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AFMAN 41-121

STANDARD MEDICAL B RATION
FOR
THE ARMED FORCES

DEPARTMENTS OF THE ARMY, NAVY,
MARINE CORPS AND AIR FORCE

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SECTION I INTRODUCTION

A. Purpose

Standard Medical B Ration is planned for subsisting patients in Armed Forces medical treatment facilities when semiperishable food is required. Patients are exempt from theater ration policy and will receive three (3) hot prepared meals per day. Use of the Meal Ready-to-Eat, Individual (MRE) is authorized only in emergency situations when other rations are not available. Perishable supplies should be included in the menus as soon as they are available. Staff assigned to medical units will be fed according to the Service theater ration policy. To simplify procurement, menu preparation and service, when hot meals are served to medical personnel, they will be served the Regular Diet from the Medical B (MB) Ration. In unusual circumstances (i.e. facility relocation/movement), operational rations may be required for staff. In no case shall sole use of operational rations exceed ten days. Special subsistence requirements (Unique Items) to support the Medical B Ration menu are listed in Section II; subsistence requirements for the Standard B Ration which is the basis for the Medical B Ration are listed in Section III. Both the primary foods and menu items and their alternates are listed in these sections. Each Service will decide whether the regular menu item or the alternate will be used.

B. Meals

To support 24-hour patient care, medical treatment facility kitchens must prepare four (4) meals per day: breakfast, lunch, dinner and a night meal. The night meal may utilize a breakfast or lunch/dinner menu according to local procedures. Patients requiring late meals will be served as complete a meal as possible with items from the preceding meal. The late meals will be served in accordance with dietary constraints, local procedures, and preventive medicine sanitation guidelines. Once late tray service from the preceding meal's menu has terminated, late meals will consist of the nourishment for each diet listed on the daily menu. Diet order changes will become effective at the following meal, given adequate notice. Diet order change procedures will follow local medical treatment facility policy.

C. Types of Field Diets

Subsistence and personnel constraints plus quad-service operational procedures and philosophy have necessitated deviation from the typical dietary practices used in fixed facilities. The Quad-Service Clinical Review Committee has approved the types of diets and MB Ration foods. The ration includes a ten-day menu for the Regular Diet (with supplementation for the High Calorie-High Protein Diet), Dental Liquid, Full Liquid and Clear Liquid Diets. The beverage for Forced Fluids is listed on the daily menu. Tube Feedings are discussed in Section IV-C. Specific menus or preparations required for Dental Soft Diets will be determined at the individual medical treatment facility. In rare instances an unplanned diet may be ordered. If the patient will be evacuated shortly, an available diet should be used, if its use is not life-threatening. Sodium restricted foods or

diets are not provided. To enable the dietitian to plan Sodium Restricted Diets, the sodium content of selected foods is provided in Section VII. For planning purposes, it is assumed that 100 % of the staff and 77 % of the patients will be subsisted on the Regular Diet. 23 % of the patients are expected to subsist on a Liquid Diet. These percentages were derived for the total theater requirements. Facilities may need to adjust accordingly.

D. Weight and Cubage

Total weight and cubage includes all menu components, accessory foods and condiments for regular and alternate menus.

	Gross Weight Per Ration (lbs)	Net Weight Per Ration (lbs)	Gross Cubic Feet Per Ration
1. Patients			
REGULAR MENU ITEMS (w/o bread or bread ingredients)	4.087	3.058	0.131
ALTERNATE MENU ITEMS (w/o bread or bread ingredients)	4.882	3.766	0.145
REGULAR MENU ITEMS (including bread ingredients)	4.280	3.174	0.131
ALTERNATE MENU ITEMS (including bread ingredients)	5.077	3.881	0.152
2. Staff			
REGULAR MENU ITEMS (w/o bread or bread ingredients)	4.164	3.448	0.137
ALTERNATE MENU ITEMS (w/o bread or bread ingredients)	4.618	3.876	0.127
REGULAR MENU ITEMS (including bread ingredients)	4.279	3.560	0.139
ALTERNATE MENU ITEMS (including bread ingredients)	4.821	4.074	0.132

E. Supply

Stocks of Standard MB Ration components are available through the Defense Logistics Agency. Requisitions will be in accordance with existing supply procedures of each Service. National Stock Numbers listed in the table, "Requirements for 1000 Rations Per Day", Section VI, identify the specific style and package size of items which will be used. The quantity of each item to be stocked will be determined by each Service based on the staff and patient census, multiplied by the number of days before resupply.

F. Nutritional Analysis

Nutritional analysis of selected recipes and components of the Medical B Ration have been computed using the University of Massachusetts' Nutrient Data Bank. This data bank is based upon the USDA Composition of Foods, Agriculture Handbook No. 8, 1984, and data on ration components provided by the U.S. Army Natick Research, Development and Engineering Center. Nutrients of Medical B Components are calculated for 100 gram portions, and Analysis of Selected Recipes use portion measure rather than weight.