

Components of Type C Ration (31 Oct 44) (COD 183A)B UNITSUnit 1.Breakfast

Biscuits IV	2 oz.
Cereal, premix	2 oz.
Coffee, soluble	5 gms.
Peanuts, candy coated	1.2 oz.
Sugar	0.8 oz.

Unit 4.Breakfast

Biscuits	2 oz.
Cereal, premix	2 oz.
Coffee, soluble	5 gms.
Chocolate Drops	1.2 oz.
Sugar	0.8 oz.

Unit 2.Dinner

Biscuits V	1.4 oz.
Fudge	2 oz.
Cookies, Butterscotch	0.8 oz.
Lemon Juice Powder, Syn.	7 gms.
Sugar	1.66 oz.

Unit 5.Dinner

Biscuits	1.4 oz.
Candy, hard	0.6 oz.
Cookies, Butter-scotch	0.8 oz.
Orange Juice Powder, Syn.	7 gms.
Sugar	1.66 oz.

Unit 3.Supper

Biscuits I	2.0 oz.
Caramels	1 oz.
Cocoa, compressed	2 oz.
Jam, canned	1.5 oz.

Unit 6.Supper

Biscuits	2 oz.
Caramels	1 oz.
Coffee, soluble	5 gms.
Jam, canned	1.5 oz.
Sugar	0.8 oz.

M UNITS

Ham, Egg, Potato	11½ oz.
Meat and Beans	12 oz.
Chicken & Vegetables	12 oz.
Meat & Noodles	12 oz.
Frankfurters & Beans	12 oz.
Pork & Rice	12 oz.

Meat & Spaghetti	12 oz.
Meat & Vegetable Stew	12 oz.
Pork & Beans	12 oz.
Ham & Lima Beans	12 oz.

Average calories per ration - 3700

22 January 1945.



Components of the Type K Ration (31 Oct 44) (C.O.D. 286)

BREAKFAST

Meat and Egg Product	3 3/4 oz.
Biscuits	0.8-1.2 oz.
Cereal (premix)	1 1/2 oz.
Coffee (soluble)	10 grams
Fruit Bar	2 oz.
Gum	
Sugar	.8 oz.

DINNER

Cheese Product	4 oz.
Biscuits	1.4-2.1 oz.
Candy Bar	1 1/4-1 2/8 oz.
Syn, Fruit powder	7 grams
Gum	
Sugar	1.2 oz.

SUPPER

Meat Product, canned	4 oz.
Biscuits	1.5-2.2 oz.
Bouillon Powder	10 grams
Caramels or Candy Bar	2 oz.
Coffee (soluble)	5 grams
Gum	
Sugar	23 grams

Average calories per ration - 2825

22 January 1945.



Components of the 10-in-1 RationMenu #1.

Army spread, canned	7.5 oz.
Coffee, soluble	2 oz.
Fruit pudding, canned	35 oz.
Hamburger, canned	60 oz.
Ham and Eggs, canned	68 oz.
Hash, corned beef, dehyd.	26 oz.
or	
Meat and Rice, dehyd.	26 oz.
Jam, canned	22 oz.
Milk, evap.	12 oz.
Tomatoes, canned	38 oz.
Biscuits	56 oz.
Cereals, premix	20 oz.
Cocoa Beverage	20 oz.
Caramel Bar	20 oz.
Sugar	12 oz.
Partial Dinner Unit #1	

Menu #3.

Army spread	7.5 oz.
Beef, corned, canned	48 oz.
Coffee, soluble	2 oz.
Jam, canned	22 oz.
Milk, evap. canned	12 oz.
Peas, canned	40 oz.
Plum pudding, canned	35 oz.
Pork and Corn, canned	60 oz.
Pork sausage meat, canned	68 oz.
Biscuits	56 oz.
Cereal, premix	20 oz.
Cocoa beverage	20 oz.
Fruit Bar	20 oz.
Sugar	12 oz.
Partial Dinner Unit #3	

Menu #2.

Army spread, canned	7.5 oz.
Bacon, sliced, canned	48 oz.
Coffee, soluble	4 oz.
Corn, canned	24-38 oz.
Fruit cake, canned	35 oz.
Jam, canned	22 oz.
Milk, evap. canned	12 oz.
Pork Tenderloin, canned	60 oz.
Peanuts, canned	15 oz.
Stew, English	68 oz.
or	
Meat Balls & Spaghetti	68 oz.
Biscuits	64 oz.
Cereal, premix	20 oz.
Sugar	24 oz.
Partial Dinner Unit #2	

Menu #4.

Army spread	7.5 oz.
Bacon, sliced, canned	48 oz.
Beans, snap, canned	38 oz.
Beef, roast, canned	48 oz.
Coffee, soluble	4 oz.
Fig pudding	7.5 oz.
Jam canned	22 oz.
Milk, evap. canned	12 oz.
Pork & Applesauce	60 oz.
or	
Pork Sausage Patties & Apples, canned	60 oz.
Biscuits	64 oz.
Caramel Nougat Bar	20 oz.
Cereal, premix	20 oz.
Sugar	24 oz.
Partial Dinner Unit #4	



COMPONENTS AND CALCULATED NUTRITIVE VALUE OF RESERVE RATIONS

RATION C

RATION D

RATION K

Breakfast Unit

Dinner Unit

Supper Unit

10-IN-1 RATION

Menu #1

#2

#3

#4

#5

REQUIREMENTS & PLANNING SECTION

SUBSISTENCE BRANCH

1 MARCH 1944



FIELD RATION CCOMPONENTSLBS. 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



RATION C

FOOD	OZ.	CAL.	(G) PRO.	(G) FAT	(MG) CA.	(MG) IRON	(I.U.) VITAMIN A	(MG) THIAMIN	(MG) RIBO.	(MG) NIACIN	(MG) ASC. A.
C 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

REQUIREMENTS & PLANNING SECTION
SUBSISTENCE BRANCH
OFFICE OF THE QUARTERMASTER GENERAL

1 February 1944

FIELD RATION D
12 Oz. Bar

Calories	1770
Protein (gm)	32
Fat (gm)	95
Calcium (gm)	.7
Iron (mg)	10.8
Vitamin A (IU)	
Thiamine (mg)	1.5
Riboflavin (mg)	.5
Niacin (mg)	1.2
Ascorbic Acid (mg)	

REQUIREMENTS AND PLANNING SECTION
SUBSISTENCE BRANCH
OFFICE OF THE QUARTERMASTER GENERAL
1 July 1943



FIELD RATION KCOMPONENTS

LBS. PER RATION

BREAKFAST

K Biscuit	.150
Meat & Egg Product	.234
Fruit Bar	.125
Coffee	.015
Sugar	.050

DINNER

K Biscuit	.150
Cheese Product	.25
Candy	.125
Lemon Juice Powder, Synthetic	.015
Sugar	.050

SUPPER

K Biscuit	.150
Meat Product	.238
Chocolate Bar	.125
Bouillon Powder	.022

NUTRITIVE VALUE

	<u>BREAKFAST</u>	<u>DINNER</u>	<u>SUPPER</u>	<u>TOTAL OF RATIONS</u>
Calories	833	1065	858	2756
Protein (gm)	24	30	35	89
Fat (gm)	31	44	40	115
Calcium (gm)	.2	0.9	.3	1.4
Iron (mg)	5.5	1.9	4.5	11.9
Vitamin A (IU)	3450	1350	--	4800
Thiamine (mg)	0.53	0.37	0.67	1.6
Riboflavin (mg)	0.47	0.67	0.58	1.7
Niacin (mg)	3.4	1.2	6.3	10.9
Ascorbic Acid (mg)	0	60	0	60

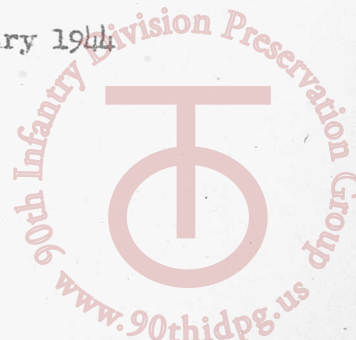
Gross weight per ration 3.58 lbs.

Cubage 0.112 cu.ft.

Packed in export case 12 rations to case: Gross weight 43 lbs.
Cubage 1.34 cu. ft.

REQUIREMENTS & PLANNING SECTION
SUBSISTENCE BRANCH
OFFICE OF THE QUARTERMASTER GENERAL

1 January 1944



RATION K

FOOD	OZ.	CAL.	(G) PRO.	(G) FAT	(MG) CA.	(MG) IRON	(I.U.) VITAMIN A	(MG) THIAMIN	(MG) RIBO.	(MG) NIACIN	(MG) ASC. A.
K Biscuits	7.2	888	18	24	438	3.6	--	1.02	0.60	3.6	-
Meat & Egg. Prod.	3.7	269	16	23	44	2.4	3450	0.15	0.23	1.8	-
Fruit Bar	2	100	2	-	44	1.9	--	0.04	0.04	0.4	-
Coffee	1/5	-	-	-	-	-	--	-	-	-	-
Sugar	1.6	176	-	-	-	-	--	-	-	-	-
Cheese Prod.	4	427	24	36	812	0.7	1350	0.03	0.47	-	-
Candy	2	227	-	-	-	-	--	-	-	-	-
Lemon Juice Powd. Syn. 7 gm.		27	-	-	-	-	--	-	-	-	60
Meat Prod.	3.9	241	22	16	14	0.6	--	0.08	0.19	1.8	-
Choc. Bar	2.0	295	5	16	113	1.8	--	0.25	0.09	0.2	-
Bouillon Powd. 10 gm.		26	2	-	4	0.9	--	-	0.10	3.1	-
TOTAL		2756	89	115	1469	11.9	4800	1.57	1.72	10.9	60

REQUIREMENTS & PLANNING SECTION
SUBSISTENCE BRANCH
OFFICE OF THE QUARTERMASTER GENERAL

1 January 1944

10-IN-1 RATION
(10 Men for 1 Day)

MENU #1

<u>COMPONENTS</u>	<u>WGT. (Oz.)</u>
Army Spread	7.5
Jam	22
Milk, evap.	12
Pork Sausage	68
Tomatoes, canned	38
Egg Product	37.5
Meat & Rice, dehyd.	26
C Biscuit	64
Cereal, pre-mix	20
Sugar	20
Lemon Juice Powder, Synthetic	(70 gm)
K-Biscuits	24
Peanuts	15
Cocoa Beverage	20
Hard Candy	13.7

Nutritive Value per Man per Day

Calories	3610
Protein (gm)	124
Fat (gm)	150
Calcium (gm)	1.1
Iron (mg)	32.1
Vitamin A (IU)	4590
Thiamine (mg)	1.79
Riboflavin (mg)	2.32
Niacin (mg)	29.0
Ascorbic Acid (mg)	79

MENU #2

<u>COMPONENTS</u>	<u>WGT. (Oz.)</u>
Army Spread	7.5
Bacon, sliced	48
Beans, snap canned	38
Jam	22
Milk, evap.	12
Stew, English	60
Cheese Component	40
K-4 Biscuit	64
Cereal, pre-mix	20
Fruit Bars	20
Sugar	32
K-Biscuits	24
Caramels	20
Lemon Juice Powder, Synthetic	(70 gm)

Nutritive Value per Man per Day

Calories	4080*
Protein (gm)	89
Fat (gm)	209
Calcium (gm)	1.7
Iron (mg)	17.2
Vitamin A (IU)	2615
Thiamine (mg)	2.3
Riboflavin (mg)	2.25
Niacin (mg)	13.2
Ascorbic Acid (mg)	64

*Theoretical loss by discarded
bacon fat (25%) would result
in loss of 238 calories, 25 gm
of fat, and a slight decrease in
certain other nutrients.

(Contd.)

10-in-1 Ration (Contd.)MENU #3

<u>COMPONENTS</u>	<u>WGT. (oz.)</u>
Army Spread	7.5
Beef, corned canned	36
Ham and Eggs	70
Jam	22
Milk, evap.	12
Peas, canned	40
Meat (K components)	37.5
C-Biscuit	64
Cereal, pre-mix	20
Fruit Bar	20
Sugar	20
Orange Juice Powder, Synthetic	(70 gm)
Cocoa Beverage	20
Chocolate Bar	20
K-Biscuits	24

Nutritive Value per Man per Day

Calories	3570
Protein (gm)	126
Fat (gm)	138
Calcium (gm)	1.3
Iron (mg)	41.8
Vitamin A (IU)	5380
Thiamine (mg)	1.7
Riboflavin (mg)	2.1
Niacin (mg)	16.4
Ascorbic Acid (mg)	71

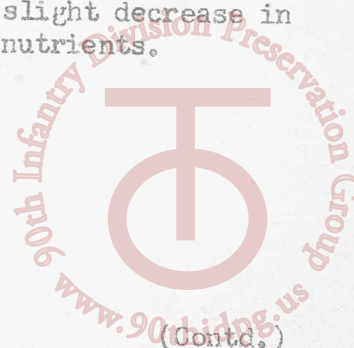
MENU #4

<u>COMPONENTS</u>	<u>WGT. (oz.)</u>
Army Spread	7.5
Bacon, sliced canned	48
Beef, roast canned	48
Corn, canned	40
Jam	22
Milk, evap.	12
Egg Product	37.5
C Biscuit	64
Candy, Hard	13.75
Cereal, pre-mix	20
Lemon Juice Powder, Synthetic	(70 gm)
Sugar	32
K Biscuits	24
Fruit Bar	20

Nutritive Value per Man per Day

Calories	3915*
Protein (gm)	101
Fat (gm)	181
Calcium (gm)	0.9
Iron (mg)	31.0
Vitamin A (IU)	3620
Thiamine (mg)	1.2
Riboflavin (mg)	1.67
Niacin (mg)	16.5
Ascorbic Acid (mg)	65

*Theoretical loss by discarded
bacon fat (25%) would result
in loss of 238 calories, 25 gm.
of fat, and a slight decrease in
certain other nutrients.



(Contd.)

10--in=1 Ration (Contd.)

MEU #5COMPONENTS WGT. (oz.)

Army Spread	7.5
Pork & Egg canned	70
Beans, lima canned	40
Hash, corned beef, dehyd.	26
Jam	22
Milk, evap.	12
Cheese component	40
K-4 Biscuit	64
Cereal, pre-mix	20
Cocoa Beverage	20
Chocolate Bar	20
Sugar	20
K-Biscuit	24
Fruit Bar	20
Orange Juice Powder, Synthetic	(70 gm)

Nutritive Value per Man per Day

Calories	3980
Protein (gm)	145
Fat (gm)	171
Calcium (gm)	2.1
Iron (mg)	20.6
Vitamin A (IU)	9410
Thiamine (mg)	2.8
Riboflavin (mg)	2.6
Niacin (mg)	20.8
Ascorbic Acid (mg)	69

Gross weight per case of 10 rations	45 lbs.
Gross weight per ration	4.5 lbs.
Cubage per case of 10 rations	1.4 cu. ft.
Cubage per ration	.14 cu. ft.

REQUIREMENTS & PLANNING SECTION
SUBSISTENCE BRANCH
OFFICE OF THE QUARTERMASTER GENERAL

1 May 1944

