition/DRIs/5\\_Summary%20Table%20Tables%201-4.pdf](http://www.iom.edu/Activities/Nutrition/SummaryDRIs/~//media/Files/Activity%20Files/Nutrition/DRIs/5_Summary%20Table%20Tables%201-4.pdf)