

Newly Revised Recommended Dietary Allowances for Japanese

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– Points of Revision and its Background –

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Japanese Recommended Dietary Allowances(RDA) have been prepared by the government since 1941. Revisions have been made almost every 5 years since it was transferred to be under the control of Ministry of Health and Welfare in 1969(1st edition). During last five years since 1989 edition of the RDA was published, a series of major change has been took place in the nutritional and health circumstances of Japanese : 1) a rapid increase of elderly population, 2) increasing incidence of diet related cancers as well as of geriatric diseases including osteoporosis, 3) An increase of national needs for evaluating “healthy” foods and food components including food-derived antioxidants, polyunsaturated fatty acids, dietary fibers, etc. Taking these newly arised issues into account, Governmental Expert Committee for Establishment of RDA has presented reports based on results of its year-long discussion, which has finally lead to following major points for revision of RDA.

- 1) Decrease of dietary fat energy ratio in younger age groups(20~25% for ≥ 18 yrs).
- 2) Establishing recommendable intake ratios for fat from animal, plant and fish origin(4 : 5 : 1), for saturated, monounsaturated and polyunsaturated fatty acids(1 : 1.5 : 1), and for n-6 to n-3 polyunsaturate fatty acids(4 : 1).
- 3) Establishing recommendable dietary fiber intake as 20–25g/day for adults, or 10g/1000 kcal/day for all age groups.
- 4) A tentative proposal on a series of model meal composition pertinent to RDA for 8 major age groups.

Also, mension and comments will be made on some minor change for other nutrients.