

Formulation of “Standard of Nutrition Intake Criteria for Six Food Groups: Revised Edition”

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Abstract

We formulated the revised edition of “Standard of Nutrition Intake Criteria for Six Food Groups” as a fundamental resource for home economics education in junior high schools.

We investigated the appropriate nutrition intake according to each Dietary Reference Intake Criteria to adjust and formulate new reference values applicable to specific age groups. The results indicated an acceptable intake of each nutrient. However, we also formulated measures for improving excessive/insufficient nutrition intake, including fibers, vitamin B₁, saturated fatty acid, magnesium, or iron by substituting one-fourth of rice intake with brown rice, low-fat milk for dairy products, or low-fat red meat for meat products. Further, the concept of approximate food is more easily understood in the revised edition and the particular reference standard is expected to serve effectively in implementing educational guidance for meal selection/menu preparation.

Key words; home economics, food groups, food group intake, Dietary Reference Intakes