

FIELD RATION C

COMPONENTS

LBS. PER RATION

Biscuit C	.469
Lemon Juice Powder, Synthetic	.016
Hard Candy	.112
Sugar	.112
Meat and Beans	.750
Meat and Spaghetti	.750
Meat and Vegetable Stew	.750
Cocoa	.092
Coffee, soluble (1/5 oz.)	

Nutritive Value

Calories	2685
Protein (gm)	115
Fat (gm)	77
Calcium (mg)	744
Iron (mg)	35.7
Vitamin A (IU)	7,260
Thiamin (mg)	0.89
Riboflavin (mg)	1.69
Niacin (mg)	25.1
Ascorbic Acid (mg)	58

Gross weight per ration 5 lbs.
Cubic feet per ration, .137 cu. ft.
Packed 8 rations per box
Gross weight per box 40 lbs.
Cubic feet per box 1.1 cu. ft.

REQUIREMENTS & PLANNING SECTION
SUBSISTENCE BRANCH
OFFICE OF THE QUARTERMASTER GENERAL

1 February 1944

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FOOD	OZ.	CAL.	(G) PRO.	(G) FAT	(MG) CA.	(MG) IRON	(I.U.) VITAMIN A	(MG) THIAMIN	(MG) RIBO.	(MG) NIACIN	(MG) ASC. A.
G Biscuit	7.5	869	19	20	390	10.8	=	.27	.29	3.4	=
Lemon Juice Powd. Syn. (7 gm.)		28	=	=	=	=	=	.01	=	=	58
Candy	1 4/5	204	=	=	=	=	=	=	=	=	=
Sugar	1.8	203	=	=	=	=	=	=	=	=	=
Meat & Beans	12	377	26	15	103	10.3	=	.34	.41	7.2	=
Meat & Spaghetti	12	490	34	23	136	6.4	1260	.10	.35	5.7	=
Meat & Veg. Stew	12	350	30	17	68	7.1	6000	.13	.40	8.5	=
Cocoa	1.5	164	6	2	47	1.1	=	.04	.24	.3	=
TOTAL		2685	115	77	744	35.7	7260	.89	1.69	25.1	58

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