

WHAT WE ATE

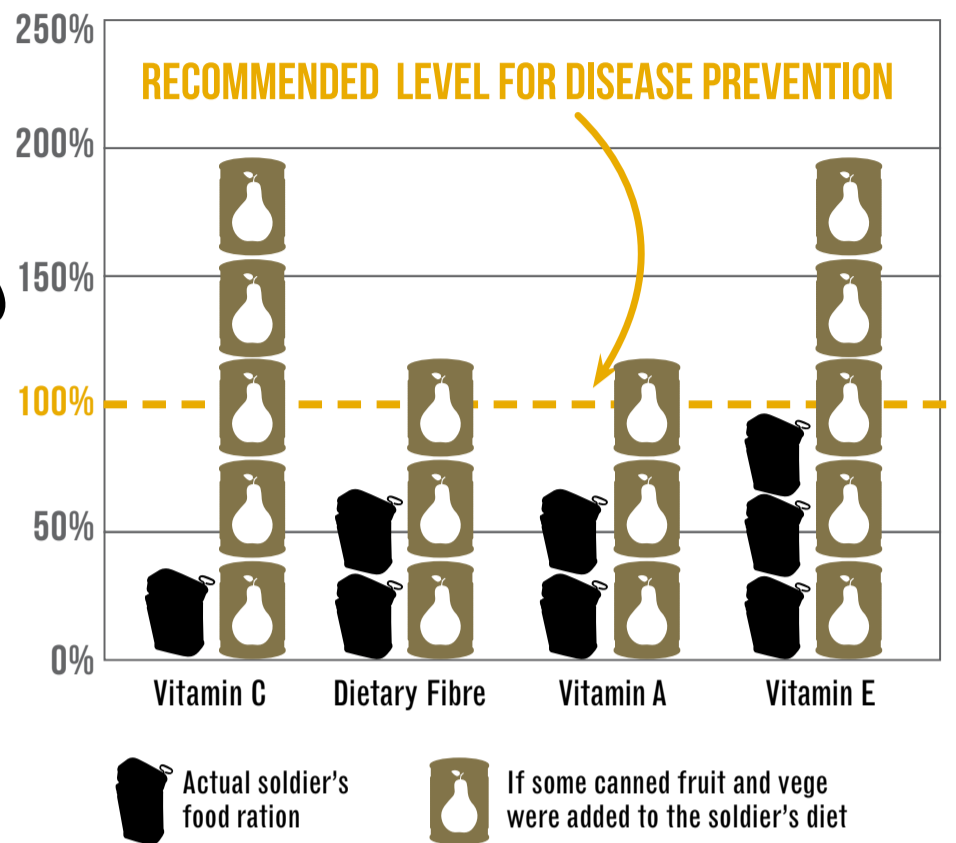


A ration of Bully beef and biscuits and jam, everyday for a month.

Medical staff and even some of the soldiers knew their diet was making them ill. What they didn't know was why this was so.

The soldiers' diet was unappetising, monotonous and seriously inadequate.

While the diet supplied enough calories it was deficient in **VITAMINS A, C AND E** as well as **POTASSIUM, SELENIUM** and **DIETARY FIBRE**.



LACK OF VITAMIN C in the diet was the most serious and was causing **SCURVY** in many soldiers.

Cheaper
Readily Available



IF MODEST AMOUNTS OF CANNED FRUIT & VEGETABLES were given to soldiers, four of those diet deficiencies could have been eliminated.

HARD TACK OR CONCRETE MACAROONS - MADE FROM FLOUR, WATER AND SALT AND BAKED DRY. PORTABLE AND KEPT WELL.

ARMY BISCUITS - THEIR CARBOHYDRATE INTAKE

"I broke my bottom set of teeth on board the transport through eating hard biscuits, and have lost my top set since, so now I have to pound the biscuits into powder with two stones from the beach before I can eat them."

Bill Leadley 27 April 1915

WATER
the ration washing and drinking each day was not enough - especially in the heat and with the salty beef and biscuits.

1.9 LITRES PER DAY

4 OTHER FACTORS IMPACTED SOLDIERS' HEALTH AT GALLIPOLI

DENTAL HEALTH
Dental health was appalling but bad teeth also meant that eating the rock hard biscuits was horribly painful.

FLIES
Fed on corpses, faeces and food - loved the jam and so it was impossible to not eat flies (cross contamination as a result)

TOBACCO
Destroys Vitamin C by up to 40%.

BULLY BEEF, THEIR PROTEIN INTAKE

This canned protein was stringy, extra-salty and greasy. Served for meals three times a day. This meat deteriorated quickly in the heat.