



GOVERNMENT OF BOMBAY

# REPORT

ON THE

DIET AND NUTRITION STUDIES

IN THE

DHARWAR COMMUNITY  
DEVELOPMENT BLOCK  
(DISTRICT DHARWAR)

SEPT.—OCT. 1956

By

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DEPARTMENT OF NUTRITION, GOVERNMENT OF BOMBAY.

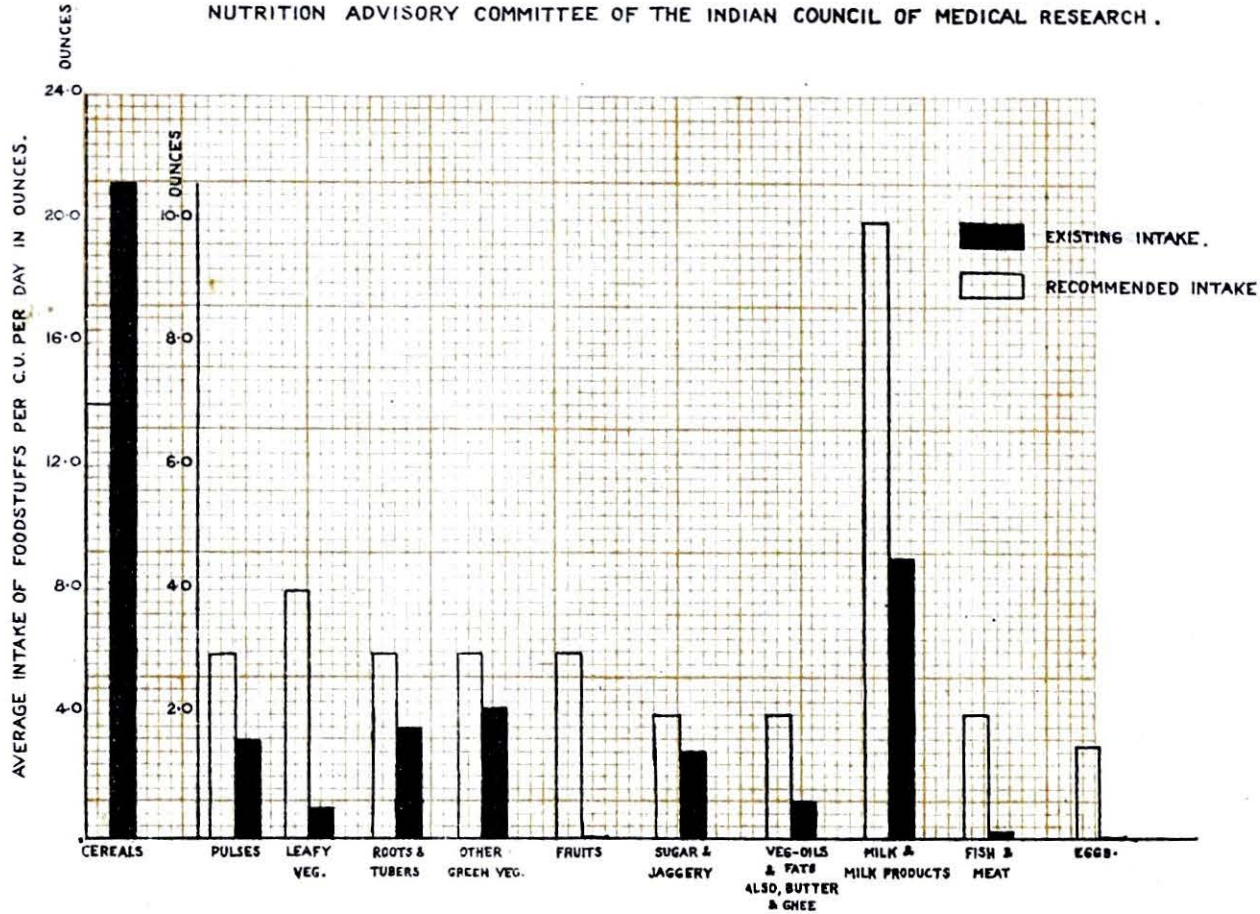
REPORT ON THE DIET AND NUTRITION STUDIES IN THE DHARWAR  
COMMUNITY DEVELOPMENT BLCK (GARAG VILLAGE),  
DISTRICT DHARWAR.

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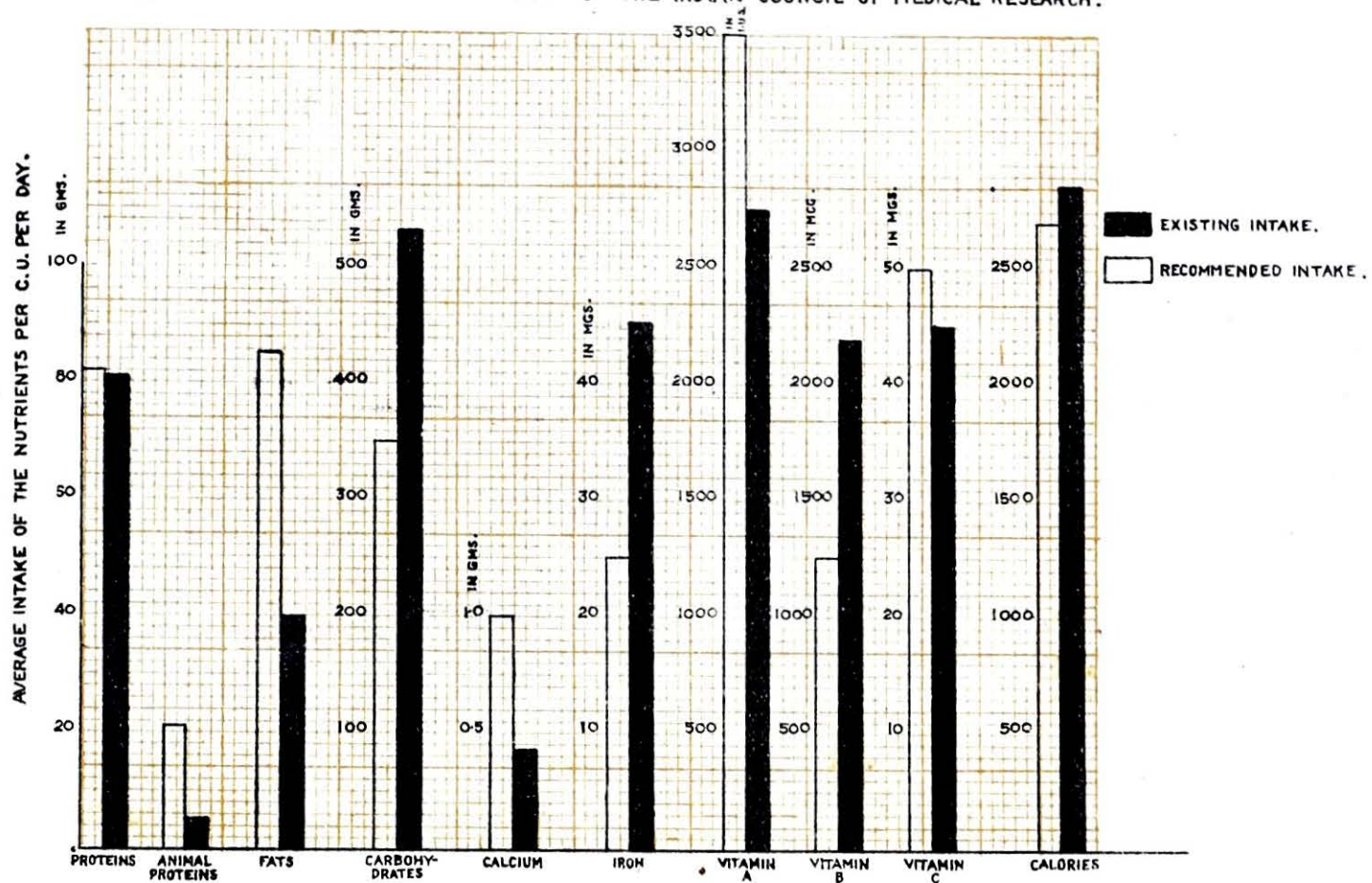
### APPENDIX C.

FIG. 1. THE AVERAGE INTAKE OF FOODSTUFFS COMPARED WITH THE DIET RECOMMENDED BY THE NUTRITION ADVISORY COMMITTEE OF THE INDIAN COUNCIL OF MEDICAL RESEARCH.



### APPENDIX C

FIG.2. THE AVERAGE VALUES OF NUTRIENTS COMPARED WITH THE ALLOWANCES RECOMMENDED BY THE NUTRITION ADVISORY COMMITTEE OF THE INDIAN COUNCIL OF MEDICAL RESEARCH.





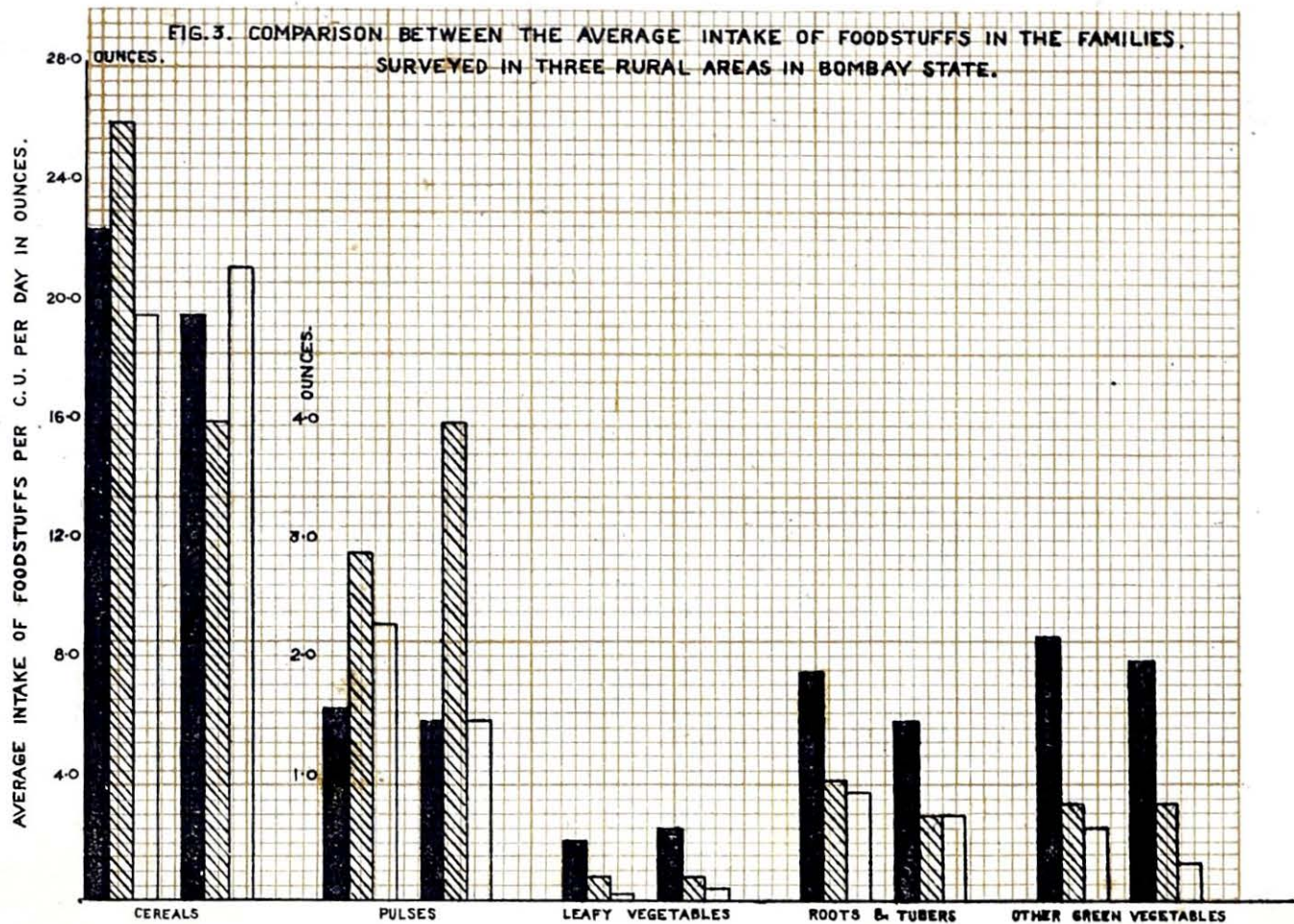


FIG. 3. CONTD.

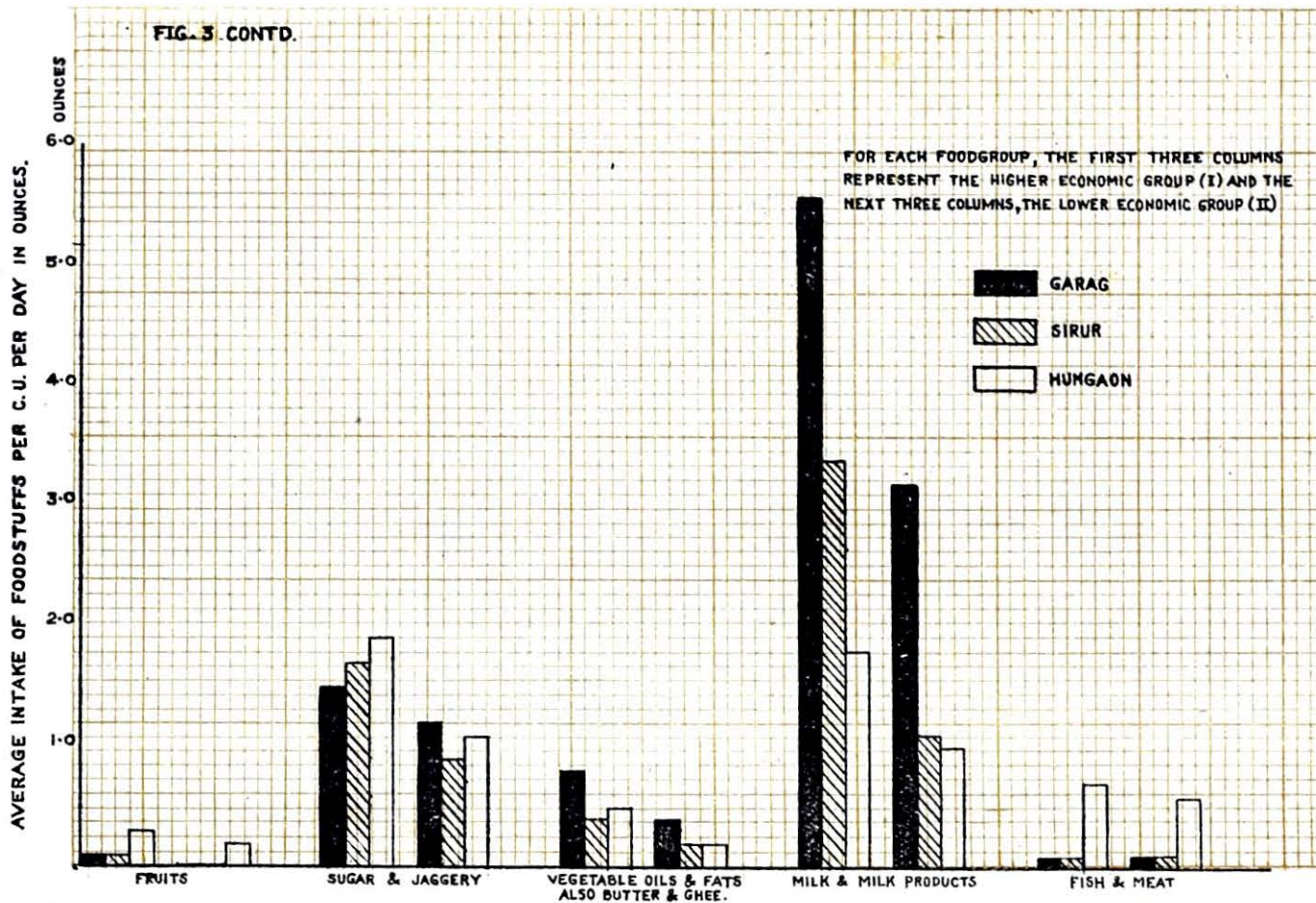




FIG. 4. COMPARISON BETWEEN THE AVERAGE VALUES OF NUTRIENTS IN THE THREE RURAL AREAS OF BOMBAY STATE, SURVEYED.

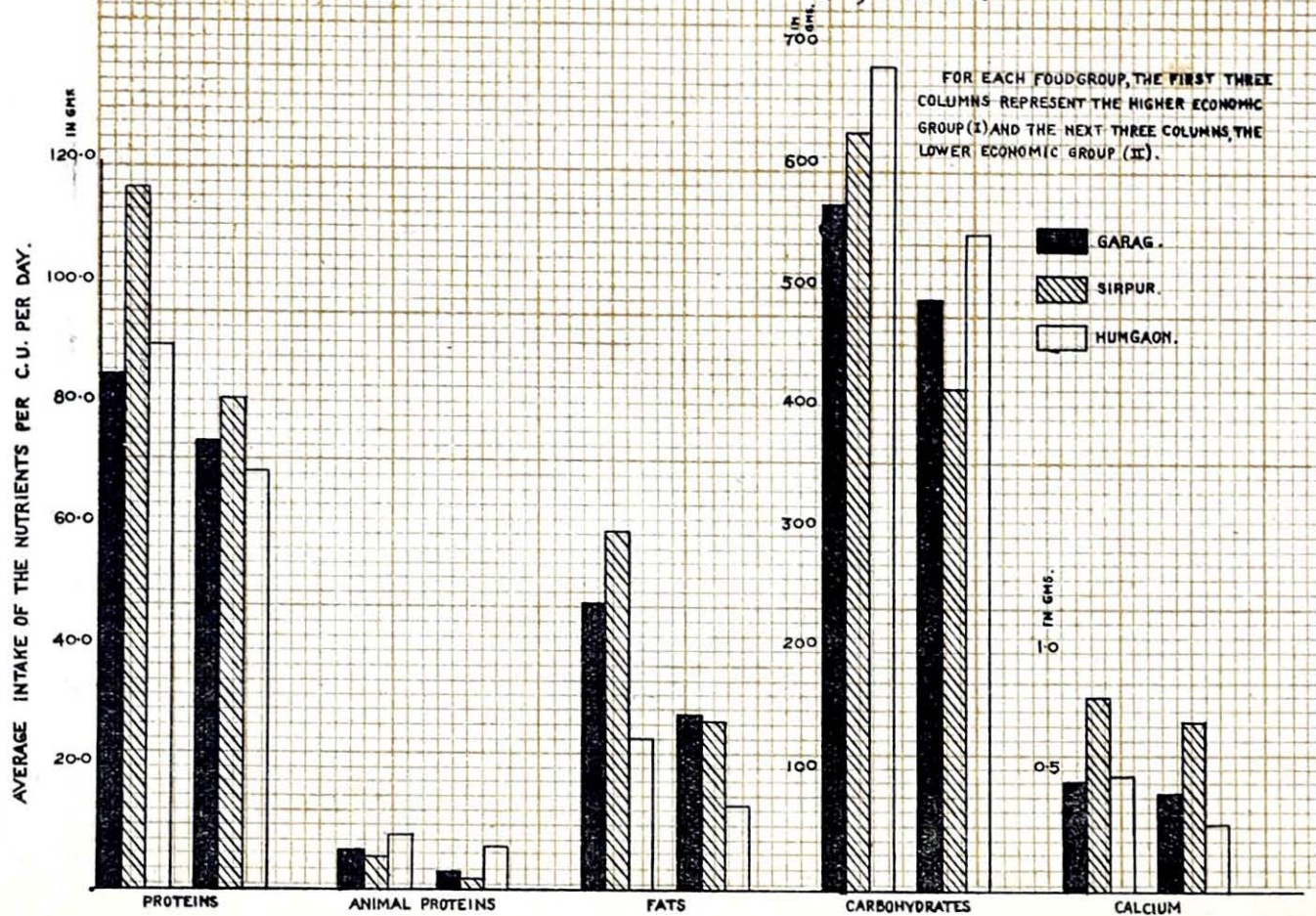
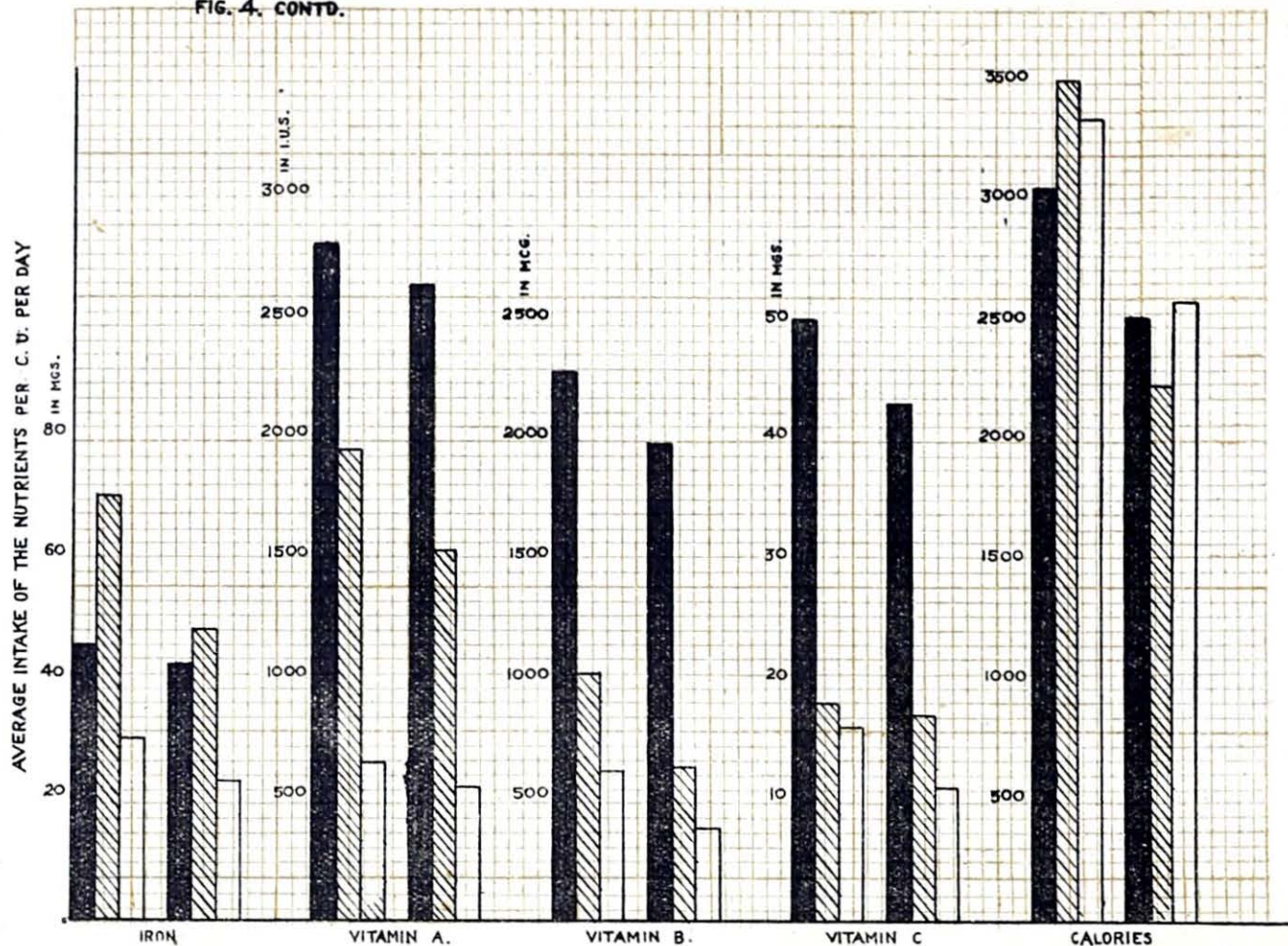




FIG. 4. CONTD.



## APPENDIX A.

## DEPARTMENT OF NUTRITION, GOVERNMENT OF BOMBAY.

## SCHEDULE FOR DIET SURVEYS IN RURAL AREAS.

Serial No. ....

Name of the Head of the family .....

Address .....Village .....Taluka .....District .....

Rent Rs. ....No. of rooms occupied .....

Caste or Community .....Occupation .....

No. of earning members in the family : .....Males .....Females .....

Mother tongue .....Vegetarian/Non-vegetarian.

Place of origin : .....Village .....District .....

How long has the family been staying in .....

Land in acres (a) As land owner .....(b) As tenant .....

Annual tax (a) Rs. ....(b) Rs. ....

Procurement of grains :

Varieties.	Quantity.
.....	.....
.....	.....
.....	.....
.....	.....

Cattle wealth : Bullocks : .....Cows : .....Other .....

Poultry : Yes/No.

Total income of the family (per month) : .....

Approximate expenditure on food per month—Home Rs. ....Outside Rs. ....

Expenditure on the following items :

(i) Clothes Rs. ....(ii) Entertainment Rs. ....Feeding for cattle Rs. ....

Health matters :—

(i) Water supply :

(ii) Sanitation :

(iii) Living conditions :

(iv) Common ailments :

General remarks (including dietary habits/cooking practices).

Date :

Name of the investigator.

No.	Name.	Sex.	Age.	Relation with the head of the family.	If earning the income per month.	Whether takes food outside.	Expenditure on outside food.	Remarks, if any.
1	..	..	..	....	....	....	....	....
2	..	..	..	....	....	....	....	....
3	..	..	..	....	....	....	....	....
4	..	..	..	....	....	....	....	....
5	..	..	..	....	....	....	....	....
6	..	..	..	....	....	....	....	....
7	..	..	..	....	....	....	....	....
8	..	..	..	....	....	....	....	....
9	..	..	..	....	....	....	....	....
10	..	..	..	....	....	....	....	....
11	..	..	..	....	....	....	....	....
12	..	..	..	....	....	....	....	....
13	..	..	..	....	....	....	....	....
14	..	..	..	....	....	....	....	....
15	..	..	..	....	....	....	....	....
16	..	..	..	....	....	....	....	....
17	..	..	..	....	....	....	....	....
18	..	..	..	....	....	....	....	....
19	..	..	..	....	....	....	....	....
20	..	..	..	....	....	....	....	....



*Total quantity of Foods Consumed by the Family in lbs. (give other units, wherever necessary).*

Food groups. Days.	1st		2nd		3rd		4th		5th		6th		7th		Total.	Remarks.
	Morn- ing.	Even- ing.	Morn- ing.	Even- ing.	Morn- ing.	Even- ing.	Morn- ing.	Even- ing.	Morn- ing.	Even- ing.	Morn- ing.	Even- ing.	Morn- ing.	Even- ing.		
Cereals {	Rice (polished)															
	Rice (unpolished)															
	Wheat ..															
	Jowar ..															
	Other cereals ..															
Pulses {	'Tur' ..															
	'Chana' ..															
	Other pulses ..															
Leafy Vegetables ..																
Roots and Tubers {	Potatoes ..															
	Onions ..															
	Others ..															
Other Vegetables ..																

Foodgroups.	Days.	1st		2nd		3rd		4th		5th		6th		7th		Tctal.	Remarks.
		Morn- ing.	Even- ing.	Morn- ing.	Even- ing.	Morn- ing.	Even- ing.	Morn- ing.	Even- ing.	Morn- ing.	Even- ing.	Morn- ing.	Even- ing.	Morn- ing.	Even- ing.		
<b>Fruits—</b>																	
	Dry fruits ..																
	Sugar ..																
	Jaggery ..																
<b>Vege- table oils</b>	Groundnut oil ..																
	Til oil ..																
	Coconut oil ..																
	Hydrogenated vegetable oils.																
	Other oils ..																
<b>Butter</b>	..																
<b>Ghee</b>	..																
<b>Milk Pro- ducts</b>	Milk ..																
	Toned Milk ..																
	Curds ..																
	Buttermilk ..																

Fleshy foods	Fish ..																			
	Fish dried ..																			
	Meat ..																			
	Eggs ..																			
Nuts and Oilseeds	Groundnuts ..																			
	Coconuts ..																			
	Others ..																			
Condiments ..																				
Other foods ..																				
Foods taken outside home. ..																				
Absentees for the particular meals. ..																				
Guest	Males																			
	Females (with approximate ages).																			

Period of Survey .....Days (from .....to .....)

Name of the investigator.

Date :



## APPENDIX B.

## DEPARTMENT OF NUTRITION, GOVERNMENT OF BOMBAY.

## SCHEDULE FOR RAPID CLINICAL NUTRITION SURVEY.

Serial No. .... Date .....

Name ..... School .....

Age ..... Years ..... Months. Sex. .... Place .....

Weight                      Lbs.                      Height                      Inches.

Hæmoglobin                      g/100 ml.                      Std.                      Div.

## GRADE I.

## GRADE II—

- (a) Poor musculature.
- (b) Deficient subcutaneous fat.
- (c) Mild anæmia.
- (d) Lack of interest in surroundings.

## GRADE III—

Group I—Equal weightage—highly significant of malnutrition :

- (a) Nutritional Oedema (dependent parts or generalized).
- (b) Gross muscular wasting.
- (c) Marked anaemia.
- (d) Xerosis of the cornea.

Group II—Significant of malnutrition :

- (e) Tenderness of the calf.
- (f) Red and/or raw tongue.
- (g) Glazed tongue.
- (h) Stomatitis.
- (i) Bleeding gums.
- (j) Angular conjunctivitis (bilateral)—Excoriation of Eye-lids.
- (k) Night blindness.
- (l) Early Rickets (Delayed Dentition).

Group III—Less significant :

- (m) Xerosis of conjunctivæ.
- (n) Bitot's spots.
- (o) Dry and/or rough skin.
- (p) Crazy pavement skin.
- (q) Hyperkeratosis.
- (r) Stigmata of past rickets.
- (s) Caries (Dental).
- (t) Pigmentation of conjunctivæ.

Special remarks, if any—

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**APPENDIX C.**

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*Results of the Diet Survey of Families*

1. Serial No. of the family ..	1	2	3	4	5
2. Caste/Community ..	Maratha ..	Ksyatriya.	Ksyatriya.	Lingayat..	Maratha ..
3. Language spoken ..	Kanarese..	Kanarese..	Kanarese..	Kanarese..	Kanarese..
4. Vegetarian/Non-vegetarian.	Non-vegetarian.	Non-vegetarian.	Non-vegetarian.	Vegetarian.	Non-vegetarian.
5. Occupation ..	Agriculturist.	Agriculturist.	Gr o c e r's shop.	Tea-shop..	Agriculturist.
6. No. of Members—					
Adults—					
Males ..	1	1	5	1	1+1 Serv.
Females ..	2	1	4	1	1
Children—					
Males ..	1	....	2	1	2
Females ..	....	1	2	2	2
<b>Total ..</b>	<b>4</b>	<b>3</b>	<b>13</b>	<b>5</b>	<b>6+1</b>
7. Total Consumption Units of the family.	3·5	2·4	10·8	3·4	4·5+1·0
8. No. of earning members—					
Males ..	1	1	2	1	1
Females ..	....	....	....	....	....
9. Landowners/Tenants/Labourers.	Landowner.	Landowner.	....	....	Landowner.
10. No. of acres of land cultivated.	20 Gunthas	4 Acres and 15 Guns.	....	....	5 Acres
11. Income from other sources wherever obtained.	....	....	Rs. 75 per month.	Rs. 30 per month.	....
<i>Daily consumption of foodstuffs—</i> (per C. U. in ozs.)—					
(i) Cereals ..	31·5	31·0	23·1	33·8	29·2
(ii) Pulses ..	3·1	1·1	1·7	2·7	1·9
(iii) Leafy vegetables ..	1·1	0·2	0·8	0·3	0·5
(iv) Root vegetables ..	1·9	2·3	1·0	1·5	2·5
(v) Other (green) vegetables..	4·1	....	2·5	3·3	1·5
(vi) Fruits ..	....	....	....	....	....
(vii) Sugar and Jaggery ..	1·1	0·7	1·3	1·2	2·2
(viii) Vegetable oils and fats ..	0·3	0·2	0·4	0·7	0·4
(ix) Butter and ghee ..	....	....	0·3	0·3	0·4



C.

*residing in Garog Village, Dharwar.*

6	7	8	9	10	11	12
Lingayat..	Lingayat..	Lingayat..	Maratha ..	Lingayat ..	Lingayat ..	Lingayat ..
Kanarese..	Kanarese..	Kanarese..	Kanarese..	Kanarese ..	Kanarese ..	Kanarese ..
Vegetarian.	Vegetarian.	Vegetarian.	Non-vegetarian.	Vegetarian.	Vegetarian ..	Vegetarian.
Agriculturist.	Agriculturist.	Agriculturist.	Teacher ..	Agriculturist.	Cloth Merchant.	Agriculturist.
2+2 Servs.	1	1	1	1	4	2
4	2	3	1	1	3	1
2	2	1	....	....	4	4
....	2	1	....	2	1	1
10	7	6	2	4	12	8
7.6+2.0	5.4	4.9	1.9	2.9	9.7	6.8
1	1	1	1	1	4	3
....	....	2	....	....	....	....
Landowner..	Tenant ..	Tenant	..	Landowner	..	Landowner.
5 Acres and 7 Acres as tenant.	20 Acres.	3 Acres	Rs. 75 per month.	6 Acres and 14 Acres as tenant.	Rs. 100 per month.	2 Acres.
....	....	....	....	....	....	....
28.7	17.7	17.8	20.6	18.3	20.8	18.2
2.3	0.9	1.0	1.9	1.1	1.8	1.2
0.8	0.7	0.8	0.4	0.8	0.1	0.2
1.6	0.6	1.0	5.8	3.8	2.1	0.7
2.7	1.8	0.8	3.4	3.2	4.7	1.7
....	....	....	....	0.4	0.1	....
0.9	1.5	0.3	1.5	2.1	0.9	1.0
0.3	0.2	0.3	1.7	1.1	0.7	0.2
0.1	....	....	0.8	0.8	....	....

1. Serial No. of the family ...	13	14	15	16	17
2. Caste/Community ...	Lingayat..	Barker (Pujari).	Dhobi. . .	Lingayat.	Lingayat ..
3. Language spoken ...	Kanarese.	Kanarese.	Kanarese.	Kanarese.	Kanarese ..
4. Vegetarian/Non-vegetarian.	Vegetarian.	Vegetarian.	Vegetarian.	Vegetarian.	Vegetarian.
5. Occupation ...	Farmer selling vegetables.	Agriculturist.	Agriculturist and Dhobi.	Agriculturist.	Clerk in shop.
6. Number of Members— <i>Adults—</i>					
Males ...	1	2	1	1	3
Females ...	1	2	3	1	1
<i>Children—</i>					
Males ...	1	1	.....	2	2
Females ...	.....	.....	1	1	2
Total ...	3	5	5	5	8
7. Total Consumption Units of the family.	2.4	4.2	4.1	3.4	5.9
8. No. of earning members—					
Males ...	1	2	1	1	2
Females ...	1	2	2	2	1
9. Landowners/Tenants/Labourers.	Landowner.	Landowner.	Landowner.	Landowner.	.....
10. No. of acres of land cultivated.	3 Acres.	3 Acres.	2 Acres.	3 Acres.	Rs. 50 per month.
11. Income from other sources wherever obtained.	.....	.....	.....	.....	.....
<i>Daily consumption of foodstuffs (par C.U. in ozs.)—</i>					
(i) Cereals ...	21.6	17.0	26.5	22.1	18.0
(ii) Pulses ...	1.6	0.6	1.4	0.8	1.9
(iii) Leafy vegetables ...	0.2	0.9	0.4	0.3	0.4
(iv) Root vegetables ...	3.8	1.9	0.5	1.0	1.5
(v) Other (green) vegetables ...	2.4	0.4	2.9	1.4	2.1
(vi) Fruits ...	.....	.....	.....	.....	.....
(vii) Sugar and Jaggery ...	2.8	0.5	3.9	2.7	1.8
(viii) Vegetable oils and fats ...	0.5	0.1	0.6	0.3	0.7
(ix) Butter and ghee ...	.....	.....	0.1	.....	.....

C—contd.

18	19	20	21	22	23	24
Sonar ...	Sonar ...	Lingayat...	Kshatriya.	Lingayat ...	Lingayat ...	Mohomedan.
Kanarese...	Kanarese...	Kanarese...	Kanarese...	Kanarese ...	Kanarese ...	Kanarese ...
Vegetarian.	Vegetarian.	Vegetarian.	Non-Vegetarian.	Vegetarian ...	Vegetarian ...	Non-vegetarian.
Goldsmith.	Goldsmith.	Teacher and Agriculturist.	Peon/Panchayat and Shop	*Service outside in village.	Business and Agriculturist.	Labourer.
3	2	3	3	1*	2	4
3	2	2	3	1	4	2
1	Nil	2	.....	3	2	.....
.....	1	1	1	.....	4	1
7	5	8	7	5	12	7
6.3	4.1	6.4	6.1	3.0	9.1	6.5
3	2	3	2	1*	2	.....
2	.....	1	.....	.....	.....	.....
Landowner.	.....	.....	.....	.....	Landowner...	.....
4 Acres (given for cultivation).	Rs. 50 per month.	Rs. 500 per year and Rs. 30 per month.	Rs. 80 per month.	Rs. 25 per month.	4 Acres and 4 Acres as tenant.	Rs. 35 per month.
Rs. 75 per month.	.....	.....	.....	.....	.....	.....
17.7	18.6	18.2	24.6	21.0	20.3	22.0
1.2	1.0	1.0	1.1	2.7	1.8	1.7
0.3	0.8	0.1	0.2	0.5	0.7	1.3
1.9	1.3	1.7	1.5	1.7	0.8	0.8
1.5	1.5	2.1	1.2	2.4	1.9	1.2
0.4	.....	0.3	0.4	.....	.....	.....
1.5	1.0	3.1	1.3	0.2	0.6	.....
0.4	0.4	0.4	0.6	0.8	0.4	0.2
0.4	.....	0.2	0.2	.....	.....	.....

1. Serial No. of the family	..	25	26	27	28	29
2. Caste/Community	..	Sadaru	.. Lingayat..	Barber	.. Barber	.. Lingayat..
3. Language spoken	..	Kanarese	Kanarese	Kanarese	Kanarese	Kanarese
4. Vegetarian/Non-vegetarian	..	Non-vegetarian	Vegetarian	Non-vegetarian	Vegetarian	Vegetarian
5. Occupation	..	Weaver and Agriculturist	Labourer in firm and selling of vegetables	Labourer	Barber	.. Barber
6. No. of Members—						
<i>Adults—</i>						
Males	..	1	2	3	2(-1)*	2
Females	..	1	3	1	3(-2)*	1
<i>Children—</i>						
Males	..	1	....	3	....	1
Females	..	....	....	1	....	2
Total	..	3	5	8	5-3:2	6
7. Total Consumption Units of the family.		2.6	4.8	6.9	1.9	4.8
8. No. of earning members—						
Males	..	1	2	2	2	1
Females	..	1	3	1	3	....
9. Landowners/Tenant/Labourers.		Tenant	Landowner	Landowner	Landowner	Landowner and Barber.
10. Number of acres of land cultivated.		3 Acres	.. 2 Acres	.. 2 Acres	.. 4 Acres	.. 2 Acres
11. Income from other sources wherever obtained.		Rs. 1.8 per day.	....	Rs. 30 per month.	Rs. 35 per month.	Rs. 30 per month.
<i>Daily consumption of foodstuffs— (per C. U. in ozs.)—</i>						
(i) Cereals	..	16.1	23.2	11.6	28.0	20.3
(ii) Pulses	..	1.5	0.4	0.5	0.6	1.3
(iii) Leafy vegetables	..	1.3	0.6	0.8	....	0.4
(iv) Root vegetables	..	2.1	1.6	0.5	1.7	1.9
(v) Other (green) vegetables	..	2.0	4.0	1.5	5.7	3.0
(vi) Fruits	..	....	....	....	....	....
(vii) Sugar and Jaggery	..	0.9	0.6	0.6	0.1	1.7
(viii) Vegetable oils and fats	..	0.4	0.2	0.1	0.6	0.5
(ix) Butter and ghee	..	....	....	....	....	....

\*Gone out of the Village.





## APPENDIX C—contd.

1. Serial No. of the family ..	37	38	39	40
2. Caste/Community ..	Mohomedan	Lingayat	Maratha	Hindu
3. Language spoken ..	Kanarese	Kanarese	Kanarese	Kanarese
4. Vegetarian/Non-vegetarian.	Non-vegetarian.	Vegetarian.	Non-vegetarian.	Non-vegetarian.
5. Occupation ..	Labourer Carpenter.	Labourer in hotel.	Labourer	Labourer
6. Number of Members—				
<i>Adults—</i>				
Males ..	3	1	Nil.	1
Females ..	4	1	1	1
<i>Children—</i>				
Males ..	2	....	....	....
Females ..	2	....	1	....
Total ..	11	2	2	2
7. Total Consumption Units of the family.	8.3	1.9	1.6	1.9
8. No. of earning members—				
Males ..	3	1	....	1
Females ..	3	....	1	1
9. Landowners/Tenant/Labourers.	....	....	....	....
10. No. of acres of land cultivated.	....	....	....	....
11. Income from other sources wherever obtained.	Rs. 40 per month.	Rs. 20 per month.	Rs. 20 per month.	Rs. 45 per month.
<i>Daily consumption of foodstuffs—</i> (per C. U. in ozs.)—				
(i) Cereals ..	16.7	25.3	19.8	23.4
(ii) Pulses ..	1.1	1.9	3.2	4.3
(iii) Leafy vegetables ..	0.2	....	1.0	0.8
(iv) Root vegetables ..	1.5	1.3	2.6	1.5
(v) Other (green) vegetables ..	....	3.3	1.1	2.1
(vi) Fruits ..	....	....	....	....
(vii) Sugar and Jaggery ..	0.4	1.2	4.0	3.6
(viii) Vegetable oils and fats ..	0.1	0.3	....	0.3
(ix) Butter and Ghee ..	....	0.6	....	0.6

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APPENDIX C. (contd.)

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1. Serial No. of the family ..	1	2	3	4	5
2. Caste/Community ..	Maratha ..	Kshatriya.	Kshatriya.	Lingayat.	Maratha.
3. Language spoken ..	Kanarese.	Kanarese.	Kanarese.	Kanarese.	Kanarese.
4. Vegetarian/Non-vegetarian..	Non-vegetarian.	Non-vegetarian.	Non-vegetarian.	Vegetarian.	Non-vegetarian.
5. Occupation ..	Agriculturist.	Agriculturist.	Grocer's shop.	Tea-shop.	Agriculturist.
(x) Milk and milk products ..	2.3	4.7+0.9 B.M.	6.0	9.4	5.8
(xi) Fish ..	....	....	....	....	....
(xii) Meat ..	....	0.4	....	....	....
(xiii) Eggs ..	....	....	....	....	....
(xiv) Nuts and oilseeds ..	....	0.3	0.4	0.3	....
(xv) Chillies (Red and Green) ..	0.7	0.4	0.3	0.6	0.4
(xvi) Betel leaves ..	0.8	0.8	....	....	0.7
(xvii) Other foods ..	....	....	....	....	....

*Nutrient Analysis—*

(i) Proteins (in g.) ..	111.1	106.9	87.9	126.8	109.3
(ii) Animal proteins (,,) ..	2.8	6.5	6.3	11.3	7.0
(iii) Fats (,,) ..	33.0	31.8	43.3	70.3	52.3
(iv) Carbohydrates (,,) ..	775.5	717.0	576.1	775.5	734.4
(v) Calcium (,,) ..	0.67	0.67	0.50	0.54	0.60
(vi) Phosphorus (,,) ..	2.95	2.65	2.12	3.11	2.83
(vii) Iron (in mg.) ..	71.3	60.5	48.2	58.5	62.6
(viii) Vitamin A (in I.U.) ..	5213	3831	2456	2291	4431
(ix) Vitamin B <sub>1</sub> (in mcg.) ..	3406	3085	2421	3275	3245
(x) Vitamin C (in mg.) ..	80	18	46	46	38
CALORIES ..	3843	3581	3070	4242	3845

*Distribution of Calories—*

Proteins	per cent.	12	12	11	12	11
Fats	per cent.	8	8	13	15	12
Carbohydrates	per cent.	80	80	76	73	77

C—contd.

6	7	8	9	10	11	12
Lingayat.	Lingayat.	Lingayat.	Maratha ..	Lingayat ..	Lingayat ..	Lingayat.
Kanarese.	Kanarese.	Kanarese.	Kanarese.	Kanarese ..	Kanarese ..	Kanarese.
Vegetarian.	Vegetarian.	Vegetarian.	Non-vegetarian.	Vegetarian ..	Vegetarian ..	Vegetarian.
Agriculturist.	Agriculturist.	Agriculturist.	Teacher ..	Agriculturist.	Cloth Merchant.	Agriculturist.
6.6	7.6	6.5	5.9	10.5	4.2	0.4+1.7 B. M.
....	....	....	....	....	....	....
....	....	....	....	....	....	....
....	....	....	....	....	....	....
0.1	....	....	0.2	0.3	0.1	0.1
0.3	0.4	0.5	0.4	0.4	0.2	....
0.4	0.4	....	....	....	....	0.3
....	....	....	....	....	....	....
106.0	66.0	68.9	80.7	75.1	76.3	64.5
6.9	6.8	7.8	7.1	12.7	4.4	0.8
38.7	23.0	34.8	97.2	93.4	39.1	19.0
695.0	448.1	424.1	565.5	511.2	512.8	436.7
0.60	0.59	0.33	0.50	1.00	0.44	0.33
2.64	1.73	1.78	2.16	1.96	1.87	1.65
56.9	41.1	35.1	39.1	36.3	39.5	42.3
3228	3255	2054	2085	2818	1106	1991
2955	1903	1838	2040	1901	2029	1966
41	39	29	51	54	59	23
3553	2264	2285	2459	3186	2708	2185
12	12	12	13	10	11	12
10	9	14	36	26	13	8
78	79	75	51	64	76	80

B. M. = Buttermilk.

1. Serial No. of the family	..	13	14	15	16	17
2. Caste/Community	..	Lingayat.	Barker (Pujari).	Dhobi.	..	Lingayat .. Lingayat.
3. Language spoken	..	Kanarese.	Kanarese..	Kanarese.	Kanarese.	Kanarese.
4. Vegetarian/Non-vegetarian.		Vegetarian.	Vegetarian.	Vegetarian.	Vegetarian.	Vegetarian.
5. Occupation	..	Farmer, selling vegetables.	Agricultu- rist.	Agricultu- rist and Dhobi.	Agricultu- rist.	Clerk in shop.
(a) Milk and milk products	...	1·7+3·8 B.M.	3·7	4·7+3·3 B.M.	9·4	7·2
(xi) Fish	...	.....	.....	.....	.....	.....
(xii) Meat	...	.....	.....	.....	.....	.....
(xiii) Eggs	...	.....	.....	.....	.....	.....
(xiv) Nuts and oilseeds	...	.....	.....	.....	0·1	0·2
(xv) Chillies (Red and Green)...		1·2	0·4	0·3	0·7	0·4
(xvi) Betel leaves...	...	0·8	0·4	.....	0·5	.....
(xvii) Other foods	...	.....	.....	.....	.....	.....
<i>Nutrient Analysis—</i>						
(i) Proteins	(in g.) ...	78·5	59·7	88·0	80·6	75·6
(ii) Animal proteins	( ,, ) ...	1·6	3·3	6·0	8·5	7·9
(iii) Fats	( ,, ) ...	31·0	16·5	44·7	31·1	46·3
(iv) Carbohydrates	( ,, ) ...	588·2	398·7	693·0	575·1	486·7
(v) Calcium	( ,, ) ...	0·60	0·46	0·53	0·67	0·46
(vi) Phosphorus	( ,, ) ...	2·01	1·64	2·31	2·05	1·79
(vii) Iron	(in mg.)...	51·0	37·5	58·8	50·3	40·6
(viii) Vitamin A	(in I.U.)...	3692	3224	2074	3356	1630
(ix) Vitamin B <sub>1</sub>	(in mcg.)...	2222	1858	2521	2349	1938
(x) Vitamin C	(in mg.) ...	68	38	41	51	43
CALORIES	...	2945	1982	3526	2902	2665
<i>Distribution of Calories—</i>						
Proteins	per cent....	11	12	10	11	11
Fats	per cent....	9	8	12	10	16
Carbohydrates	per cent....	80	80	78	79	73

B. M. = Buttermilk.



C—contd.

18	19	20	21	22	23	24
Sonar ...	Sonar ...	Lingayat.	Kshatriya.	Lingayat ...	Lingayat ...	Mohomedan.
Kanarese.	Kanarese.	Kanarese.	Kanarese.	Kanarese ...	Kanarese ...	Kanarese.
Vegetarian.	Vegetarian.	Vegetarian.	Non-Vegetarian.	Vegetarian...	Vegetarian.	No n-V e g e-tarian.
Goldsmith.	Goldsmith.	Teacher, Agriculturist.	Peon Panchayat and Shop.	Service outside in village.	Business and Agriculturist.	Labourer.
7·8	2·2	3·7+0·7 B.M.	3·7	3·4+0·8 B.M.	3·2	0·4+0·6 B.M.
.....	.....	.....	.....	.....	.....	.....
.....	.....	.....	.....	.....	.....	0·7
.....	.....	.....	.....	.....	.....	.....
0·3	.....	0·2	.....	0·6	0·2	.....
0·4	0·3	.....	0·6	0·3	0·8	0·5
.....	0·5	.....	.....	.....	0·2	0·6
.....	.....	0·2	.....	.....	.....	.....
70·2	63·6	66·1	83·2	86·1	78·0	83·0
7·1	2·6	4·4	4·0	4·0	3·4	4·2
40·3	24·8	35·9	41·8	25·7	31·6	21·5
465·2	459·7	507·4	600·8	539·4	498·2	507·6
0·60	0·33	0·36	0·40	0·48	0·47	0·47
1·69	1·52	1·65	2·10	2·01	1·85	1·93
36·6	32·0	43·0	43·1	52·3	44·5	46·2
1749	3030	1268	1450	1668	2480	4271
1922	1694	1863	2273	2179	1970	2310
35	29	22	28	42	41	46
2503	2316	2617	3112	2733	2589	2556
11	11	10	11	13	12	13
14	10	12	12	8	11	8
75	79	78	77	79	77	79

1. Serial No. of the family	..	25	26	27	28	29
2. Caste/Community	..	Sadaru	Lingayat.	Barber	Barber	Lingayat.
3. Language spoken	..	Kanarese.	Kanarese.	Kanarese.	Kanarese.	Kanarese.
4. Vegetarian/Non-vegetarian..		Non-vegetarian	Vegetarian.	Non-vegetarian.	Vegetarian.	Vegetarian.
5. Occupation	..	Weaver and Agriculturist.	Labourer in farm and selling of vegetables.	Labourer.	Barber	Barber
(x) Milk and milk products	..	1.5	2.9+2.4 B.M.	0.8+1.4 B.M.	0.1	3.8
(xi) Fish	..	0.1	....	....	....	....
(xii) Meat	..	1.1	....	....	....	....
(xiii) Eggs	..	....	....	....	....	....
(xiv) Nuts and oilseeds	..	0.1	....	....	....	0.3
(xv) Chillies (Red and Green)	..	0.6	....	0.3	1.2	0.5
(xvi) Betel leaves	..	0.3	0.6	....	1.0	0.4
(xvii) Other foods	..	....	....	....	....	....
<i>Nutrient Analysis—</i>						
(i) Proteins	(in g.)	65.6	76.0	39.0	90.6	81.5
(ii) Animal proteins	( „ )	7.5	4.9	0.7	0.1	4.6
(iii) Fats	( „ )	27.1	25.7	10.6	32.5	39.5
(iv) Carbohydrates	( „ )	418.3	532.9	277.2	623.5	517.7
(v) Calcium	( „ )	0.50	0.50	0.25	0.47	0.51
(vi) Phosphorus	( „ )	1.43	2.00	0.99	2.38	2.14
(vii) Iron	(in mg.)	33.3	45.7	28.2	54.1	52.0
(viii) Vitamin A	(in I.U.)	3234	3445	1600	4081	2750
(ix) Vitamin B <sub>1</sub>	(in mcg.)	1595	2294	1167	2808	2510
(x) Vitamin C	(in mg.)	57	16	29	91	43
CALORIES	..	2180	2666	1362	3148	2752
<i>Distribution of Calories—</i>						
Proteins	per cent.	12	11	12	12	12
Fats	per cent.	11	9	7	9	13
Carbohydrates	per cent.	77	80	81	79	75

B. M. = Buttermilk.

C—contd.

30	31	32	33	34	35	36
Maratha.	Sonar ..	Mohomedan.	Mohomedan.	Mohomedan.	Maratha ..	Shimpi ..
Kanarese.	Kanarese.	Urdu ..	Urdu ..	Urdu ..	Kanarese. ..	Kanarese ..
Non-Vegetarian.	Vegetarian.	Non-vegetarian.	Non-vegetarian.	Non-vegetarian.	Non-vegetarian.	Vegetarian.
Agricultural Labourer.	Carpenter.	Labourer.	Labourer..	Labourer ..	Labourer ..	Labourer..
4.8	.....	1.4	2.7	1.2	7.4	5.0+2.0 B.M.
.....	.....	.....	.....	.....	.....	.....
.....	.....	.....	.....	.....	.....	.....
.....	.....	.....	.....	.....	.....	.....
.....	.....	.....	.....	.....	0.5	0.3
1.0	0.4	0.4	0.4	0.4	0.6	0.7
.....	.....	0.2	.....	.....	.....	.....
.....	.....	.....	.....	.....	.....	.....
87.4	47.0	57.2	60.6	66.0	97.7	70.3
5.8	.....	1.7	3.2	1.4	7.6	5.8
30.6	13.1	18.1	25.4	19.0	40.9	53.5
442.2	328.9	368.2	421.3	452.7	671.6	441.9
0.42	0.20	0.34	0.38	0.40	0.62	0.63
1.71	1.18	1.41	1.38	1.68	2.48	1.68
37.7	26.3	32.4	26.8	41.4	62.2	35.4
1823	600	2085	1011	2566	1984	2301
1909	1407	1631	1493	1981	2642	1710
58	21	36	23	38	54	44
2314	1622	1864	2156	2246	3447	2530
12	12	12	11	12	11	11
12	7	9	11	8	11	19
76	81	79	78	80	78	70

## APPENDIX C—concl.

1. Serial No. of the family ..	37	38	39	40
2. Caste/Community ..	Mohomedan	Lingayat	Maratha	Hindu.
3. Language spoken ..	Kanarese	Kanarese	Kanarese.	Kanarese.
4. Vegetarian/Non-vegetarian.	Non-vegetarian.	Vegetarian.	Non-vegetarian.	Non-vegetarian.
5. Occupation ..	Labourer, Carpenter.	Labourer in hotel.	Labourer	Labourer.
(x) Milk and milk products ..	0·5+1·3 B.M.	6·9	4·1+0·5 B.M.	3·2
(xi) Fish ..	....	....	....	....
(xii) Meat ..	0·3	....	....	....
(xiii) Eggs ..	....	....	....	....
(xiv) Nuts and oilseeds ..	0·02	....	0·4	0·2
(xv) Chillies (Red and Green)..	0·3	0·9	....	0·3
(xvi) Betel leaves ..	....	....	....	....
(xvii) Other foods ..	....	....	....	....
<i>Nutrient Analysis—</i>				
(i) Proteins .. (in g.) ..	59·7	94·3	81·6	97·6
(ii) Animal proteins ( „ ) ..	2·4	7·2	4·3	2·6
(iii) Fats ( „ ) ..	15·2	49·8	20·3	43·0
(iv) Carbohydrates ( „ ) ..	392·1	624·8	610·3	689·0
(v) Calcium ( „ ) ..	0·29	0·49	0·62	0·70
(vi) Phosphorus ( „ ) ..	1·49	2·31	1·96	2·19
(vii) Iron (in mg.)	32·6	47·7	52·5	60·0
(viii) Vitamin A (in I.U.)	972	1801	2605	2756
(ix) Vitamin B <sub>1</sub> (in mcg.)	1703	2467	2188	2512
(x) Vitamin C (in mg.)	9	58	39	38
CALORIES ..	1943	3324	2951	3533
<i>Distribution of Calories—</i>				
Proteins per cent. ..	12	11	11	11
Fats per cent. ..	7	14	6	11
Carbohydrates per cent. ..	81	75	83	78

## APPENDIX D.

*The botanical names and the equivalent terms in regional languages of foodstuffs commonly consumed in the Dharwar Community Development Block.*

Serial No.	Name.	Botanical name.	Hindustani.	Kanarese.	Marathi.	Gujarati.
1	Jowar ..	.. Sorghum vulgare ..	.. Juar ..	.. Jola ..	.. Jwari ..	.. Juar. ..
2	Paddy ..	.. Oryza sativa ..	.. Chawal ..	.. Kotnuda Akki ..	.. Tandool ..	.. Chokha. ..
3	Samai ..	.. Panicum miliare ..	.. Kutki, Sonwali ..	.. Semai ..	.. Sava ..	.. Samo. ..
4	Sanva ..	.. Echinochloa colona ..	.. Sawan ..	.. Sanva ..	.. Shamula ..	.. Sawo ..
5	Red gram ..	.. Cajanus cajan ..	.. Arhar ..	.. Thugare Bele ..	.. Toor ..	.. Tuver. ..
6	Bengal gram ..	.. Cicer arietinum ..	.. Chana ..	.. Hu Kadale ..	.. Hurbara ..	.. Chana. ..
7	Cow gram ..	.. Vigna catjang ..	.. Lobia bada ..	.. Thadaguni ..	.. Chawli ..	.. Choli. ..
8	Horse gram ..	.. Dolichos biflorus ..	.. Kulthi ..	.. Huruli ..	.. Kuleeth ..	.. Kuleeth. ..
9	Green gram ..	.. Phaseolus aureus Roxb ..	.. Mung ..	.. Hesaru ..	.. Mug. ..	.. Mag. ..
10	Dow bean ..	.. Phaseolus aconitifolius ..	.. Krumilak Madga ..	.. Matki ..	.. Matki ..	.. Muth. ..
11	Dill ..	.. Peucedanum graveolens ..	.. Sova ..	.. Shepu ..	.. Shepu ..	.. Suva. ..
12	Fenugreek ..	.. Trigonella foenumgraceum ..	.. Methi ..	.. Menti ..	.. Methi ..	.. Methi. ..
13	Onion ..	.. Allium cepa ..	.. Pyas ..	.. Dadda Erull ..	.. Kanda ..	.. Dungli. ..
14	Red sorrel ..	.. Hibiscus sabdariffa ..	.. Patwa or Palsan ..	.. Pundipalli ..	.. Ambadi ..	.. Ambadi. ..
15	Potatoes ..	.. Solanum tuberosum ..	.. Alu ..	.. Urula Gadda ..	.. Batata ..	.. Batata. ..
16	Ridge gourd ..	.. Luffa acutangula ..	.. Torai ..	.. Heerai kai ..	.. Dodka ..	.. Turia. ..
17	Red Pumpkin ..	.. Cucurbita maxima ..	.. Kaddu ..	.. Kumbala ..	.. Lal Bhopla ..	.. Kohlu. ..



Serial No.	Name.	Botanical name.	Hindustani.	Kanarese.	Marathi.	Gujarati.
18	Cucumber ..	.. Cucumis sativus ..	.. Kakri ..	.. Southai Kayi ..	.. Kakdi (Khire) ..	.. Kakdi.
19	Tondli ..	.. Coccinia cordifolia ..	.. Kundree ..	.. Tonatalkayi ..	.. Tondali ..	.. Tindora.
20	Green tomatoes ..	.. Lycopersicon esculentum ..	.. Vilayati Baingan ..	.. Aasvru dapparu .. Chapparau. Bandedane.	.. Tomato ..	.. Tameto.
21	Ladies fingers ..	.. Abelmoschus esculentus ..	.. Bhindi ..	.. Bende ..	.. Bhendi ..	.. Bhinda.
22	Cluster beans ..	.. Cyamopsis tetragonoloba ..	.. Guarki phalli ..	.. Gori kayi ..	.. Gavar ..	.. Guvar.
23	Green peas ..	.. Pisum sativum ..	.. Matar ..	.. Semai Batani ..	.. Vatana ..	.. Watana.
24	Calabash cucumber ..	.. Lagenaria siceraria ..	.. Lowki, Ghia kadu.	.. Sorekai ..	.. Pandhara bhopla ..	.. Dudhi.
25	Niger seeds ..	.. Guizolia abyssinica ..	.. Ramtil ..	.. Karale ..	.. Karale ..	.. Khursani.
26	Safflower ..	.. Carthamus tinctorius ..	.. Karrah ..	.. Kardi ..	.. Kardai ..	.. Karad.
27	Groundnuts ..	.. Arachis hypogea ..	.. Mangphali ..	.. Kadale Kayi ..	.. Bhuimug ..	.. Bhoising.
28	Banana ..	.. Musa paradisiaca ..	.. Kela ..	.. Bale ..	.. Kele ..	.. Kelu.
29	Guavas ..	.. Psidium gujava ..	.. Amrud ..	.. Seebai ..	.. Peru ..	.. Jamrukhi
30	Indian Gooseberry ..	.. Phyllanthus emblica ..	.. Amla ..	.. Nelli Kayi ..	.. Anvala ..	.. Amla.
31	Betel leaves ..	.. Piper betle ..	.. Pan ..	.. Yele ..	.. Pan ..	.. Pan.
32	Chillies ..	.. Capsicum frutescens ..	.. Mirchi ..	.. Hasi Menasinakayi.	.. Mirchi ..	.. Murcha.
33	Tamarind ..	.. Tamarindus indica ..	.. Imli ..	.. Hunise Hannu ..	.. Chinch ..	.. Amli.

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