



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.



QUESTIONS ?

