



Food And Water Diet

Efficiency

If You Do Not Get The Calories You Need,
Your Efficiency May Fall Off Noticeably
In A Few Days, Resulting In:

- ◆ A. Fatigue.
- ◆ B. Listlessness.
- ◆ C. Instability.

Basic Food Requirements

◆ Carbohydrates.

◆ Fats.

◆ Proteins.

◆ Vitamins.

◆ Minerals.

Types Of Food

◆Energy Giving :-

◆Carbohydrates (First Form Of Energy)

Ie: Potatoes, Bread, Sugar, Sweets.

◆Fats (Secondary Form Of Energy)

Ie:dairy Produce, Butter, Milk, Cheese,
Cooking Oils And Fats.

cont

◆ **Body Building :-**

◆ **Proteins;** I.E, Meat, Fish, Poultry.

◆ **Protection :-**

◆ **Vitamins;** I.E, Fruit, Veg, Cocoa.

◆ **Minerals;** (Elements Found in

Most Foodstuffs) I.E, Salt,

Sodium, Potassium.

Uses Of Food

- ◆ Energy Giving :-

- ◆ Exercise, Warmth.

- ◆ Body Building :-

- ◆ Growing Up, Building Up Muscles.

- ◆ Protection :-

- ◆ Against Scurvy, Rickets, Soft Teeth.



Questions?

The Energy Value Of Food Is Measured In Calories

- ◆ A Calorie Is The Amount Of Energy Required To Heat 1cc Of Water By 1 Degree Celsius.

Calories

- ◆ More Calories Are Required In A Cold Weather Environment To Cope With The Increase In Energy Used. Energy Is Needed For :-
- ◆ Heating And Humidifying The Air We Breathe.
- ◆ Making Up For The Body Heat Lost To The Cold.
- ◆ Extra Work Of Operating In The Snow And The Additional Clothing Worn And Carried.

Daily Calorie Requirement

- ◆ Light Work - 2750
- ◆ Heavy Work - 3500
- ◆ Hard work - 4250
- ◆ Very Hard - 5000

Ration Packs

- ◆ A Conventional Ration Pack Has Approx 3500 Calories.
- ◆ An Arctic Ration Pack Has 5500-6000 Calories.
- ◆ The Arctic Pack Is Mainly A Carbohydrate Diet, For Faster Conversion Into Energy And Therefore, Warmth.

Eat To Live

◆ Food = Energy = Warmth.

◆ Lack Of Food = Death !!

Fluids

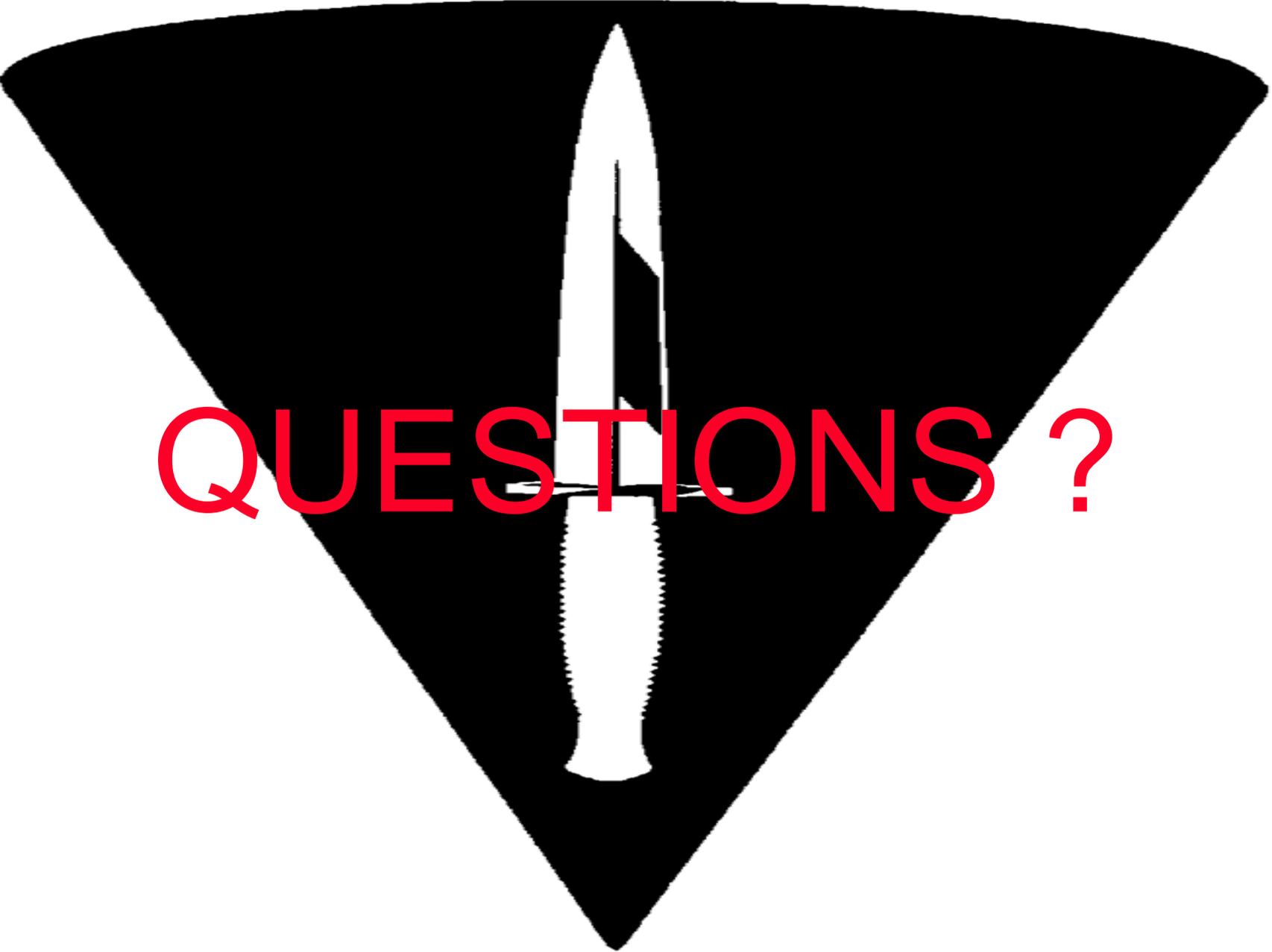
- ◆ **Daily Requirement:-** This Varies From Two To Five Litres, Depending On The Amount Of Exertion.

A Few Tips

- ◆ Melt Clean Ice And Snow.
- ◆ Never Use Glacier Melt-water If There Is An Alternative (It Contains Grit and Minerals).
- ◆ Check Urine Regularly (Should Be the Colour of Pale Straw).

Health Rules

- ◆ Keep Fit.
- ◆ Drink Plenty.
- ◆ Eat To Keep Fit.
- ◆ Maintain A Healthy Attitude.

A black inverted triangle with a white silhouette of a pen nib inside. The nib is oriented vertically, pointing upwards. The text "QUESTIONS ?" is overlaid in red across the center of the triangle.

QUESTIONS ?

