



## MILITARY RATIONS ARE GOOD PERFORMANCE MEALS

FOOD GIVES YOU ENERGY • THE MORE ENERGY YOU BURN, THE MORE FOOD YOU NEED

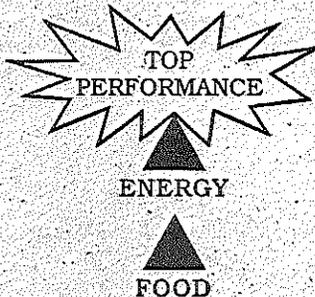
You are more active during field training, deployment and combat than in garrison. You need to eat more and drink more water or other fluids in these situations.

When you don't eat enough to meet your body's energy needs, you lose weight. This can lead to a loss of body fluids and degrades your performance.

In the field you NEED three meals per day. One Meal, Ready-to-Eat (MRE) contains 1200 to 1300 calories. Average daily calorie requirements in the field are 2800 to 3600 calories for males and 2000 to 2800 for females.

**Tips:** If you can't eat all of the food in the ration...

- Eat some of each component to get a balance of nutrients.
- Eat the high carbohydrate items first (crackers, beverage base, fruit jelly).
- Save unopened dry snack items to eat when you're on the move.



Restriction of food & nutrients leads to rapid weight loss which leads to:

- ☒ Loss of Strength
- ☒ Decreased Endurance
- ☒ Loss of Motivation
- ☒ Decreased Mental Alertness