

GOVERNMENT OF INDIA  
MINISTRY OF DEFENCE  
DEPARTMENT OF DEFENCE  
**LOK SABHA**  
**STARRED QUESTION NO. 334**  
TO BE ANSWERED ON 11<sup>th</sup> December, 2019

**RATION FOR ARMED FORCES**

\*334. SHRIMATI RITA BAHUGUNA JOSHI:

Will the Minister of DEFENCE j{k k ea=h  
be pleased to state:

- (a) the scale of ration provided for armed forces personnel which is an important means of morale motivation as well as health and fitness;
- (b) whether the ration provides adequate nutrition to the personnel while serving in the field areas and if so, the details thereof;
- (c) whether ration is provided to the armed forces personnel in non-field areas and if so, the details thereof; and
- (d) the scale of ration for vegetarian and non-vegetarian personnel?

**A N S W E R**

MINISTER OF DEFENCE  
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(SHRI RAJNATH SINGH)  
¼Jh राजनाथ सिंह )

(a) to (d): A Statement is laid on the Table of the House.

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**STATEMENT REFERRED TO IN REPLY TO PARTS (a) TO (d) OF LOK SABHA STARRED QUESTION NO. 334 FOR ANSWER ON 11.12.2019 REGARDING 'RATION FOR ARMED FORCES'.**

(a) & (b): Rations are scaled to each soldier of Army. The scales are scientifically designed and evolved to provide adequate micro and macro nutrients and to cater for calories expended by a soldier in his daily routine, training and even for his survival in different terrain conditions. Rations are accordingly authorised at different scales for all ranks serving at altitude below 9000 ft (4428 Kcal/day), between 9000 ft to 12000 ft (5173 Kcal/day) and above 12000 ft (5350 kcal/day) with progressive increments for challenges at higher altitudes. Similarly some increments to ration scales are aimed at countering heat and dehydration in desert terrain. Director General of Armed Forces Medical Services (DGAFMS) and Defence Institutes of Physiology and Allied Science (DIPAS) are responsible for a constant and periodic check on adequacy of ration scales.

(c) Yes, Sir. The rations are provided to the armed forces personnel in field as well as non-field areas.

(d) Adequate provision is made in the scale of rations to cater for the nutritional requirement of both vegetarian and non-vegetarian personnel.

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