

## **DINE: Diet Improvement, Nutrition Evaluation for Professionals who Work with Consumers**

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Currently, the Recommended Dietary Allowances, the Dietary Goals for the United States, and the Dietary Guidelines for Americans are the major standards used to assess the nutritional adequacy of the public's eating pattern. These guidelines contain suggested nutrient ranges and levels and recommended servings of foods. The Dietary Goals and Guidelines are not presented as evaluation tools even though they address the composition of diet and provide insight for improved food choices. The DINE System was developed to provide a standardized method to quickly and accurately evaluate the public's food choices. A score and analysis procedure was based on a compilation and synthesis of dietary guidelines and goals issued by widely recognized federal government and national health agencies. Predictor nutrients were established and assigned subscores based upon the quantity of food intake meeting selected recommendations. The sum of the subscores yields a score and descriptor which rates the quality of food intake. Formative and process evaluations over a ten-year period were used to develop and to refine the process. DINE quantifies important nutrients, provides a score for nutritional adequacy, and includes a method to identify the salient aspects of a diet so that appropriate changes can be recommended for improved food choices. This presentation will include the developmental methodology, the related research, and the scoring criteria for the DINE System.

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