

## **SAF Combat Ration**

Each pack of Field Ration is a 1 man x 24 hour pack which comprises of retort pouches, ready-to-mix hot beverages, flavoured or energy drink mix, sweets, biscuits, cereal bars, solid fuel, tissue/toilet paper and instant noodle. Meal pattern shall consist of breakfast, lunch, dinner and in-between snacks. The rations are edible without further reheating except for hot beverage items such as coffee.

Each complete pack is assembled in a Brown Plastic bag and then further packed in a carton of 5 packs each.

The pack shall be nutritionally well-balanced to provide an energy level of 3,350 Kcal from the following components:

Carbohydrates	:	60-65%
Protein	:	10-15%
Fat	:	20-25%
Fibre content	:	25-30g dietary fibre

The types of field rations are:

TYPE `NM' - This is 1 man-pack for 24 hours, suitable for the Non-Muslims. There are 5 different menu i.e. NM-1, NM-2, NM-3, NM-4, NM-5.

TYPE `M' - This is 1 man-pack for 24 hours, suitable for the Muslims. There are 5 different menu i.e. M-1, M-2, M-3, M-4, M-5.

TYPE `V' - This is 1 man-pack for 24 hours, suitable for the Vegetarians. There are 3 different menu i.e. V-1, V-2 and V-3.

Weight: Each pack is about 1.5kg

Gross volume: About 205 mm x 190 mm x 115mm

Cost/Pack: \$15.26