

To the State Secretary for Health, Welfare and Sport

Date: September 18th, 2018 Your ref: --
Encl: 2 Our ref: 1418473/CS/msj/042-I

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Subject: advice *Dietary reference values for vitamins and minerals for adults*

Dear State Secretary,

The Health Council of the Netherlands periodically evaluates whether the dietary reference values for energy and nutrients need to be adjusted and whether new reference values need to be established. The evaluation was carried out by the Committee on Nutrition, in cooperation with the National Institute for Public Health and the Environment (RIVM) and the Netherlands Nutrition Centre. I hereby present the advice, after review by the Standing Committee on Public Health.

Harmonising dietary reference values throughout the European Union was the aim. Because of the magnitude and thoroughness of the evaluation carried out by the European Food Safety Agency EFSA, these dietary reference values in principle are the preferred choice on the European level. The Dutch Committee concluded that the EFSA dietary reference values for seventeen nutrients can be applied in the Netherlands. For three nutrients, the use in the Netherlands of the EFSA reference values is not appropriate, based on a specific nutritional context in the Netherlands. For seven nutrients, the Dutch Committee maintained the existing reference values in the Netherlands based on the current level of knowledge.

The advisory report is translated in English and the background document was written in English in order to provide transparency for the international community regarding the considerations of the Health Council.

I support the Committee's conclusions.

Best regards,
(signed)

prof. W.A. van Gool,
President