

Memorandum : from: Ministry of Agriculture, Fisheries and Food.

Contributors

Great Britain. Ministry of Agriculture, Fisheries and Food.

Publication/Creation

[London] : Ministry of Agriculture, Fisheries and Food, [1960?]

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MEMORANDUM

From:
MINISTRY OF AGRICULTURE, FISHERIES AND FOOD,

To:

J.P. Pearson

Miss Hellingworth.

Ext 6353.

2-1 1963

Reference.....

Your Reference.....

FFHC Basic Study No 5 (FAO, 1962): "Nutrition + Working Efficiency"

Protein requirements.

1. Suggests an adequate ~~daily~~ allowance for normal adult man is 1g. protein/kg. body wt. (Does not FAO have much confidence in their own recommendation?) (p 11).

2. Discusses extra need created by hard work (pp. 16, 17), and phenomenon of adaptation (pp. 17, 18), citing Minnesota exp.

In this connection Yudkin, reviewing this publication in Nature (196, 1962, 821), remarked: "... heavy muscular exertion, needing increased muscular development and training, may itself require increased protein

supplies, so that increased calories alone may not result in improved working efficiency in those who have lived much of their lives on inadequate diets."

An interesting section on the relation between nutrition, health + working efficiency, pp. 21 to 27.
