



# NUTRITION: A FORCE MULTIPLIER

## VITAMIN AND MINERAL FORTIFICATION

Nutrient levels in the MRE are based on the Recommended Dietary Allowances (Daily Values) which are adapted to meet operational requirements.

Fortification Maximizes the Nutrition of the Ration by Adding or Increasing Vitamins and Minerals within some Ration Components.

Fortification Provides you the Additional Edge to Maximize Your Performance.

The table below shows fortified MRE components. The X shows which vitamins and minerals have been added to a specific component. These components should always be eaten.



RATION COMPONENT	VITAMINS							MINERALS
	A	C	B1	B2	Niacin	B6	D	Calcium
Beverage Base		X						
Cocoa Beverage	X	X	X			X		
Cheese Spreads	X	X	X			X		
Peanut Butter	X	X	X			X		
Crackers			X	X	X	X		X
Dairyshakes							X	X
Wheat Snack Bread			X	X	X	X		X
Fruits		X						

