



### **What is RDA?**

RDA is a common term used by medical practitioners and is stated on all vitamin/supplement bottles, but what does it actually mean for you?

- As required by European Union Regulations, labels on foods and dietary supplements give their contents of nutrients as Recommended Daily Amounts (RDAs).
- RDAs approximate to the average quantities of key nutrients that people should obtain from their diets, and are said to apply to 'average adults'.
- Since they are based on the requirements of men, RDAs are only a very rough guide to healthy eating for other groups of people – they take no account of differences in individual nutritional requirements according to age, gender, occupation and other factors. E.g. an RDA does not differentiate between a man of 18 and a women of 45, who have very different dietary needs.
- The EU RDA is therefore a simple approximation that is used for labels only.
- For all other purposes, including the provision of nutritional advice, the DRVs (Dietary Reference Value) including the RNIs (reference Nutrient Intake) are used.