

Operational Rations Of The Department Of Defense

AR 40-25 06/15/2001 NUTRITION STANDARDS AND EDUCATION , Survival Ebooks

AR 30-22 07/24/2012 ARMY FOOD PROGRAM , Survival Ebooks

Eating enough food to meet nutritional needs and maintain good health and good performance in all aspects of life--both at home and on the job--is important for all of us throughout our lives. For military personnel, however, this presents a special challenge. Although soldiers typically have a number of options for eating when stationed on a base, in the field during missions their meals come in the form of operational rations. Unfortunately, military personnel in training and field operations often do not eat their rations in the amounts needed to ensure that they meet their energy and nutrient requirements and consequently lose weight and potentially risk loss of effectiveness both in physical and cognitive performance. This book contains 20 chapters by military and nonmilitary scientists from such fields as food science, food marketing and engineering, nutrition, physiology, psychology, and various medical specialties. Although described within a context of military tasks, the committee's conclusions and recommendations have wide-reaching implications for people who find that job-related stress changes their eating habits.

This regulation establishes policies and procedures for the Army Field Feeding System. This regulation is applicable to Active Army and Reserve Component medical and nonmedical units, for the management of subsistence supply and food service support when operating under the Army Field Feeding System. It provides specific guidance for the use of unitized operational rations and perishable rations during field training or field training operations. It provided rations while in a field duty status. Included are responsibilities for commanders, major Army commands, and field operation directors and planners while training in a field environment. It further provides operating and reporting procedures for field kitchens, supply activities, and Troop Issue Subsistence Activities. This regulation supersedes subsistence supply and food service policy and procedures for the Field Ration Issue System(FSIS) published in AR 30-1, The Army Food Service Program, and in FM 10-60, Subsistence Supply and Management in Theaters of Operation.

The operational rations that are now available to meet United States Military Service needs and those presently under development are categorized as: General Operational Rations, Special Operational Subsistence, Survival Subsistence, and Future Feeding Concepts. Each ration is briefly described and where applicable typical menus are included. A historical summary outlines past rations in terms of their functions, contributions, and relationships to present and future rations.

This manual describes and illustrates the techniques and procedures for preparing and rigging typical supply loads of POL and current and future operational rations for high velocity drop from appropriate aircraft.

Recognizing the importance of good nutrition for physical and mental status, the Department of Defense asked the Institute of Medicine to guide the design of the nutritional composition of a ration for soldiers on short-term, high-stress missions. Nutrient Composition of Rations for Short-Term, High-Intensity Combat Operations considers military performance, health concerns, food intake, energy expenditure, physical exercise, and food technology issues. The success of military operations depends to a large extent on the physical and mental status of the individuals involved. Appropriate nutrition during assault missions is a continuous challenge mainly due to diminished appetites of individuals under stress. Many less controllable and unpredictable factors, such as individual preferences and climate, come into play to

reduce appetite. In fact, soldiers usually consume about half of the calories needed, leaving them in a state called "negative energy balance." The consequences of being in negative energy balance while under these circumstances range from weight loss to fatigue to mental impairments. An individual's physiological and nutritional status can markedly affect one's ability to maximize performance during missions and may compromise effectiveness. With the number of these missions increasing, the optimization of rations has become a high priority.

This book reviews the research pertaining to nutrient requirements for working in cold or in high-altitude environments and states recommendations regarding the application of this information to military operational rations. It addresses whether, aside from increased energy demands, cold or high-altitude environments elicit an increased demand or requirement for specific nutrients, and whether performance in cold or high-altitude environments can be enhanced by the provision of increased amounts of specific nutrients.

Systematic synthesis of U.S. military's food product development, processing, packaging, testing, and distribution methods · Provides technical data for lightweighting, nutrient optimization, shelf-life extension, ready-to-eat, and self-heating foods

This regulation establishes nutritional standards, termed "military dietary reference intakes" (MDRIs) for military feed-ing and establishes nutritional standards for operational rations (NSORs) and nutritional standards for restricted rations (NSRRs). This regulation identifies the effects of environmental factors on energy and nutrient requirements and outlines nutrition educational policy. It implements Department of Defense (DOD) menu standards that are the minimum guide-lines required for use by military food service programs during menu planning, food procurement, food preparation, and meal service. It describes the responsibilities of the Services' surgeons general and the Services' food service programs. This regulation supports human performance optimization (HPO) (see section II of the glossary for the definition). Nutrition is a key component of HPO. This regulation establishes requirements for all food service operations whether provided by Governmental sources or through contractor support.

This regulation encompasses garrison, field, and subsistence supply operations. Specifically, this regulation comprises Army Staff and major Army command responsibilities and includes responsibilities for the Installation Management Command and subordinate regions. It also establishes policy for the adoption of an à la carte dining facility and for watercraft to provide subsistence when underway or in dock. Additionally, the regulation identifies DOD 7000.14-R as the source of meal rates for reimbursement purposes; delegates the approval authority for catered meals and host nation meals from Headquarters, Department of the Army to the Army commands; and authorizes the use of the Government purchase card for subsistence purchases when in the best interest of the Government. This regulation allows prime vendors as the source of garrison supply and pricing and provides garrison menu standards in accordance with The Surgeon General's nutrition standards for feeding military personnel.

Also, included is guidance for the implementation of the U.S. Department of Agriculture Food Recovery Program.

The physiological or psychological stresses that employees bring to their workplace affect not only their own performance but that of their co-workers and others. These stresses are often compounded by those of the job itself. Medical personnel, firefighters, police, and military personnel in combat settings--among others--experience highly unpredictable timing and types of stressors. This book reviews and comments on the performance-enhancing potential of specific food components. It reflects the views of military and non-military scientists from such fields as neuroscience, nutrition, physiology, various medical specialties, and performance psychology on the most up-to-date research available on physical and mental performance enhancement in stressful conditions. Although placed within the context of military tasks, the volume will have wide-reaching implications for individuals in any job setting.

The activities of the Food and Nutrition Board's Committee on Military Nutrition Research (CMNR, the committee) have been supported since 1994 by grant DAMD17-94-J-4046 from the U.S. Army Medical Research and Materiel Command (USAMRMC). This report fulfills the final reporting requirement of the grant, and presents a summary of activities for the grant period from December 1, 1994 through May 31, 1999. During this grant period, the CMNR has met from three to six times each year in response to issues that are brought to the committee through the Military Nutrition and Biochemistry Division of the U.S. Army Research Institute of Environmental Medicine at Natick, Massachusetts, and the Military Operational Medicine Program of USAMRMC at Fort Detrick, Maryland. The CMNR has submitted five workshop reports (plus two preliminary reports), including one that is a joint project with the Subcommittee on Body Composition, Nutrition, and Health of Military Women; three letter reports, and one brief report, all with recommendations, to the Commander, U.S. Army Medical Research and Materiel Command, since September 1995 and has a brief report currently in preparation. These reports are summarized in the following activity report with synopses of additional topics for which reports were deferred pending completion of military research in progress. This activity report includes as appendixes the conclusions and recommendations from the nine reports and has been prepared in a fashion to allow rapid access to committee recommendations on the topics covered over the time period.

Operational Rations of the Department of Defense (NATICK PAM 30-25) 9th Edition - MRE Meal Ready to Eat, Special Purpose Ration, History of Combat Feeding, Nutrition, Assault and Group Rations

It is a commonly held belief that athletes, particularly body builders, have greater requirements for dietary protein than sedentary individuals. However, the evidence in support of this contention is controversial. This book is the latest in a series of publications designed to inform both civilian and military scientists and personnel about issues related to nutrition and military service. Among the many other stressors they experience, soldiers face unique nutritional demands during combat. Of particular concern is the role that dietary protein might play in controlling muscle mass and strength, response to injury and infection, and cognitive performance. The first part of the book contains the committee's summary of the workshop, responses to the Army's questions, conclusions, and recommendations. The remainder of the book contains papers contributed by speakers at the workshop on such topics as, the effects of aging and hormones on regulation of muscle mass and function, alterations in protein metabolism due to the stress of injury or infection, the role of individual amino acids, the components of proteins, as neurotransmitters, hormones, and modulators of various

physiological processes, and the efficacy and safety considerations associated with dietary supplements aimed at enhancing performance.

This book highlights the entire family of fielded combat rations. Rations are categorized into one of four platforms: Individual Rations, Assault Rations, Group Rations, and Special Purpose Rations. Each ration is described by its purpose, major characteristics, nutritional data, and preparation requirements. The mission of the DoD Combat Feeding Program is to ensure that America's Warfighters are the best fed in the world. By investing in high risk/high payoff science and technology, and utilizing Continuous Product Improvement (CPI), CFD provides Warfighters with revolutionary combat feeding capabilities. LIST OF ABBREVIATIONS * QUICK REFERENCE DATA * INTRODUCTION * HISTORY OF COMBAT FEEDING * CONTINUOUS PRODUCT IMPROVEMENT * NUTRITION * INDIVIDUAL RATIONS: * Meal, Ready-to-Eat, Individual (MRE) * ASSAULT RATIONS: * First Strike Ration (FSR) * Meal, Cold Weather/Food Packet, Long Range Patrol (MCW/LRP) * Modular Operational Ration Enhancement (MORE) * GROUP RATIONS: * Unitized Group Ration (UGR) * UGR-Heat and Serve (H&S) * UGR-A Ration * UGR-B Ration * UGR-Express (UGR-E) * Navy Standard Core Menu (NSCM) * SPECIAL PURPOSE RATIONS: * Meal, Religious, Kosher/Halal * Meal, Religious, Kosher for Passover * Meal, Tailored Operational Training (TOTM) * Go-To-War (GTW) Ration * Food Packet, Survival, General Purpose * Food Packet, Survival, Abandon Ship * Food Packet, Survival, Aircraft, Life Raft * Humanitarian Daily Ration (HDR) * Meal, Alternative Regionally Customized (MARC) * Tube Foods * Ultra High Temperature (UHT) Milk * FREQUENTLY ASKED QUESTIONS * CONTACT INFORMATION The mission of the Department of Defense (DoD) Combat Feeding Program is to sustain the Department of Defense's most decisive weapons platform - the individual Warfighter. The contemporary operating environment requires state-of-the-art combat rations to provide for the nutritional needs of the Warfighter in a wide variety of situations, from peacekeeping to high-intensity combat and contingency operations. Under the auspices of the DoD, the U.S. Army Natick Soldier Research Development and Engineering Center (NSRDEC) DoD Combat Feeding Directorate (CFD) and Defense Logistics Agency (DLA) - Troop Support employ a total life cycle approach in developing, testing, evaluating, procuring, fielding, and supporting all military rations. These rations are a vital contribution to the overall quality of life of the individual combatant.

[Copyright: d560927fa541b7b597b3994a51b36c66](https://www.dodcombatfeeding.com/)