Establishing Energy Recommendations In contrast to the RDA and AI values for nutrients, the recommendation for energy is not generous.The DRI Committee has determined that the composition of a diet that provides adequate energy and nutrients and reduces the risk of chronic diseases is: o 45–65 percent kcalories from carbohydrate o 20–35 percent kcalories from fat o 10–35 percent kcalories from protein These values are known as Acceptable Macronutrient Distribution Ranges (AMDR).Acceptable Macronutrient Distribution Ranges (AMDR) People don't eat energy directly; they derive energy from foods containing carbohydrate, fat, and protein.Each of these three energy-yielding nutrients contributes to the total energy intake, and those contributions vary in relation to each other.?

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