

## NUTRITION

# Emergency Rations Liked

Tightly-packaged condensed chow keeps troops in top condition. Originally intended for paratroops, "K" is now used by Army as emergency meals during battle.

► THE NEW, tightly-packaged condensed emergency rations keeps troops in top condition. Although originally intended for paratroops, "K" ration is now also used by other branches of the Army when other food is not available.

Aviators too, are eager for the reportedly toothsome rations munched by paratroopers during four days of grueling maneuvers over Fort Benning, Ga., terrain.

The ration, especially designed for paratroopers, is known as "K" ration, and enables paratroopers to live for several days though operating in enemy territory, and far from their field kitchens.

The Fort Benning tests are the final O.K., and prove the "K" ration superior to other types of Army mess already in use. Six platoons took part in the tests, and of these 60 men were selected to eat "K" ration, the others serving as "controls" by eating the competing regular rations.

These tests are the first large-scale estimates of "K" ration, and Army quartermasters are enthusiastic.

During the tests of the ration, the men carried full combat equipment, marched from 10 to 15 miles per day; completed one 32-mile day and night march and conducted themselves as though under actual battle conditions. Each platoon was given a different ration, and none ate any food except that issued.

The men were weighed before and

after the tests, and those who ate the "K" ration were given physical check-ups including a blood test to determine sugar tolerance.

According to nutrition scientists who checked results, the "K" ration proved "a superior emergency field ration which can be subjected to all types of field conditions and all sorts of weather and yet please the soldier. . . . The platoon which subsisted though the four-day experiment on 'K' rations did not show any impairment in physical or mental condition; in fact, many of them were in much better spirits and temper.

"The sugar tolerance tests carried out immediately after the field tests indicated that, if anything, the men on 'K' ration . . . were in a more satisfactory state than the men who subsisted on the other types of rations, including the regular garrison ration."

U. S. field ration "K" is packed in three separate boxes, one for each of three meals. The three vermin-and-moisture-proof, paper-board boxes weigh only 32 ounces and total 3,726 calories. Each meal contains necessary proteins, carbohydrates, fats and vitamins. Each package is clearly identified, but the soldier may select the breakfast meal for his dinner, or the supper package for his breakfast. The packages are weather-resistant, and impervious to poison gas.

Three sample meals are:

Breakfast: 1 package defense biscuit;

1 package compressed graham biscuit; 1 can veal luncheon meat; 1 package malted milk dextrose tablets; 2 packages soluble coffee; 3 tablets of sugar; 1 stick of chewing gum.

Dinner: 1 package defense biscuit; 1 package compressed graham biscuit; 1 can pork luncheon meat; 1 package dextrose tablets; 1 tube concentrated bouillon; 1 stick chewing gum.

Supper: 1 package defense biscuit; 1 package compressed graham biscuit; 1 can cervelat sausage; 1 two-ounce bar of ration "D"; 3 tablets of sugar; 1 package of lemon juice powder; 1 stick chewing gum.

An important discovery of the tests was that men who got the "K" ration required practically the same amount of drinking water as men on more liquid rations. This apparently refutes the belief that condensed foods increase the amount of drinking water needed. The chewing gum reduced the water consumption, and also helped the men to do without smoking as required by these maneuvers.

Technical experts assisting with the tests were Dr. Ancel Keys, special consultant to the Secretary of War on Foods and his two associates, Dr. Olof Mickelson, biochemist; Dr. Austin Henschel, physiologist, all from the University of Minnesota; and officers from the Infantry Board, Quartermaster Corps, and Surgeon General's Office.

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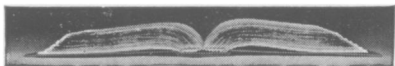
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