

NOT EATING ENOUGH



INSTITUTE OF MEDICINE

Not Eating Enough Overcoming Underconsumption Of Military Operational Rations

**Krzysztof Kubacki, Sharyn Rundle-
Thiele**



Not Eating Enough Overcoming Underconsumption Of Military Operational Rations:

Not Eating Enough Committee on Military Nutrition Research, Institute of Medicine, 1995-09-15 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

Not Eating Enough: Overcoming Underconsumption of Military Operational Rations, 1995 The Committee on Military Nutrition Research CMNR has reviewed many studies over the past 10 years that evaluated the acceptance and intake of military food items as part of its continuing task of assessing the nutritional adequacy of military operational rations see IOM 1992a for summary The current main operational ration the Meal Ready to Eat MRE was developed in 1981 as the primary ration to replace the C Ration which had been the mainstay of operational rations for many years The MRE is compact has a long shelf life and can be issued directly to the individual soldier It can be eaten with or without heating and the 3 600 kcal provided by the total ration was designed to meet the Military Recommended Dietary Allowances MRDAs see AR 40 25 1985 for all nutrients The MRE was initially developed for use up to 3 days at the start of military operations until other field feeding systems became available The simplicity of this system logistically and in terms of reduced need for food preparation personnel led to the desire to use this ration for extended periods of time i e 10 to 30 days Field testing was thus ordered to evaluate the effectiveness of the MRE over extended periods of time Summaries of these field studies can be found in Chapters 6 through 10 of this volume *Committee on Military Nutrition Research* Institute of Medicine, Food and Nutrition Board, Committee on Military Nutrition Research, 1999-08-04 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

Military Food Engineering and Ration Technology Ann H. Barrett, Armand Vincent Cardello, 2012 Written by a team from the U S Army s Combat Feeding Directorate at the Natick Research Development and Engineering Center this technical volume represents a comprehensive guide to how the military designs processes customizes packages and distributes highly palatable long shelf life food products for field personnel The book offers new data on numerous technologies used to solve problems such as nutrient densification lightweighting novel thermal processing and long term quality preservation in delivering appetizing foods and more Testing techniques are explained for evaluating sensory qualities of foods and their effects on physical and cognitive performance

Military Quantitative Physiology: Problems and Concepts in Military Operational Medicine The Borden Institute, U.S. Army Medical Department, Office of the Surgeon General, Martha K. Lenhart, 2017-07-26 Few human activities demand or deserve as much attention of the citizens of a nation as the array of man made and natural environmental threats faced by the soldiers and other warriors defending the nation those that pose the risk of disease injury combat wounds and even death This book is the Army s first detailing research in computational physiology models and highlighting pivotal research It outlines the extent to which basic and applied biomedical scientists clinicians modelers and others strive to understand the extent of these threats and provide intellectual and materiel options to mitigate these risks This book summarizes major Army research efforts to quantify and model military relevant physiology These chapters highlight the translation of this research into useful predictive tools The tools are of importance to medical planners materiel developers commanders and in many cases every soldier These chapters detail the experimental basis for many of the predictive tools that are currently in use This book is written for military clinicians and medical researchers who may be reasonably expected to explain some of the background as well as those who will extend the research Many people will find this book interesting because it details research on topics that affect everyone in everyday life including how we sleep eat and exercise as well as more specific topics such as the effects of caffeine on performance risks associated with laser pointers and even Army blast models that have influenced safety thresholds for car airbag deployments

The Role of Protein and Amino Acids in Sustaining and Enhancing Performance Institute of Medicine, Committee on Military Nutrition Research, 1999-10-15 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.

Mineral Requirements for Military Personnel Institute of Medicine, Food and Nutrition Board, Committee on Military Nutrition Research, Committee on Mineral Requirements for Cognitive and Physical Performance of Military Personnel, 2006-07-21. The U.S. Army Health Risk Appraisal group surveyed 400,000 active-duty U.S. Army personnel in the late 1990s to determine whether or not those personnel met the dietary objectives of Healthy People 2000 (HP2000), a national agenda for health promotion and disease prevention. As reported by Yore et al. (2000), Army personnel generally did not meet the HP2000 goals for nutrition, even though significant progress had been made during 1991-1998. Although the specific aspects of diet that would be relevant to this Committee on Mineral Requirements for Cognitive and Physical Performance of Military Personnel are lacking, the findings from this survey suggest that there are dietary problems in the military population. The potential for adverse effects of marginal mineral deficiencies among soldiers engaged in training or military operations and the prospect of improving military performance through mineral intakes have spurred the military's interest in this area of nutrition. **Mineral Requirements for Military Personnel** provides background information on the current knowledge regarding soldiers' eating behaviors as well as on the physical and mental stress caused by military garrison training or operations. This report also offers facts on the mineral content of rations and its intake by military personnel and addresses the potential effects of nutrient deficiencies due to inadequate intake or higher requirements during military operations. **Mineral Requirements for Military Personnel** provides information and recommendations on the development and uses of MDRIs and a description of strategies to increase intake of specific minerals, whether via usual foods, fortification, or supplementation. This report features a description of the metabolism and needs for selected minerals by military personnel under garrison training, recommendations on mineral intake levels, and an assessment of mineral level adequacy in operational rations. This report also includes a prioritization of the research needed to answer information gaps and details of study designs required to gain such information.

Using the Agricultural, Environmental, and Food Literature

Barbara S. Hutchinson,Antoinette Paris-Greider,2002-07-17 This reference provides the groundwork tools and terminology required when conducting specialized searches for information and resources pertaining to traditional and emerging fields of agriculture The editors present 16 contributions from librarians and other information workers that offer information on research resources across the academic a **New and Forthcoming Books** National Academy Press (U.S.),1993

Assessing Readiness in Military Women Institute of Medicine,Food and Nutrition Board,Committee on Body Composition, Nutrition, and Health of Military Women,1998-02-01 U S military personnel are required to adhere to standards of body composition fitness and appearance to achieve and maintain readiness that is the maintenance of optimum health and performance so they are ready for deployment at any moment In 1992 the Committee on Military Nutrition Research reviewed the existing standards and found among other things that the standards for body composition required for women to achieve an appearance goal seemed to conflict with those necessary to ensure the ability to perform many types of military tasks This report addresses that conflict and reviews and makes recommendations about current policies governing body composition and fitness as well as postpartum return to duty standards Military Recommended Dietary Allowances and physical activity and nutritional practices of military women to determine their individual and collective impact on the health fitness and readiness of active duty women **Military Strategies for Sustainment of Nutrition and Immune Function in the Field** Institute of Medicine,Committee on Military Nutrition Research,1999-06-13 Every aspect of immune function and host defense is dependent upon a proper supply and balance of nutrients Severe malnutrition can cause significant alteration in immune response but even subclinical deficits may be associated with an impaired immune response and an increased risk of infection Infectious diseases have accounted for more off duty days during major wars than combat wounds or nonbattle injuries Combined stressors may reduce the normal ability of soldiers to resist pathogens increase their susceptibility to biological warfare agents and reduce the effectiveness of vaccines intended to protect them There is also a concern with the inappropriate use of dietary supplements This book one of a series examines the impact of various types of stressors and the role of specific dietary nutrients in maintaining immune function of military personnel in the field It reviews the impact of compromised nutrition status on immune function the interaction of health exercise and stress both physical and psychological in immune function and the role of nutritional supplements and newer biotechnology methods reported to enhance immune function The first part of the book contains the committee s workshop summary and evaluation of ongoing research by Army scientists on immune status in special forces troops responses to the Army s questions conclusions and recommendations The rest of the book contains papers contributed by workshop speakers grouped under such broad topics as an introduction to what is known about immune function the assessment of immune function the effect of nutrition and the relation between the many and varied stresses encountered by military personnel and their effect on health *A Greek Army on the March* John W. I. Lee,2008-01-10 Professor Lee provides a social and cultural history of the Cyreans the

mercenaries of Xenophon's *Anabasis* While they have often been portrayed as a single abstract political community this book reveals that life in the army was mostly shaped by a set of smaller social communities the formal unit organisation of the *lochos* company and the informal comradeship of the *suskenia* mess group It includes full treatment of the environmental conditions of the march ethnic and socio economic relations amongst the soldiers equipment and transport marching and camp behaviour eating and drinking sanitation and medical care and many other topics It also accords detailed attention to the non combatants accompanying the soldiers It uses ancient literary and archaeological evidence ancient and modern comparative material and perspectives from military sociology and modern war studies This book is essential reading for anyone working on ancient Greek warfare or on Xenophon's *Anabasis*

Emerging Technologies for Nutrition Research

Institute of Medicine, Committee on Military Nutrition Research, 1997-10-03 The latest of a series of publications based on workshops sponsored by the Committee on Military Nutrition Research this book's focus on emerging technologies for nutrition research arose from a concern among scientists at the U S Army Research Institute of Environmental Medicine that traditional nutrition research using standard techniques centered more on complex issues of the maintenance or enhancement of performance and might not be sufficiently substantive either to measure changes in performance or to predict the effects on performance of stresses soldiers commonly experience in operational environments The committee's task was to identify and evaluate new technologies to determine whether they could help resolve important issues in military nutrition research The book contains the committee's summary and recommendations as well as individually authored chapters based on presentations at a 1995 workshop Other chapters cover techniques of body composition assessment tracer techniques for the study of metabolism ambulatory techniques for the determination of energy expenditure molecular and cellular approaches to nutrition the assessment of immune function and functional and behavioral measures of nutritional status

Nutrient Composition of Rations for Short-Term, High-Intensity Combat Operations Institute of Medicine, Food and Nutrition Board, Committee on Military Nutrition Research, Committee on Optimization of Nutrient Composition of Military Rations for Short-Term, High-Stress Situations, 2005-12-09 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. *Handbook of Food Science, Technology, and Engineering - 4 Volume Set* Y. H. Hui, Frank Sherkat, 2005-12-19. Advances in food science technology and engineering are occurring at such a rapid rate that obtaining current detailed information is challenging at best. While almost everyone engaged in these disciplines has accumulated a vast variety of data over time, an organized comprehensive resource containing this data would be invaluable to have. The Nutritional Needs in Cold and High-Altitude Environments Institute of Medicine, Committee on Military Nutrition Research, 1996-05-15. 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. **Advancing Nutrition and Food Science** National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Food and Nutrition Board, 2021-01-15. The Food and Nutrition Board (FNB) of the National Academies of Sciences, Engineering, and Medicine was convened in 1940 in response to a request from the U.S. National Defense Advisory Commission to the National Academy of Sciences for aid in studying problems of nutrition in the United States. Today the FNB is the focal point for activities concerned with food nutrition and food safety and their roles in health maintenance and disease prevention. Now in its 80th year, the FNB has continued its growth and expanded its reach both domestically and internationally, providing visionary leadership across a range of nutrition and food science issues toward the improvement of human health. In honor of its 80 years of service to the nation, the FNB convened a public symposium to review the origin and history, policy influence, and future directions of the FNB. This publication summarizes the presentations of the event.

Formative Research in Social Marketing Krzysztof Kubacki, Sharyn Rundle-Thiele, 2016-10-07. This book brings together the state of the art and current debates in the field of formative research and examines many of the innovative methods largely overlooked in the available literature. This book will help social marketing to move beyond surveys and focus groups. The book addresses the needs of social marketing academics and practitioners alike by providing a robust and critical academic discussion of cutting edge research methods while demonstrating at the same time how each respective method can help us arrive at a deeper understanding of the issues that social marketing interventions are seeking to remedy. Each chapter includes a scholarly discussion of key formative research methods, a list of relevant internet resources, and three key readings for those interested in extending their understanding of the method. Most chapters also feature a short case study demonstrating how the methods are used. **Handbook of Food Science, Technology, and Engineering** Yiu H. Hui, 2006.

How Not to Diet Michael Greger, M.D., FACLM, 2019-12-10 Discover the cutting edge science behind long term weight loss success in this powerful new book from the New York Times bestselling author of *How Not to Die*. Every month seems to bring a trendy new diet or weight loss fad and yet obesity rates continue to rise and with it a growing number of diseases and health problems. It's time for a different approach. Enter Dr. Michael Greger, the internationally renowned nutrition expert, physician, and founder of NutritionFacts website. Author of the mega bestselling *How Not to Die*, Dr. Greger now turns his attention to the latest research on the leading causes and remedies of obesity. Dr. Greger hones in on the optimal criteria to enable weight loss while considering how these foods actually affect our health and longevity. He lays out the key ingredients of the ideal weight loss diet factors such as calorie density, the insulin index, and the impact of foods on our gut microbiome, showing how plant-based eating is crucial to our success. But *How Not to Diet* goes beyond food to identify twenty-one weight loss accelerators available to our bodies, incorporating the latest discoveries in cutting edge areas like chronobiology to reveal the factors that maximize our natural fat burning capabilities. Dr. Greger builds the ultimate weight loss guide from the ground up, taking a timeless proactive approach that can stand up to any new trend. Chock full of actionable advice and groundbreaking dietary research, *How Not to Diet* will put an end to dieting and replace those constant weight loss struggles with a simple, healthy, sustainable lifestyle.

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