

# RDA (Recommended Dietary Allowance)

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According to the study by the Centre for Science and Environment the salt and fat in an array of “Junk food” was well above the proposed regulatory thresholds set by FSSAI.

## About Recommended Dietary Allowance(RDA)

- Recommended dietary allowance (RDA) is defined as the nutrient present in the diet which satisfies the daily requirement of nearly all individuals in a population.
- The RDA is based on scientific consensus and has been agreed upon by expert bodies such as the World Health Organization, and the National Institute of Nutrition in India.
- As per RDA, ideally, no more than 5 gm of salt, 60 gm of fat, 300 gm carbohydrate and 2.2 gm of trans fat should be consumed by an adult every day.
- The RDA from each breakfast, lunch and dinner should be no more than 25%, and that from snacks no more than 10%.

## RDA is influenced by

- **Sex** – In general requirement is more for men than women.
- **Age**– Adult men and women require nutrients for maintenance whereas infants and children require it for growth and maintenance. Nutrient requirements during childhood are proportional to growth rate.
- **Body weight**: Among adults, requirements are related to body weight and size.
- **Physiological states**– During menstruation, pregnancy and lactation women require some nutrients more than the normal times.
- Requirements of sportspersons and athletes who perform high levels of extreme activity are high some times 2-3

times the normal times.

- **Physical activity**– Sedentary person needs much less nutrients than a moderate to severely active person.
- **Environment**- Extremes of climate or high altitude alters the need for certain nutrients.

### **Declaration of Nutritional information**

- According to the proposed draft Food Safety and Standards (Labelling and Display) Regulations, packaged food companies will need to declare nutritional information such as calories (energy), saturated fat, trans-fat, added sugar and sodium per serve on the front of the pack.
- The food labels are also required to declare, per serve percentage contribution to RDA on the front of the pack