

What is %DI?

% Daily Intake (%DI) is a guide to help you make informed choices about the food you eat. Daily Intakes are based on an average adult.

This is the recommended DI for an average adult in one day.



Percentage daily intakes are based on an average adult diet of 8700kJ.

Example of % Daily Intake (%DI).



This number tells you the actual amount found in one serve of the food you are about to eat. This is the percentage of your recommended total % Daily Intake* (%DI) found in this food.



Good to remember