

APPENDIX No. 6

STATEMENT SHOWING SCALE OF RATIIONS TO BRITISH AND DOMINION TROOPS IN FRANCE, AND GIVING REDUCTIONS EFFECTED DURING THE WHOLE PERIOD OF THE WAR, AND UP TO 30TH SEPTEMBER, 1918

Daily Scale Unless Otherwise Stated

Article	Field Ration (Full Scale) for Fighting Troops at Front							Rations for Troops on L of C.*				
	First Scale Drawn up	Scale from 29 10 15	Scale from 4 4 16	Scale from 20 1 17	Scale from about 1.7 17	Scale from 26 1 18	Scale from 23 9 18	Total Reduction per Man per Day	Scale from 17 4 17 (First scale)	Scale from about 1.7.17	Scale from 23.9.18 to 31 12 18	Total Reduction per Man per Day
Meat (fresh or frozen) ..	1 ½ lb.	1 lb.	1 lb.	1 lb.	1 lb.	1 lb.	15 oz.	5 oz. (ap-prox.)	12 oz.	12 oz.	9 ½ oz.	2 ½ oz.
or												
Meat (pre-served) ..	1 lb. (nom.)	¾ lb. (nom.)	¾ lb. (nom.)	¾ lb. (nom.)	9 oz.	9 oz.			—	6 ½ oz.		
Bread† ..	1 ½ lb.	1 ½ lb.	1 ½ lb.	1 lb.	1 lb.	1 lb.	16 ½ oz.	3 ¾ oz. (nearly)	14 oz.	14 oz.	14 ½ oz.	¼ oz.
or												
Biscuit or flour	¾ lb.	¾ lb.	¾ lb.	¾ lb.	10 oz.	10 oz.			—	8 ½ oz.		increase
Bacon ..	4 oz.	4 oz.	4 oz.	4 oz.	4 oz.	4 oz.	3 oz.	1 oz.	3 oz.	3 oz.	3 oz.	—
Cheese ..	3 oz.	3 oz.	3 oz.	2 oz.	2 oz.	2 oz.	2 oz.	1 oz.	2 oz.	2 oz.	1 oz.	1 oz.
Fresh vegetables ..	8 oz.	8 oz.	8 oz.	8 oz.	8 oz.	8 oz.	8 oz.	—	8 oz.	8 oz.	8 oz.	—
or												
Dried vegetables ..	2 oz.	2 oz.	2 oz.	2 oz.	2 oz.	2 oz.	2 oz.	—	2 oz.	2 oz.	2 oz.	—

Tea .. .. .	½ oz.	½ oz.	½ oz.	½ oz.	½ oz.	½ oz.	½ oz.	½ oz.	½ oz.	½ oz.	½ oz.	½ oz.	½ oz.
Jam .. .. .	4 oz.	4 oz.	3 oz.	3 oz.	3 oz.	3 oz.	3 oz.	3 oz.	3 oz.	3 oz.	3 oz.	3 oz.	3 oz.
Butter .. .. .	Issued in the form of an "extra" until about 1.7.17	3 oz.	3 oz.	3 oz.	3 oz.	3 oz.	3 oz.	3 oz.	3 oz.	3 oz.	3 oz.	3 oz.	3 oz.
Margarine .. .. .	—	—	—	—	—	—	—	—	—	—	—	—	—
Sugar .. .. .	3 oz.	3 oz.	3 oz.	3 oz.	3 oz.	3 oz.	3 oz.	3 oz.	3 oz.	3 oz.	3 oz.	3 oz.	3 oz.
Oatmeal (thrice weekly) .. .. .	Issued in the form of an "extra" until about 1.7.17	3 oz.	3 oz.	3 oz.	3 oz.	3 oz.	3 oz.	3 oz.	3 oz.	3 oz.	3 oz.	3 oz.	3 oz.
Rice .. .. .	do.	do.	do.	do.	do.	do.	do.	do.	do.	do.	do.	do.	do.
Salt .. .. .	½ oz.	½ oz.	½ oz.	½ oz.	½ oz.	½ oz.	½ oz.	½ oz.	½ oz.	½ oz.	½ oz.	½ oz.	½ oz.
Mustard .. .. .	1/20 oz.	1/50 oz.	1/50 oz.	1/50 oz.	1/100 oz.	1/100 oz.	1/100 oz.	1/100 oz.	1/100 oz.	1/100 oz.	1/100 oz.	1/100 oz.	1/100 oz.
Pepper .. .. .	1/36 oz.	1/36 oz.	1/36 oz.	1/36 oz.	1/100 oz.	1/100 oz.	1/100 oz.	1/100 oz.	1/100 oz.	1/100 oz.	1/100 oz.	1/100 oz.	1/100 oz.
Milk (condensed) .. .. .	1/16 tin	1/16 tin	1/12 tin	1 oz.	1 oz.	1 oz.	1 oz.	1 oz.	1 oz.	1 oz.	1 oz.	1 oz.	1 oz.
P i c k l e s (weekly) .. .. .	1 oz.	1 oz.	1 oz.	1 oz.	1 oz.	1 oz.	1 oz.	1 oz.	1 oz.	1 oz.	1 oz.	1 oz.	1 oz.
Energy value in calories .. .. .	4,595	4,276	4,232	3,851	4,185	4,185	4,185	4,111	3,559	3,559	3,559	3,313	3,313

\* Lines of Communication scale was abolished in January, 1919. It was then decided that all troops should receive the one general scale of rations, i.e. full "field service" scale.

† Bread and flour issuable daily; figures are calculated on the basis that 10 oz. flour = 16 oz. bread. (Scales from 23.9.18.)

(From *British Official Medical History*, "Hygiene of the War," Vol. II, pp. 46-7)