

Monthly Log Summary Jj Keller

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Air Force Combat Units of World War II

Massage Carly Stevenson 2006-03 Carly felt compelled to write a book on Massage Therapy. Being new to the profession she wanted to expand on areas and subjects that she felt needed additional attention. She has written this book to be informational, not concentrating on the techniques used to perform massage, but rather on all of the in-between material that somehow can get overlooked or really not thought about until well on your way in the field of massage therapy. She is confident that readers will find this book to be helpful and answer some of their questions while pursuing the massage therapy field. This book will provide insight into potential work sites, how to market and find a niche in the massage field, how to implement policies and procedures and above all provide a quick overview of what a typical day can be like in the life of a massage therapist. Carly was inspired by becoming a Certified Massage Therapist, that she was further inspired to record the information she learned in the form of this book. The ideas and examples presented are not only solely opinion based, but are subjects that should be considered when pursuing the career as a massage therapist.

Health Effects of Occupational Exposure to Asphalt National Institute for Occupational Safety and Health 2000

Cancer Care for the Whole Patient Institute of Medicine 2008-03-19 Cancer care today often provides state-of-the-science biomedical treatment, but fails to address the psychological and social (psychosocial) problems associated with the illness. This failure can compromise the effectiveness of health care and thereby adversely affect the health of cancer patients. Psychological and social problems created or exacerbated by cancer--including depression and other emotional problems; lack of information or skills needed to manage the illness; lack of transportation or other resources; and disruptions in work, school, and family life--cause additional suffering, weaken adherence to prescribed treatments, and threaten patients' return to health. Today, it is not possible to deliver high-quality cancer care without using existing approaches, tools, and resources to address patients' psychosocial health needs. All patients with cancer and their families should expect and receive cancer care that ensures the provision of appropriate psychosocial health services. Cancer Care for the Whole Patient recommends actions that oncology providers, health policy makers, educators, health insurers, health planners, researchers and research sponsors, and consumer advocates should undertake to ensure that this standard is met.

The Criminal Investigation Process Peter W. Greenwood 1977

Federal Motor Carrier Safety Regulations Pocketbook (7orsa) J J Keller 2010-04-01

Educating the Student Body Committee on Physical Activity and Physical Education in the School Environment 2013-11-13 Physical inactivity is a key determinant of health across the lifespan. A lack of activity increases the risk of heart disease, colon and breast cancer, diabetes mellitus, hypertension, osteoporosis, anxiety and depression and others diseases. Emerging literature has suggested that in terms of mortality, the global population health burden of physical inactivity approaches that of cigarette smoking. The prevalence and substantial disease risk associated with physical inactivity has been described as a pandemic. The prevalence, health impact, and evidence of changeability all have resulted in calls for action to increase physical activity across the lifespan. In response to the need to find ways to make physical activity a health priority for youth, the Institute of Medicine's Committee on Physical Activity and Physical Education in the School Environment was formed. Its purpose was to review the current status of physical activity and physical education in the school environment, including before, during, and after school, and examine the influences of physical activity and physical education on the short and long term physical, cognitive and brain, and psychosocial health and development of children and adolescents. Educating the Student Body makes recommendations about approaches for strengthening and improving programs and policies for physical activity and physical education in the school environment. This report lays out a set of guiding principles to guide its work on these tasks. These included: recognizing the benefits of instilling life-long physical activity habits in children; the value of using systems thinking in improving physical activity and physical education in the school environment; the recognition of current disparities in opportunities and the need to achieve equity in physical activity and physical education; the importance of considering all types of school environments; the need to take into consideration the diversity of students as recommendations are developed. This report will be of interest to local and national policymakers, school officials, teachers, and the education community, researchers, professional organizations, and parents interested in physical activity, physical education, and health for school-aged children and adolescents.

OSHA Safety Training Handbook 2017

Financial Accounting Paul D. Kimmel 2009-08-17

Electronic Logging Devices and Hours of Service Supporting Documents (Us Federal Motor Carrier Safety Administration Regulation) (Fmcsa) (2018 Edition) The Law The Law Library 2018-09-12 Electronic Logging Devices and Hours of Service Supporting Documents (US Federal Motor Carrier Safety Administration Regulation) (FMCSA) (2018 Edition) The Law Library presents the complete text of the Electronic Logging Devices and Hours of Service Supporting Documents (US Federal Motor Carrier Safety Administration Regulation) (FMCSA) (2018 Edition). Updated as of May 29, 2018 The Federal Motor Carrier Safety Administration (FMCSA) amends the Federal Motor Carrier Safety Regulations (FMCSRs) to establish: Minimum performance and design standards for hours-of-service (HOS) electronic logging devices (ELDs); requirements for the mandatory use of these devices by drivers currently required to prepare HOS records of duty status (RODS); requirements concerning HOS supporting documents; and measures to address concerns about harassment resulting from the mandatory use of ELDs. The requirements for ELDs will improve compliance with the HOS rules. This book contains: - The complete text of the Electronic Logging Devices and Hours of Service Supporting Documents (US Federal Motor Carrier Safety Administration Regulation) (FMCSA) (2018 Edition) - A table of contents with the page number of each section

Motor Carriers Road Atlas Rand McNally 1998-10-31 Road maps are accompanied by information on federally-designated routes and trucking restrictions.

Forklift Training Charlie Gray 2014-09-04 It is a requirement of The Occupational Safety and Health Administration (OSHA) that any person who operates a forklift should receive proper training and be evaluated under a minimum set of safety standards. Carolina Trucking Academy is pleased to offer a program designed to comply with these standards to those who wish to pursue work as a forklift operator.

The Other Woman Sandie Jones 2018-08-21 THE REESE WITHERSPOON X HELLO SUNSHINE BOOK CLUB PICK AND NEW YORK TIMES BESTSELLER "One of the most twisted and entertaining plots."—Reese Witherspoon "Whiplash-inducing."—New York Times Book Review "Such fun you'll cheer [Emily's] chutzpah."—PEOPLE "This thriller will hit close to home."—Refinery29 The most twisty, addictive and gripping debut thriller you'll read this year. HE LOVES YOU: Adam adores Emily. Emily thinks Adam's perfect, the man she thought she'd never meet. BUT SHE LOVES YOU NOT: Lurking in the shadows is a rival, a woman who shares a deep bond with the man she loves. AND SHE'LL STOP AT NOTHING: Emily chose Adam, but she didn't choose his mother Pammie. There's nothing a mother wouldn't do for her son, and now Emily is about to find out just how far Pammie will go to get what she wants: Emily gone forever. The Other Woman will have you questioning her on every page, in Sandie Jones' chilling psychological suspense about a man, his new girlfriend, and the mother who will not let him go.

The American Psychiatric Association Practice Guidelines for the Psychiatric Evaluation of Adults, Third Edition American Psychiatric Association 2015-07-29 Since the publication of the Institute of Medicine (IOM) report Clinical Practice Guidelines We Can Trust in 2011, there has been an increasing emphasis on assuring that clinical practice guidelines are trustworthy, developed in a transparent fashion, and based on a systematic review of the available research evidence. To align with the IOM recommendations and to meet the new requirements for inclusion of a guideline in the National Guidelines Clearinghouse of the Agency for Healthcare Research and Quality (AHRQ), American Psychiatric Association (APA) has adopted a new process for practice guideline development. Under this new process APA's practice guidelines also seek to provide better clinical utility and usability. Rather than a broad overview of treatment for a disorder, new practice guidelines focus on a set of discrete clinical questions of relevance to an overarching subject area. A systematic review of evidence is conducted to address these clinical questions and involves a detailed assessment of individual studies. The quality of the overall body of evidence is also rated and is summarized in the practice guideline. With the new process, recommendations are determined by weighing potential benefits and harms of an intervention in a specific clinical context. Clear, concise, and actionable recommendation statements help clinicians to incorporate recommendations into clinical practice, with the goal of improving quality of care. The new practice guideline format is also designed to be more user friendly by dividing information into modules on specific clinical questions. Each module has a consistent organization, which will assist users in finding clinically useful and relevant information quickly and easily. This new edition of the practice guidelines on psychiatric evaluation for adults is the first set of the APA's guidelines developed under the new guideline development process. These guidelines address the following nine topics, in the context of an initial psychiatric evaluation: review of psychiatric symptoms, trauma history, and treatment history; substance use assessment; assessment of suicide risk; assessment for risk of aggressive behaviors; assessment of cultural factors; assessment of medical health; quantitative assessment; involvement of the patient in treatment decision making; and documentation of the psychiatric evaluation. Each guideline recommends or suggests topics to include

during an initial psychiatric evaluation. Findings from an expert opinion survey have also been taken into consideration in making recommendations or suggestions. In addition to reviewing the available evidence on psychiatry evaluation, each guideline also provides guidance to clinicians on implementing these recommendations to enhance patient care.

Sleep Disorders and Sleep Deprivation Institute of Medicine 2006-10-13 Clinical practice related to sleep problems and sleep disorders has been expanding rapidly in the last few years, but scientific research is not keeping pace. Sleep apnea, insomnia, and restless legs syndrome are three examples of very common disorders for which we have little biological information. This new book cuts across a variety of medical disciplines such as neurology, pulmonology, pediatrics, internal medicine, psychiatry, psychology, otolaryngology, and nursing, as well as other medical practices with an interest in the management of sleep pathology. This area of research is not limited to very young and old patients—sleep disorders reach across all ages and ethnicities. *Sleep Disorders and Sleep Deprivation* presents a structured analysis that explores the following: Improving awareness among the general public and health care professionals. Increasing investment in interdisciplinary somnology and sleep medicine research training and mentoring activities. Validating and developing new and existing technologies for diagnosis and treatment. This book will be of interest to those looking to learn more about the enormous public health burden of sleep disorders and sleep deprivation and the strikingly limited capacity of the health care enterprise to identify and treat the majority of individuals suffering from sleep problems.

Archie vs Predator 2 #2 Alex de Campi 2019-09-11 Our trios (new and old) are getting to know each other better—like Classic Betty and Veronica discovering that the newer versions of themselves actually AREN'T both trying to win over Archie's affections. There's a lot to take in in this brave, new world, but they've got a more pressing issue to deal with: Predator-Archie is quickly turning back into a Predator, and time is running out. Fortunately, the Riverdale Halloween Dance may be just the cover the gang(s) need.

OSHA 30-Hour Construction; Student Workbook Ral Ross Pineda 2017-09-06 (Last updated on April 2, 2018) This book contains the handouts for the OSHA Outreach Training Program's 30-Hour Construction course. It includes the pamphlets that highlight the key points to be presented by the instructor, as well as the group activities to be performed and the questionnaires to be answered by the students in class. This book is a compilation of the pamphlets provided by OSHA for the 13 classes of the OSHA 10-Hour course, plus my own selection of handouts to cover the remaining 11 classes of the OSHA 30-Hour course.

Applied Behavior Analysis John O. Cooper 2020

Resolve J. J. Hensley 2013 After a female student, who has made sexual advances toward him, is found dead, Pittsburgh criminology professor and former cop Cyprus Keller resolves to take the law into his own hands to clear his name.

Technology, Innovation and Creativity in Digital Society Daria Bylieva 2021-10-25 This book requires an interdisciplinary understanding of creativity, ideal for the formation of a digital public culture. Educating students, young professionals and future engineers is to develop their capacity for creativity. Can creativity be learned? With this question, the relations of technology and art appear in a new light. Especially the notion of "progress" takes on a new meaning and must be distinguished from innovation. The discussion of particular educational approaches, the exploration of digital technologies

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and the presentation of best practice examples conclude the book. University teachers show how the teaching of creativity reinforces the teaching of other subjects, especially foreign languages.

How Tobacco Smoke Causes Disease 2010 This report considers the biological and behavioral mechanisms that may underlie the pathogenicity of tobacco smoke. Many Surgeon General's reports have considered research findings on mechanisms in assessing the biological plausibility of associations observed in epidemiologic studies. Mechanisms of disease are important because they may provide plausibility, which is one of the guideline criteria for assessing evidence on causation. This report specifically reviews the evidence on the potential mechanisms by which smoking causes diseases and considers whether a mechanism is likely to be operative in the production of human disease by tobacco smoke. This evidence is relevant to understanding how smoking causes disease, to identifying those who may be particularly susceptible, and to assessing the potential risks of tobacco products.

Root Ecology Hans de Kroon 2013-06-29 In the course of evolution, a great variety of root systems have learned to overcome the many physical, biochemical and biological problems brought about by soil. This development has made them a fascinating object of scientific study. This volume gives an overview of how roots have adapted to the soil environment and which roles they play in the soil ecosystem. The text describes the form and function of roots, their temporal and spatial distribution, and their turnover rate in various ecosystems. Subsequently, a physiological background is provided for basic functions, such as carbon acquisition, water and solute movement, and for their responses to three major abiotic stresses, i.e. hard soil structure, drought and flooding. The volume concludes with the interactions of roots with other organisms of the complex soil ecosystem, including symbiosis, competition, and the function of roots as a food source.

Climate Change 1992 Intergovernmental Panel on Climate Change 1992-05-28 An essential reference and companion to the 1990 IPCC Report on Climate Change.

Construction Safety Handbook Mark McGuire Moran 2003-07-01 This much anticipated new edition provides employers and employees with a day-to-day guide to reducing accidents and injuries, ensuring compliance, avoiding fines and penalties, and controlling workers' compensation costs. You'll not only find comprehensive discussions on all of the construction safety regulations found in the Code of Federal Regulations (CFR) Title 29 Chapter 1926, but you'll also find the actual legal text of the regulations and overviews for each sub Chapter for easier reference. This Construction Safety Handbook covers both the obvious and the hidden dangers of construction and addresses the latest changes in OSHA standards, including new recordkeeping requirements, new ergonomic guidelines, new requirements in the Steel Erection standard, and new additions to signs, signals, and barricades requirements. Written in plain English, this comprehensive handbook provides you with the legal background, practical advice, and ready-to-use written compliance programs you need to ensure your sites meet workplace safety requirements, protect workers, and comply with the standards. Each Chapter provides a description of the requirements of the standard, and a sample written compliance program, checklists, and the appropriate citations from the 29 CFRs. The latest changes in enforcement and inspection policy are also detailed, and a list of OSHA's most frequently cited construction standards is given.

Clinical Practice Guidelines For Chronic Kidney Disease 2002

The Catcher in the Rye Jerome David Salinger 1977

Immunization Safety Review Institute of Medicine 2001-12-29 In this report, the Immunization Safety Review committee examines the hypothesis of whether or not the use of vaccines containing the preservative thimerosal can cause neurodevelopmental disorders (NDDs), specifically autism, attention deficit/hyperactivity disorder (ADHD), and speech or language delay.

Arnie, the Doughnut Laurie Keller 2018-12-18 This ebook includes audio narration. A deliciously imaginative story about friendship—from the author / illustrator of *The Scrambled States of America*. Arnie was fascinated as he watched the customers stream into the bakery. One by one, doughnuts were chosen, placed in paper bags, and whisked away with their new owners. Some went by the dozen in giant boxes. "Good-bye!" Arnie yelled to each doughnut. "Have a good trip!" "This is so exciting!" Arnie beamed. "I wonder who will choose ME?" At first glance, Arnie looks like an average doughnut—round, cakey, with a hole in the middle, iced and sprinkled. He was made by one of the best bakeries in town, and admittedly his sprinkles are candy-colored. Still, a doughnut is just a doughnut, right? WRONG! Not if Arnie has anything to say about it. And, for a doughnut, he sure seems to have an awful lot to say. Can Arnie change the fate of all doughnuts—or at least have a hand in his own future? Well, you'll just have to read this funny story and find out for yourself. This title has Common Core connections Arnie, the Doughnut is a 2004 Bank Street - Best Children's Book of the Year.

Interaction Design 2003

The ONE Thing Gary Keller 2013-04-01 • More than 500 appearances on national bestseller lists • #1 Wall Street Journal, New York Times, and USA Today • Won 12 book awards • Translated into 35 languages • Voted Top 100 Business Book of All Time on Goodreads People are using this simple, powerful concept to focus on what matters most in their personal and work lives. Companies are helping their employees be more productive with study groups, training, and coaching. Sales teams are boosting sales. Churches are conducting classes and recommending for their members. By focusing their energy on one thing at a time people are living more rewarding lives by building their careers, strengthening their finances, losing weight and getting in shape, deepening their faith, and nurturing stronger marriages and personal relationships. YOU WANT LESS. You want fewer distractions and less on your plate. The daily barrage of e-mails, texts, tweets, messages, and meetings distract you and stress you out. The simultaneous demands of work and family are taking a toll. And what's the cost? Second-rate work, missed deadlines, smaller paychecks, fewer promotions--and lots of stress. AND YOU WANT MORE. You want more productivity from your work. More income for a better lifestyle. You want more satisfaction from life, and more time for yourself, your family, and your friends. NOW YOU CAN HAVE BOTH — LESS AND MORE. In *The ONE Thing*, you'll learn to * cut through the clutter * achieve better results in less time * build momentum toward your goal* dial down the stress * overcome that overwhelmed feeling * revive your energy * stay on track * master what matters to you *The ONE Thing* delivers extraordinary results in every area of your life--work, personal, family, and spiritual. WHAT'S YOUR ONE THING?

Hand to Hold JJ Heller 2021-07-20 This heartwarming picture book reassures children that a parent's love never lets go—based on the poignant lyrics of JJ Heller's beloved lullaby "Hand to Hold." "May the living light inside you be the compass as you go / May you always know you have my hand to hold." With delightful illustrations and an engaging rhyme scheme, this book offers the promise of security and love every child's heart longs to know. From skipping stones and counting stars to climbing trees and telling stories, every moment is wrapped snugly in the certain warmth of a parent's presence and God's blessing. With poignancy and joy, this bedtime read captures the unconditional love parents want their children to know but so often fail to express amid the chaos of daily life.

HOLD: How to Find, Buy, and Rent Houses for Wealth Steve Chader 2012-09-25 USA TODAY
BESTSELLER Take HOLD of your financial future! Learn how to obtain financial freedom through real estate. The final book in Gary Keller's national best-selling Millionaire Real Estate Investor trilogy teaches the proven, reliable real estate investing process to achieve financial wealth: 1. Find - the right property for the right terms and at the right price. 2. Analyze - an offer to make sure the numbers and terms make sense. 3. Buy - an investment property where you make money going in. 4. Manage - a property until it's paid for or you have a large amount of equity to leverage. 5. Grow - your way to wealth and financial freedom.

An Introduction to Numerical Methods and Analysis James F. Epperson 2013-06-06 Praise for the First Edition ". . . outstandingly appealing with regard to its style, contents, considerations of requirements of practice, choice of examples, and exercises." —Zentrablatt Math ". . . carefully structured with many detailed worked examples . . ." —The Mathematical Gazette ". . . an up-to-date and user-friendly account . . ." —Mathematika An Introduction to Numerical Methods and Analysis addresses the mathematics underlying approximation and scientific computing and successfully explains where approximation methods come from, why they sometimes work (or don't work), and when to use one of the many techniques that are available. Written in a style that emphasizes readability and usefulness for the numerical methods novice, the book begins with basic, elementary material and gradually builds up to more advanced topics. A selection of concepts required for the study of computational mathematics is introduced, and simple approximations using Taylor's Theorem are also treated in some depth. The text includes exercises that run the gamut from simple hand computations, to challenging derivations and minor proofs, to programming exercises. A greater emphasis on applied exercises as well as the cause and effect associated with numerical mathematics is featured throughout the book. An Introduction to Numerical Methods and Analysis is the ideal text for students in advanced undergraduate mathematics and engineering courses who are interested in gaining an understanding of numerical methods and numerical analysis.

Depression in Parents, Parenting, and Children Institute of Medicine 2009-10-28 Depression is a widespread condition affecting approximately 7.5 million parents in the U.S. each year and may be putting at least 15 million children at risk for adverse health outcomes. Based on evidentiary studies, major depression in either parent can interfere with parenting quality and increase the risk of children developing mental, behavioral and social problems. *Depression in Parents, Parenting, and Children* highlights disparities in the prevalence, identification, treatment, and prevention of parental depression among different sociodemographic populations. It also outlines strategies for effective intervention and identifies the need for a more interdisciplinary approach that takes biological, psychological, behavioral, interpersonal, and social contexts into consideration. A major challenge to the effective management of parental depression is developing a treatment and prevention strategy that can be introduced within a two-generation framework, conducive for parents and their children. Thus far, both the federal and state response to the problem has been fragmented, poorly funded, and lacking proper oversight. This study examines options for widespread implementation of best practices as well as strategies that can be effective in diverse service settings for diverse populations of children and their families. The delivery of adequate screening and successful detection and treatment of a depressive illness and prevention of its effects on parenting and the health of children is a formidable challenge to modern health care systems. This study offers seven solid recommendations designed to increase awareness about and remove barriers to care for both the depressed adult and prevention of effects in the child. The report will be of particular interest to federal health officers, mental and behavioral health providers in diverse parts of health care delivery systems, health policy staff, state legislators, and the general public.

Standard Guideline for the Collection and Depiction of Existing Subsurface Utility Data 2003
CI/ASCE Standard 38-02 presents a credible system for classifying the quality of utility location information that is placed in design plans. The Standard addresses issues such as: how utility information can be obtained, what technologies are available to obtain that information; how that information can be conveyed to the information users; who should be responsible for typical collection and depiction tasks; what factors determine which utility quality level attribute to assign to data; and what the relative costs and benefits of the various quality levels are. Used as a reference or as part of a specification, the Standard will assist engineers, project and utility owners, and constructors in developing strategies to reduce risk by improving the reliability of information on existing subsurface utilities in a defined manner.

FrameShifting Alison Heiser 2020-12-04 FrameShifting is a unique user-centered guide to collaborating with others that combines structure and creativity. The FrameShifting methodology draws upon Alison Heiser's extensive experience as an executive and consultant working with leaders and teams in blue chip organizations including P&G, LensCrafters, Michelin, Accenture, Microsoft, BASF, Steelcase and many others. FrameShifting breaks new ground with the concept of Frame Archetypes. We profile the FrameBuilder, FrameSeeker, FrameMaster and FreeRadical using stories, illustrations, and real-life examples to describe their skills, Achilles' heels, and opportunities for growth. All over the world teams are working together to solve challenges they've never seen before. And far too often, an endless series of meetings leave people frustrated and with little to show for their efforts. FrameShifting is a skill that can be learned, and with practice it will step change how leaders and teams collaborate to drive innovative problem-solving in any organization. From the Foreword: "What Alison and Mary have done is to illuminate the discipline of problem framing and using frameworks effectively, making what has historically been more of an art into a learnable science that consultants of all flavors can use to increase the impact of their work with clients. However, this book is not just for consultants. It's for any businessperson who wants to learn to solve gnarly problems - and, importantly, to solve the right problems - with greater insight and rigor. And, importantly, it's for collaborators who want to engage others in the exploration and solving of tough problems. FrameShifting is as much a collaboration approach as it is a problem-solving approach." -Melissa Quinn, Innovation Advisor and Coach, former COO and Managing Director, Dublin, Deloitte Consulting

Hazardous materials compliance manual 2009

Song for a Whale Lynne Kelly 2019-02-05 In the spirit of modern-day classics like *Fish in a Tree* and *Counting by 7s* comes the Schneider Family Book Award-winning story of a deaf girl's connection to a whale whose song can't be heard by his species, and the journey she takes to help him. From fixing the class computer to repairing old radios, twelve-year-old Iris is a tech genius. But she's the only deaf person in her school, so people often treat her like she's not very smart. If you've ever felt like no one was listening to you, then you know how hard that can be. When she learns about Blue 55, a real whale who is unable to speak to other whales, Iris understands how he must feel. Then she has an idea: she should invent a way to "sing" to him! But he's three thousand miles away. How will she play her song for him? Full of heart and poignancy, this affecting story by sign language interpreter Lynne Kelly shows how a little determination can make big waves. "Fascinating, brave, and tender...a triumph." -- Katherine Applegate, Newbery Award-winning author of *The One and Only Ivan*

The Scrambled States of America Laurie Keller 2002-04-01 The states become bored with their positions on the map and decide to change places for a while, in a story that includes facts about the states.

Dietary Reference Intakes for Vitamin C, Vitamin E, Selenium, and Carotenoids Institute of Medicine 2000-08-27 This volume is the newest release in the authoritative series of quantitative estimates of nutrient intakes to be used for planning and assessing diets for healthy people. Dietary Reference Intakes (DRIs) is the newest framework for an expanded approach developed by U.S. and Canadian scientists. This book discusses in detail the role of vitamin C, vitamin E, selenium, and the carotenoids in human physiology and health. For each nutrient the committee presents what is known about how it functions in the human body, which factors may affect how it works, and how the nutrient may be related to chronic disease. Dietary Reference Intakes provides reference intakes, such as Recommended Dietary Allowances (RDAs), for use in planning nutritionally adequate diets for different groups based on age and gender, along with a new reference intake, the Tolerable Upper Intake Level (UL), designed to assist an individual in knowing how much is "too much" of a nutrient.