

**Table 1 UNHCR food ration reference list, showing major components**

Ration composition	Ration (g/p/d)	Energy (kcal)	Protein (g)	Fat (g)	Calcium (mg)	Iron (mg)	Vitamin A (IU) [µg]	Vitamin B <sub>2</sub> (mg)
Rice, lightly milled, parboiled	80	291	5.6	0.5	5	1.9	0	0.02
Sugar	50	200	0.0	0.0	0	0.0	0	0.00
Pasta macaroni	8.5	30	1.0	0.2	2	0.1	0	0.00
Comed beef	9	21	2.3	1.3	5	0.4	0	0.02
Beans, small red, USA	7	25	1.5	0.1	11	0.5	0	0.01
Canned cheese	8	28	1.8	2.2	50	0.0	32 [9.6]	0.04
Vegetable oil (unfortified)	27	240	0.0	27.0	0	0.0	0	0.00
Salt	10	0	0.0	0.0	0	0.0	0	0.00
Tea	8	3	0.8	0.0	2	0.1	0	0.03
Lentils	9	30	2.5	0.1	5	0.8	4 [1.1]	0.02
Beans, kidney USA	9	30	2.1	0.1	13	0.7	1 [0.2]	0.02
Bread, white	380	992	29.3	7.6	141	6.5	0	0.23
Tomato	100	21	1.0	0.2	10	0.6	750 [225.0]	0.04
Citrus	100	49	0.8	0.3	38	1.1	395 [115.0]	0.05
Onion	100	41	1.2	0.1	27	0.8	0	0.04
Eggplant	100	32	1.0	0.2	14	1.3	57 [17.0]	0.05
Potato, sweet, yellow	100	121	1.6	0.2	33	2.0	2100 [620.0]	0.04
Ration total	898	2154	52.6	40.0	355	16.8	3338 [988.0]	0.61
Minimum requirements	-	2100	52.5	40.0	450	22.0	1650 [500.0]	1.40
% supplied by ration	-	103	100.0	100.0	79	77.0	202 [197]	43.00

USA Dietary Reference Intake (DRI) was the reference for calculating nutritional values. Source: data sheet submitted by UNHCR Office in Ruwiyshed. The Recommended Dietary Allowance (RDA) values included in the DRI tables were used as the reference for calculating individual nutritional intakes.

g/p/d = grams per person per day.