



McO 10110.49 Nutrition and Menu Standards for Human Performance Optimization (Paperback)

By Department of Defense

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This regulation establishes nutritional standards, termed military dietary reference intakes (MDRIs) for military feed-ing and establishes nutritional standards for operational rations (NSORs) and nutritional standards for restricted rations (NSRRs). This regulation identifies the effects of environmental factors on energy and nutrient requirements and outlines nutrition educational policy. It implements Department of Defense (DOD) menu standards that are the minimum guide-lines required for use by military food service programs during menu planning, food procurement, food preparation, and meal service. It describes the responsibilities of the Services surgeons general and the Services food service programs. This regulation supports human performance optimization (HPO) (see section II of the glossary for the definition). Nutri-tion is a key component of HPO. This regulation establishes requirements for all food service operations whether provid-ed by Governmental sources or through contractor support.



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