Wikipedia mre

Steve's interest in military rations began in when his uncle purchased a case of US rations from an Army Navy Store. The first ration Steve ate from the case was a ham slice meal manufactured in , which he ate cold because he did not know how to use the heating device. As soon as the brace was removed from his arm, he made the video. Despite eating rations that are well beyond the recommended shelf life specified by Natick Laboratories and other manufacturers, Steve has reported that he rarely becomes ill, though he did contract E. And bitterness. Because many of the rations Steve opens are extremely rare, he has stated that he will only open and review a ration once he has obtained a duplicate that will remain unopened in a private collection. His video voice-overs have gained traction within his subscriber community for their calm delivery, and signature catch-phrases such as "nice hiss" when opening a can or pouch resulting in air evacuation , and "let's get this out onto a tray. Despite his dedication to military rations, Steve has not served in the military. From Wikipedia, the free encyclopedia. American YouTuber. Vlog Unboxing Documentary Military history. Creator Awards. Retrieved 26 July Dozois 3 March New York Times. Retrieved 30 July Financial Times. Retrieved 29 July The Telegraph. Popular Mechanics. We Are the Mighty. Fox News. The Verge. Atlas Obscura. Biography portal. Namespaces Article Talk. Views Read Edit View history. Help Learn to edit Community portal Recent changes Upload file. Download as PDF Printable version. Add links. Landscaper [1]. Updated: 2 February A flameless ration heater FRH is a form of self-heating food packaging included with meals, ready-to-eat MREs , used to heat the food. United States military specifications for the heater require it be capable of raising the temperature of an 8-ounce The ration heater contains finely powdered magnesium metal, alloyed with a small amount of iron , and table salt. To activate the reaction, a small amount of water is added, and the boiling point of water is quickly reached as the exothermic reaction proceeds. Ration heaters generate heat in an electron-transfer process called an oxidation-reduction reaction. Water oxidizes magnesium metal, according to the following chemical reaction:, This reaction is analogous to iron being rusted by oxygen, and proceeds at about the same slow rate, which is too slow to generate usable heat. To accelerate the reaction, metallic iron particles and table salt NaCl are mixed with the magnesium particles. Iron and magnesium metals, when suspended in an electrolyte , form a galvanic cell that can generate electricity. When water is added to a ration heater, it dissolves the salt to form a salt-water electrolyte, thereby turning each particle of magnesium and iron into a tiny battery. Because the magnesium and iron particles are in contact, they essentially become thousands of tiny short-circuited batteries which quickly burn out, producing heat in a process the patent holders call "supercorroding galvanic cells". One brand of self-heating rations uses 7. From Wikipedia, the free encyclopedia. Retrieved Chem Matters. Sergev, Stanley A. Black, James F. June Federal Aviation Administration. Rations of the United States military. A-ration B-ration. List of military food topics. Barcode printer Barcode reader Bottling line Calender Can seamer Cartoning machine Case sealer Check weigher Conveyor system Drum pump Extended core stretch wrapper Filler Heat gun Heat sealer Industrial robot Injection molding machine Label printer applicator Lineshaft roller conveyor Logistics automation Material-handling equipment Mechanical brake stretch wrapper Multihead weigher Orbital stretch wrapper Packaging machinery Palletizer Rotary wheel blow molding systems Shrink tunnel Staple gun Tape dispenser Turntable stretch wrapper Vertical form fill sealing machine. Biodegradation Environmental engineering Glass recycling Industrial ecology Life-cycle assessment Litter Packaging waste Paper recycling Plastic recycling Recycling Reusable packaging Reverse logistics Source reduction Sustainable packaging Waste management. Category: Packaging. Namespaces Article Talk. Views Read Edit View history. Help Learn to edit Community portal Recent changes Upload file. Download as PDF Printable version. Garrison ration A-ration B-ration. This gene encodes a nuclear protein involved in homologous recombination , telomere length maintenance, and DNA double-strand break repair. By itself, the protein has 3' to 5' exonuclease activity and endonuclease activity. The protein forms a complex with the RAD50 homolog; this complex is required for nonhomologous joining of DNA ends and possesses increased single-stranded DNA endonuclease and 3' to 5' exonuclease activities. In conjunction with a DNA ligase , this protein promotes the joining of noncomplementary ends in vitro using short homologies near the ends of the DNA fragments. This gene has a pseudogene on chromosome 3. Alternative splicing of this gene results in two transcript variants encoding different isoforms. Mre11, an ortholog of human MRE11, occurs in the prokaryote archaeon Sulfolobus acidocaldarius. These observations suggest that human MRE11 is descended from prokaryotic and protist ancestral Mre11 proteins that served a role in early processes for repairing DNA damage. It is one of 6 enzymes required for this error prone DNA repair pathway. Cancers are very often deficient in expression of one or more DNA repair genes, but over-expression of a DNA repair gene is less usual in cancer. For instance, at least 36 DNA repair enzymes, when mutationally defective in

germ line cells, cause increased risk of cancer hereditary cancer syndromes. Similarly, at least 12 DNA repair genes have frequently been found to be epigenetically repressed in one or more cancers. Ordinarily, deficient expression of a DNA repair enzyme results in increased un-repaired DNA damages which, through replication errors translesion synthesis , lead to mutations and cancer. However, MRE11 mediated MMEJ repair is highly inaccurate, so in this case, over-expression, rather than under-expression, apparently leads to cancer. MRE11 has been shown to interact with:. From Wikipedia, the free encyclopedia. Chromosome 11 human [1]. National Center for Biotechnology Information, U. National Library of Medicine. BMC Molecular Biology. Journal of the National Cancer Institute. The Journal of Biological Chemistry. July Nature Genetics. Molecular and Cellular Biology. May Molecular Cell. December January Cancer Research. Human Molecular Genetics. Progress in Biophysics and Molecular Biology. Categories : Genes on human chromosome Namespaces Article Talk. Views Read Edit View history. Help Learn to edit Community portal Recent changes Upload file. Download as PDF Printable version. Gene location Human. Gene location Mouse. Chromosome 9 mouse [2]. RNA expression pattern. More reference expression data. Chr Chr 9: The Meal, Ready-to-Eat â€" commonly known as the MRE â€" is a self-contained, individual field ration in lightweight packaging bought by the United States Department of Defense for its service members for use in combat or other field conditions where organized food facilities are not available. While MREs should be kept cool, they do not need to be refrigerated. MREs have also been distributed to civilians during natural disasters. The first U. Later, self-contained kits were issued as a whole ration and contained canned meat, bread, coffee, sugar and salt. During the First World War , canned meats were replaced with lightweight preserved meats salted or dried to save weight and allow more rations to be carried by soldiers carrying their supplies on foot. At the beginning of World War II , a number of new field rations were introduced, including the Mountain ration and the Jungle ration. However, cost-cutting measures by Quartermaster Command officials during the latter part of World War II and the Korean War again saw the predominance of heavy canned C rations issued to troops, regardless of operating environment or mission. After repeated experiences with providing prepared rations to soldiers dating from before World War II, Pentagon officials ultimately realized that simply providing a nutritionally balanced meal in the field was not adequate. Service members in various geographic regions and combat situations often required different subsets of ingredients for food to be considered palatable over long periods. Moreover, catering to individual tastes and preferences would encourage service members to actually consume the whole ration and its nutrition. Most importantly, the use of specialized forces in extreme environments and the necessity of carrying increasingly heavy field loads while on foot during extended missions required significantly lighter alternatives to standard canned wet rations. In , the Department of Defense began developing the "Meal, Ready to Eat", a ration that would rely on modern food preparation and packaging technology to create a lighter replacement for the canned Meal, Combat, Individual ration. However, just as with the Jungle ration, its expense compared to canned wet rations, as well as the costs of stocking and storing a specialized field ration, led to its limited usage and repeated attempts at discontinuance by Quartermaster Command officials. Early MRE prototypes that involved freeze-dried and dehydrated foods were developed under Dr. Further effort, led by Dr. Rauno A. Lampi, Chief of Food Systems Equipment Division at the Natick Soldier Research, Development and Engineering Center, concentrated on the refinement of the retort pouch to contain a wet ration with a three-to-ten year shelf life that could be easily shipped, carried in the field, opened and consumed straight out of the package if necessary with no further heat or water. The MRE has been in continuous development since its introduction. In , a Flameless Ration Heater FRH , a water-activated exothermic reaction product that emits heat, allowed a service member in the field to enjoy a hot meal. By , commercial-like graphics images were added to make the packets more user-friendly and appealing, while biodegradable materials were introduced for inedible components, such as spoons and napkins. The number of main dishes expanded to 16 by including vegetarian options , 20 by and 24 by The ration originally came in a dark brown outer bag from to because it was designed for service in the temperate forests and plains of central Europe. It was replaced in with a tan outer bag that was better suited for service in the deserts of the Middle East. By , a bean burrito main dish was introduced. In addition to having measuring marks to indicate levels of liquid for precise measurement, they can be sealed and placed inside the flameless heater. The IOM indicated servicemembers who were classified as highly active men between the ages of 18 and 30 typically burn about 4, Calories kcal a day, but tended to only consume about 2, Calories a day during combat, entering a negative energy balance. This imbalance occurs when servicemembers fail to consume full portions of their rations. Bar , designed with elite or specialized forces in mind. Lighter than the typical MRE, they require no preparation and allow

servicemembers to eat them while traveling. Packaging requirements are strict. New forms of packaging are being considered to better meet these requirements including the use of zein to replace the foil, which can be easily punctured, conducts heat, and is reflective which may give away a servicemember's position. As a result of earlier unauthorized sales to civilians, the Department of Defense requires that "U. According to a spokesman for eBay, "until a law is passed saying you can't sell these things, we're not going to stop them from being sold on the site. An investigation done in for the US Government Accountability Office determined multiple instances where sellers on eBay may have improperly obtained MREs and sold them to the public for private gain. Consequently, "if military MREs are sold to the general public on eBay, then they are clearly not reaching their intended recipients and represent a waste of taxpayer dollars and possible criminal activity. The growth of MREs listed on eBay in resulted in a government investigation of whether they were intended for Hurricane Katrina victims, and the news media nickname "Meals Ready for eBay". In the Philippines , the government stepped in to stop MREs from being sold in local markets. General contents may include: [24]. Many items are fortified with nutrients. In addition, DoD policy requires units to augment MREs with fresh food and A-rations whenever feasible, especially in training environments. In an effort to make MREs more palatable to service members and match ever-changing trends in popular tastes, the military is constantly seeking feedback to adjust MRE menus and ingredients. In the following list, only main entrees are listed. This is followed by the Lot Number , a 4-digit Julian date code that is also repeated on the individual components in the MREs. The first digit is the last digit of the Year e. The next 3 digits are equal to the day of the year i. Rations optimally must be kept in a cool, dry place during storage. They are often inspected by the U. Army veterinary food personnel and their shelf life may extend beyond the inspection test date. The use of rations for noncombat environments has been questioned. For example, the frankfurters, which came sealed in pouches of four, were referred to as "the four fingers of death". While the myth that the gum found in MREs contains a laxative is false however, they are sweetened with xylitol , a mild laxative , the crackers in the ration pack do contain a higher than normal vegetable content to facilitate digestion. A superstition exists among troops about the Charms candies that come with some menus: they are considered bad luck, especially if actually eaten. None of the meals rated higher than a 5. Soldiers serving in Iraq dubbed it the "Vomelet", both for its appearance and taste. It was discontinued in Aircrew Build to Order Meal Module ABOMM are a special variant consisting of repacking existing MRE food elements into a form that provides military flight crews and tank operators with a meal designed to be eaten on the go or while operating their aircraft or ground vehicle without the use of utensils, and packaged for use in confined spaces. These are tailored to provide the same nutritional content, but will not contain offending ingredients. To keep with dietary laws, the entree and accessory packets are packed in two separate inner boxes in an outer case and come in kosher or halal only the two special ration types are never mixed in a shipping case. The original meals were kosher only and came in 4 Beef, 4 Chicken, 2 Salmon, and 2 Gefilte Fish menus. Each menu contains an average of kilocalories and has a shelf life of 3 to 10 months. There is also a special kosher meal certified for Passover requirements. Each meal is in its own packet and come 12 packets to a case. It is designed to feed a single person for a full day, and the menus were intended to be palatable to many religious and cultural tastes around the globe. To meet this goal, no animal products or by-products, no alcohol or alcohol-based products, and minimal dairy products are used in their production. It is otherwise created and packaged much like MREs; feedback from the Afghanistan campaign led to the interior packing being reinforced to withstand being air-dropped, as the packets sometimes ruptured on impact. The outer bag is tinted a high-visibility red or yellow and has an American flag and a picture of a person eating out of the bag with a spoon. There are usually instructions printed on it in English and one or more local languages as well. In extreme cold temperatures, the packaged wet food in MREs can freeze solid, rendering the food inedible and the heating packet insufficient. Clad in white packaging, it offers a freeze-dried entree designed to be eaten with heated water, the same side ingredients as the standard MRE, and additional drink mixes to encourage additional hydration. The caloric and fat content of the meals is also increased. MARCs were developed specifically for detainees at Guantanamo Bay, and have since found wider spread use, notably Iraq and Afghanistan. MARC meals are entirely vegetarian as an easy way to prevent conflicts with culturally "prohibited products" Islam and Judaism forbidding pork, Hindus avoiding beef, etc. However, they are neither Kosher nor Halal certified. The MLRP is designed for troops who may receive limited or no resupply, and weight of the ration is critical. The Modular Operational Rations Enhancement MORE is issued as a supplement to meals for troops in extreme, demanding operational environments such as high-intensity training events. It provides a lower calorie count an average of kilocalories for less intensive training environments, such as classroom

instruction. It replaces the earlier mess-hall bagged lunches, catered meals or field kitchens for field instruction. The TOTM allows troops to become familiar with the MRE and its contents without providing an excessive amount of calories to troops who will not necessarily burn them. It uses a transparent outer plastic bag with commercial markings rather than the MRE's tan plastic bag with standard markings. There are currently 3 different lists of twelve menus, making a total of 36 different meals. It comes packed in sealed metal trays that are heated and then opened. It contains food bars and a drink mix. The "Jimmy Dean", a pre-packaged shelf-stable ration containing, among other items, a pre-made Jimmy Dean brand deli-style sandwich, is often issued in the field to U. From Wikipedia, the free encyclopedia. Redirected from MRE. For other uses, see MRE disambiguation. Humanitarian daily ration. War portal Food portal. Major , Jungle Snafus And Remedies , Oregon Institute , pp. Retrieved Stars and Stripes. Retrieved 19 March Popular Mechanics. Hearst Magazines. Neil Gunton. United States Government Accountability Office : 2â€"3. The Balance Careers. USA Today. Retrieved 6 September Detailed Report with 10 Examples ". Easy MRE. Retrieved 23 November MRE Info. Retrieved 6 October Aug San Francisco Chronicle. Pat Airman Magazine. Air Force News Agency. Archived from the original on February 3, An interactive primer on American interrogation". Taxonomy of Torture: Dietary Manipulation. G October 23, Army Times. Retrieved 5 January New York, NY: G. Putnam's Sons. Retrieved 19 March â€" via YouTube. The New York Times. Retrieved 8 May Retrieved May 7, US Army. Retrieved March 15, Defense Logistics Agency. Retrieved 12 December Rations of the United States military. A-ration B-ration. List of military food topics. Hidden categories: Articles with short description Short description is different from Wikidata All articles with unsourced statements Articles with unsourced statements from May Articles with unsourced statements from October Articles with unsourced statements from October Articles with unsourced statements from May Commons category link is on Wikidata. Namespaces Article Talk. Views Read Edit View history. Help Learn to edit Community portal Recent changes Upload file. Download as PDF Printable version. Wikimedia Commons. Corned Beef Hash. Cheese Tortellini [veg 1]. Spicy Penne Pasta [veg 1]. Vegetable Lasagna [veg 1]. Wikimedia Commons has media related to Meal, Ready-to-Eat. Garrison ration A-ration B-ration. The Meal, Ready-to-Eat â€" commonly known as the MRE â€" is a self-contained, individual field ration in lightweight packaging bought by the United States military for its service members for use in combat or other field conditions where organized food facilities are not available. The first soldier ration established by a Congressional Resolution during the Revolutionary War consisted of enough food to feed a man for one day, mostly beef, peas, and rice. Later, self-contained kits were issued as a whole ration, and contained canned meat, pork, bread, coffee, sugar and salt. During the First World War , canned meats were replaced with lightweight preserved meats salted or dried , to save weight and allow more rations to be carried by soldiers carrying their supplies on foot. At the beginning of World War II , a number of new field rations were introduced, including the Mountain ration and the Jungle ration. However, cost-cutting measures by Quartermaster Command officials during the latter part of World War II and the Korean War again saw the predominance of heavy canned C rations issued to troops, regardless of operating environment or mission. After repeated experiences dating from before World War II, Pentagon officials ultimately realized that simply providing a nutritionally balanced meal in the field was not adequate. Servicemembers in various geographic regions and combat situations often required different subsets of ingredients for food to be considered palatable over long periods. Moreover, catering to individual tastes and preferences would encourage servicemembers to actually consume the whole ration and its nutrition. Most importantly, the use of specialized forces in extreme environments and the necessity of carrying increasingly heavy field loads while on foot during extended missions required significantly lighter alternatives to standard canned wet rations. In , the Department of Defense began developing the "Meal, Ready to Eat", a ration that would rely on modern food preparation and packaging technology to create a lighter replacement for the canned Meal, Combat, Individual ration. However, just as with the Jungle ration, its expense compared to canned wet rations, as well as the costs of stocking and storing a specialized field ration, led to its limited usage and repeated attempts at discontinuance by Quartermaster Command officials. It went into special issue starting in and standard issue in , using a limited menu of 12 entrees. Vegetarian menu: bean and rice burrito. The MRE has been in continual development since in an array of field tests and surveys, servicemembers requested more entree options and larger serving sizes. By , commercial-like graphics were added to make the packets more user-friendly, while biodegradable materials were introduced for inedible components, such as spoons and napkins. In , a Flameless Ration Heater FRH , a water-activated exothermic reaction product that emits heat, allowed a servicemember in the field to enjoy a hot meal. In , "Beverage Bags" were introduced to the MRE, as servicemembers

have begun to depend more on hydration packs than on canteens , thus denying them the use of the metal canteen cups shaped to fit in a canteen pouch with the canteen for mixing powdered beverages. In addition to having measuring marks to indicate levels of liquid for precise measurement, they can be sealed and placed inside the flameless heater. The IOM indicated servicemembers who were classified as highly active men between the ages of 18 and 30 typically burn about 4, Calories kcal a day, but tended to only consume about 2, Calories a day during combat, entering a negative energy balance. This imbalance occurs when servicemembers fail to consume full portions of their rations. Bar , designed with elite or specialized forces in mind. Lighter than the typical MRE, they require no preparation and allow servicemembers to eat them on the go. In July , 6, dairy shake packets of varying flavors were recalled due to evidence of Salmonella contamination. They are intended to be eaten for a maximum of 21 days the assumption is that logistics units can provide superior rations by then , and have a shelf life of three years depending on storage conditions. Packaging requirements are strict. New forms of packaging are being considered to better meet these requirements including the use of zein to replace the foil, which can be easily punctured, conducts heat, and is reflective which may give away a servicemember's position. According to a spokesman for eBay, "until a law is passed saying you can't sell these things, we're not going to stop them from being sold on the site. The recent growth of MREs listed on eBay has resulted in a government investigation of whether they were intended for Hurricane Katrina victims, and the news media nickname "Meals Ready for eBay. Flameless Ration Heaters are prohibited on commercial airplanes unless sealed in the original MRE menu bag, because cooking with them releases flammable hydrogen gas. An MRE contains a main course, side dish, bread, dessert, and flameless ration heater. Many items are fortified with nutrients. In addition, DoD policy requires units to augment MREs with fresh food and A-rations whenever feasible, especially in training environments. In an effort to make MREs more palatable to servicemembers and match ever-changing trends in popular tastes, the military is constantly seeking feedback to adjust MRE menus and ingredients. In the following list, only main entrees are listed. Some of the early MRE main courses were not very palatable, earning them the nicknames "Mr. For example, the frankfurters, which came sealed in pouches of four, were referred to as "the four fingers of death". While the myth that the gum found in MREs contains a laxative is false, the crackers in the ration pack do contain a higher than normal vegetable content to facilitate digestion. A superstition exists among troops about the Charms candies that come with some menus: they are considered bad luck, especially if actually eaten. None of the meals rated higher than a 5. The use of rations for noncombat environments has been questioned. These are tailored to provide the same nutritional content, but will not contain offending ingredients. The Humanitarian daily ration is a self-contained Halal meal designed to be given to refugees and other displaced people. It is designed to feed a single person for a full day, and the menus were intended to be palatable to many religious and cultural tastes around the globe. It is created and packaged much like MREs. Clad in white packaging, it offers a freeze-dried entree designed to be eaten with heated water, the same side ingredients as the standard MRE, and additional drink mixes to encourage additional hydration. The MLRP is designed for troops who may receive limited or no resupply, and weight of the ration is critical. The Tailored Operational Training Meal provides a lower calorie count for less intensive training environments, such as classroom instruction. The Food Packet, Survival, General Purpose, Improved is given to pilots and other servicemembers that may require a small, extremely portable food ration for emergency situations. It contains food bars and a drink mix. This wiki. This wiki All wikis. Sign In Don't have an account? Start a Wiki. Two MRE packets: beef teriyaki and meatloaf with gravy The Meal, Ready-to-Eat â€" commonly known as the MRE â€" is a self-contained, individual field ration in lightweight packaging bought by the United States military for its service members for use in combat or other field conditions where organized food facilities are not available. Major , Jungle Snafus And Remedies , Oregon Institute , pp. Categories :. Cancel Save. Universal Conquest Wiki. FandomShop Newsletter GalaxyQuest. Cheese Tortellini [veg 1]. Spicy Penne Pasta [veg 1]. Vegetable Lasagna [veg 1]. A Master of Research abbr. In most cases, the degree is designed to prepare students for doctoral research. Increasingly, the degree may be useful for students considering careers outside of academia , where high-level research skills are valued but a doctoral qualification is not required. A Master of Research may be recommended where a student is unsure if they would like to pursue a doctoral program, or if they do not have the qualifications or experience to gain direct entry into a doctoral program. It can provide a useful experience of what doctoral study is like, whilst also allowing the student to acquire a Master's level qualification. In some cases it's also considered a foundation for conducting research in professional contexts. For disciplines that undertake practice-led research, a Master of Research provides an opportunity for understanding the nature and potential of research

study through, for example, art and design practice. The Master of Research may be especially appealing to those in the field of Medicine who wish to develop academic research skills to enter competitive specialities such as surgery or public health. At some universities, the degree is conferred in a specific discipline, for example, a Master of Research Science or a Master of Science by Research. Research master's degree programmes are different from taught master's degrees by placing particular emphasis on a large dissertation typically between , words , or an equivalent practice-led research project, in addition to fewer or no taught modules. Some universities may award this degree to a doctoral candidate who has not completed the required period of study for a doctorate , but has completed a sufficient dissertation and taught content to be acceptable for an MRes. In most cases, however, a PhD candidate will step down to the level of a Master of Philosophy at British universities. The main difference between an MRes and an MPhil is that MRes sometimes but not always has taught components although the main focus is still on research and therefore might require a first year taught component during the doctoral studies. Research undertaken for a Master of Research degree is typically shorter in duration to that of an MPhil or PhD - around one year, as opposed to two or three, full-time. For humanities subjects, MPhil theses are typically 60, words and PhDs , , while MRes or MA Res are usually around , by thesis, or lesser for courses with a taught component a mixture of smaller essays and a dissertation. Some universities [3] require an oral exam viva voce in addition to a written thesis for successful completion of an MRes degree. In Australia, a Master of Research is a postgraduate level research training degree. The program consists of a coursework component and a supervised research project, including a thesis of , words. An MRes is completed within two years, or part-time equivalent. The degree is currently only offered at a limited number of universities, having first being introduced at Macquarie University. The University of Technology Sydney offers a Master of Research in specific disciplines through its faculties. The university also offers trans-disciplinary research through entities such as Master of Sustainable Futures Research provided by the Institute for Sustainable Futures. A Master of Research may be undertaken as a pathway qualification to a Doctor of Philosophy PhD , or as training to provide professional research skills. From Wikipedia, the free encyclopedia. Redirected from MRes. This article needs additional citations for verification. Please help improve this article by adding citations to reliable sources. Unsourced material may be challenged and removed. University of Technology Sydney. Retrieved 26 September Levels of academic degree. Bachelor's degree Honours degree. Doctorate Candidate of Sciences. Honorary degree Ad eundem degree. Categories : Master's degrees. Hidden categories: All articles with dead external links Articles with dead external links from January Articles with permanently dead external links Articles needing additional references from April All articles needing additional references. Namespaces Article Talk. Views Read Edit View history. Help Learn to edit Community portal Recent changes Upload file. Download as PDF Printable version. Add links. The Meal, Ready-to-Eat â€" commonly known as the MRE â€" is a self-contained, individual field ration in lightweight packaging bought by the United States military for its service members for use in combat or other field conditions where organized food facilities are not available. The first soldier ration established by a Congressional Resolution, during the Revolutionary War , consisted of enough food to feed a man for one day, mostly beef, peas , and rice. 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In , "Beverage Bags" were introduced to the MRE, as service members have begun to depend more on hydration packs than on canteens , thus denying them the use of the metal canteen cups shaped to fit in a canteen pouch with the canteen for mixing powdered beverages. In addition to having measuring marks to indicate levels of liquid for precise measurement, they can be sealed and placed inside the flameless heater. The IOM indicated servicemembers who were classified as highly active men between the ages of 18 and 30 typically burn about 4, Calories kcal a day, but tended to only consume about 2, Calories a day during combat, entering a negative energy balance. This imbalance occurs when servicemembers fail to consume full portions of their rations. Bar , designed with elite or specialized forces in mind. Lighter than the typical MRE, they require no preparation and allow servicemembers to eat them on the go. 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In an effort to make MREs more palatable to servicemembers and match ever-changing trends in popular tastes, the military is constantly seeking feedback to adjust MRE menus and ingredients. In the following list, only main entrees are listed. Some of the early MRE main courses were not very palatable, earning them the nicknames "Mr. For example, the frankfurters, which came sealed in pouches of four, were referred to as "the four fingers of death". Mardi Gras revellers dressed in coats made from MRE packaging. While the myth that the gum found in MREs contains a laxative is false however, they are sweetened with xylitol , which has a mild laxative effect , the crackers in the ration pack do contain a higher than normal vegetable content to facilitate digestion. A superstition exists among troops about the Charms candies that come with some menus: they are considered bad luck, especially if actually eaten. None of the meals rated higher than a 5. The use of rations for noncombat environments has been questioned. These are tailored to provide the same nutritional content, but will not contain offending ingredients. The Humanitarian daily ration is a self-contained Halal meal designed to be given to refugees and other displaced people. It is designed to feed a single person for a full day, and the menus were intended to be palatable to many religious and cultural tastes around the globe. It is created and packaged much like MREs. Clad in white packaging, it offers a freeze-dried entree designed to be eaten with heated water, the same side ingredients as the standard MRE, and additional drink mixes to encourage additional hydration. The caloric and fat content of the meals is also increased. The MLRP is designed for troops who may receive limited or no resupply, and weight of the ration is critical. The Tailored Operational Training Meal provides a lower calorie count for less intensive training environments, such as classroom instruction. The Food Packet, Survival, General Purpose, Improved is given to pilots and other servicemembers that may require a small, extremely portable food ration for emergency situations. It contains food bars and a drink mix. This wiki. This wiki All wikis. Sign in Don't

have an account? For other uses, see MRE disambiguation. Humanitarian daily ration. Whole Latte Love. Retrieved Major , Jungle Snafus And Remedies , Oregon Institute , pp. Neil Gunton. USA Today. Retrieved 23 November Archived from the original on San Francisco Chronicle. Pat Airman Magazine. Air Force News Agency. An interactive primer on American interrogati

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 on". Taxonomy of Torture: Dietary Manipulation. New York, NY: G. Putnam's Sons. US Army. Retrieved March 15, Rations of the United States military. Garrison ration. A-ration B-ration. Bar Flameless ration heater B-Ration. List of military food topics. Categories :. Cancel Save. Fan Feed 0 Main Page. Universal Conquest Wiki. FandomShop Newsletter GalaxyQuest. Beef Steak. Corned Beef Hash. Beef slices in BBQ sauce. Omelet with Ham. Chicken a la King. Pork Chow Mein. Cheese Tortellini [veg 1]. Chicken Parmesan. Beef Ravioli. Boneless Pork Jamaican. Beef Patty. Thai Chicken. Beef Enchilada. Roast Beef. Beef Teriyaki. Chicken Tetrazzini. Maple Sausage. Chicken Fajitas. Beef Brisket. Spicy Penne Pasta [veg 1]. Vegetable Lasagna [veg 1]. Sloppy Joe Filling. Buffalo Chicken. Mediterranean Chicken. Chicken, tomato, feta. Lemon Pepper Tuna. Wikimedia Commons has media related to MREs. Garrison ration A-ration B-ration. This page uses Creative Commons Licensed content from Wikipedia view authors.