

TABLE 5. NUTRITIVE VALUE OF TROOP RATIONS IN THE UNITED KINGDOM, WITH AND WITHOUT CORRECTION FOR MINIMUM LOSSES DURING ISSUE, STORAGE, PREPARATION, AND SERVICE OF FOOD¹

Nutrients	British Home Service ration 1942	British-American ration 1942	United States ration August-October 1942	United States ration November-December 1942	United States ration January 1943-January 1945
Energy, cal-----	3,060 (2,776)	4,182 (3,704)	4,766 (4,170)	4,465 (3,940)	4,049 (3,624)
Protein, gm-----	96 (91)	124 (118)	149 (142)	136 (129)	130 (123)
Fat, gm-----	117 (97)	197 (156)	215 (164)	205 (161)	165 (132)
Carbohydrate, gm-----	406 (385)	478 (457)	557 (532)	519 (494)	536 (486)
Calcium, gm-----	0.63 (0.60)	0.77 (0.73)	0.88 (0.84)	0.87 (0.82)	0.96 (0.91)
Iron, mg-----	19 (18)	25 (24)	29 (28)	28 (27)	27 (25)
Vitamin A, I. U-----	3,050	1,233	1,503	2,474	2,448
(Animal)-----	(2,890)	(1,170)	(1,428)	(2,350)	(2,330)
Carotene, I. U-----	4,647	9,695	9,638	9,842	11,482
(Plant)-----	(4,415)	(9,200)	(9,156)	(9,350)	(10,910)
Thiamine, mg-----	1.98 (1.50)	2.69 (1.99)	3.01 (2.18)	3.05 (2.13)	2.61 (1.88)
Riboflavin, mg-----	1.83 (1.58)	1.97 (1.71)	2.43 (2.11)	2.42 (2.08)	2.40 (2.07)
Niacin, mg-----	20 (16)	24 (19)	32 (26)	28 (22)	27 (21)
Ascorbic acid, mg-----	100 (45)	147 (69)	134 (104)	164 (97)	167 (96)

¹ Uncorrected and corrected values represent "as issued" and "as consumed" values respectively. Corrected, or "as consumed" values, are estimated by making the following deductions from "as issued" values:

- Deduction of 5 percent to cover wastage loss during issue, storage, preparation, and service of ration components.
- Deduction of 25 percent of meat and cooking fat which is assumed to be uneaten.
- Deduction of nutrient losses.

The corrected value in the table is the value in parenthesis.

² This value was calculated according to the procedure used in estimating caloric values of U. S. Army rations. The British War Office estimates the average value of the monetary allowance as 214 calories, thus increasing the total ration value to 3,274. The energy content of the ration was increased 284 calories in May 1943 and an additional allowance of 200 calories was authorized troops undergoing hard training.