**Your Personal DRI Table**

**Reference-** [**http://www.hc-sc.gc.ca/fn-an/alt\_formats/hpfb-dgpsa/pdf/nutrition/dri\_tables-eng.pdf**](http://www.hc-sc.gc.ca/fn-an/alt_formats/hpfb-dgpsa/pdf/nutrition/dri_tables-eng.pdf)

1. What range do you estimate your PAL to be? Explain why. Based on the following chart, what is your PA value (physical activity coefficient)?

### Physical Activity Coefficients (PA values) for use in EER equations

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|   | **Sedentary**(PAL 1.0-1.39) | **Low Active**(PAL 1.4-1.59) | **Active**(PAL 1.6-1.89) | **Very Active**(PAL 1.9-2.5) |
|   | Typical daily living activities (e.g., household tasks, walking to the bus) | Typical daily living activities PLUS 30 - 60 minutes of daily moderate activity (ex. walking at 5-7 km/h) | Typical daily living activities PLUS At least 60 minutes of daily moderate activity | Typical daily living activities PLUS At least 60 minutes of daily moderate activity PLUS An additional 60 minutes of vigorous activity or 120 minutes of moderate activity |
| Boys3 - 18 y | 1.00 | 1.13 | 1.26 | 1.42 |
| Girls3 - 18 y | 1.00 | 1.16 | 1.31 | 1.56 |
| Men18 y + | 1.00 | 1.11 | 1.25 | 1.48 |
| Women18 y + | 1.00 | 1.12 | 1.27 | 1.45 |

**Personal Dietary Reference Intake Table**

Name:

Age:

Gender:

BMI:

PAL:

EER:

Special requirements, if any (eg- vegetarian, pregnancy, smoker):

|  |  |  |  |
| --- | --- | --- | --- |
| **Name of Nutrient** | **EAR** | **RDA/AI** | **UL** |
| Carbohydrate |  |  |  |
| Fat |  |  |  |
| Protein |  |  |  |
| Thiamin (B1) |  |  |  |
| Riboflavin (B2) |  |  |  |
| Niacin (B3) |  |  |  |
| Vitamin B6 |  |  |  |
| Cobalamin (B12) |  |  |  |
| Folacin (B9) |  |  |  |
| Ascorbic Acid (Vit C) |  |  |  |
| Retinol (Vit A) |  |  |  |
| Vitamin D |  |  |  |
| Vitamin E |  |  |  |
| Vitamin K |  |  |  |
| Calcium |  |  |  |
| Sodium |  |  |  |
| Iron |  |  |  |
| Zinc |  |  |  |