

戰俘膳食

隨着香港淪陷，數千名守軍被日軍囚禁於戰俘營。營內衛生環境十分惡劣，加上缺乏食物和衣服，大部分戰俘均處於營養不良、飢餓及疾病的交困下，其中尤以深水埗戰俘營為甚。

根據深水埗戰俘營的糧食及日用品價格表顯示，在二戰後期營內的食物價格急升，戰俘每天的伙食僅包含少量白米、野菜和茶葉，極少機會有肉類配給。由於糧食短缺，戰俘普遍都患上疾病，例如腳氣病（一種缺乏維他命 B1 引起的疾病）、電足綜合症（即維生素 B1 缺乏症候群），以及糙皮病（一種缺乏維他命 B3 和蛋白質引起的疾病）。戰俘即使存活下來，普遍都體重下降，骨瘦如柴。

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隨着香港淪陷，數千名守軍被日軍囚禁于战俘营。营内卫生环境十分恶劣，加上缺乏食物和衣服，大部分战俘均处于营养不良、饥饿及疾病的交困下，其中尤以深水埗战俘营为甚。

根据深水埗战俘营的粮食及日用品价格表显示，在二战后期营内的食物价格急升，战俘每天的伙食仅包含少量白米、野菜和茶叶，极少机会会有肉类配给。由于粮食短缺，战俘普遍都患上疾病，例如脚气病（一种缺乏维他命 B1 引起的疾病）、电足综合症（即维生素 B1 缺乏症候群），以及糙皮病（一种缺乏维他命 B3 和蛋白质引起的疾病）。战俘即使存活下来，普遍都体重下降，骨瘦如柴。

Food for POWs

Following the fall of Hong Kong, thousands of defenders were detained in prisoner of war (POW) camps. The hygiene conditions in the camps were appalling, and food and clothing were scarce. Most POWs were malnourished, and were constantly tormented by hunger and illness. The situation was particularly bad in the Sham Shui Po POW Camp.

According to price record sheet for food and daily necessities in the Sham Shui Po POW Camp, the price of food soared near the end of the war. The food rationed to POWs each day included only a small amount of rice, vegetables and tea leaves. The POWs were given meat very rarely. Owing to the food shortage, the POWs generally suffered from illnesses like beriberi (caused by vitamin B1 deficiency), thiamine deficiency syndrome, and pellagra (caused by vitamin B3 and protein deficiencies). The bodies of those who survived the ordeal were reduced to skin and bone.