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this document is the foreword to a report on recommended dietary allowances rda and estimated average requirements ear for indians in 2020 published by the indian council of medical research and national institute of nutrition

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recommended dietary allowance rda average daily level of intake sufficient to meet the nutrient requirements of nearly all 97 98 healthy individuals often used to plan nutritionally adequate diets for individuals

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table e3 1 a4 nutritional goals for each age sex group used

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key points the dietary reference intakes dri are a set of reference values for nutrients they are used in the usa and canada the dri values include estimated average requirements ear recommended dietary allowances rda adequate intakes ai and tolerable upper intake levels ul

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under rda guidelines an e book is considered an intangible resource and thus is considered all of the following things a work an expression a manifestation and an item these four things are called relationships and they are explained in detail in rda rule 18.1.4

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declaration of percentage 0.0 contribution to recommended dietary allowance rda for different age groups

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rda table of contents 0 introduction section 1 recording attributes of manifestation item 1 general guidelines on recording attributes of manifestations and items 2 identifying manifestations and items 3 describing carriers 4 providing acquisition and access information section 2 recording attributes of work expression 5

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rda cheat sheet ccs cataloging manual these examples demonstrate what the fields can look like for fields that may vary from item to item like playback channels and region encoding use the correct values for the item in hand follow oclc guidance to prefer use of a separate field for each unique term

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