

Exploring the benefits and challenges of establishing a DRI-like process for bioactives

Joanne R. Lupton • Stephanie A. Atkinson • Namsoo Chang • Cesar G. Fraga •  
Joseph Levy • Mark Messina • David P. Richardson • Ben van Ommen •  
Yuexin Yang • James C. Griffiths • John Hathcock

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### **Exploring the benefits and challenges of establishing a DRI-like process for bioactives**

**Abstract:** *Bioactives* can be defined as: “Constituents in foods or dietary supplements, other than those needed to meet basic human nutritional needs, which are responsible for changes in health status” [21]. Although traditional nutrients, such as vitamins, minerals, protein, essential fatty acids and essential amino acids have Dietary Reference Intake (DRI) values there is no such evaluative process for *bioactives*. For certain classes of *bioactives* substantial scientific evidence exists to validate a relationship between their intake and enhanced health conditions or reduced risk of disease. In addition, the study of *bioactives* and their relationship to disease risk is a growing area of research supported by government, academic institutions, and food and supplement manufacturers. Importantly, consumers are purchasing foods containing *bioactives*, yet there is no evaluative process in place to let the public know how strong the science is behind the benefits or the quantitative amounts needed to achieve these beneficial health effects. This conference, ***Bioactives: Qualitative Nutrient Reference Values for Life-stage Groups?***, explored why it is important to have a DRI-like process for *bioactives* and challenges for establishing such a process.

**Keywords:** Bioactives, Dietary Reference Intakes, Non-Essential Nutrients, Adequate Intake