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**RECOMMENDED
ENERGY AND
NUTRIENT
INTAKES**

Philippines, 2002 Edition

 **FOOD AND NUTRITION RESEARCH INSTITUTE**
 **Department of Science and Technology**

RECOMMENDED ENERGY AND NUTRIENT INTAKES Philippines, 2002 Edition



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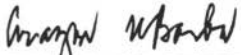
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FOREWORD

The Food and Nutrition Research Institute (FNRI) of the Department of Science and Technology (DOST), as in the past, led the review and revision of the 1989 Recommended Dietary Allowances (RDAs) for Filipinos. The RDAs are vital and essential tools recognized in the local and international nutrition and health community as the source of information on recommended energy and nutrient intakes for the maintenance of good health. The RDAs are used in assessing, planning and promoting food and nutrient intakes of populations; setting food production targets, and drawing up food and nutrition policies. The set of dietary standards is evaluated and updated to keep pace with new knowledge on energy and nutrient requirements and metabolism.

The new set of standards is now called *Recommended Energy and Nutrient Intakes* (RENIs), to emphasize that the standards are in term of nutrients, and not foods or diets. As in the 1989 edition, intakes for energy, protein, calcium, phosphorus, iron, iodine, zinc, vitamins A, C, D and E, thiamin, riboflavin, niacin, folate, pyridoxine, and water and electrolytes (sodium, potassium, chloride) are recommended in this new edition. The desirable proportions of protein, fats and carbohydrates and fiber are given. Information is also provided on recommended intake levels for selenium, magnesium, manganese, fluoride, vitamins B₁₂, and K, which are not available in the 1989 edition.

These recommendations were derived from a review of current evidence with due consideration to applicability and achievability among specific population groups, and the consensus among members of the Committee. Ultimately, these RENIs are envisioned to serve as guideposts to help various users to set directions for designing nutrition and health interventions toward the improvement of the general health of the Filipino population.


CORAZON VC. BARBA, Ph.D.
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Chair, 2002 RENI Committee

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