

# Daily Nutritional Guidelines Sugar

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**Daily Nutritional Guidelines Sugar** - Table A7-1. Daily Nutritional Goals for Age-Sex Groups Based on Dietary Reference Intakes and Dietary Guidelines RecommendationsThe Australian Dietary Guidelines recommend the number of 'standard serves' we should consume from the five core food groups each day, for a nutritious and ...The Reference Daily Intake (RDI) is the daily intake level of a nutrient that is considered to be sufficient to meet the requirements of 97–98% of healthy ...The Food and Drug Administration lists your daily nutritional requirements as daily values. Daily values are available for both micro- and macronutrients.