

Daily Calorie Intake of an 1812 Sailor and a Modern Combat Ration

1812 Sailor on board USS *Constitution*

Even if the navy diet seemed monotonous, it at least provided the hard-working seaman with the energy to survive at sea. The 1813 menu ensured that each man consumed approximately 4,240 calories per day (mostly from fat), nearly double the daily recommended allowance for a full-grown male in modern America.

Modern Combat Ration: MREs (Meals, Ready-to-Eat)*

The Meal, Ready-To-Eat (MRE) is designed to sustain an individual engaged in heavy activity such as military training or during actual military operations when normal food service facilities are not available.

The MRE is a totally self-contained operational ration consisting of a full meal packed in a flexible, lightweight, meal bag. It fits easily into military field clothing pockets. Each meal bag contains an entree and a variety of other components, and menu items are selected to complement each other and provide necessary nutrition.

One MRE provides one third of the Military Recommended Daily Allowance of vitamins and minerals determined essential by the Surgeon General of the United States. The contents of one MRE meal bag provide an average of 1,250 calories (13 % protein, 36 % fat, and 51 % carbohydrates).

If it is assumed that a full day's ration is 3 MREs, then 1,250 calories is multiplied by three; a full day's ration would equal 3,750 calories.

* The above information from MREs was found: Defense Logistics Agency, Troop Support: Subsistence , found at: www.dscpl.dla.mil/subs/rations/programs/mre/mreabt.asp.

