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Vitamins Invade Army Rations

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Vitamins Invade

**Army Rations**

Genevieve Scott says it is the concern of the nutritionists to raise our living standards.

**War** is carried on by men. They are conscripted and brought up for rigid training in defense of their country. It is they who man the guns, pilot planes, navigate ships and carry on the mechanical aspects of modern warfare. However, energy providing food to perform these duties is planned by dietitians.

During the World War, nutritionists discovered that men liked desserts and were grouchy if they did not receive them. Unsatisfied soldiers are uncooperative on the battlefield, so today's army rations have been improved and expanded to allow desserts on the soldiers' menu.

Food preparation has become as important a part of the United States preparedness program as military preparation. As the result of research and comparison to the World War soldier's diet, the army rations have been improved to allow more variety and more popular foods.

More fruits, flour, and an egg per day per soldier have been added. The dreaded daily bread pudding of the World War soldier has been crossed off of the list.

For the active soldier in the World War, 3600 to 4000 calories per day were adequate. Though vitamin research had not attained its present status, calculations for calories, proteins and mineral needs were fairly accurate.

The basic ration for the United States Army was the Garrison Issue—the daily allotment for each soldier of foodstuffs with which the meals were made. The Garrison Ration, with substitutes in parentheses, was:

**Beef** (mutton, bacon, pork, sausage, canned meats, hash, fish, cheese) 20 oz.; **bread** (flour, corn meal, oatmeal, macaroni, rice, hominy) 16 oz.; **potatoes** (onions, carrots, turnips, cabbage, canned corn, peas and tomatoes) 20 oz.; **dried beans** (canned baked beans) 4 oz.

**Jam** (prunes, dried apples, peaches, apricots, figs, dates, raisins, corn syrup) 3 oz.; **evaporated milk** 1 oz.; **butter** (oleomargarine, lard) ½ oz.; **sugar**, 3.2 oz.; **candy**, 0.8 oz.; **vinegar** (pickles) 0.16 oz.; **baking powder**, 0.08 oz.; **salt**, 0.64 oz.; **spices, flavoring**, etc., 0.048 oz.; **tobacco**, 0.4 oz.; and **coffee** (tea), 1.12 oz.

The men were supplied with ample quantities of calories, proteins, iron and phosphorus but were low on their calcium supply. Today's estimate is 0.63 gram compared to 0.58 gram in the Garrison Ration.

Soldiers are plentifully supplied with Vitamins B and G but were lacking food containing A and C. They had one-third of the required Vitamin A and about two-thirds of Vitamin C. Today's ration provides for a much better safeguard for Vitamins A and C by a wider range of substitutes in the fruit and vegetable issue.

Food for the soldiers is not the only worry of the nutritionist and dietitian. The people at home must learn how to conserve food if they have it and must have help in obtaining it.

For this purpose, American Red Cross is establishing nutrition classes expecting to furnish large numbers of dietitians for governmental service from its reserve of enrolled dietitians. In a number of Red Cross chapters, home economists, nutritionists and dietitians are performing volunteer service.

Only 50 per cent of the British population had a satisfactory diet in November, 1939, according to Sir Arthur Salter, president of the National Nutrition Committees Conference. He criticizes the English people for not cooking their food better.

To reach an optimum level of food, the United Kingdom would need 80 per cent more milk, 40 per cent more butter, 55 per cent more eggs, 30 per cent more meat, 120 per cent more fruit and 85 per cent more vegetables. Due to the cost of rearmament, the government does not have available money for the expansion of social services and subsidizing agriculture.