

Ration Challenge Nutrition Analysis

The following analysis is based on food ration information for the 'ration challenge' provided to Nutrition Australia by Act for Peace and reflect the daily rations provided to refugees in Syrian refugee camps in Jordan.

Nutrition analysis has been undertaken using Foodworks nutritional analysis software and comparisons are made against Nutrient Reference Values for Australia and New Zealand from the National Health and Medical Research Council. <https://www.nrv.gov.au/nutrients>

Ages 12-15 (years 7-9) 3 day ration challenge				
Girls				
	Recommended requirements as per NRV. (per day)	Recommended requirements as per NRVs. (3 days)	Nutrients provided in 3 day Ration challenge.	Nutritional adequacy of rations
Energy	8500-9400 kJ/day*	25500-28200 kJ	16264 kJ	Inadequate. Provides 58%-64% of Estimated Energy Requirements (EER)
Protein	35-45 g/day	105-135 g	105 g	Lower end. Provides 78%-100% of Recommended Daily Intake (RDI)
Fats	70-85mg/day	210-225 mg	147 mg	Inadequate. Provides 65%-70% of Adequate Intake (AI)
Fibre	20-22 g/day	60-66 g	62 g	Lower end. Provides 94%-100% of Adequate Intake (AI)
Iron	8-15 mg/day	24-45 mg	22 mg	Lower end. Provides 49%-92% of Recommended Daily Intake (RDI)
Calcium	1300 mg/day	3900 mg	1120 mg	Inadequate. Provides 29% of Recommended Daily Intake (RDI)
Boys				
	Recommended requirements as per NRV (per day)	Recommended requirements as per NRV (3 days)	Nutrients provided in 3 day Ration challenge.	
Energy	9300 -11200 kJ/day*	27900 – 33600 kJ	16264 kJ	Inadequate. Provides 48%-58% of Estimated Energy Requirements (EER)
Protein	40-65 g/day	120-195 g	105 g	Inadequate. Provides 54%-88% of Recommended Daily Intake (RDI)
Fats	70-125mg/day	210-375 mg	147 mg	Inadequate. Provides 39%-70% of Adequate Intake (AI)
Fibre	24-28g/day	72-84 g	62 g	Inadequate. Provides 74%-86% of Adequate Intake (AI)
Iron	8-11mg/day	24-33 mg	22 mg	Inadequate. Provides 67%-92% of Recommended Daily Intake (RDI)
Calcium	1300 mg/day	3900 mg	1120 mg	Inadequate. Provides 29% of Recommended Daily Intake (RDI)

*based on PAL level of 1.6 equivalent of average student. Estimated energy requirements are higher for students who participate in sports or highly active leisure.

Ages 15-18 (years 10-12) 5 day ration challenge				
Girls				
	Recommended requirements as per NRV. (per day)	Recommended requirements as per NRVs. (3 days)	Nutrients provided in 3 day Ration challenge.	
Energy	9400-9700kJ/day*	47000-48500 kJ	23287 kJ	Inadequate. Provides 48%-50% of Estimated Energy Requirements (EER)
Protein	45 g/day	225 g	184 g	Inadequate. Provides 82% of Recommended Daily Intake (RDI)
Fats	85mg/day	425 mg	161 mg	Inadequate. Provides 38% of Adequate Intake (AI)
Fibre	22 g/day	110 g	113 g	Adequate. Provides 100% of Adequate Intake (AI)
Iron	15 mg/day	75 mg	39 mg	Inadequate. Provides 52% of Recommended Daily Intake (RDI)
Calcium	1300 mg/day	6500 mg	2002 mg	Inadequate. Provides 31% of Recommended Daily Intake (RDI)
Boys				
	Recommended requirements as per NRV. (per day)	Recommended requirements as per NRVs. (3 days)	Nutrients provided in 3 day Ration challenge.	
Energy	11200-12500 kJ/day *	56000-62500 kJ	23287 kJ	Inadequate. Provides 37%-42% of Estimated Energy Requirements (EER)
Protein	65 g/day	325 g	184 g	Inadequate. Provides 57% of Recommended Daily Intake (RDI)
Fats	125mg/day	625 mg	161 mg	Inadequate. Provides 26% of Adequate Intake (AI)
Fibre	28g/day	140 g	113 g	Inadequate. Provides 81% of Adequate Intake (AI)
Iron	11 mg/day	55 mg	39 mg	Inadequate. Provides 71% of Recommended Daily Intake (RDI)
Calcium	1300 mg/day	6500 mg	2002 mg	Inadequate. Provides 31% of Recommended Daily Intake (RDI)

*based on PAL level of 1.6 equivalent of average student. Estimated energy requirements are higher for students who participate in sports or highly active leisure.

Food ration quantities provided by Act for Peace.

7 Day Ration Challenge

Ration Pack	Qty Total	Coupon	Food item
Rice	1920	1500	420
Plain Flour	400	400	0
Red Lentils	170	0	170
Dried Chick Peas	85	0	85
Vegetable Oil	300	0	300
Kidney Beans	400	0	400
Sardines	125	0	125

5 Day Ration Challenge

Ration Pack	Qty Total	Coupon	Food item
Rice	1370	950	420
Plain Flour	285	285	0
Red Lentils	120	0	120
Dried Chick Peas	60	0	60
Vegetable Oil	215	0	215
Kidney Beans - 1 can	400	0	400
Sardines - 1 tin	125	0	125

3 Day Ration Challenge (Note: 3 day challenge receives same as 5 day challenge boxes)

Ration Pack	Qty Total	Coupon	Food item
Rice	820	400	420
Plain Flour	170	170	0
Red Lentils	70	0	70
Dried Chick Peas	36	0	36
Vegetable Oil	130	0	130
Kidney Beans - 1/2 can	200	0	200
Sardines - 1/2 tin	60	0	60