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Almost four years have elapsed since the Table of Recommended Dietary Allowances (Table 1) was developed by the Food and Nutrition Board of the National Research Council. In this period the table has served, as was intended, as a guide for good dietary planning in civilian life and in the armed services. Also, however, the table has been misused. Criticism of the so-called liberality of the recommendations is partly referable to such misuse.

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