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GOVERNMENT OF BOMBAY

# DIET MANUAL

**A Compilation of Diets Recommended in  
Health and Disease**



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# DEPARTMENT OF NUTRITION, GOVT. OF BOMBAY.

## DIET MANUAL

### INTRODUCTION

The Department of Nutrition of the Government of Bombay, has been actively engaged in the study and improvement of dietary conditions in Bombay State of different population groups, as part of the public health nutrition work. In this connection, the diet study of several institutions including hostels, jails, hospitals, industrial canteens, etc., was undertaken.

The main object of the study was to suggest balanced diets from local food-stuffs within the financial limitations of the management and/or the inmates, based on the principles of the newer knowledge of nutrition and the practice of dietetics. Secondly, to educate the people by helping them to inculcate proper food habits.

The present Manual has been compiled from diets standardised and recommended to specific population groups who have adapted themselves to a common mode of life and are influenced by the very same socio-economic and dietary factors.

The Manual covers the general hospital diets, including a few therapeutic diets, and diets for normal healthy persons such as nurses, students, etc. Hence the Manual is divided into two parts viz. Part I—Diet in Disease and Part II—Diet in Health. It may be mentioned here, that in all these cases, the diets had been prepared at the request of the Government, the State being directly responsible for the health and welfare of these people. The diets, therefore, are chiefly designed for the use of institutional authorities. Wherever necessary, specimen menus and detailed instructions have also been given.

In addition to the above diets, standard diets for industrial workers, school children, expectant and nursing mothers, etc., have also been prepared, with a view to guide the general public, as part of the nutrition education programme of the Department.

In view of the characteristic food habit of the Indian people viz. vegetarian (lacto-vegetarian) and non-vegetarian (mixed), the recommended diets contained in the Manual, include, in each case, both the vegetarian and non-vegetarian diet scales.

In developing the standard diets, the Department has been guided by the evidence available on the existing conditions, as also on the experience gained in the study and planning of satisfactory diets in over 300 institutions, in the different districts of the State. Thus, attention has been paid to the availability of foodstuffs in the different districts and the dietary habits of the people of the State.

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The compilation of the Diet Manual was carried out by Kumari S. S. Corley, Kumari M. S. Kotnis, Senior Lady Nutritionists and Dr. V. N. Jai, Medical Officer, of the Department of Nutrition, Government of Bombay.

(G.C.F.) MO A O 6040-1

For computing the nutrient analysis of the diets, values for groups of foods have been employed. These values are based on the publication "Nutritive value of Indian Foods and the planning of satisfactory diets", prepared by the Nutrition Research Laboratories, Coonoor, South India.

In ascertaining the adequacy of the nutritional requirements for calories and essential nutrients in the diets, the Department has been guided by the recommendations (~~copy enclosed~~), made by the Nutrition Advisory Committee Indian Research Fund Association (now known as the Indian Council of Medical Research), in 1944. These figures are based on the experience gained from field surveys undertaken in India and abroad.

The diets prescribed in this Manual have in suitable cases, been standardised after a period of experimentation. They are now recommended for similar groups of people or institutions, in other parts of the country. In view of the varying food habits of the people of this country, the diets may be slightly modified, if necessary, to meet the special needs.

It may be mentioned that since the science of Nutrition is constantly developing, the present recommendations, may require revision, in years to come.

## PART I.

### DIETS IN DISEASE.

#### I. Diet Scale for Patients in General Hospitals.

(A) *General (non-paying) patients.*—The diets for in-patients in Bombay Government Hospitals were revised in 1950. The list of diets include the regular hospital diets (i.e. Full Diet, Light Diet, Milk Diet) and some of the therapeutic diets (viz. Buttermilk Diet, High-protein Diet and Diabetic Diet). The diets are prescribed for non-paying hospital patients, and in the case of paying patients, a list of 'extras' is prepared separately, wherefrom additional foods may be supplemented to the regular diets.

The object of these new diets is two-fold. First, to revise the diet scales in conformity with the recent advances in the Science of Nutrition and the practice of Dietetics. Secondly, to eliminate to a large extent, the system of prescribing 'extras' such as eggs, liver, chicken, fish, fruits, etc., as supplements to the basic diet scales.

In formulating the revised diets, attention has been paid to the availability of foodstuffs in the different districts and the dietary habits of the people.

It will be seen from the following tables, that for each diet, full details including instructions, are given. A daily menu is also given for each diet, for the guidance of the Medical Officers in-charge of the different hospitals. In the list of general instructions, enclosed with the diets, the different foodstuffs which may be used in each food group, are also given. Thus, to avoid monotony in the diet, foodstuffs mentioned in the menus, may be varied, so long as the total quantity remains the same.

1. *Full Diet*.—This is also known as the Regular or General Diet. It provides a greater variety and fewer restrictions than the other hospital diets. It is intended for those whose condition does not require a special or therapeutic diet. It almost resembles the 'Balanced Diet' recommended for the normal adult, and hence provides all the essential nutrients recommended by the Nutrition Advisory Committee of the Indian Council of Medical Research.

2. *Light Diet*.—This is also known as Reduced Diet or Convalescent Diet. It is intended for patients not able to take the 'Full Diet', particularly for those who are convalescing from gastro-intestinal disorders. Thus, fried and starchy foods, coarse and fibrous vegetables or raw fruits, are avoided. The diet does not fulfil the recommended allowances for the various nutrients. At the same time, no pharmaceutical or nutritional preparations are recommended, (unless specially prescribed by the Medical Officer) chiefly because the diet is intended to be given only for a short period of time prior to taking the Full Diet.

3. *Milk Diet*.—This is the standard milk diet prescribed for patients with high fever or other acute conditions. As the diet is mostly intended for non-paying patients, other liquid foods viz. soup, fruit juices, etc. are not included in the diet.

4. *Buttermilk Diet*.—This is a new diet, included in the schedule of the hospital diets. The diet is specially recommended for cases of non-infective diarrhoeas, aim being, to provide fluids with easily digestible proteins, i.e., in the form of buttermilk. During earlier investigations undertaken by the Department in Displaced Persons' Colonies, this diet was found to be very effective in the treatment of cases of non-infective diarrhoeas.

5. *High Protein Diet*.—Similarly for the treatment of cases of hypoproteinaemia (generalised undernutrition with swelling of the feet) a high protein diet is introduced in the Schedule of Hospital Diets. An important feature of this diet is that skim milk powder (a cheaper product than the full cream milk powder) when incorporated into *chapatis*, forms a suitable medium of administering additional proteins to the patient. The diet has been particularly adaptable to vegetarians, whose only source of complete proteins is milk and milk products.

6. *Diabetic Diets*.—This is a standard diabetic diet recommended for moderately severe cases of Diabetic mellitus i.e., with glycosuria and mild hyperglycaemia. The details of the rationale for these diet scales are given together with the diet scales at the end.

7. *Diet for patients on the day of admission*.—According to the present hospital practice, there is no provision of a special diet scale for patients on the day of their admission. Whatever food is available in the individual Wards, on account of the discharge of a few patients is distributed amongst patients admitted on the same day. Quite a number of these patients are emergency cases, and as such, in need of 'Milk Diet'. It has, therefore, been suggested that the schedule 'Milk Diet', recommended



for Civil Hospital patients may also be made available to these cases. If fresh liquid milk is not readily available, an equivalent quantity of reconstituted milk, either from condensed or evaporated (i.e., sweetened or unsweetened) milk or from full cream milk powder, may be provided. For this purpose, a constant supply of tinned milk or milk powder may be kept in stock in the hospitals, for ready issue to the Wards, as and when required.

8. *Provision for patients on 'No Diet'.*—In the case of some patients, food is brought (by their relatives) from home. It was also observed that only two principal meals (noon and evening meals) are generally brought for the patients. Moreover, as the patients seeking admission in Government hospitals belong to poor and lower-middle class, milk and other 'protective' foods seldom form part of the food brought from home.

Ordinarily, such patients are put on 'No Diet', and are not served any hospital food. With a view to supplement the home diet of the patients, a special scale termed 'Diet scale for patients on 'No Diet' has been recommended.

The scale includes milk (10 ozs.), sugar (1 oz.) and tea leaves ( $\frac{1}{4}$  oz.). From this allowance, two cups of tea (utilising 2 ozs. of milk along with 1 oz. of sugar and  $\frac{1}{4}$  oz. tea leaves) can be prepared—one cupful to be served in early morning and another at tea time. The balance of 8 ozs. of milk is served at breakfast and/or at bed time.

In the case of the Maternity Hospitals, however, the recommended scale of diet for the ante-natal and post-natal cases (bringing their diet from home) include the following:—

Milk (16 ozs.), sugar (1 oz.), tea leaves ( $\frac{1}{4}$  oz.) and fruit (one).

Thus, the maternity cases, whose need for 'protective' foods is greater, receive an additional 6 ozs. of milk and one fruit, compared to the allowance for general patients on 'No Diet'.

(B) *Tuberculosis Hospitals/Sanatoria.*—Hitherto, there appeared to be no standard diets for T. B. patients, wherever admitted in the different hospitals in the State. The patients were normally given the 'Full Diet' of the hospital, in addition to a list of 'extras' as may be prescribed by the attending Medical Officers in the different hospitals. This, quite often, involved a fair amount of indiscriminate issue of 'extras' to the patients. The revised diets (appended), now standardised, provide for the increased demands of proteins, and calcium in particular, and the vitamins and minerals in general, of a T. B. patient. Adequate calcium is ensured by including in the diet, a millet called Ragi (*Nagli* or *Nachani*) which is an excellent source of assimilable calcium.

(C) *Nursing Home and other Paying Patients.*—In addition to the general hospital diets, special scales of diet are recommended to suit patients (both European and Indian, paying Rs. 17 per day) admitted to the Nursing Homes of Government Hospitals, such as at the St. George's Hospital, Bombay.

The diet scales include the Full diet-vegetarian and non-vegetarian, Light Diet-vegetarian and non-vegetarian and the Milk Diet.

Each diet scale is accompanied by the menu, showing the distribution of the total food allowances for a day. Provision for the early morning tea, has also been made in addition to the Breakfast. Similarly, preparations like the soups, porridge, puddings, etc., have been included in the menus to meet the food habits of the class of people, who seek admission to the Nursing Homes. A list of general instructions for planning the day to day menus, and providing variety in the diets, is also given, for the guidance of the Medical Officers.

Paying patients, other than those admitted to the Nursing Homes, that is, those paying above Rs. 4 per day, are entitled to a few 'extras' (dietary supplements), in addition to the diet scales recommended for the ordinary non-paying hospital patients.

Although a variety of foodstuffs is included under the list of extras, the actual number of items to be prescribed for the individual patients, depends on the clinical condition, as also the fees charged. It is, therefore, not intended to give all the foods included under 'extras' to the patient, on a single day, but the Medical Officer in-charge may prescribe a limited number of items, from the list of extras.

(D) *Mental Hospitals and (E) Leprosy Colonies.*—Unlike the diets for the general hospitals, the diets served to inmates in Mental Hospitals and Leprosy Colonies, need to be planned differently, on the basis, that, these people are compulsorily segregated for indefinite periods of time. Moreover, it is necessary to provide additional food depending upon the nature and extent of work.

(D) *Mental Hospitals.*—Two different scales of 'Full-Diet' are recommended for two categories of patients, viz., General Class (non-paying) patients and Special Class (paying) patients.

A comparative study of the two scales of diets reveal, that a larger variety of foodstuffs (viz., fruits, oats, sago, eggs) and an additional allowance for certain foods (viz. milk, fish, meat, etc.) are provided for the Special Class patients.

The special class diet is accepted for all categories of paying patients. However, for patients paying Rs. 6 and above, certain 'extras' are recommended. These are indicated in Table II A.

The Light Diet and the Milk Diet have also been recommended for invalid patients. These diets are intended to be prescribed to the patients for short periods only.

(E) *Leprosy Colonies.*—Two sets of diets are recommended (i) for hospitalised patients of leprosy, and (ii) for ambulatory patients in leprosy colonies.

(i) The schedule of diet scales, viz., Full Diet, Light Diet and Milk Diet, approved for non-paying patients in general hospitals, are also advocated for the hospitalised leprosy patients.

(ii) A basal diet is recommended for inmates doing light or sedentary work and the 'crippled' inmates.

For inmates doing moderate or active work, an additional quantum of 1 chhatak of cereals is recommended.

For a few inmates who are engaged in hard or very active work i.e. active agricultural work for six hours, an additional quantum of 2 chhataks of cereals is recommended.

It will be seen that to meet the *extra* expenditure of energy, an increase in the allowance of the cereals alone, has been suggested. Though this is not desirable from the point of view of the 'Balanced Diet', it is recommended chiefly to facilitate the distribution of diets. Thus, in addition to the full diet, those doing 'moderate' or 'hard' work may be given an *extra* one or two servings of rice or *chapatís/bhakar* of 1 chhatak each.

As in the case of general hospital diets, detailed menus and 'instructions' are also given for the Mental and Leprosy diets.

(F) *Mother and Child Patients*.—Patients (i.e. mothers and children) admitted to the Maternity and Pediatric Hospitals and Maternity and Pediatric Wards of General Hospitals, received the same diets as patients admitted into general hospitals. Moreover, there was no uniformity in the diet scales adopted for children, in particular.

In order to effectively control and standardise the diet scales for all categories of patients admitted to Government Hospitals, the diets for mothers and children were also revised.

Both mothers and children belong to the vulnerable group of population. In formulating the revised diet scales therefore, attention has been paid to meet the special nutritional and physiological needs of this class of patients. Thus, unlike the other diets, provision has been made for adequate amounts of 'protective foods' such as fresh vegetables and fruits, milk, eggs, etc., so essential for them.

1. *Diets for Mothers*.—These include three scales, viz., Milk Diet, Light Diet and Full Diet—vegetarian and non-vegetarian—

(i) *Milk Diet*.—This is intended to be given during acute illness only. Hence, it is identical to the Milk Diet of General Hospitals.

(ii) *Light Diet*.—This diet is intended for mothers immediately after delivery i.e. when the patient is unable to take the Full Diet. It is almost similar to the Light Diet of the general patients, except that it includes additional one fruit and 1/2 oz. of butter.

(iii) *Full Diet*.—Compared to the Full Diet for general patients, the Full Diet for mothers provides for additional milk and fruit. A small quantity of 'extra' sugar is also added. In order that these patients may consume all the quantities of milk, fruit, vegetables, recommended for them, the quantum of cereal and pulse, is slightly reduced with a view to cut down the bulk of the diet.

The diets provide adequate calories, as also the necessary amounts of essential nutrients, viz., animal proteins, calcium and vitamins.

2. *Children's Diets.*—In all 13 diet scales are recommended for children, but these represent only 5 diets, viz., Milk Diet, Buttermilk Diet, Light Diet, Full Diets and High Protein Diets. In view of the varying nutritional requirements, the diets are recommended for the different age-groups, viz., (1) six months to 1 year; (2) 1 to 3 years; (3) 3 to 6 years; and (4) 6 to 12 years.

It will, however, be seen from the list of diets that no Light Diet and High Protein Diet are recommended for infants between the age of 6 months to 1 year.

In addition to the diet scales, full details including the menus and instructions are given, for the guidance of the Medical Officers in-charge different hospitals.

All the diets satisfy the recommended allowances for the various essential nutrients.

The recommended diet scales are applicable to both the paying and non-paying patients. For the paying patients, some 'extras' are to be issued on medical advice, from the list of 'extras' permitted for paying patients in Government Hospitals.

As the total number of children's diets are considered to be too many to be managed by smaller hospitals in the districts, where the number of child patients, admitted, is small, only the following scales from those recommended, are suggested for adoption, as a routine:—

	Infants (up to 1 year).	Children (1 to 6 years).	Children (6 to 12 years).
Milk Diet ..	.. Table X	.. Table X	.. Table X
Light Diet ..	.. Nil	.. Table VIII	.. Table VIII
Full Diet ..	.. Nil	.. Table VI	.. Table VII

There is, however, no objection, to the physician prescribing any other scale, from the list of diets recommended.

(G) *Police Hospitals.*—Special scales of Hospital diets were recommended for the Police Hospitals in 1949 for reasons stated below.

An ordinary officer or a policeman (havaldar) of the Police Department, in view of the very active work, requires about 3,000 to 3,600 calories per head per day. Once he is admitted into the hospital, he is no longer on active duty and hence does not require more than 2,800 calories even taking into consideration his 'bulk' hunger. To a certain extent, the diet should be fairly liberal so that the hospital stay and the period of convalescence, is as short as possible.

In the appended Tables, two scales of full diets (each one includes a vegetarian and a non-vegetarian scale) are given. The first scale is recommended for Grade I (Officers), the second scale is recommended for Grade II (Policeman or havaldar).

In order to make the scales of full diets complete, allowances for food adjuncts and fuel for the two categories of patients were recommended.

Subsequently, in 1955 the existing menus were studied and revised to conform with the dietary practices in General Government Hospitals. The revised menus have been appended along with the recommended diet scales.

Based on observations made during visits to the Police Hospitals, recommendations were made to adopt the revised Milk Diet and Light Diet approved for General Government Hospitals, in the Police Hospitals.

(H) *Displaced Persons' Colonies.*—The Department of Nutrition has, since its inception, been actively engaged in the study of the nutritional status of population groups. At the request of the Hon. Minister (Health), Bombay State, the study of the nutritional status of displaced persons was undertaken since 1949.

Thorough investigations were made, with a view to improve the nutritional status of the displaced persons residing in the Colonies, as also those admitted into the Hospitals attached to the Colonies.

1. *For destitutes.*—As a result of the investigations, in the first instance, the scales of food rations sanctioned by Government for destitute persons in the Colonies, were revised.

The object in revising the diet scales, was two-fold. First, that the diet should be adequate in quantity and quality. Secondly, that the diet should be economical, since the entire cost of feeding the destitute inmates, was to be borne by the Government. Furthermore, the provision of such an amenity was to be only a temporary measure, to meet the emergency.

The recommended diets included two scales, (i) as admissible to an adult (Table I) and (ii) as admissible to a child of 6 years and below (Table II). Since the adult scale of diet was admissible to destitute persons, who are necessarily unemployed, a diet yielding 2,400 calories (for sedentary work) was considered adequate. Hence the recommended diet (Table I) provides adequate calories and satisfies the (recommended) allowances for the various essential nutrients, viz., proteins, vitamins and minerals. Skimmed milk powder being a cheaper product was recommended as a substitute for the fresh liquid milk.

The diet scale for the child (Table II) satisfies in all respects, the various nutritional allowances, as recommended by the Nutrition Advisory Committee of the Indian Council of Medical Research (Indian Research Fund Association).

2. *For Hospital patients.*—The study of conditions in hospitals attached to the Displaced Persons' Colonies indicated, among the inmates, a high incidence of deficiency states, due to malnutrition, such as nutritional diarrhoea (non-infective diarrhoeas), hypoproteinaemia, pregnancy anaemia and hypovitaminoses.

The scheduled diet scales for general patients in the Hospital were, therefore, revised, and in addition, special diets for various conditions of malnutrition and deficiency states, were recommended. The list of diets include the following:—

- (1) Full Diet (Table I).
- (2) Reduced or Light Diet (Table II).
- (3) Milk Diet (Table III).
- (4) High Protein Diet (Table IV).
- (5) Diet for Cases of Nutritional Diarrhoea (Buttermilk Diet) (Table V).
- (6) Diet for Convalescent Cases of Nutritional Diarrhoea (Table VI).

Diets Nos. (1), (2) and (3) are similar to the routine diets adopted in all hospitals. A description of these diets is given under the list of Hospital Diets (page 3).

A specimen menu for a week in the case of the Full Diet (No. 1) was specially prepared to facilitate the management of the diet.

Description of diets Nos. (4) and (5) have already been given earlier (Page 3) being similar to those included in the list of Civil Hospital Diets. These diets were however, initially introduced in the Hospitals attached to the Displaced Persons' Colonies. Based on the experience gained in these Hospitals, the diets were later standardised and recommended for adoption in the Civil Hospitals.

Diet No. 6 is a new diet specially intended for the Displaced Persons. It closely resembles the Reduced Diet, but includes, in addition, 2 ozs. of root vegetables. It was chiefly recommended for convalescent cases of nutritional diarrhoeas.

## II. Diets for Patients in Special (Non-Government) Hospitals.

1. *Orthopedic Hospital for Children, Mahalaxmi, Bombay.*—At the request of the Hospital Authorities, the diets of this specialised hospital were worked out for two age-groups (i) for children up to 5 years of age, and (ii) children of 6 years and above.

In planning these diets, the special nutritional and physiological requirements of the children attending the Orthopedic Hospital have been taken into consideration. Thus, the diets not only satisfy the caloric requirements but also provide adequate quantities of proteins, minerals and vitamins. Only full diets are worked out.

A specimen menu, together with general instructions, is given for information and guidance, for planning the day-to-day meals.

2. *Hospital for Infectious Diseases, Arthur Road, Bombay.*—At the request of the Medical Superintendent of this Municipal Hospital, diets for the infectious diseases were studied and revised.

In this connection, the following special diets have been recommended:—

- (1) Liquid diet.
- (2) Light diet.
- (3) High-caloric soft diet for Typhoid cases.

In addition, the Full Diets, High Protein Diets and the Buttermilk Diet for general (non-paying) patients in Government Hospitals have also been recommended for patients in this Hospital. The "Liquid" and "Light" Diets are worked out particularly to meet the nutritional and physiological needs of the febrile patients, admitted to this specialised hospital.

The "Liquid" diet is actually the Milk Diet (of Government Hospitals) to which provision for some fruit juice has been made.

Similarly, some fruit is added to the Light Diet as recommended for Government Hospitals and provision is made for soft boiled egg and vegetable soup on medical advice.

A special diet is prepared for the typhoid cases, and is termed High-Caloric Soft diet. The diet is largely composed of semi-solid and liquid foods. The diet consists of 3 lbs. of milk, two eggs, two citrus fruits (for juice), 1/2 oz. of glucose (in addition to sugar), vegetables and barley (for soup), and a small quantity of cereals (rice and bread) along with butter. The diet is satisfactory in calories and all the essential nutrients viz. minerals, vitamins, etc.

## PART II.

### DIETS IN HEALTH.

#### (A) Diets for Residential Institutions.

With a view to effectively control the dietary intake, as well as ensure "balanced diets" to the growing population, viz. school and college students residing in hostels, including those for Backward Class, managed or aided by the Government, standard diets were prepared by the Department for the inmates of the following categories of hostels, at the request of the Education Department :—

- (1) Technical Institutions hostels ;
- (2) Non-technical college hostels ;
- (3) Secondary Schools hostels ; and
- (4) Backward Class Hostels.

Each set consists of the following :—

- (a) The diet scale—vegetarian and non-vegetarian,
- (b) Distribution of the total food allowances,
- (c) General instructions (Appendix A),
- (d) Suggestions for planning the meals (Appendix B).

The apportioning of the actual quantities of food (in terms of raw foodstuffs) for each meal of the day, ensures proper distribution and the appendices serve as a guide for planning the day-to-day menu and thus ensure variety in the meals.

In planning the diet scales, attention has been paid to the age-group, the type of physical activity and the amount of money spent on food.

It may be mentioned that the ages of the inmates, in the various hostels, range from 8 to 22 years. However, it was necessary to prepare a special

scale of diet for the technical institutions, as the inmates of these institutions, are generally engaged in much more active work than those of the non-technical colleges.

Similarly, in the case of the Backward Class Hostels, emphasis has been put on the limited food budget. Unlike students in the other hostels, the students admitted in the Backward Class Hostels, come from poor homes and are therefore given stipends by the Government with a view to help them to avail of the education in secondary schools and colleges. A separate scale of diet has therefore been recommended for the Backward Class Hostels. It may be mentioned that the study of existing conditions in Backward Class Hostels, generally revealed that the diets were grossly inadequate and unbalanced. The cost of the recommended diets is comparatively higher than what they were actually found to be spending; but this is inevitable, since the scales prescribed are the bare minimum, from the nutrition point of view.

Government have subsequently approved of the diet scales recommended for colleges and secondary schools, and have circulated the scales to the various schools and colleges advising the authorities, in-charge hostels, to adopt the scales in the messes.

Regarding the Backward Class Hostels, Government is considering, for the present, the extra cost involved, should the recommended diets be adopted, with a view to increasing the stipend given to the students admitted in the Backward Class Hostels.

5. *Certified Schools*.—A Certified School is a correctional school for juvenile offenders (boys and girls) between the ages of 6 to 16 years. Unlike the Jails or the Borstal Schools, the Certified Schools are managed by private organisations receiving Government aid.

The inmates of these schools, are usually trained in the "self-help" mode of living, are taught the "Three Rs" (Reading, Writing and Arithmetic). The older children, are also given the basic vocational training in carpentry, tailoring, etc.

Under instructions from the Government, in 1955, two scales of diet are now recommended, viz. (i) for children above 12 years; and (ii) for children between the age of 5 to 12 years.

To conform with the recommendations made for the other institutions viz. school and college hostels, Backward Class Hostels, etc., details regarding the "Distribution of total food allowances for one day" and "general instructions for diet scales", have also been prepared in the case of the Certified Schools.

The diets are designed with due consideration of the restricted food-budget. Fruits, butter and ghee are omitted; while, on account of the high cost of meat, it is to be served three times a week only.

The diets for the two age-groups satisfy the respective nutritional requirements.



6. *Medical Colleges.*—Based on the study of dietary conditions existing in a typical Medical College Hostel mess, the Department worked out a balanced diet for medical students.

According to the accepted standards, the calorie requirements of these students should be between 2,800 and 3,000. In view of the fact that the students make arrangements (separate from the mess) to take tea and snacks or breakfast, on their own, the recommended diet is planned to provide two principal meals, in the mess.

It is generally observed that in spite of a liberal food budget the students do not take a satisfactory diet. This is largely due to faulty food habits.

7. *Nursing Establishments.*—A standard diet is recommended for nurses in Nursing Establishments at Government Hospitals where common messing arrangements are provided for nurses, in Bombay State. The Government has sanctioned a messing allowance of Rs. 60 per month, per nurse, in the cities of Bombay and Poona, and Rs. 45 for the rest of the places in the State.

The age of the nurses (females), on an average, range from 17 years to 30 years. They perform nursing duties for 8 hours in the day. Considering the age and activity, the caloric requirement is estimated at about 2,800 calories, per head, per day.

The diets have been planned to provide the necessary calories and the nutrients. Care has been specially taken to provide liberal amounts of proteins, vitamins and minerals in view of their (nurses') constant contact with sick persons.

A detailed menu and general instructions have also been given for general guidance, in planning the day to day meals.

The diets were originally planned in February 1951, and were introduced in about 20 nursing establishments in the State. Based on the experience gained in the working of the diet scales, in the various messes, slight modifications were made before finally standardising the diet scales.

Besides, in order to meet the special requirements of nurses on night duty, whose meal hours are different to those on day duty, a specimen menu, comprising of the same diet scale is prepared.

8. *Beggars' Institutions (Homes for Destitutes).* At the request of the Chief Inspector of Certified Institutions, the existing dietary conditions in the three Beggars' Homes in Greater Bombay were studied with a view to provide adequate nutrition to the inmates.

Based on the detailed study, the monetary limitations of the institutions as also on the nutritional requirements of the inmates, suitable diet scales (both vegetarian and non-vegetarian) were recommended for adoption in all the Beggars' Homes. Along with the diet scales, a suitable menu giving the distribution of food items for one day has been forwarded, to facilitate food service and management.

Provision is also made for inmates doing moderate/active work, by recommending additional quantum of cereals, depending upon the nature and extent of work.

During the study, it was observed that a small number of children (belonging to the beggars) are usually present in these institutions. In order to facilitate indenting of food for them it has been suggested that each child be given *half* the recommended diet scale *plus* 4 ozs. of additional milk.

For the few *sick* beggars, who need to be put on restricted diet, it has been suggested that either the Light Diet or the Milk Diet, approved by Government for Civil Hospitals, may be indented.

9. *Police Training Centre, Thana.*—This diet which was originally recommended for the ordinary policemen using the Police Mess of the above centre, is chiefly intended for the police recruits undergoing training at any Training Centre. The training involves a certain amount of strenuous physical activity and therefore, the caloric requirement is high, i. e. about 3,300 calories per head, per day.

In view of their activity, the recruits received 4 ozs. of "extra" cereal ration entitled to heavy manual workers during the period of rationing of cereals. Thus the recommended diet is composed of 16 ozs. of cereals.

The majority of the diners being non-vegetarians, a mixed diet is prescribed, alternate provision being made for the few vegetarians.

On account of the restricted food budget, the recommended diet is composed of simple varieties of the essential food groups. Fruits, being costly, are excluded, as the vitamin C, for which the fruits are valuable, can be derived from other sources viz. fresh vegetables and sprouted pulses. Similarly, on account of the high cost of meat, its consumption is restricted to four times a week. Provision for butter is also made, if the budget permits.

The quantities given in the recommended diet represent the food intake for two meals only. Taking into consideration the minimum of additional 200 calories, which the policemen usually secure from tea and snacks (these are not provided at the mess), the total consumption of calories, for the whole day, would be satisfactory.

The recommended diet, as such fulfils in all respects, the nutritional requirements of the Police Force.

10. *Diet Scales for Naval Cadets of T. S "Dufferin".*—The Training Ship "Dufferin" is a Naval Training School of the Government of India, in the Bombay Harbour. Suitable diets were recommended to the cadets undergoing training, at the request of the Captain Superintendent of the Ship. The object of the study was to provide adequate diets, in quality and quantity and to eliminate waste.

The cadets recruited for the training, are adolescent boys between the ages of 16 and 20 years. A fairly extensive course is covered in naval training

which includes a large amount of vigorous physical activity. Hence, taking into consideration the age and the various activities of the cadets, it was estimated that the boys require about 3,600 calories, daily, in addition to adequate quantities of the growth-promoting proteins, vitamins and minerals. The fairly liberal food budget permitted the inclusion, in the diets, of foodstuffs of large variety.

As the cadets recruited for the course come from the different parts of the Country, there were varied food habits. For all practical purposes, however, three scales of diet viz. Lacto-vegetarian, Ovo-lacto-vegetarian and Non-vegetarian, are recommended.

It will be seen from the enclosed Tables that the diets satisfy the energy requirements, and provide in adequate amounts, the vital proteins, calcium, vitamins and all other nutrients.

In addition to the diet scales, full details regarding the menu plan and general instructions, are given for the guidance of the authorities, in planning satisfactory day to day meals and providing variety to the diets.

11. *Juvenile Prisoners.*—Diets for Borstal lads: Under the jail institution are included the Borstal Schools. Lads between the ages of 16 and 22 years are segregated from the adult prisoner, into these schools. Living conditions provided to these lads closely resemble that of the adult prisoner, and in view of their age, they require almost a similar diet. The Borstal lads are classified under three categories, as follows:—

(A) *Borstal lads.—Doing hard labour—(Table I & II).*—Considering that these lads have to do hard work, they would require a diet yielding about 3,000 calories. The diet is supplemented with non-rationed articles of food.

(B) *Borstal lads.—Doing moderate work—(Table III & IV).*—Considering the activity, these lads require about 2,800 calories. This diet is supplemented with non-rationed articles of food.

(C) *Borstal lads.—Doing light work—(Table V & VI).*—Since these lads do only light work, they require a diet yielding only 2,600 calories.

It may be observed from the Table that all the diets are composed of simple foods. Fruits, ghee, butter and fresh liquid milk are omitted in view of their high cost. Skim milk powder is substituted for the fresh milk. All the diets satisfy the necessary caloric requirements. Considering the growing ages of the lads, the vital requirements for proteins, calcium and Vitamin A, are, in all cases, ensured in the diets.

12. *Adult Prisoners.*—The modern criminologist's outlook on the treatment of prisoners in jails indicates that while the prisoner's life in jail should be unattractive as a penal measure, it is important, at the same time, that his health should not suffer primarily as a result of a poor or inadequate diet. It is therefore necessary, that the prisoner be provided with adequate, clean and wholesome food.

For the same purpose, the study of jail diets was undertaken by the Department at the request of the Inspector-General of Prisons, and standard balanced diets, for each category of prisoner, in the Bombay State Jails, were recommended.

*Class I Prisoners—Non-labouring (Table I).*—As this class of prisoners do not do any active work, they require about 2,600 calories. The diet provides the necessary calories and all the essential nutrients.

*Class I Prisoners—Labouring (Table II).*—As these prisoners are classified as labouring, a slightly higher intake of calories (viz. 2,800 calories) is recommended. For the same purpose, additional 2 ozs. of cereals (an energy-giving food) are recommended. As the then Rationing Rules restricted the use of rationed cereals to 12 ozs. only, the diets had to be supplemented by non-rationed cereals. The diet provides all the nutritional requirements.

*Class II Prisoners—Doing Hard Labour (Table III).*—Considering that these prisoners have to do hard labour, they would require about 3,000 calories. The diet is supplemented with non-rationed articles of food, to provide the necessary energy. As these prisoners are classified under the Class II category, they are not given the benefit of fresh liquid milk, but instead, provided with skim milk. The diet fulfils the nutritional requirements.

*Class II Prisoners—Doing moderate work (Table IV).*—As these prisoners are required to do moderate active work, they require about 2,800 calories. The diet is supplemented with non-rationed cereals and the use of skim milk in place of fresh liquid milk, is recommended. The diet satisfies the nutritional requirements.

*Class II Prisoners—Doing light work (Table V).*—Considering that these prisoners do light work, they require only about 2,600 calories. The diet fulfils all the nutritional requirements. Skim milk is substituted for fresh liquid milk.

*Under-trials and Detenues (Table VI).*—These are prisoners under detention awaiting trials. They are, therefore, non-labouring prisoners, who may be considered as sedentary workers. Their energy requirement should be from 2,400 to 2,600 calories. The recommended diet provides the necessary calories and all the essential food factors.

In all the above Jail Diets (Table I to VI) it may be observed that the diets compose of simple, but wholesome food. Fruits, butter, ghee, etc. have been excluded.

### (B) Balanced Diets for Individuals.

1. *Adults.*—The formulation of a well-planned balanced diet has engaged the attention of scientific workers in the field of public health nutrition during the last two decades. It also provides a sound basis for planning food production. Based on the study of dietary habits of population groups in the different parts of the country, the Nutrition Advisory Committee of the Indian Council of Medical Research had suggested a balanced diet for an adult man. The

composition of this diet is given in Table 1. It represents a judicious combination of a variety of foodstuffs. Although our knowledge of human nutritional requirements in terms of food factors is not still complete, it is believed that this diet will provide in adequate measure the essential nutrients for the maintenance of good health.

For a non-vegetarian, the diet is adequate not only in calories but also proteins, especially animal proteins. For the vegetarian, however, the Department of Nutrition, has recommended 1 oz. of groundnuts—being a cheap source of good quality proteins. Moreover, it is also suggested that the vegetarian may step up the consumption of milk and milk products (beyond the basal 10 ozs.), so as to adequately compensate for the absence of meat, fish and eggs in the diet.

The Balanced Diet provides about 3,000 calories which is considered adequate for doing moderately active work. In view of their small size and lower basal metabolism, the energy requirement of an adult woman (average wt. 100 lbs.) is assessed as 10 per cent. lower than for the adult man (average wt. 120 lbs.) Hence, even with about 10 per cent. reduction in the energy-yielding foods such as cereals, pulses, roots and tubers, sweetening agents and cooking oils, the diet would still be adequate for a woman doing moderate work.

2. *Children.*—Nutrition surveys, undertaken by this Department, have indicated that the majority of the children are not adequately nourished. This is because the food intake does not satisfy the special nutritional needs of the child, which for many reasons, requires special consideration.

Unlike the average adult, the child is in a state of rapid growth and physical activity. Hence, it requires adequate amounts of good quality proteins, certain vitamins and minerals.

Based on the better understanding of the physiological and nutritional requirements of children, the Department has worked out balanced diets for the following three age groups:—

- (i) The pre-school child (age 2 to 5 years),
- (ii) The school child (age 6 to 11 years),
- (iii) The adolescent (age 12 years and above).

The three diet scales (Tables 2, 3 and 4) are composed of all the important food groups, thus providing all the essential nutrients and the necessary energy, based on the recommendations of the Nutrition Advisory Committee of the Indian Council of Medical Research.

(i) *The Pre-School Child.*—During the period of early childhood, soon after infancy, the toddler is up and about and active. In order to provide for rapid growth and to prevent infections which may lead to chronic ill-health, liberal quantities of “protective” foods such as dairy products, fresh vegetables, fruits, etc., are necessary. Protein-rich foods are essential at this period. This is also the time when vegetables and fruits may be served as salads to inculcate proper food habits. Frequent intake of sweets and confectionary may be avoided.

(ii) *The School Child*.—The amounts of individual food groups recommended in the diet for a school child approximately represent half of the figures in the Balanced Diet for an adult man. However, in view of the need for “protective” foods, the quantity of milk recommended is slightly higher than for the adults. This diet is considered as optimum for the children attending primary schools.

(iii) *The Adolescent*.—During adolescence, there is intense physiological activity accompanied by rapid gain in height and weight. The nutritional requirements at this stage can only be met by adequate intake of “protective” foods, which yield essential proteins, vitamins and minerals. Moreover, in view of the increased physical activity during this period, liberal quantities of energy-giving foods are also necessary.

3. *Mothers*.—Experimental evidence has indicated that the health of the infant depends to a considerable extent on the diet of its mother. The nutritional requirements of the expectant and nursing mothers, therefore, are greater than those of the normal adult female. Apart from additional calories, there is a need for increased intake of proteins, particularly from animal origin, vitamins and minerals. The diets should, therefore, contain liberal amounts of milk and milk products, green leafy and fresh vegetables, fruits, eggs, etc., which are highly valuable for these nutrients. Mothers require a good amount of first class proteins, but only a moderate amount of fat. “Toned” milk is thus better suited to them.

(i) *During Pregnancy*.—In the case of the expectant mother, the caloric requirement is the same as the adult female, during the first few months of pregnancy. During the latter part of the pregnancy, however, about 300 additional calories and more of proteins, minerals and vitamins are needed. The foundations for the health of the future baby are laid when it is in the womb and hence, there can hardly be an upper limit for the intake of milk.

(ii) *During Lactation*.—The dietetic needs of a mother are increased after the birth of the baby; for, she has to feed herself and the baby. Therefore, a nursing mother requires a still larger quantity of milk during lactation (i.e. after child-birth). The quantity of milk recommended is double the amount recommended during pregnancy. In order to reduce the bulk of the diet, the quantity of cereals is reduced by 1 oz. (Tables 5 and 6).

4. *The Industrial/Agricultural Worker*.—The industrial/agricultural worker requires between 3000 to 3,600 calories depending upon the nature of work; it is difficult for him to consume such a big quantity within the two principal meals at home. There should, therefore, be a canteen in the factory or mill where the worker can enjoy his meal with his colleagues.

If the worker cannot afford fresh milk, “toned” milk (which is available at present in Greater Bombay) or reconstituted milk from skim milk powder, may be used.

In view of their high cost, fruits and eggs have not been included in the diet scale (Table 7.)

These diet scales are equally suitable for agricultural workers engaged in manual labour in the fields.

### (C) Supplementary Feeding Programmes.

1. *In Schools*.—A number of rapid clinical nutrition surveys carried out by this Department in some of the primary and secondary schools (both municipal and private) in Bombay have revealed that a large number of students attending these schools were below par and showed high incidence of mineral and vitamin deficiencies, which are evidently due to an insufficient intake of “protective” foods.

As a measure to combat the widespread malnutrition, this Department is making all efforts to institute and develop school-feeding programme in Government-aided as well as private schools.

It was observed that the dietary conditions in the few schools where the canteens existed, were unsatisfactory.

With the ultimate aim of making available nutritious snacks to school children at reasonable price, through well-organised school canteens, this Department prepared a list of some cheap nutritious snacks (*vide* page 115).

The typical signs and symptoms of nutritional deficiencies commonly observed amongst the school-going population reveal that their diet lacks in “protective” foods like milk, vegetables and fruits. Moreover, there is a long interval between the two meals that a school child takes at home. It is, therefore, desirable that a hot mid-day meal should be provided during the school hours wherever possible. With this in view, a suitable mid-day meal has been worked out (as indicated on page 116). “Toned” milk has been recommended as a cheap substitute for fresh whole milk. It will be seen that for the price, the mid-day meal provides a fairly substantial amount of the much needed minerals and vitamins.

2. *In Bombay Municipal Schools*.—At the request of the Executive Health Officer, cheap and nutritious snacks (costing about 5 nP each) and fruits were recommended for undernourished Municipal School Children as a supplement to the existing feeding programme of “Toned” milk (8 ozs.), per child per day. The detailed composition is given on page 117.

The Municipal Corporation has accepted the recommendations in general. Each child is given 1 oz. of *chiki* (Caloric value : 123) on four days in a week. On the remaining two days, any of the seasonal fruits (either a banana or an orange or a *chikoo*) is given.

The average caloric value of the supplementary feeding viz. “toned” milk (8 ozs.) and the snack (1 oz.) is about 270.

3. *In the Dangs District*—A study of the dietary habits of the Dangi families (the Adivasis of the Dangs District) and a clinical nutrition survey of the representative school children of the District, was undertaken by the Department of Nutrition, in December 1951.

The study revealed an excessive consumption of cereals and starchy tubers, and, on the other hand, an almost total absence of cooking oils and animal

foods in the diet. Consequently the average diet revealed a deficiency in the proteins (mainly animal proteins), fats, vitamins A and C.

Generalised undernourishment, stunted growth and hypovitaminosis-A were evident during the clinical nutrition examination. In general, the nutritional status of school children was not satisfactory.

In view of the interest evinced by Government, the Department subsequently devised nutritious recipes for the Dangi School Children.

The details of foods recommended, the recipes and the nutrient analyses are given on page 118.

4. *Through Industrial Canteens—(a) Mid-day Meal.*—It is now generally agreed that provision of suitable canteen facilities in industrial establishments is an integral part of Labour Welfare amenities. The provision of canteens in Industry gained greater impetus during the World War II. While the practice originated as a voluntary effort, the Government of Bombay enforced the necessary canteen laws for the State in 1950. This, it may be stated, arose out of the attention given in recent years, to the relationship between nutrition, good health and industrial efficiency. Canteen feeding, at its best, emphasises the service of meals of high nutritive value, in a form and at a price attractive to the majority of the workers. Furthermore, it aims, through the provision of such facilities, at rectifying wrong food habits, if any, and disseminating knowledge on the principles of good nutrition.

As part of the Public Health Nutrition activities, the Department of Nutrition undertook the study of Industrial Feeding. The study of existing conditions revealed that little attention was given to planning of the meals/snacks on scientific basis.

The type of industries studied, included mostly those in which the labour employed, was engaged in "moderately active" work, requiring an energy allowance of 3,000 calories per day.

In view of the uniformity in the working conditions and the nutritional requirements of the workers, a balanced mid-day meal was recommended (page 119).

The aim in planning this meal, is threefold :—

(i) A cheap and adequate meal providing one-third of the day's total food requirement.

(ii) Inclusion of the much needed "protective" foods (i.e. milk, green leafy and fresh vegetables, fruits, fleshy foods, eggs, etc.), which the workers do not take at home, in adequate amounts, due to poverty and/or faulty food habits.

(iii) To teach the worker, the simple elements in food and nutrition.

With regard to the cereal consumption, it may be stated that during the period of Rationing, only an allowance of 3.75 ozs. of rationed cereals per diner, was permitted for service in canteen meals. Hence, the recommended meal included the use of 1.25 ozs. of non-rationed cereals.

Similarly, as the use of fresh liquid milk (due to short supply), was prohibited for service in canteens, reconstituted milk from skim milk powder was suggested as a cheap substitute.



Fruits are not separately recommended; however, cheap seasonal fruits may be included among the total allowance of 6 ozs. of vegetables.

Regarding the cost, it is recommended that the service of this meal should be on a non-profit basis, or subsidised, if necessary, by the Management.

(b) *Snacks* :—“Tea and Snacks” is the minimum food service provided through the Industrial Canteens. Based on the study of the variety of snacks usually available through such canteens, a list of nutritious snacks, scientifically planned to provide the essential nutrients and energy value, was prepared, for the industrial canteens.

Recipes are given to improve nutritionally the quality of some of the popular snacks like *batata vada*, onion *bhajia*, etc., by incorporating some quantity of green leafy vegetables in these preparations. Similarly, instead of the ordinary wheat *puri*, the *missi puri* or *missi chapati* (incorporating skim milk powder, gram flour, greens, etc.) is advocated (page 120).

## PART I.

## I. DIETS FOR PATIENTS IN GOVERNMENT HOSPITALS.\*

## A. General (Non-paying) Patients.

*General Instructions.*

1. *Cereals* .. (i) The total quantity of rationed cereals should be as laid down, from time to time, by the rationing authorities. At present it is 12 ozs. (6 Chhataks) per day per patient. It should preferably be distributed in the proportions indicated against rice, bread, wheat flour, etc., in the different diet scales.  
(ii) Undermilled rice and wholemeal bread should be used in place of milled and/or polished rice and white bread, respectively.
2. *Pulses and dals* .. In addition to "tur" dal (Red gram), other varieties of pulses such as "mung" (green gram) "masur" (lentil), "chana" (bengal gram), "mutki" (dew bean), etc., may be occasionally used in the preparation of dals or may be added to vegetables, particularly leafy vegetables.
3. *Leafy vegetables* .. These include "chawli", "methi", "palak", mint, "mulla" leaves, drumstick leaves, "alu", cabbage, lettuce, coriander leaves, etc.
4. *Roots and tubers* .. These include potatoes, sweet potatoes, onions, "mulla", "suran", carrots, beetroot, etc.
5. *Other vegetables* .. These include gourds (tondli, "parwar", "turia", "karela" "padwal"), brinjal, "bhendi", pumpkins ("dudhi" and "bhrpala"), green plantains, drumstick, green peas and beans, cauliflower, cucumber, etc.
6. *Fruits* .. Though they are not included in the diet scales, they may be given up to 3 ozs.—1.5 chhataks (1 sweet lime or 1 banana) as an "extra" to deserving patients on medical advice.
7. *Sugar and jaggery* .. Light coloured jaggery may be used, with advantage, as a substitute to sugar, in times of sugar scarcity.
8. *Vegetable oils* .. Either refined vegetable oils or hydrogenated oils are to be used as the cooking medium.
9. *Butter* .. Butter is to be used only as a spread on bread.
10. *Milk* .. This should preferably be fresh milk (buffalo's or cow's).
11. *Fleshy Foods* .. Fish may advantageously replace meat, in part or whole, during season.
12. *Tea Leaves* .. Tea leaves up to two teaspoonfuls (about  $\frac{1}{2}$  oz. or  $\frac{1}{2}$  Chhatak) are allowed per day per patient.

*N.B.*—All the figures indicate quantities in *Chhataks*. One Chhatak = Two ounces.

\*Approved by Government in 1951.

Reference: G. R., L. S. G. & P. H. D., No. 6662/33, dated 25th July 1951.

TABLE I  
(Full Diets).

	Vegetarian (A. F. D.)	Non-vegetarian. (B. F. D.)
<i>Foodstuffs—</i>		
Rice ... ..	2.0	2.0
Bread ... ..	1.0	1.0
Wheat and other cereals ... ..	3.0	3.0
Pulses ... ..	1.5	1.0
Leafy vegetables ... ..	2.0	2.0
Root vegetables ... ..	1.5	1.5
Other vegetables ... ..	1.5	1.5
Fruits ... ..	.....	.....
Sugar/Jaggery ... ..	0.5	0.5
Vegetable oil/fats ... ..	0.5	0.5
Butter ... ..	0.25	0.25
Milk/curd ... ..	8.0	5.0
Fish/meat ... ..	.....	1.5
Eggs ... ..	.....	.....
Condiments and spices ... ..	0.25	0.25
<i>Proximate Principles—</i>		
Total proteins (in gms) ... ..	78.6	80.5
(Animal proteins) (in gms) ... ..	19.2	27.7
Fats (in gms.) ... ..	74.2	74.9
Carbohydrates (in gms.) ... ..	379.8	355.5
Calcium (in gms.) ... ..	1.67	1.40
Phosphorus (in gms) ... ..	1.95	1.74
Iron (in mgs) ... ..	36.4	36.4
Vitamin A (in I. U.) ... ..	6695	6391
Vitamin B1 (in I. U.) ... ..	502	529
Vitamin C (in mgs) ... ..	116	116
Calories ... ..	2501	2418
<i>Distribution of calories—</i>		
Protein ... ..	12 per cent.	13 per cent.
Fats ... ..	27 per cent.	28 per cent.
Carbohydrates ... ..	61 per cent.	59 per cent.

*Menus for Full Diets.*

Time.	Vegetarian (A. F. D.)	Non-vegetarian (B. F. D.)
7.0 a.m.	Tea— Milk ... 0.5	Tea— Milk ... 0.5
9.30 a.m.	Bread ... 1.0 Butter ... 0.25 Milk ... 3.0	Bread ... 1.0 Butter ... 0.25 Milk ... 2.0
12.0 Noon	Rice ... 2.0 Dal ... 1.0 Leafy vegetables 2.0 Root vegetables 1.0	Rice ... 2.0 Dal ... 1.0 Leafy vegetables 2.0 Root vegetables 1.0
4.0 p.m.	Tea— Milk ... 0.5	Tea— Milk ... 0.5
7.0 p.m.	“Chapati” ... 3.0 Dal ... 0.5 Root vegetables... 0.5 Other vegetables ; 1.5	“Chapati” ... 3.0 Mutton ... 1.5 Root vegetables 0.5 Other vegetables ; 1.5
9.0 p.m.	Milk ... 4.0	Milk ... 2.0

*Instructions for A. F. D. and B. F. D.*

*Eggs.*—One egg per day may be given to deserving patients on, medical advice.

TABLE II  
(Light Diet).

						(L.D)
<b>Foodstuffs—</b>						
Rice	...	...	...	...	...	1 0
Bread	...	...	...	...	...	2·0
Wheat and other cereals	...	...	...	...	...	.....
Pulses	...	...	...	...	...	.....
Leafy vegetables	...	...	...	...	...	.....
Root vegetables	...	...	...	...	...	.....
Other vegetables	...	...	...	...	...	.....
Fruits	...	...	...	...	...	.....
Sugar/Jaggery	...	...	...	up to	...	1·0
Vegetable oil/fats	...	...	...	...	...	.....
Butter	...	...	...	...	...	0·25
Milk/curds	...	...	...	...	...	16·0
Fish/Meat	...	...	...	...	...	.....
Eggs	...	...	...	...	...	.....
Condiments and spices	...	...	...	...	...	.....
<b>Proximate Principles—</b>						
Total Proteins (in gms.)	...	...	...	...	...	56·7
(Animal Proteins) (in gms.)	...	...	...	...	...	38·4
Fats (in gms.)	...	...	...	...	...	08·2
Carbohydrates (in gms.)	...	...	...	...	...	222·6
Calcium (in gms.)	...	...	...	...	...	1·98
Phosphorus (in gms.)	...	...	...	...	...	1·74
Iron (in mgs.)	...	...	...	...	...	9·53
Vitamin A (in I. U.)	...	...	...	...	...	1500
Vitamin B <sub>1</sub> (in I. U.)	...	...	...	...	...	238
Vitamin C (in mgs.)	...	...	...	...	...	.....
Calories	...	...	...	...	...	1730
<b>Distribution of calories—</b>						
Proteins	...	...	...	...	...	13 per cent.
Fats	...	...	...	...	...	35 per cent.
Carbohydrates	...	...	...	...	...	52 per cent.

*Menus for Light Diet.*

Time					(L. D.)
7·0 a.m.	...	...	...	<b>Tea—</b>	
				Milk	0·5
9·30 a.m.	...	...	...	Bread	1·0
				Butter	0·25
				Milk	4·0
12·0 Noon	...	...	...	Rice	1·0
				(soft cooked or made into "conjee")	
				Milk	3·0
4·0 p.m.	...	...	...	<b>Tea—</b>	
				Milk	0·5
7·0 p.m.	...	...	...	Bread	1·0
				Milk	4·0
9·0 p.m.	...	...	...	Milk	4·0

*Instructions for Light Diet.*

- (i) Rice 2·0 ozs. (1·0 Chhatak) may be served as soft cooked rice or made into "conjee".  
(ii) Pearl (or patent) Barley (non-rationed) :— One oz (0·5 Chhatak) of the barley may be used to prepare about 1 pint (20 ozs.) of barley water and served to patients, who feel hungry with this restricted dietetic regime.  
(iii) Fruits.—Though they are not included in the diet scale, they may be given up to 3 ozs.—1·5 Chhatak (1 sweet lime or 1 banana) as an "extra" to deserving patients, on medical advice.

TABLE III.  
(Milk Diet)

						(M. D.)
<i>Foodstuffs—</i>						
Rice	...	...	...	...	...	.....
Bread	...	...	...	...	...	.....
Wheat and other cereals	...	...	...	...	...	.....
Pulses	...	...	...	...	...	.....
Leafy vegetables	...	...	...	...	...	.....
Root vegetables	...	...	...	...	...	.....
Other vegetables	...	...	...	...	...	.....
Fruits	...	...	...	...	...	.....
Sugar/Jaggery	...	...	...	...	up to	1·0
Vegetable oil/fats	...	...	...	...	...	.....
Butter	...	...	...	...	...	.....
Milk/Curds	...	...	...	...	...	24 0
Fish/Meat	...	...	...	...	...	.....
Eggs	...	...	...	...	...	.....
Condiments and Spices	...	...	...	...	...	.....
<i>Proximate Principles—</i>						
Total Proteins (in gms.)	...	...	...	...	...	57·6
(Animal Proteins) (in gms.)	...	...	...	...	...	57·6
Fats (in gms.)	...	...	...	...	...	81·6
Carbohydrates ((in gms.)	...	...	...	...	...	118·4
Calcium (in gms.)	...	...	...	...	...	2·88
Phosphorus (in gms.)	...	...	...	...	...	1·90
Iron (in gms.)	...	...	...	...	...	2·88
Vitamin A (in I. U.)	...	...	...	...	...	1488
Vitamin B <sub>1</sub> (in I. U.)	...	...	...	...	...	.....
Vitamin C (in mgs.)	...	...	...	...	...	.....
Calories	...	...	...	...	...	1458
<i>Distribution of Calories—</i>						
Proteins	...	...	...	...	...	16 per cent.
Fats	...	...	...	...	...	51 per cent.
Carbohydrates	...	...	...	...	...	33 per cent.

*Menus for Milk Diet.*

Time						(M. D.)
7·0 a.m.	...	...	...	Tea— Milk	...	0·5
9·30 a.m.	...	...	...	Milk	...	6 0
12·0 Noon	...	...	...	Milk	...	6·0
4 0 p m.	...	...	...	Tea— Milk	...	0·5
7·0 p m.	...	...	...	Milk	...	6·0
9·0 p m.	...	...	...	Milk	...	5·0

*Instructions for M. D.*

If the patient is unable to take 12 oz (6 0 Chhataks) of milk at a time smaller quantities may be given at more frequent intervals.

TABLE IV.

(Buttermilk Diet).

Foods/uffs—						(Bm. D.)
Rice	...	...	...	...	...	.....
Bread	...	...	...	...	...	.....
Wheat and other cereals	...	...	...	...	...	.....
Pulses	...	...	...	...	...	.....
Leafy vegetables	...	...	...	...	...	.....
Root vegetables	...	...	...	...	...	.....
Other vegetables	...	...	...	...	...	.....
Fruits (about 4 over-ripe bananas)	...	...	...	...	...	5·0
Sugar/Jaggery	...	...	...	...	...	.....
Vegetable oil/fats	...	...	...	...	...	.....
Butter	...	...	...	...	...	.....
Milk/Curds (to be served as buttermilk)	...	...	...	...	...	24·0
Fish/Meat	...	...	...	...	...	.....
Eggs	...	...	...	...	...	.....
Condiments and spices	...	...	...	...	...	.....
<i>Proximate Principles—</i>						
Total Proteins (in gms.)	...	...	...	...	...	61·3
(Animal Proteins) (in gms.)	...	...	...	...	...	57·6
Fats (in gms.)	...	...	...	...	...	82·2
Carbohydrates (in gms.)	...	...	...	...	...	165·6
Calcium (in gms.)	...	...	...	...	...	2·91
Phosphorus (in gms.)	...	...	...	...	...	2·06
Iron (in mgs.)	...	...	...	...	...	3·98
Vitamin A (in I.U.)	...	...	...	...	...	1488
Vitamin B1 (in I.U.)	...	...	...	...	...	10
Vitamin C (in mgs.)	...	...	...	...	...	.....
Calories	...	...	...	...	...	1647
<i>Distribution of Calories—</i>						
Proteins	...	...	...	...	...	15 per cent.
Fats	...	...	...	...	...	45 per cent.
Carbohydrates	...	...	...	...	...	40 per cent.

*Menus for Buttermilk Diet.*

Time						(Bm. D.)
7·0 a.m.	...	...	...	Tea—	...	0·5
				Milk	...	
9·30 a.m.	...	...	...	Buttermilk	...	6·0
				Bananas	...	Two
12·0 Noon	...	...	...	Buttermilk	...	6·0
4·0 p.m.	...	...	...	Buttermilk	...	6·0
7·0 p.m.	...	...	...	Buttermilk	...	6·0
				Bananas	...	Two
9·0 p.m.	...	...	...	Buttermilk	...	6·0

*Instructions for Buttermilk Diet.*

(i) Milk should be curdled (preferably twice a day) in the ward pantry (under the supervision of the nursing staff). To prepare buttermilk, add 12 ozs. of water to 24 Chhataks of curds (i.e., Water & curds : 1 : 4) before churning.

(ii) If the patient is unable to take 6 Chhataks of buttermilk at a time, smaller quantities may be given at more frequent intervals.

(iii) The number of bananas to be given, depends on the size/weight of the individual fruit; however, about 4 medium sized bananas would weigh about 5 Chhataks as indicated against this item.

(iv) Arrowroot, though not included in the diet, it may be given in the form of "conjee" (1 teaspoonful to make 4 Chhataks) to "diarrhoea" cases, if necessary.

TABLE V.

*(High Protein Diets).*

<i>Foods'uffs—</i>			Vegetarian (A.H.P.D.).	Non-vegetarian (B.H.P.D.).
Rice	..	..	2 0	2 0
Bread	..	..	1 0	1 0
Wheat and Other cereals	...	..	3 0	3 0
Pulses	..	..	1 5	1 0
Leafy vegetables	...	..	2 0	2 0
Root vegetables	...	..	1 5	1 5
Other vegetables	..	..	1 5	1 5
Fruits	..	..	....	...
Sugar/Jaggery	..	..	0 5	0 5
Vegetable oil/fats	...	..	0 5	0 5
Butter	..	..	0 25	0 25
Milk/Curds	..	..	12 0	5 0
Fish/Meat	..	..	....	3 0
Eggs	..	..	....	One
Skim milk powder	..	..	1 0	0 5
Condiments and Spices	..	..	0 25	0 25
<i>Proximate Principles—</i>				
Total Proteins	(in gms.)	..	109 7	112 7
Animal Proteins	(in gms.)	..	50 4	59 9
Fats	(in gms.)	..	87 9	91 9
Carbohydrates	(in gms.)	...	419 1	369 9
Calcium	(in gms.)	..	2 93	1 94
Phosphorus	(in gms.)	..	2 84	2 25
Iron	(in mgs.)	..	37 7	39 8
Vitamin A	(in I. U.)	..	6,843	6,928
Vitamin B <sub>1</sub>	(in I. U.)	..	512	585
Vitamin C	(in mgs.)	..	116	116
Calories		..	2,906	2,757
<i>Distribution of Calories—</i>				
Proteins	..	..	15 per cent.	16 per cent.
Fats	..	..	27 per cent.	30 per cent.
Carbohydrates	..	..	58 per cent.	54 per cent.

*Menus for High Protein Diets.*

<i>Time.</i>		Vegetarian (A.H.P.D.)	Non-vegetarian (B.H.P.D.).
7-00 a.m.	...	<i>Tea</i>	<i>Tea</i>
	...	Milk ... 0 5	Milk ... 0 5
9-30 a.m.	...	Bread ... 1 0	Bread ... 1 0
	...	Butter ... 0 25	Butter ... 0 25
	...	Milk ... 6 0	Egg ... One
	...	Skim milk powder 0 25	Milk ... 2 0
12-00 Noon	...	Rice ... 2 0	Rice ... 2 0
	...	Dal ... 1 0	Dal ... 1 0
	...	Leafy vegetables ... 2 0	Leafy Vegetables ... 2 0
	...	Root vegetables ... 1 0	Root vegetables ... 1 0
4-00 p.m.	...	<i>Tea</i>	<i>Tea</i>
	...	Milk ... 0 5	Milk ... 0 5
7-00 p.m.	...	Special 'chapati' ... 3 5	Special 'chapati' ... 3 5
	...	Dal ... 0 5	Fish/meat ... 3 0
	...	Root vegetables ... 0 5	Root vegetables ... 0 5
	...	Other vegetables 1 5	Other vegetables ... 1 5
9-00 p.m.	...	Milk ... 5 0	Milk ... 2 0
	...	Skim milk powder 0 25	

*Instructions for (A. H. P. D. and B. H. P. D.).*

(i) *Eggs*.—One egg may be given to the vegetarian if the latter so desires, in which case, the quantity of milk should be reduced to 2 Chhataks.

(ii) *Liver*.—An addition of 2 Chhataks of fresh liver served preferably in minced and fried form may be given to the non-vegetarian deserving patient.

(iii) *Skim milk powder or fullcream powder*.—1/2 Chhatak is to be mixed with 3 Chhataks of wheat (and/or other cereal) flour for the preparation of special 'chapatis'. In addition, 1/2 Chhatak of the powder may be reconstituted and served to the vegetarian patients (A. H. P. D.) either in the form of custard, or egg-flip or as liquid milk.

(iv) In case skim milk powder is not available, any of the following equivalents may be used :

1/2 Chhatak skimmed milk powder = Fresh milk 4 Chhataks ; or Cheese 0.75 Chhatak.

= Eggs Two ; or Chicken 1 Chhatak.

= Mutton 1 Chhatak ; or

= Fish 1 Chhatak.

“ *Diabetic Diet.* ”

(Diet scales for a moderately severe case of Diabetes mellitus *i.e.* with glycosuria and mild hyperglycaemia).

*Introduction*.—The aim in planning such a diet is primarily to adjust carbohydrate intake within body's tolerance. This is to be achieved without insulin *if possible* and with insulin, *if necessary*.

*Determining Factors*.—For evolving a suitable diet, the age, sex and size (height and weight) have to be considered, in addition to determining the degree of metabolic disturbance by clinical and biochemical methods. If the body weight is normal, the patient should be given adequate calories to maintain it. If the patient is overweight (as is usually the case), the calories will have to be reduced so as to enable him/her to lose sufficient weight, and attain a weight which is ideal for his/her age, and activity. Since the governing factors such as weight, activity, and degree of metabolic disturbance are variable, no attempt is made to prescribe one standard dietetic regime for different types of patients. Instead, an attempt has been made to recommend, for the guidance of physicians, two diets—one vegetarian (A. D.D.) and another non-vegetarian (B.D.D.), which would serve the purpose as a suitable and palatable diet for a moderately severe case of Diabetes mellitus in an adult, during the period of investigation.

*Discussion*.—(i) The present trend in the dietotherapy of this disease is to provide a practically normal diet with the omission of sugars and sweets. The advantage in such a diet is a more pleasing diet for the patient and an all-important assurance to the doctor that the patient will not discontinue the diet, restricted though it is.

(ii) The present diet contains just adequate amount of carbohydrates that could be completely utilised without glycosuria. A diet containing lower than 200 g. or more than 250 g. of carbohydrate is still in the experimental stage. The present diets contain 240 g. of carbohydrates for vegetarian patients and 215 g. of carbohydrates for non-vegetarian patients, respectively. Such a diet which is apparently a high carbohydrate regime—has improved the sugar tolerance in patients.

(iii) Care has been taken to provide about the same amounts of proteins, fats and carbohydrates in vegetarian and non-vegetarian diets. A slight increase in carbohydrate content in the vegetarian menu and an increase in animal proteins in the non-vegetarian menu, are however, unavoidable. Similarly, the mineral and vitamin contents are almost equal, but rather inadequate to prevent 'conditioned' deficiency states, particularly intercurrent low-grade infection and peripheral neuritis; and hence a supplementary vitamin B1 (about 2 mg.) may be given orally.

TABLE VI.

<i>Foodstuffs—</i>	<i>(Diabetic Diet)</i>		Vegetarian	Non-vegetarian
			(A. D.D.)	(B.D.D.)
Rice	...	...	.....	.....
Wheat and other cereals	...	...	2.0	2.0
Bread	...	...	1.0	1.0
Pulses	...	...	1.5	1.0



TABLE VI—*contd.*

<i>Foodstuffs—</i>				Vegetarian (A. D. D.)	Non-vegetarian (B. D. D.)
Leafy vegetables	...	...	...	4.0	4.0
Root vegetables	...	...	...	1.0	1.0
Other vegetables	...	...	...	1.0	1.0
Fruits	...	...	...	1.5	1.5
Sugar/Jaggery	...	...	...	.....	.....
Vegetable oil/fats	...	...	...	0.5	0.5
Butter	...	...	...	0.25	0.25
Milk/Curds	...	...	...	8.0	5.0
Fish and meat	...	...	...	.....	1.5
Eggs	...	...	...	.....	.....
Condiments and Spices...	...	...	...	0.25	0.25
<i>Proximate principles—</i>					
Total Proteins (in gms.)	...	...	...	71.3	73.3
(Animal Proteins) (in gms.)	...	...	...	19.2	27.8
Fats (in gms.)	...	...	...	72.9	73.4
Carbohydrates (in gms.)	...	...	...	239.6	215.2
Calcium (in gms.)	...	...	...	1.90	1.61
Phosphorus (in gms.)	...	...	...	1.73	1.52
Iron (in mg.)	...	...	...	44.19	44.59
Vitamin A (in I. U.)	...	...	...	11,582	11,378
Vitamin B <sub>1</sub> (in I. U.)	...	...	...	382	409
Vitamin C (in mg.)	...	...	...	226	226
<b>CALORIES</b>	...	...	...	1,898	1,815
<i>Distribution of Calories—</i>					
Proteins	...	...	...	15 per cent.	17 per cent.
Fats	...	...	...	34 "	32 "
Carbohydrates	...	...	...	51 "	51 "

*Menu for Diabetic Diets.*

<i>Time.</i>	Vegetarian (A. D. D.)			Non-vegetarian (B. D. D.)		
7-00 a.m.	...	<i>Tea</i>		...	<i>Tea</i>	
	...	Milk	0.5	...	Milk	0.5
9-30 a.m.	...	Bread	1.0	...	Bread	1.0
	...	Butter	0.25	...	Butter	0.25
	...	Milk	3.0	...	Milk	2.0
12-00 Noon	...	Rice or 'chapati'	1.0	...	Rice or 'chapati'	1.0
	...	Dal	1.0	...	Dal	1.0
	...	Leafy vegetables	2.0	...	Leafy vegetables	2.0
	...	Other vegetables	1.0	...	Other vegetables	1.0
4-00 p.m.	...	<i>Tea</i>		...	<i>Tea</i>	
	...	Milk	0.5	...	Milk	0.5
...	Fruit	1.5	...	Fruit	1.5	
7-00 p.m.	...	Chapati'	1.0	...	'Chapati'	1.0
	...	Dal	0.5	...	Mutton	1.5
	...	Leafy vegetables	2.0	...	Leafy vegetables	2.0
	...	Root vegetables	1.0	...	Root vegetables	1.0
9.00 p.m.	...	Milk	4.0	...	Milk	2.0

*Instructions for Diabetic Diets.*

*Starchy foods.*—There is no scientific basis to believe that rice, potatoes and other starchy foods should be *completely* withheld in the diet of a diabetic patient. The matter of inclusion of rice and potatoes up to 1 Chhatak each is, therefore, left to the discretion of the physician.

## (B) Diet Scales for Tuberculosis Hospitals/Sanatoria.\*

Foodstuffs—	Indian Style		European Style, Non-vegetarian.
	Vegetarian (A.T.B.D.)	Non-vegetarian (B.T.B.D.)	
Cereals ... ..	6.0**	6.0**	5.0**
Pulses ... ..	1.0	0.75	0.5
Leafy vegetables ... ..	2.0	2.0	1.0
Root vegetables ... ..	1.5	1.0	1.0
Other vegetables ... ..	1.5	1.0	1.0
Fruits ... ..	3.0@	3.0@	3.0@
Sugar and Jaggery ... ..	0.5	0.5	1.0
Vegetable oil ... ..	0.5	0.5	0.25
Butter, Ghee ... ..	0.75	0.75	0.75
Milk, Curds ... ..	12.0	8.0	8.0
Fish and Meat ... ..	.....	3.0	3.0
Eggs ... ..	†	(Thrice a week) One	Two
Extra, ... ..	Tea leaves and condiments to taste.		
<b>Proximate Principles—</b>			
Total Proteins (in gms.) ... ..	85.1	91.6	105.1
Animal Proteins (in gm.) ... ..	29.7	40.0	64.7
Fats (in gms.) ... ..	132.4	128.4	132.3
Carbohydrates (in gms.) ... ..	386.3	358.8	332.3
Calcium (in gms.) ... ..	2.24	1.88	1.82
Phosphorus (in gms.) ... ..	2.14	1.98	1.94
Iron (in mgs.) ... ..	46.3	46.7	36.8
Vitamin A (in I. U.) ... ..	13,730	13,916	10,986
Vitamin B <sub>1</sub> (in I. U.) ... ..	572	578	534
Vitamin C (in gms.) ... ..	.330	.318	.276
<b>CALORIES</b> ... ..	<b>3,078</b>	<b>2,957</b>	<b>2,940</b>
<b>Distribution of Calories—</b>			
Proteins ... ..	11 percent.	12 percent.	14 percent.
Fats ... ..	39 "	39 "	41 "
Carbohydrates ... ..	50 "	49 "	45 "

\*Approved by Government in 1952.

Reference:—Government Resolution, Local Self-Government and Public Health Department, No. 6662/33, dated 20th March 1952.

#### Remarks.

\*\*This figure includes 0.5 Chhatak of Ragi, which is a rich source of Calcium amongst the non-rationed cereals.

@Citrus fruits such as limes, lemons, *mooambi*, oranges, and other fruits such as tomatoes, guavas, bananas, *amla* should be preferred.

†One egg may be given if the patient has no objection; the quantity of milk may then be reduced by 2 Chhataks.

A list of common leafy vegetables is given below to facilitate the day-to-day selection, and to provide variety:—

'Mothi', 'chawli', 'palak', cabbage 'mulla' leaves, coriander leaves, etc.

Non-vegetarian diets: More of meat, fish and eggs are allowed in the European style diet and cereals and pulses are correspondingly reduced to balance the calories.

*Menus for Tuberculosis Diets.*

Time.	Vegetarian (A.F.D.)	Non-vegetarian (B.F.D.)
7-0 a.m.	.. Tea (Milk) .. 0.5	Tea (Milk) .. 0.5
9-30 a.m.	.. { 'Ragi' .. 0.5 'Conjee' (Milk) .. 1.0 Bread .. 0.5 Butter .. 0.25 Milk .. 3.0 Fruit .. 1.5	.. { 'Ragi' .. 0.5 'Conjee' (Milk) .. 1.0 Bread .. 0.5 Butter .. 0.25 Milk .. 3.0 Fruit .. 1.5
12 Noon	.. Rice .. 2.0 Butter .. 0.25 Dal .. 1.0 Leafy vegetables .. 2.0 Root vegetables .. 0.5 Buttermilk .. 2.5	.. Rice .. 2.0 Butter .. 0.25 Dal .. 0.75 Leafy vegetables .. 2.0 Root vegetables .. 1.0
4-00 p.m.	.. Tea (Milk) .. 0.5 Fruit .. 1.5	.. Tea (Milk) .. 0.5 Fruit .. 1.5
7-00 p.m.	.. 'Chapati' .. 3.0 Butter .. 0.25 Root vegetables .. 1.0 Other vegetables .. 1.5 Buttermilk .. 2.5	.. 'Chapati' .. 3.0 Butter .. 0.25 Other vegetables .. 1.0 Mutton .. 3.0 or *Eggs .. Two
9-00 p.m.	.. Milk .. 3.0	.. Milk .. 3.0

*Instructions for Tuberculosis Diet.*

*Ragi*.—To make 'ragi-conjee', add 2 tablespoonfuls (0.5 chhatak) of 'ragi' flour to 4 chhataks (1 cup) of boiling water. Cook for about 10 minutes. Serve with the addition of one teaspoonful of sugar and milk, or salt, as desired.

*Buttermilk*.—Milk should be curdled (preferably twice a day) in the ward pantry (under the supervision of the nursing staff). To prepare buttermilk, add 0.5 chhatak of water to 2 chhataks of curds (i.e. water to curds 1: 4) before churning.

\**Mutton and Eggs*.—Mutton and eggs should be served on alternate days—3 Chhataks of mutton or 2 eggs—to the non-vegetarian patients on six days of the week. While on the seventh day only one egg should be served.

*Addendum to the Diets recommended for non-paying Patients\*.*

The allowances recommended for food adjuncts and fuel for the Civil Hospitals:—

*Food adjuncts—*A. *Salt (Common salt)—*

$\frac{1}{2}$  oz. (8 drs.)—for Full Diets.

$\frac{1}{4}$  oz. (2 drs.)—for Light Diet.

B. *Condiments and Spices—*

$\frac{1}{2}$  oz. (8 drs.)—for Full Diets only.

This quantity includes the following:—

Red chillies, turmeric, coriander seeds, cumin seeds, garlic and tamarind or cocum.

*Fuel (either A. Firewood, or B. Soft coke with charcoal)—*A. *Firewood—*

1½ lbs.—for Full Diets.

6 oz.—for Light Diet†. Also for Milk Diet and Buttermilk Diet in small hospitals.

Or

B. *Soft Coke—*

1½ lbs. + Charcoal  $\frac{1}{2}$  oz.—for Full Diets.

Soft Coke 4 ozs. + Charcoal  $\frac{1}{2}$  oz.—for Light Diet†. Also for Milk Diet and Butter milk Diet in small hospitals.

\*Approved by Government in 1956. Reference—G. R., L. S. G. & P. H. Deptt., No. GQH. 1053-B, dated 13th September 1956.

†Approved by Government in 1958. Reference—G. R., L. S. G. & P. H. Deptt., No. NTR. 1058-B, dated 18th February 1958.

## (C) Nursing Home and other paying patients.

1. TABLE I.

(Full Diets.)

Foodstuffs.			Vegetarian (A.F.D.)	Non-vegetarian (B.F.D.)
Bread	..	..	4.0*	4.0*
Oats, Vermicelli	..	..	1.0	1.0
Pulses and dals	..	..	1.0	0.5
Leafy vegetables	..	..	1.0	1.0
Root vegetables	..	..	2.0	4.0†
Other vegetables	..	..	3.0	1.0
Fruits	..	..	One	One
Sugar, Jaggery	..	..	1.0	1.0
Vegetable oils/fats	..	..	2 (Tolas)	2 (Tolas)
Butter, ghee	..	..	0.5	0.5
Milk, curds	..	..	12.0	8.0
Fish, meat	..	..	....	4.0
Meat bone	..	..	....	2.0
Eggs	..	..	Two	Two
Tea leaves	..	..		
Condiments, spices, salt	..	..	‡	‡
<b>Nutrient Analysis—</b>				
Total Proteins (in g.)	..	..	96.9	127.0
(Animal Proteins) ( " )	..	..	40.3	77.3
Fats ( " )	..	..	105.5	108.2
Carbohydrates ( " )	..	..	369.2	328.6
Calcium ( " )	..	..	2.64	1.64
Phosphorus ( " )	..	..	2.49	2.43
Iron (in mg.)	..	..	36.9	37.3
Vitamin A (in I.U.)	..	..	6,832	5,503
Vitamin B1 ( " )	..	..	562	594
Vitamin C (in mg.)	..	..	144	136
CALORIES	..	..	2,823	2,796
<b>Distribution of Calories—</b>				
Proteins	..	..	14 per cent.	18 per cent.
Fats	..	..	34 per cent.	35 per cent.
Carbohydrates	..	..	52 per cent.	47 per cent.

\*Bread may be replaced partly or completely by rice and/or *chapatis*.

† If desired, the quantity of root vegetables may be reduced to 2 chhataks; the quantity of other vegetables should then be increased to 3 chhataks.

‡ Please see 'General Instructions'.

## Menus for Full Diets.

Time.	Vegetarian (A.F.D.)	Non-vegetarian (B.F.D.)
7-0 a.m.	'Chhota Hazri'— Tea—(Milk) .. 1 (Sugar) .. 1/6 Bread .. 1/2 (One slice toast) Butter .. 1/8	'Chhota Hazri':  .. (As vegetarian).
9-0 a.m.	Breakfast— Tea/Coffe (Milk) .. 1 (Sugar) 1'6 Porridge Cereal .. 1/2 Milk .. 2 Sugar .. 1/2 Bread .. 1/2 Butter .. 1/8 Egg .. One	Breakfast—  .. (As vegetarian).
1-0 p.m.	Lunch— Rice/Bread .. 1.5 Pulse (Dal) .. 1/2 Leafy vegetable .. 1 Root vegetable .. 1 Other vegetable .. 1.5 Butter/ghee .. 1/2 Milk (Curds) .. 2 Fruit .. One	Lunch— Bread .. 1 Peas, beans .. 1/2 Leafy vegetable .. 1 Root vegetable .. 2 Other vegetable .. Nil Butter .. 1/2 Meat .. 2 Fruit .. One
4-0 p.m.	.. Afternoon Tea— Tea—(Milk) .. 1 (Sugar) .. 1/6 Biscuits/toast .. 1/2 Butter .. 1/8	Afternoon Tea—  .. (As vegetarian).
7-0 p.m.	.. Supper— Bread/'chapati' .. 1 Root vegetable .. 1 Other vegetable .. 1.5 Pulse .. 1/2 Milk/curds .. 2 Pudding— Cereal .. 1/2 Sugar .. 1/2 Milk .. 3 Egg .. One	Supper— Bread .. 1 Root vegetable .. 2 Other vegetable .. 1 Pulse .. Nil Meat .. 2 Pudding— Cereal .. 1/2 Sugar .. 1/2 Milk .. 3 Egg .. One Soup— Meat-bone .. 2 Peas, beans .. 1/2 Vegetable waste

*N.B.*—The 2 tolas of vegetable oils/fats recommended in the diet scales, may be used for cooking the various food preparations.

## Instructions for Full Diets.

1. The menu may be modified as follows to suit the individual taste of the patient—

(i) If porridge and pudding are not relished by the patients, the following alternatives are suggested:—

(a) Two eggs may be served for breakfast;

(b) The quantum of cereal may be utilised as rice or 'chapati' or bread for the two principal meals;

(c) The milk may be served at 9-00 p.m.;

(d) The sugar may be served in milk or with curds.

(ii) If the patient on vegetarian diet wishes to have soup, *extra two Chhataks* of vegetables viz. cabbage, cauliflower, carrots, potatoes, french beans, green peas, ripe tomatoes and white pumpkin, along with about 1/2 chhatak of patent barley, may be indented.

2. TABLE II.

*(Light Diets).*

Foodstuffs.	Vegetarian (A. F. D.)	Non-vegetarian (B. F. D.)
Bread .. .. .	3.0*	3.0*
Oats, vermicelli .. .. .	1.0	1.0
Root vegetables (Potatoes) .. .. .	3.0	3.0
Fruits .. .. .	One	One
Sugar, jaggery .. .. .	1.25	1.0
Vegetable oils/fats .. .. .	..	0.25
Butter, ghee .. .. .	2 (Total)	2 (Total)
Milk, curds.. .. .	16.0	12.0
Fish .. .. .	..	2.0
Meat bone .. .. .	..	4.0
Eggs .. .. .	Two	Two
Tea leaves, Condiments, spices, salt .. .. .	†	†

*Nutrient Analysis—*

Total Proteins (in g.) .. .. .	81.9	97.9
(Animal Proteins) (in g.) .. .. .	49.8	65.9
Fats (in g.) .. .. .	90.8	91.9
Carbohydrates (in g.) .. .. .	322.7	298.3
Calcium (in g.) .. .. .	2.11	1.66
Phosphorus (in g.) .. .. .	2.31	2.20
Iron (in mg.) .. .. .	20.5	21.1
Vitamin A (in I. U.) .. .. .	3,789	3,729
Vitamin B1 (in I. U.) .. .. .	294	394
Vitamin C (in mg.) .. .. .	72	72
CALORIES .. .. .	2,436	2,412

*Distribution of calories—*

Proteins .. .. .	13 per cent.	16 per cent.
Fats .. .. .	34 per cent.	34 per cent.
Carbohydrates .. .. .	53 per cent.	50 per cent.

\* If desired, 1 chhatak may be replaced by rice, which may be served as soft cooked rice or made into 'conjee'.

† Please see 'General Instructions'.

(C.C.F.) MD-A O 804C-3

## Menus for Light Diets.

Time.	Vegetarian (A. F. D.) "Chhota Hazri"	Non-vegetarian (B. F. D.) "Chhota Hazri"
7-0 a.m.	Tea— Milk .. 1 Sugar .. 1/6. Bread .. 1/2 (One slice toast). Butter .. 1/8  <i>Breakfast.</i>	(As vegetarian).       <i>Breakfast.</i>
9-0 a.m.	Porridge— Cereal .. 1/2 Milk .. 2 Sugar .. 1/4 Bread .. 1/2 Butter .. 1/8 Egg .. One Milk .. 3 Sugar .. 1/6	(As vegetarian).
1-0 p.m.	<i>Lunch.</i> Bread .. 1 Sugar .. 1/4 Mashed potatoes .. 1.5 Milk (curds) .. 3 Fruit .. One.	<i>Lunch.</i> Soup (Meat bone) .. 2 Bread .. 1 Mashed potatoes .. 1.5 Fish .. 2 Fruit .. One.
4-0 p.m.	<i>Afternoon Tea.</i> Tea— Milk .. 1 Sugar .. 1/6 Biscuits— Toast .. 1/2 Butter .. 1/8	<i>Afternoon Tea.</i> (As vegetarian).
7-0 p.m.	<i>Supper.</i> Bread .. 1/2 Mashed potatoes .. 1.5 Pudding— Cereal .. 1/2 Milk .. 2 Sugar .. 1/4 Egg .. One	<i>Supper.</i> Soup (Meat bone) .. 2 Bread .. 1/2 Mashed potatoes .. 1.5 Pudding— Cereal .. 1/2 Milk .. 2 Sugar .. 1/4 Egg .. One.
9-0 p.m.	Milk .. 4	Milk .. 3

N.B.—The 0.25 Ch. of vegetable oils/fats recommended for the non-vegetarian diet, may be used for cooking.

*Instructions for Light Diets.*

1. For lunch, soft cooked rice (from 1 ch. rice) may be served in place of bread, if patient so desires.
2. The 1/8 Ch. of sugar for lunch may be served with curds to vegetarians.
3. If the patient on Vegetarian Diet, wishes to have soup, *extra two chhataks* of vegetables, viz. cabbage, carrots, cauliflower, potatoes, french beans, green peas, ripe tomatoes and white pumpkin, along with about 1/4 chhatak of patent barley, may be indented,

## 3. TABLE III

(Milk, Diet).

Foodstuffs—	(M. D.):
Sugar/jaggery .. .. .	1.0
Milk .. .. .	24.0
Tea leaves .. .. .	†

†Please see "General Instructions".

## Nutrient Analysis—

Total Proteins (in g.) .. .. .	57.6
(Animal Proteins) (in g.) .. .. .	57.6
Fats (in g.) .. .. .	81.6
Carbohydrates (in g.) .. .. .	118.4
Calcium (in g.) .. .. .	2.88
Phosphorus (in g.) .. .. .	1.90
Iron (in mg.) .. .. .	2.9
Vitamin A (in I. U.) .. .. .	1,488
Vitamin B1 (in I. U.) .. .. .	.....
Vitamin C (in mg.) .. .. .	.....
CALORIES .. .. .	1,438

## Distribution of Calories—

Proteins .. .. .	16 Per cent.
Fats .. .. .	51 Per cent.
Carbohydrates .. .. .	33 Per cent.

## Menu for Milk Diet.

## Time—

7-0 a.m. .. .. .	Tea { Milk .. .. . 1/2 Sugar .. .. . 1/4
9-30 a.m. .. .. .	Milk .. .. . 6 Sugar .. .. . 1/8
12-0 Noon .. .. .	Milk .. .. . 6 Sugar .. .. . 1/8
4-0 p.m. .. .. .	Tea { Milk .. .. . 1/2 Sugar .. .. . 1/4
7-0 p.m. .. .. .	Milk .. .. . 6 Sugar .. .. . 1/8
9-0 p.m. .. .. .	Milk .. .. . 5 Sugar .. .. . 1/8

## Instructions for Milk Diet.

1. If patient is unable to take 6 Ch. milk at a time, smaller quantities may be given at more frequent intervals.

2. The following "extras" may be given on medical advice:—

- (i) One egg (for egg-flip).
- (ii) Two sweet limes (for fruit juice).
- (iii) One cup (about 3 Ch.) of strained vegetable soup.

To make vegetable soup, take *two chhataks* of vegetables, viz. cabbage, cauliflower, carrots, potatoes, french beans, green peas, ripe tomatoes and white pumpkin, along with about 1/4 chhatak of patent barley.



**(C) Nursing Home Patients—contd***General Instructions.*

- Cereals—** The quantity of cereals in the diets is recommended as bread. It may be replaced partly or completely by rice and/or "chapati" if patients so desire. In addition, about 1/2 Chhatak of oats, vermicelli, shredded wheat or corn-flakes for porridge daily; and about 1/2 Chhatak of sago, vermicelli or corn-flour, etc. for preparation of pudding or dessert, and for soup, are recommended.
- Pulses—** These may include all the common varieties of whole and split pulse.
- Leafy vegetables—** These include "chawli", "methi", "palak", "alu", "mulla" leaves, drumstick leaves, cabbage, mint, lettuce, coriander leaves, etc. They are excellent sources of vitamins and minerals. May be served as "salads" whenever possible.
- Root vegetables—** Besides potatoes, onions, carrots, sweet potatoes, beetroots, may be used.
- Other fresh vegetables—** These include a large variety of fresh vegetables such as gourds ("tondli", "parwar", "tura", "karela", "padwal"), brinjal "bhendi", pumpkins ("dudhi" and "bhopala"), green plantains drumsticks, green peas and beans, cauliflower, cucumber, etc.
- Fruits—** All varieties of seasonal fruits. An average fruit weighs about 1.5 Chhataks. Mixed fruit salad, up to 1.5 Chhataks may be served occasionally.
- Sugar and Jaggery—** Light coloured jaggery may be used, with advantage as a part of the allowance for this group of sweetening agents in foods. Extra sugar up to 1/2 chhatak per patient, may be indentured for the preparation of special puddings and special beverages.
- Vegetable oils—** Either refined vegetable oils or hydrogenated oils etc. be used as the cooking medium.
- Butter/ghee—** Butter or "ghee" is to be used preferably as a spread on bread or "chapati" or served with rice.
- Milk/gourds—** This should preferably be fresh milk.
- Fleahly foods—** Include fowl, liver, etc. in addition to all the varieties of lean meats. Fish may advantageously replace meat, in part or whole, during season.
- Eggs—** Two eggs per patient per day, are recommended. One egg is to be served for breakfast, daily. The other egg is to be used for preparation of pudding, dessert, cutlets or other preparations.
- Pudding—** For special pudding "extra" one egg, 1/8 Chhatak butter and 3 chhataks of milk may be allowed twice a week. For variety in the dessert, about 1/4 chhataks of figs or apricots or jam may be used.
- Soup—** Meat bone up to 2 chhataks per patient, daily, is recommended for soup. Besides, the usable waste from the vegetables and the meat is to be utilised. Some pulse or vermicelli may be used, occasionally. For variety, in the menu, about 2 Chhataks of liver or 4 Chhataks of chicken per patient, may be used, in place of the schedule allowance of meat bone.

- Tea/Coffee—** Tea leaves up to four teaspoonfuls (about 1/4 Chhataks) are allowed per patient per day. Coffee may be served in place of tea, if desired. About 2 to 4 teaspoonfuls of coffee powder is allowed per head, per day.
- Special Beverages—** Ovaltine and Cocoa may be served as flavouring agents to milk, if patients so desire. The service of these beverages should be restricted to twice a day.
- Salt—** About 1/4 Chhataks (1/2 oz.) to 2 tolas (3/4 oz.) of salt is permitted per Full Diet. This also includes the quantity required for preparations of "chutneys", salads, or served along with the meal.  
About 1/8 Chhataks of salt is permitted for the Light Diet.
- Condiments and Spices—** About 1/4 Chhataks (1/2 oz.) to 2 tolas (3/4 oz.) is recommended per patient, per day. The use of this group of food adjuncts will vary according to the food habits of the patients, in the different parts of the State.  
Condiments includes dry currystuff like red chillies, turmeric, black pepper, "garam masala", cumin seeds, coriander seeds tamarind, "cocum", etc.  
Coriander leaves, green chillies, ginger, garlic, mint and curry leaves and also coconut (fresh or/and dry), etc., are considered green spices.  
In the Light Diet the use of condiments and/or spices should be restricted to the minimum.
- Fuel—** The scales are the same as those recommended for the Civil Hospital Diets.—  
(A) Fire-wood: 12 Chhataks for Full Diet.  
3 " for Light Diet.  
OR  
(B) Soft Coke: 10 Chhataks. } for Full Diet.  
+ Charcoal: 1/4 " }  
Soft Coke: 2 Chhataks. } for Light Diet.  
+ Charcoal: 1/4 " }

**List of "extras" for paying patients (Other than Nursing Home patients).**

Although a variety of foodstuffs are included under "extras" the actual number of items to be prescribed for the individual patient, depends on his clinical condition, as also on the fees charged to him. It is, therefore, not intended to give all the foods included under "extras" to all the patients on a single day; however, the Medical Officer in-charge may prescribe a limited number of items from the list of "extras".

**Cereals.**—If porridge is desired, 1/2 ch. of oats, vermicelli, shredded wheat or corn-flakes may be used.

Bread may be given in place of rice and/or *chapati*, if patient so desires.

**Fruits**—Two fruits per patient, daily; four fruits, if indicated for fruit-juice, by the Medical Officer.

**Sugar/Jaggery.**—Up to 1/2 ch. of extra sugar or jaggery is permitted for the preparation of porridge, dessert or other preparations.

**Jam.**—About 1/8 ch. to 1/4 ch. per patient, if required.

**Butter.**—Up to 1/4 ch. of extra butter per patient, daily.

**Milk**—About 4 ch. to 5 ch. of extra milk per patient, per day. The quantity may be used in porridge, dessert or prepared into curds or buttermilk.

**Fleshy foods**—Meat may be served twice daily, if required. The per meal serving should not exceed 1 1/2 ch. An equal quantity of liver or chicken may be occasionally substituted for meat if desired.

*Soup*—(i) *Vegetable Soup*.—One cup (about 3 chhataks). Take 2 ch. of mixed vegetables from the following list and add 1/4 ch. of pearl barley.

List of vegetables for soup : Cabbage, Carrots, potatoes, cauliflower, french beans, green peas, ripe tomato, white pumpkin.

(ii) *Meat Soup*.—One cup (about 3 chhataks). Take 2 ch. of meat bone, per patient, per day. The same quantity of liver or chicken may be used occasionally, as variety.

*Eggs*—A maximum of 2 eggs should be the schedule per patient, per day. One may be served for breakfast daily, and the other may be used as a substitute for meat, in meals, or utilised in pudding or other preparations.

*Other foods*.—About 1/2 ch. of biscuits for tea, or 1/2 ch. of corn-flour for pudding may be used.

*Beverages*.—A maximum of 1/4 ch. of tea (including the schedule allowance of 1/8 ch), per patient, daily may be used. Coffee may partly or wholly substitute tea. A maximum of 3 teaspoonfuls of coffee powder, is allowed, per patient, per day.

Cocoa or ovaltine may be served as flavouring agents, to milk, if patients so desire. The service of these beverages, should be restricted to twice a day.

*Condiments and Spices*.—An extra allowance of 1/4 ch. is recommended for the Full Diet which may also include green spices, such as coriander leaves, green chillies, ginger, mint, garlic, curry leaves and coconut (fresh or dried).

#### (D) Diets for patients in Mental Hospitals.\*

##### *General Instructions.*

1. *Cereals* ... (i) The total quantity of rationed cereals should be as laid down from time to time, by the rationing authorities. At present it is 6 Chhataks per day per patient. It should preferably be distributed in the proportions indicated against rice, bread, wheat flour, etc. in the different diet scales.  
(ii) Undermilled rice and wholemeal bread should be used in place of milled and/or polished rice and white bread, respectively.
2. *Pulses and 'dals'* ... In addition to 'tur' dal (red gram), other varieties of pulses such as 'mung' (green gram), 'masur' (lentil), 'chana' (bengal gram), 'mutki' (dew bean), etc. may be occasionally used in the preparation of dals or may be added to vegetables, particularly leafy vegetables.
3. *Leafy vegetables* ... These include 'chawli', 'methi', 'palak', mint, 'mulla', leaves, drumstick leaves, 'alu', cabbage, lettuce, corander leaves, etc.
4. *Roots and tubers* ... These include potatoes, sweet potatoes, onions, 'mulla', 'suran', carrots, beetroot, etc.
5. *Other vegetables* ... These include gourds (tondli, 'parwar', 'tura', 'karela', 'padwal'), 'brinjal', 'bhendi', pumpkins, ('Dudhi' and 'bhopala'), green plantains, green peas and beans, cauliflower, cucumber, drumstick, etc.
6. *Fruits* ... Though they are not included in the diet-scales, they may be given up to 1.5 Chhataks (1 sweet lime or 1 banana) as an 'extra' to deserving patients, on medical advice.
7. *Sugar and jaggery* ... Light coloured jaggery may be used, with advantage, as a substitute to sugar, in times of sugar scarcity.

\*Approved by Government in 1954, with a few modifications.

Reference : Government Resolution, Local Self-Government and Public Health Department, No. MHG. 1653, dated 29th October 1954.

8. *Vegetable oils* ... Either refined vegetable oils or hydrogenated oils are to be used as the cooking medium.
9. *Butter* ... Butter is to be used only as a spread on bread.
10. *Milk* ... This should preferably be fresh milk. (buffalo's or cow's).
11. *Fleshy foods* ... Fish may advantageously replace meat, in part or whole, during season.
12. *Tea leaves* ... Tea leaves up to two teaspoonfuls (about 1/8 Chhatak) are allowed per day per patient.
13. *Salt* ... Common salt 1/4 Chhatak per day per patient for the Full Diets and 1/16 Chhatak for the Light Diet.
14. *Condiments and Spices* 1/4 Chhatak per day per patient for the Full Diets only. This quantity includes red chillies, turmeric, coriander seeds, cumin seeds, garlic and tamarind or cocum.
15. *Fuel* ... A. Fire-wood : 12 Chhataks per day per patient for Full Diets, 3 Chhataks per day per patient for Light Diets.  
Or  
B. Soft Coke : 10 Chhataks + Charcoal : 1/4 Chhatak per day per patient for Full Diets.  
Soft Coke : 2 Chhataks + Charcoal : 1/4 Chhatak per day per patient for Light Diet.

TABLE I.

*General Class (Full Diets)*

<i>Foodstuffs.</i>	<i>Vegetarian (A. F. D.)</i>	<i>Non-vegetarian (B. F. D.)</i>
Rice .. .. .	2.0	2.0
Bread .. .. .	1.0	1.0
Wheat .. .. .	2.0	2.0
Other cereals .. .. .	1.0	1.0
Pulses .. .. .	2.0	1.5
Leafy vegetables .. .. .	1.5	1.5
Root vegetables .. .. .	2.0	2.0
Other vegetables .. .. .	1.5	1.5
Fruits .. .. .	....	....
Sugar/gur .. .. .	0.5	0.5
Vegetable oil/fats .. .. .	0.5	0.5
Butter .. .. .	0.25	0.25
Milk .. .. .	6.0	4.0
Fish/Meat .. .. .	....	1.5
Groundnuts .. .. .	0.25	0.25
<i>Proximate Principles.</i>		
Total Proteins (in gms.) .. .. .	86.9	91.3
(Animal Proteins) (in gms.) .. .. .	14.5	25.4
Fats (in gms.) .. .. .	72.6	76.7
Carbohydrates (in gms.) .. .. .	396.3	374.6
Calcium (in gms.) .. .. .	1.36	1.21
Phosphorus (in gms.) .. .. .	1.99	1.86
Iron (in mgs.) .. .. .	35.9	36.0
Vitamin A (in I.U.) .. .. .	5453	5311
Vitamin B <sub>1</sub> (in I.U.) .. .. .	669	696
Vitamin C (in mgs.) .. .. .	101	101
Calories .. .. .	2586	2554
<i>Distribution of Calories.</i>		
Proteins .. .. .	14 %	14 %
Fats .. .. .	25 %	27 %
Carbohydrates .. .. .	61 %	59 %

*Menus for Full Diets (General Class).*

Time	Vegetarian (A. F. D.)	Non-vegetarian (B. F. D.).
7-00 a.m.	<i>Tea</i> .. 3.0 <i>Milk</i> .. 0.5 <i>Tealeaves</i> .. 1/16	<i>Tea</i> .. 3.0 <i>Milk</i> .. 0.5 <i>Tealeaves</i> .. 1/16
9-30 a.m.	<i>Bread</i> .. 1.0 <i>Butter</i> .. 0.25 <i>Milk</i> .. 3.0 *' Usal ' of pulses 0.5	<i>Bread</i> .. 1.0 <i>Butter</i> .. 0.25 <i>Milk</i> .. 3.0 *' Usal ' of pulses 0.5
12-00 Noon	<i>Rice</i> .. 2.0 <i>Dal</i> .. 1.0 <i>Leafy vegetables.</i> 1.5 <i>Root vegetables..</i> 1.0	<i>Rice</i> .. 2.0 <i>Dal</i> .. 1.0 <i>Leafy vegetables.</i> 1.5 <i>Root vegetables.</i> 1.0
4-00 p.m.	<i>Tea</i> .. 3.0 <i>Milk</i> .. 0.5 <i>Tealeaves</i> .. 1/16 <i>Groundnuts</i> .. 0.25*	<i>Tea</i> .. 3.0 <i>Milk</i> .. 0.5 <i>Tealeaves</i> .. 1/16 <i>Groundnuts</i> .. 0.25
7-00 p.m.	*' <i>Chapats</i> ' <i>Wheat</i> .. 2.0 <i>Other cereals</i> .. 1.0 <i>Dal</i> .. 0.5 <i>Root vegetables..</i> 1.0 <i>Other vegetables.</i> 1.5 <i>Milk/curds</i> .. 2.0	*' <i>Chapats</i> ' <i>Wheat</i> .. 2.0 <i>Other cereals</i> .. 1.0 <i>Mutton</i> .. 1.5 <i>Root vegetables..</i> 1.0 <i>Other vegetables.</i> 1.5

\*The 0.5 Chhatak of pulses may also be served as 'Koshimbir' after sprouting or may be cooked with the root and other vegetables, in the evening meal.

*Instructions for A. F. D. and B.F. D.*

- (i) 0.5 Chhatak of vegetable oil (and fats) is to be used as a cooking medium.
- (ii) 1.5 Chhatak offruits may be given as an extra to the deserving patients, on medical advice
- (iii) 0.5 Chhataks of sugar/gur is to be used in tea, milk or curds and for cooking, if desired.

TABLE II.

<i>Foodstuffs—</i>	<i>Special Class (Full Diets).</i>	
	Vegetarian (A. F. D. Special).	Non-vegetarian (B. F. D. Special).
Rice	2.0	2.0
Bread	1.0	1.0
Wheat	2.0	2.0
Other cereals	1.0	1.0
Pulses	1.5	1.0
Leafy vegetables	1.5	1.5
Root vegetables	2.0	2.0
Other vegetables	1.5	1.5
Fruits	Two	Two
Sugar/gur	1.0	1.0
Vegetable oil/fats	0.5	0.5
Butter	0.25	0.25
Ghee	0.25	0.25
Milk	3.0	0.0
Fish/Meat	....	1.5
Eggs	One	One

<i>Proximate Principles.</i>				Vegetarian (A. F. D. Special).	Non-vegetarian (B. F. D. Special).
Total Proteins	(in gms.)	..	..	89.2	93.6
(Animal Proteins)	(in gms.)	..	..	25.0	36.0
Fats	(in gms.)	..	..	91.7	95.8
Carbohydrates	(in gms.)	..	..	449.2	427.4
Calcium	(in gms.)	..	..	1.63	1.48
Phosphorus	(in gms.)	..	..	2.14	2.01
Iron	(in mgs.)	..	..	34.0	34.1
Vitamin A	(in I. U.)	..	..	7100	6958
Vitamin B <sub>1</sub>	(in I. U.)	..	..	651	678
Vitamin C	(in mgs.)	..	..	158	158
Calories	..	..	..	2979	2947
<i>Distribution of Calories.</i>					
Proteins	..	..	..	12 %	13 %
Fats	..	..	..	28 %	29 %
Carbohydrates	..	..	..	60 %	58 %

*Menus for Full Diets (Special Class).*

<i>Time.</i>	Vegetarian (A. F. D. Special)		Non-Vegetarian (B. F. D. Special)		
7-00 a.m.	..	<i>Tea</i> ..	3.0	<i>Tea</i> ..	3.0
		Milk ..	0.5	Milk ..	0.5
		Sugar ..	0.25	Sugar ..	0.25
		Tea leaves ..	1/16	Tea leaves ..	1/16
		Fruit ..	1.5	Fruit ..	1.5
9-30 a.m.	..	Bread ..	1.0	Bread ..	1.0
		Butter ..	0.25	Butter ..	0.25
		Milk ..	3.0	Milk ..	3.0
		* <i>Porridge</i>		* <i>Porridge</i>	
		Cereal ..	0.5	Cereal ..	0.5
	Sugar ..	0.25	Sugar ..	0.25	
12-00 Noon	..	Rice ..	2.0	Rice ..	2.0
		Dal ..	1.0	Dal ..	1.0
		Leafy vegetables ..	1.5	Leafy vegetables ..	1.5
		Root vegetables ..	1.0	Root vegetables ..	1.0
		* <i>Pudding</i>		* <i>Pudding</i>	
	Cereal ..	0.5	Cereal ..	0.5	
	Sugar ..	0.25	Sugar ..	0.25	
	Milk ..	2.0	Milk ..	2.0	
	Eggs ..	One	Eggs ..	One	
4-00 p.m.	..	<i>Tea</i> ..	3.0	<i>Tea</i> ..	3.0
		Milk ..	0.5	Milk ..	0.5
		Sugar ..	0.25	Sugar ..	0.25
		Tea leaves ..	1/16	Tea leaves ..	1/16
		Fruit ..	1.5	Fruit ..	1.5
7-00 p.m.	..	' <i>Chapati</i> '		' <i>Chapati</i> '	
		Wheat ..	2.0	Wheat ..	2.0
		Ghee ..	0.25	Ghee ..	0.25
		Dal ..	0.5	Mutton ..	1.5
		Root vegetables ..	1.0	Root vegetables ..	1.0
	Other vegetables ..	1.5	Other vegetables ..	1.5	
	Milk/Curds ..	2.0			

*Instructions for A. F. D. and B. F. D. Special.*

\**Other cereals.*—These include sago, vermicelli, corn-flour, oats, etc. Out of the recommended quantity viz., 1.0 Chhatak, 1/2 Chhatak is to be used for preparing porridge and the remaining 1/2 Chhatak is to be used for pudding.

*Vegetable oils.*—1/2 Chhatak of vegetable oil (and fats) is to be used as a cooking medium.

*Ghee.*—0.25 Chhatak of ghee is to be applied over 'chapatis'.

*Condiments and Spices.*—The allowance of 1/4 Chhatak recommended for the Full Diet may also include green spices, such as coriander leaves, green chillies, ginger, mint, black pepper and coconut (fresh or dried).

TABLE II-A.

The list of Extras for patients paying Rs. 6 and above.

*Tea Leaves :*

The quantum of tea leaves may be increased from  $\frac{1}{2}$  ch. to  $\frac{3}{4}$  ch. so as to make an allowance for an additional cup of tea at 9-30 a.m.

*Egg :*

An additional egg may be indented to facilitate the cooking of special preparations like puddings, custards, cutlets, etc.

*Fleshy foods :*

For variety in the menus, an equivalent quantity of chicken or liver, may be substituted (twice a week) for the mutton and/or fish, already sanctioned in the scale.

TABLE III.

*(Light Diet).*

<i>Foodstuffs</i>	..	..	..	..	(L. D.)
Rice	..	..	..	..	1.0
Bread	..	..	..	..	2.0
Sugar/Jaggery	..	..	..	..	1.0
Butter	..	..	..	..	0.25
Milk/Curds	..	..	..	..	16.0

*Proximate Principles.*

Total Proteins (in gms.)	..	..	..	..	56.7
(Animal Proteins) (in gms.)	..	..	..	..	38.4
Fats (in gms.)	..	..	..	..	68.2
Carbohydrates (in gms.)	..	..	..	..	222.6
Calcium (in gms.)	..	..	..	..	1.98
Phosphorus (in gms.)	..	..	..	..	1.74
Iron (in mgs.)	..	..	..	..	9.53
Vitamin A (in I. U.)	..	..	..	..	1,500
Vitamin B <sub>1</sub> (in I. U.)	..	..	..	..	238
Vitamin C (in mgs.)	..	..	..	..	.....
Calories	..	..	..	..	1,730

*Distribution of Calories.*

Proteins	..	..	..	..	13 Per cent.
Fats	..	..	..	..	35 "
Carbohydrates	..	..	..	..	52 "

*Menus for Light Diet.*

Time.	..	..	..	..	(L. D.)
7-00 a.m.	..	..	..	Tea/ Milk	0.5
9-30 a.m.	..	..	..	Bread	1.0
				Butter	0.25
				Milk	4.0
12-00 Noon	..	..	..	Rice	1.0
				(soft cooked or made into "conjee").	
				Milk	1.0
				Tea/ Milk	0.5
4-00 p.m.	..	..	..	Bread	1.0
7-00 p.m.	..	..	..	Milk	4.0
9-00 p.m.	..	..	..	Milk	4.0

*Instructions for L. D.*

(i) Rice 1.0 Chhatak may be served as soft cooked rice or made into "conjee".

(ii) Pearl (or patent) barley (non-rationed).—0.5 Chhatak of the barley may be used to prepare about 1 pint (10 Chhataks) of barley water and served to patients, who feel hungry with this restricted dietetic regime.

(iii) Fruits.—Though they are not included in the diet scales, they may be given upto 1.5 Chhataks (1 sweet lime or 1 banana) as an "extra" to deserving patients, on medical advice.

TABLE IV.

*(Milk Diet).*

<i>Foodstuffs.</i>						<i>(M. D.)</i>
Rice	...	...	...	...	.....	
Bread	...	...	...	...	.....	
Wheat and other cereals	...	...	...	...	.....	
Pulses	...	...	...	...	.....	
Leafy vegetables	...	...	...	...	.....	
Root vegetables	...	...	...	...	.....	
Other vegetables	...	...	...	...	.....	
Fruits	...	...	...	...	.....	
Sugar/Jaggery	...	...	...	...	.....	1.00
Vegetable oil/fats	...	...	...	...	.....	
Butter	...	...	...	...	.....	
Milk/Curds	...	...	...	...	.....	24.0
Fish/meat	...	...	...	...	.....	
Eggs	...	...	...	...	.....	
Condiments and spices	...	...	...	...	.....	

*Proximate Principles.*

Total Proteins (in gms.)	...	...	...	...	.....	57.6
(Animal Proteins) (in gms.)	...	...	...	...	.....	57.6
Fats (in gms.)	...	...	...	...	.....	81.6
Carbohydrates (in gms.)	...	...	...	...	.....	118.4
Calcium (in gms.)	...	...	...	...	.....	2.88
Phosphorus (in gms.)	...	...	...	...	.....	1.90
Iron (in mgs.)	...	...	...	...	.....	2.88
Vitamin A (in I. U.)	...	...	...	...	.....	1,458
Vitamin B <sub>1</sub> (in I. U.)	...	...	...	...	.....	.....
Vitamin C (in mgs.)	...	...	...	...	.....	.....
Calories	...	...	...	...	.....	1,438

*Distribution of Calories.*

Proteins	...	...	...	...	...	16	Per cent.
Fats	..	...	...	...	...	51	"
Carbohydrates	..	...	...	...	...	33	"

*Menus for Milk Diet.*

	<i>Time.</i>				<i>(M. D.)</i>
7-00 a.m.	...	...	Tea / Milk	...	0.5
9-30 a.m.	...	...	Milk	...	6.0
12-00 noon	...	...	Milk / Tea /	...	6.0
4-00 p.m.	...	...	Milk	...	0.5
7-00 p.m.	...	...	Milk	...	6.0
9-00 p.m.	...	..	Milk	...	5.0

*Instructions for M. D.*

If the patient is unable to take 6.0 Chhataks of milk at a time, smaller quantities may be given at more frequent intervals.



**(E) Diets for Patients in Leprosy Colonies.\****General Instructions.*

1. *Cereals* .. (i) The total quantity of cereals viz. 7·0 Chhataks should preferably be distributed in the proportions indicated against rice, bread, etc., in the two diet scales.  
(ii) Undermilled rice and wholemeal bread should be used in place of milled and/or polished rice and white bread, respectively.
2. *Pulses and 'dals'* .. In addition to 'tur' dal (Red gram), other varieties of pulses such as 'mung' (green gram), 'masur' (lentil), 'chana' (bengal gram), 'mukti' (dew bean), etc. may be occasionally used in the preparation of dals or may be added to vegetables, particularly leafy vegetables.
3. *Leafy vegetables* .. These include 'chawli', 'methi', 'palak', mint, 'mulla' leaves, drumstick leaves, 'alu', cabbage, lettuce, coriander leaves etc.
4. *Roots and tubers* .. These include potatoes, sweet potatoes, onions, 'mulla', 'suran', carrots, beetroot, etc.
5. *Other vegetables* .. These include gourd (tondli, 'parwar', 'turia', 'karela', 'padwal') brinjal, 'bhendi', pumpkins, ('dudhi' 'bhopala'), green plantains, green peas and beans, cauliflower, cucumber, drumstick, etc.
6. *Sugar and Jaggery* Light coloured jaggery may be used, with advantage, as a substitute to sugar, in times of sugar scarcity.
7. *Vegetable oils* .. Either refined vegetable oils or hydrogenated oils are to be used as the cooking medium.
8. *Butter* .. Butter is to be used only as a spread on bread
9. *Milk* .. This should preferably be fresh milk (buffalo's or cow's).
10. *Fleshy foods* .. Fish may advantageously replace meat, in part or whole, during season.
11. *Tea leaves* .. Tea leaves upto two teaspoonfuls ( $\frac{1}{2}$  Chhatak) are allowed per day per patient.
12. *Salt* .. Common salt  $\frac{1}{2}$  Chhatak per day per patient.
13. *Condiments and Spices*  $\frac{1}{2}$  Chhatak per day per patient. This quantity includes red chillies, turmeric, coriander seeds, cumm seeds, garlic and tamarind or cocum.
14. *Fuel* .. A. Firewood : 12·0 Chhataks per day per patient.  
or  
B. Soft Coke : 10·0 Chhataks  
plus  
Charcoal :  $\frac{1}{2}$  Chhatak. } per day per patient.

\*Approved by Government in 1954 with a few modifications, Reference : Government Resolution Local Self Government and Public Health Department, No. MHG 1653, dated 29th October 1954.

TABLE I.

*(Full Diets)\*.*

<i>Foodstuffs.</i>				Vegetarian.	Non-vegetarian.
	(A)	F	D.—(Colony).	(A. F. D.—Colony).	(B. F. D.—Colony).
Rice	...	...	...	2·0	2·0
Bread	...	...	...	1·0	1·0
Wheat and other cereals	...	...	...	4·0	4·0
Pulses	...	...	...	2·0	2·0
Leafy vegetables	...	...	...	1·5	1·5
Root vegetables	...	...	...	2·0	2·0
Other vegetables	...	...	...	1·5	1·5
Sugar	...	...	...	0·5	0·5
Jaggery	...	...	...	0·25	0·25
Vegetable oil/fats	...	...	...	0·5	0·5
Butter, Ghee	...	...	...	0·25	0·25
Milk/curd	...	...	...	6·0	4·0
Fish/meat	...	...	...	.....	1·5
Groundnuts	...	...	...	0·25	.....

*Proximate Principles.*

Total Proteins	(ingms.)	...	...	93.5	102.5
(Animal Proteins)	(ingms.)	...	...	14.4	27.0
Fats	(ingms.)	...	...	75.5	68.9
Carbohydrates	(ingms.)	...	...	447.8	489.7
Calorim	(ingms.)	...	...	1.40	1.22
Phosphorus	(ingms.)	...	...	2.20	2.13
Iron	(ingms.)	...	...	42.43	43.41
Vitamin A	(in I. U.)	...	...	5,575	5,466
Vitamin B <sub>1</sub>	(in I. U.)	...	...	730	712
Vitamin C	(in mgs.)	...	...	101	101
Calories	...	...	...	2,844	2,788

*Distribution of Calories.*

Proteins	...	...	...	13 per cent.	15 per cent.
Fats	...	...	...	24 "	22 "
Carbohydrates	...	...	...	63 "	63 "

\*These diets are recommended for the inmates of Leprosy Colonies, who are ambulatory patients, i.e., those who are doing light or sedentary work and the 'crippled'.

†An additional Chhatak for inmates doing moderate or active work; two additional Chhataks for inmates doing hard or very active work.

*Menus for Full Diets.*

Time.	Vegetarian.			Non-vegetarian.			
	(A. F. D.—Colony).			(B. F. D.—Colony).			
7-00 a.m.	...	Tea	...	3.0	Tea	...	3.0
	...	Milk	...	0.5	Milk	...	0.5
	...	Sugar	...	0.25	Sugar	...	0.25
	...	Tea leaves	...	1/16	Tea leaves	...	1/16
9-30 a.m.	...	Bread	...	1.0	Bread	...	1.0
	...	Butter	...	0.25	Butter	...	0.25
	...	Milk	...	3.0	Milk	...	3.0
	...	*'Usal' of pulses	...	0.5	*'Usal' of pulses	...	0.5
12-00 Noon	...	Rice	...	2.0	Rice	...	2.0
	...	'Chapati' (Wheat)	...	1.0	'Chapati' (Wheat)	...	1.0
	...	Dal	...	1.0	Dal	...	1.0
	...	Leafy vegetables	...	1.5	leafy vegetables	...	1.5
	...	Root vegetables	...	1.0	Root vegetables	...	1.0
4-6 p.m.	...	Tea	...	3.0	Tea	...	3.0
	...	Milk	...	0.5	Milk	...	0.5
	...	Sugar	...	0.25	Sugar	...	0.25
	...	Tea leaves	...	1/16	Tea leaves	...	1/16
7-00 p.m.	...	'Chapati' (Wheat and other cereals).	...	4.0	'Chapati' (Wheat and other cereals).	...	4.0
	...	Dal	...	0.5	Dal	...	0.5
	...	Root vegetables	...	1.0	Root vegetables	...	1.0
	...	Other vegetables	...	1.5	Other vegetables	...	1.5
	...	Milk/curds	...	2.0	Mutton	...	1.5
	...	Jaggery	...	0.25	Jaggery	...	0.25
	...	Groundnuts	...	0.25		...	

\*The 0.5 Chhatak of pulses may also be served as 'Koshambar' after sprouting or may be cooked with the root and other vegetables, in the evening meal.

(Instructions for A. F. D. and B. F. D. Colony).

(i) 0.5 Chhatak of vegetable oil (and fats) is to be used as a cooking medium.

(ii) The quantity of rice should preferably not exceed 2 Chataks as recommended.

## (F) Diet Scales recommended for Mother and Child Patients.

*Statement showing the list of revised diet scales.**Diets for Mothers.*

Table I	..	Full Diets—Vegetarian (A. F. D.), Non-vegetarian (B. F. D.).
Table II	..	Light Diet—(L. D.).
Table III	..	Milk Diet—(M. D.).

*Diets for Children.*

Table IV	..	Full Diet (F. D.—1)—6 months to one year.
Table V	..	Full Diet (F. D.—2)—1 to 3 years.
Table VI	..	Full Diets (F. D.—3) Vegetarian (A. F. D.—3), Non-vegetarian (B. F. D.—3)—3 to 6 years.
Table VII	..	Full Diets (F. D.—4) Vegetarian (A. F. D.—4), Non-vegetarian (B. F. D.—4)—6 to 12 years.
Table VIII	..	Light Diet (L. D.—2)—1 to 3 years.
Table IX	..	Light Diet (L. D.—3 and 4)—above 3 years.
Table X	..	Milk Diet (M. D.—1 and 2)—upto 3 years.
Table XI	..	Milk Diet (M. D.—3 and 4)—above 3 years.
Table XII	..	Buttermilk Diet (Bm. D.—1 and 2)—upto 3 years.
Table XIII	..	Buttermilk Diet (Bm. D.—3 and 4)—above 3 years.
Table XIV	..	High Protein Diet (H. P. D.—2)—1 to 3 years.
Table XV	..	High Protein Diets (H. P. D.—3) Vegetarian (A. H. P. D.—3) Non-vegetarian (B. H. P. D.—3)—3 to 6 years.
Table XVI	..	High Protein Diets (H. P. D.—4) Vegetarian (A. H. P. D.—4) Non-vegetarian (B. H. P. D.—4)—6 to 12 years.

## TABLE I.

*Full Diets for Mothers.*

<i>Foodstuffs.</i>	Vegetarian (A. F. D.)	Non-vegetarian (B. F. D.)
Rice	2.0	2.0
Wheat flour	2.0	2.0
Bread	1.0	1.0
Pulses	1.0	1.0
Leafy vegetables	2.0	2.0
Root vegetables	1.5	1.5
Other vegetables	1.5	1.5
Fruits (One)	1.5	1.5
Sugar/"Gur"	0.75	0.75
Vegetable oil/fats	0.5	0.5
Butter and ghee	0.25	0.25
Milk, curds	12.0	8.0
Fish and Meat	....	1.5
Egg	....	....
Tea leaves	1/8	1/8

				Vegetarian (A. F. D.).	Non-vegetarian (B. F. D.).
<i>Nutrient Analysis.</i>					
Total Proteins (in g.)	..	..	..	80.4	86.6
(Animal Proteins) (in g.)	..	..	..	28.9	35.0
Fats (in g.)	..	..	..	85.9	83.6
Carbohydrates (in g.)	..	..	..	360.2	349.8
Calcium (in g.)	..	..	..	2.05	1.70
Phosphorus (in g.)	..	..	..	2.09	1.90
Iron (in mg.)	..	..	..	34.4	36.0
Vitamin A (in I. U.)	..	..	..	6990	6769
Vitamin B <sub>1</sub> (in I. U.)	..	..	..	468	519
Vitamin C (in mg.)	..	..	..	158	158
Calories	..	..	..	2536	2498
<i>Distribution of Calories.</i>					
Proteins	..	..	..	15 per cent.	14 per cent.
Fats	..	..	..	30 per cent.	30 per cent.
Carbohydrates	..	..	..	57 per cent.	56 per cent.

TABLE I.

*Menus for Full Diets for Mothers.*

Time	Vegetarian (A. F. D.)			Non-vegetarian (B. F. D.)		
	Tea/ Milk			Tea/ Milk		
7-00 a.m.	..	..	1/2	..	..	1/2
9-30 a.m.	..	Bread	1	..	Bread	1
	..	Butter	1/4	..	Butter	1/4
	..	Milk	3	..	Milk	3
12-0 Noon	..	Rice	2	..	Rice	2
	..	Pulse (dal)	1/2	..	Pulse (dal)	1/2
	..	Leafy vegetables	2	..	Leafy vegetables	2
	..	Root vegetables	1	..	Root vegetables	1
	..	Milk/curd	2	..	Milk/curd	2
4-00 p.m.	..	Tea/ Milk	1/2	..	Tea/ Milk	1/2
	..	Fruit (One)	1.5	..	Fruit (One)	1.5
	..	..	..	..	..	..
7-00 p.m.	..	Wheat ('Chapatis')	2	..	Wheat ('Chapatis')	2
	..	Pulse (Dal)	1/2	..	Pulse (Dal)	1/2
	..	Root vegetables	1/2	..	Root vegetables	1/2
	..	Other vegetables	1.5	..	Other vegetables	1.5
	..	Milk	2	..	Mutton	1.5
9-00 p.m.	..	Milk	4	..	Milk	2

*Instructions for A. F. D. and B. F. D.*

- (i) Eggs : One egg per head per day, may be given to deserving patients, on medical advice.
- (ii) Rice and 'Chapatus' may be served in half the prescribed quantities, for both the meals, if desired.
- (iii) The quantity of 0.75 Chhatak of sugar is to be used in tea and for milk/curds.
- (iv) The quantity of 1/2 Chhatak of oil is to be used for cooking the two meals.

## TABLES II and III.

*Light Diet and Milk Diet for Mothers.*

<i>Foodstuffs</i>	Table II				Table III	
	Light Diet (L. D.)				Milk Diet (M. D.)	
Bread .. .. .	..	..	..	3.0	....	
Fruits (One) .. .. .	..	..	..	1.5	....	
Sugar / Gur' .. .. .	..	..	..	1.0	1.0	
Butter .. .. .	..	..	..	0.5	....	
Milk .. .. .	..	..	..	16.0	34.0	
Tea leaves .. .. .	..	..	..	1/8	1/8	
<i>Nutrient Analysis.</i>						
Total Proteins (in g.) .. .. .	..	..	..	60.2	57.6	
(Animal Proteins) (in g.) .. .. .	..	..	..	38.5	57.6	
Fats (in g.) .. .. .	..	..	..	80.9	81.6	
Carbohydrates (in g.) .. .. .	..	..	..	234.1	118.4	
Calcium (in g.) .. .. .	..	..	..	2.02	2.88	
Phosphorus (in g.) .. .. .	..	..	..	1.85	1.90	
Iron (in mg.) .. .. .	..	..	..	15.4	2.88	
Vitamin A (in I. U.) .. .. .	..	..	..	2042	1488	
Vitamin B1 (in I. U.) .. .. .	..	..	..	174	....	
Vitamin C (in mg.) .. .. .	..	..	..	42	....	
Calories .. .. .	..	..	..	1905	1438	
<i>Distribution of Calories.</i>						
Proteins .. .. .	..	..	..	13 per cent.	16 per cent.	
Fats .. .. .	..	..	..	38 per cent.	51 per cent.	
Carbohydrates .. .. .	..	..	..	49 per cent.	33 per cent.	

## TABLES II and III.

*Menus for Light Diet and Milk Diet for Mothers.*

Time	Table II				Table III		
	Light Diet (L. D.)				Milk Diet (M. D.)		
7-00 a.m. .. .. .	..	..	..	..	Tea/ Milk .. .. .	..	.. 1/2
9-30 a.m. .. .. .	..	..	Bread .. .. .	.. 1	Milk .. .. .	..	.. 6
	..	..	Butter .. .. .	.. 1/4			
	..	..	Milk .. .. .	.. 3			
12-00 Noon .. .. .	..	..	Bread .. .. .	.. 1	Milk .. .. .	..	.. 6
	..	..	Butter .. .. .	.. 1/4			
	..	..	Milk .. .. .	.. 4			
4-00 p.m. .. .. .	..	..	Tea/ Milk .. .. .	.. 1/2	Tea/ Milk .. .. .	..	.. 1/2
	..	..	Fruit (One) .. .. .	.. 1.5			
	..	..	Bread .. .. .	.. 1			
7-00 p.m. .. .. .	..	..	Milk .. .. .	.. 4	Milk .. .. .	..	.. 6
	..	..	Milk .. .. .	.. 4			
9-00 p.m. .. .. .	..	..	Milk .. .. .	.. 4	Milk .. .. .	..	.. 5

*Instructions for L. D. and M. D.*

(i) The prescribed quantity of sugar is to be served in tea and milk.

(ii) For L. D.—Pearl (or patent) barley: 1/2 Chhatak of the barley may be used to prepare about 1 pint (20 ozs.) of barley water and served to patients, who feel hungry with this restricted dietetic regime.

(iii) For M. D.—If the patient is unable to take 6 Chhataks of milk at a time, smaller quantities may be given at more frequent intervals.

TABLE IV and V.

## Full Diets for Children.

Foodstuffs—	Table IV (F. D.—1) 6 months to 1 year.		Table V (F. D.—2) 1 to 3 years.	
	Bread .. ..	0.25	1.0	
Pulses .. ..	....	0.25		
Leafy vegetables .. ..	0.25	0.5		
Root vegetables .. ..	0.5	1.0		
Other vegetables .. ..	....	0.5		
Fruits (One) .. ..	1.5	1.5		
Sugar/ Gur' .. ..	0.75	0.5		
Butter and ghee .. ..	1/8	1/8		
Milk, curds .. ..	8.0	8.0		
Egg .. ..	Half	Half		
<i>Nutrient Analysis—</i>				
Total Proteins (in g.) .. ..	25.8	35.8		
(Animal Proteins) (in g.) .. ..	22.1	22.1		
Fats (in g.) .. ..	36.5	37.6		
Carbohydrates (in g.) .. ..	92.7	125.5		
Calcium (in g.) .. ..	1.07	1.18		
Phosphorus (in g.) .. ..	0.78	1.01		
Iron (in mg.) .. ..	5.4	11.7		
Vitamin A (in I. U.) .. ..	2175	2955		
Vitamin B <sub>2</sub> (in I. U.) .. ..	36	112		
Vitamin C (in mg.) .. ..	57	79		
Calories .. ..	802	983		
<i>Distribution of Calories—</i>				
Proteins .. ..	13 per cent.	15 per cent.		
Fats .. ..	41 per cent.	34 per cent.		
Carbohydrates .. ..	46 per cent.	51 per cent.		

TABLE IV AND V.

## Menus for Full Diets for Children.

Time.		Table IV. (F.D....1) 6 months to 1 year.	Table V. (F.D....2) 1 to 3 years.
6-00 a.m.	... Milk	2	Milk ... 2
9-0 a.m.	... Milk	2	Milk ... 2
	... Egg	Half	Egg ... Half
12-0 Noon	... Bread	1/4	Bread ... 1/2
	... Butter	1/8	Pulse (dal) ... 1/4
	... Soup		
	{ Leafy vegetable ... 1/4		Leafy vegetable } Cooked 1/2
	{ Root vegetable		Root vegetable } to- 1/2
	(Carrot) 1/2		Other vegetable } gether. 1/2
3-00 p.m.	... Fruit	1.5	Fruit or fruit juice 1.5
	(As Fruit juice)		(from 1.5 ch. of fruit).
6-00 p.m.	... Milk	2	Bread ... 1/2
			Butter ... 1/8
			Root vegetable ... 1/2
			(mashed potato)
			Milk ... 2
9-00 p.m.	... Milk	2	Milk ... 2

## Instructions for F.D.—1 &amp; 2

The prescribed quantity of sugar is to be used in the milk for the different feeds.

(a.c.f.) MO-A O 6040-4

TABLE VI.  
Full Diets for Children (F.D.—3)—3 to 6 years.

	Vegetarian (A.F.D.—3)	Non-vegetarian, (B.F.D.—3)
<b>Foodstuffs—</b>		
Rice ... ..	0.5	0.5
Wheat flour ... ..	1.0	1.0
Bread ... ..	0.5	0.5
Pulses ... ..	0.5	0.25
Leafy vegetables ... ..	0.5	0.5
Root vegetables ... ..	1.0	1.0
Other vegetables ... ..	0.5	0.5
Fruits (one) ... ..	1.5	1.5
Sugar/ 'Gur' ... ..	0.5	0.5
Vegetable oil/fats ... ..	1/8	1/8
Butter and ghee ... ..	1/8	1/8
Milk, curds ... ..	8.0	6.0
Fish and Meat ... ..	.....	1.0
Egg ... ..	One	One
<b>Nutrient Analysis—</b>		
Total Proteins (in g.) ... ..	47.6	50.0
(Animal Proteins) (in g.) ... ..	24.9	30.6
Fats (in g.) ... ..	48.2	48.7
Carbohydrates (in g.) ... ..	175.8	162.4
Calcium (in g.) ... ..	1.23	1.06
Phosphorus (in g.) ... ..	1.24	1.12
Iron (in mg.) ... ..	14.7	15.0
Vitamin A (in I.U.) ... ..	3509	3380
Vitamin B <sub>1</sub> (in I.U.) ... ..	215	237
Vitamin C (in mg.) ... ..	79	79
Calories ... ..	1327	1288
<b>Distribution of Calories—</b>		
Proteins ... ..	14 %	16 %
Fats ... ..	33 %	34 %
Carbohydrates ... ..	53 %	50 %

TABLE VI.  
Menus for Full Diets for Children (F.D.—3)—3 to 6 years.

Time.	Vegetarian (A.F.D.—3)	Non-vegetarian (B.F.D.—3)
6-00 a.m.	Milk .. .. 2	Milk ... .. 2
9-00 a.m.	Milk .. .. 2	Milk .. .. 2
	Bread ... .. 1/2	Bread .. .. 1/2
	Butter ... .. 1/8	Butter ... .. 1/8
	Egg ... .. One	Egg ... .. One
12-00 Noon	Rice .. .. 1/2	Rice .. .. 1/2
	Pulse (dal) .. .. 1/4	Pulse (dal) .. .. 1/4
	Leafy vegetable) } 1/2	Leafy vegetable) } 1/2
	Root vegetable) } Cooked together. 1/2	Root vegetable) } Cooked together 1/2
	Other vegetable) } 1/2	Other vegetable) } 1/2
	Fruit or fruit juice (from 1.5 ch. of fruit). * 1.5	Fruit or fruit juice (from 1.5 ch. of fruit). 1.5
6-00 p.m.	Wheat ('Chapati') .. .. 1	Wheat ('Chapati') .. .. 1
	Pulse (dal) .. .. 1/4	Root vegetable .. .. 1/2
	Root vegetable .. .. 1/2	Mutton ... .. 1
	Milk .. .. 2	Milk .. .. 2
9-00 p.m.	Milk .. .. 2	Milk .. .. 2

Instructions for A.F.D. and B.F.D.—3.

(i) The quantity of 1/2 Chhatak of sugar is to be served in milk.

(ii) The quantity of 1/8 Chhatak of vegetable oil/fats is to be used for cooking the different meals.

TABLE VII.

Full Diets for Children (F.D.—4)—6 to 12 years.

				Vegetarian (A.F.D.—4)	Non-vegetarian (B.F.D.—4)
<b>Foodstuffs—</b>					
Rice	..	..	..	1.0	1.0
Wheat flour	..	..	..	1.0	1.0
Bread	..	..	..	1.0	1.0
Pulses	..	..	..	1.0	0.5
Leafy vegetables	..	..	..	0.5	0.5
Root vegetables	..	..	..	1.0	1.0
Other vegetables	..	..	..	1.0	1.0
Fruits (One)	..	..	..	1.5	1.5
Sugar/ Gur	..	..	..	0.5	0.5
Vegetable oil/fats	..	..	..	1/4	1/4
Butter and ghee	..	..	..	1/4	1/4
Milk, curds	..	..	..	8.0	6.0
Fish and Meat	..	..	..	..	1.0
Egg	..	..	..	One	One
<b>Nutrient Analysis—</b>					
Total Proteins (in g.)	..	..	..	60.6	59.7
(Animal Proteins) (in g.)	..	..	..	21.9	30.6
Fats (in g.)	..	..	..	62.1	62.8
Carbohydrates (in g.)	..	..	..	236.9	215.2
Calcium (in g.)	..	..	..	1.30	1.10
Phosphorus (in g.)	..	..	..	1.49	1.32
Iron (in mg.)	..	..	..	19.8	19.2
Vitamin A (in I. U.)	..	..	..	3769	3618
Vitamin B <sub>1</sub> (in I. U.)	..	..	..	290	300
Vitamin C (in mg.)	..	..	..	86	86
Calories	..	..	..	1749	1665
<b>Distribution of Calories—</b>					
Proteins	..	..	..	14 %	14 %
Fats	..	..	..	32 %	34 %
Carbohydrates	..	..	..	54 %	52 %

TABLE VII.

Menus for Full Diets for Children—(F.D.—4)—6 to 12 years.

Time.	Vegetarian (A.F.D.—4)				Non-vegetarian (B.F.D.—4)				
6-00 a.m.	..	Milk	..	..	2	Milk	..	..	2
9-00 a.m.	..	Milk	..	..	2	Milk	..	..	2
	..	Bread	..	..	1	Bread	..	..	1
	..	Butter	..	..	1/4	Butter	..	..	1/4
	..	Egg	..	..	One	Egg	..	..	One
12-00 Noon	..	Rice	..	..	1	Rice	..	..	1
	..	Pulse (dal)	..	..	1/2	Pulse (dal)	..	..	1/2
	..	Leafy vegetable	..	..	1/2	Leafy vegetable	..	..	1/2
	..	Root vegetable	..	..	1/2	Root vegetable	..	..	1/2
	..	Other vegetable	..	..	1/2	Other vegetable	..	..	1/2
3-00 p.m.	..	Fruit	..	..	1.5	Fruit	..	..	1.5
6-00 p.m.	..	Wheat ('Chapati')	..	..	1	Wheat ('Chapati')	..	..	1
	..	Pulse (dal)	..	..	1/2	Mutton	..	..	1
	..	Root vegetable	..	..	1/2	Root vegetable	..	..	1/2
	..	Other vegetable	..	..	1/2	Other vegetable	..	..	1/2
	..	Milk	..	..	2				
9-00 p.m.	..	Milk	..	..	2	Milk	..	..	2

Instructions for A.F.D. and B.F.D.—4

(i) The quantity of 1/2 Chhatak of sugar is to be served in milk.

(ii) The quantity of 1/4 Chhatak of vegetable oil/fats is to be used for cooking the different meals.



## TABLES VIII AND IX.

*Light Diets for Children.\**

<i>Foodstuffs—</i>				Table VIII	Table IX
				(L.D.-2) 1 to 3 years.	(L.D.-3 and 4) Above 3 years.
Bread	..	..	..	0.5	1.0
Fruits (One)	..	..	..	1.5	1.5
Sugar/ Gur	..	..	..	0.75	0.75
Butter	..	..	..	$\frac{1}{2}$	$\frac{1}{2}$
Milk, curds	..	..	..	10.0	14.0

\*No Light Diet for infants between the age of 6 months to one year is prescribed.

<i>Nutrient Analysis—</i>					
Total Proteins	(in g.)	..	..	28.5	41.6
(Animal Proteins)	(in g.)	..	..	24.0	33.6
Fats	(in g.)	..	..	40.5	54.6
Carbohydrates	(in g.)	..	..	102.2	133.1
Calcium	(in g.)	..	..	1.24	1.73
Phosphorus	(in g.)	..	..	0.92	1.33
Iron	(in mg.)	..	..	4.3	6.8
Vitamin A	(in I.U.)	..	..	1,096	1,344
Vitamin B <sub>1</sub>	(in I.U.)	..	..	34	62
Vitamin C	(in mg.)	..	..	42	42
Calories		..	..	988	1,190

*Distribution of Calories—*

Proteins	..	..	..	13 per cent.	14 per cent.
Fats	..	..	..	41 per cent.	41 per cent.
Carbohydrates	..	..	..	46 per cent.	45 per cent.

## TABLES VIII AND IX.

*Menus for Light Diets for Children.*

<i>Time.</i>				Table VIII	Table IX
				(L.D.-2) 1 to 3 years.	(L.D.-3 & 4) Above 3 years.
6-00 a.m.	..	Milk	..	2	Milk .. 2
9-00 a.m.	..	Fruit juice (from 1.5 ch. of fruit).	1.5	Fruit juice (from 1.5 ch. of fruit) Milk	1.5 .. 2.0
12-00 Noon	..	Milk	..	2	Milk .. 3
		Bread	..	$\frac{1}{2}$	Bread .. $\frac{1}{2}$
		Butter	..	$\frac{1}{2}$	Butter .. $\frac{1}{2}$
3-00 p.m.	..	Milk	..	2	Milk .. 2
6-00 p.m.	..	Milk	..	2	Milk .. 3
		Bread	..	$\frac{1}{2}$	Bread .. $\frac{1}{2}$
9-00 p.m.	..	Milk	..	2	Milk .. 2

*Instructions for L.D.-2 and 3 and 4.*

The prescribed quantities of sugar are to be served in milk.

## TABLES X AND XI.

*Milk Diets for Children.*

				Table X (M.D.-1 & 2) Up to 3 years.	Table XI (M.D.-3 & 4) Above 3 years.
<i>Foodstuffs—</i>					
Fruits (One)	..	..	..	1.5	1.5
Sugar/ Gur <sup>o</sup>	..	..	..	0.75	1.0
Milk	..	..	..	12.0	16.0
<i>Nutrient Analyses—</i>					
Total Proteins	(in g.)	..	..	29.9	39.5
(Animal Proteins)	(in g.)	..	..	23.8	33.4
Fats	(in g.)	..	..	41.0	54.6
Carbohydrates	(in g.)	..	..	86.9	111.3
Calcium	(in g.)	..	..	1.47	1.95
Phosphorus	(in g.)	..	..	0.98	1.30
Iron	(in mg.)	..	..	2.4	2.9
Vitamin A	(in I.U.)	..	..	1,029	1,277
Vitamin B <sub>1</sub>	(in I.U.)	..	..	6	6
Vitamin C	(in mg.)	..	..	42	42
Calories		..	..	836	1,095
<i>Distribution of Calories—</i>					
Proteins	..	..	..	14 per cent.	14 per cent.
Fats	..	..	..	44 per cent.	45 per cent.
Carbohydrates	..	..	..	42 per cent.	41 per cent.

## TABLES X AND XI.

*Menus for Milk Diets for Children.*

Times.	Table X (M.D.-1 & 2) Upto 3 years.			Table XI (M.D.-3 & 4) Above 3 years.			
6-00 a.m.	...	Milk	...	2	Milk	...	2
9-00 a.m.	...	Milk	...	2	Milk	...	3
11-00 a.m.	...	Fruit juices (from 1.5 oh of fruit).	...	1.5	Fruit juices (from 1.5 oh of fruit).	...	1.5
12-00 Noon	...	Milk	...	2	Milk	...	3
2-00 p.m.	...	Milk	...	2	Milk	...	3
6-00 p.m.	...	Milk	...	2	Milk	...	3
9-00 p.m.	...	Milk	...	2	Milk	...	2

*Instructions for M.D.-2 and 3 and 4.*

The prescribed quantities of sugar are to be served in milk.

## TABLES XII AND XIII.

*Buttermilk Diets for Children*

<i>Foodstuffs—</i>			Table XII	Table XIII
			(B.M.D.—1 & 2)	(B.M.D.—3 & 4)
			Up to 3 years.	Above 3 years.
Fruits (Over-ripe bananas)	...	... (One)	1.5	(Two) 3.0
Milk (curds)	...	...	12.0	16.0
<i>Nutrient Analysis—</i>				
Total Proteins	(in g.)	...	29.9	40.6
(Animal Proteins)	(in g.)	...	23.8	38.4
Fats	(in g.)	...	41.0	54.8
Carbohydrates	(in g.)	...	62.2	103.5
Calcium	(in g.)	...	1.45	1.94
Phosphorus	(in g.)	...	1.00	1.26
Iron	(in mg.)	...	1.8	2.6
Vitamin A	(in I.U.)	...	744	992
Vitamin B <sub>1</sub>	(in I.U.)	...	3	6
Vitamin C	(in mg.)	...	...	...
Calories	...	...	737	1,069
<i>Distribution of Calories—</i>				
Proteins	...	...	16 per cent.	15 per cent.
Fats	...	...	50 per cent.	46 per cent.
Carbohydrates	...	...	34 per cent.	39 per cent.

## TABLES XII AND XIII.

## MENUS FOR BUTTERMILK DIETS FOR CHILDREN.

Time.			Table XII	Table XIII
			(B.M.D.—1 & 2)	(B.M.D.—3 & 4)
			Up to 3 years.	Above 3 years.
6-00 a.m.	...	Milk (for preparing 2 buttermilk).	Milk (for preparing 2 buttermilk).	
9-00 a.m.	...	Milk (for preparing 2 buttermilk).	Milk (for preparing 3 buttermilk).	
12-00 Noon	...	Milk (for preparing 2 buttermilk). Banana (Half) ... 3/4	Milk (for preparing 3 buttermilk). Banana (One) ... 1.5	
3-00 p.m.	...	Milk (for preparing 2 buttermilk).	Milk (for preparing 3 buttermilk).	
6-00 p.m.	...	Milk (for preparing 2 buttermilk). Banana (Half) ... 3/4	Milk (for preparing 3 buttermilk). Banana (One) ... 1.5	
9-00 p.m.	...	Milk (for preparing 2 buttermilk).	Milk (for preparing 2 buttermilk).	

*Instructions for B.M. D. 1 & 2 and 3 & 4.*

(i) Milk should be curdled (preferably twice a day) in the ward pantry (under the supervision of the nursing staff). To prepare buttermilk, add equal quantity of water to curds before churning.

(ii) If the patient is unable to take 4 to 6 Chhataks of buttermilk at a time, smaller quantities may be given at more frequent intervals.

(iii) The number of bananas to be given, depends on the size/weight of the individual fruit; however, one medium-size banana would weigh about 1.5 Chhataks, as indicated against this item.

(iv) Arrowroot: Though not included in the diet, it may be given in the form of "sonjee" (1 teaspoonful to make 8 ozs.) to cases of diarrhoea, if necessary.

TABLE XIV.

*High-Protein Diet for Children\*.*

							(H.P.D.—2)
							1 to 3 years.
<i>Foodstuffs—</i>							
Bread	..	..	..	..	..	..	1.0
Pulses	..	..	..	..	..	..	1/4
Leafy vegetables	..	..	..	..	..	..	1/2
Root vegetables	..	..	..	..	..	..	1.0
Other vegetables	..	..	..	..	..	..	1/2
Fruits (One)	..	..	..	..	..	..	1.5
Sugar/" Gur "	..	..	..	..	..	..	1/2
Vegetable oil/fats	..	..	..	..	..	..	....
Butter and ghee	..	..	..	..	..	..	1/8
Milk/curds	..	..	..	..	..	..	10.0
Skim milk powder	..	..	..	..	..	..	1/4
Egg	..	..	..	..	..	..	Half.
<i>Nutrient Analysis—</i>							
Total Proteins	(in g.)	..	..	..	..	..	45.0
(Animal Proteins)	(in g.)	..	..	..	..	..	32.3
Fats	(in g.)	..	..	..	..	..	44.4
Carbohydrates	(in g.)	..	..	..	..	..	132.0
Calcium	(in g.)	..	..	..	..	..	1.81
Phosphorus	(in g.)	..	..	..	..	..	1.31
Iron	(in mg.)	..	..	..	..	..	12.1
Vitamin A	(in I. U.)	..	..	..	..	..	3079
Vitamin B <sub>1</sub>	(in I. U.)	..	..	..	..	..	115
Vitamin C	(in mg.)	..	..	..	..	..	79
Calories	..	..	..	..	..	..	1135

*Distribution of Calories—*

Proteins	..	..	..	..	..	..	16 Per cent.
Fats	..	..	..	..	..	..	35 Per cent.
Carbohydrates	..	..	..	..	..	..	49 Per cent.

\*No High-protein Diet for infants between the age of 6 months to 1 year is prescribed.

TABLE XIV.

*Menus for High-Protein Diets for Children.*

							(H.P.D.—2)
							1 to 3 years.
6-00 a.m.	..	..	..	Milk	..	..	2
9-00 a.m.	..	..	..	Milk	..	..	2
				Skim Milk Powder	..	..	1/8
				Egg	..	..	Half.
12-00 Noon	..	..	..	Bread	..	..	1/2
				Pulse (dal)	..	..	1/4
				Leafy veg.	} Cooked together.	..	1/2
				Root veg.		1/2	
				Other veg.		1/2	
3-00 p.m.	..	..	..	Fruit or fruit juice (from			1.5
				3 ozs. of fruit).			

Time.	(H.P.D.—2)					
	1 to 3 years.					
6-00 p.m.	..	..	..	Bread	..	1/2
				Butter	..	1/8
				Root Vegetable (Mashed potato).	..	1/2
				Milk	..	2
9-00 p.m.	..	..	..	Milk	..	2
				Skim Milk Powder	..	1/8

*Instructions for H.P.D.—2.*

- (i) The quantity of one ounce of sugar is to be used in milk.  
 (ii) Skim milk powder or full cream milk powder : About  $\frac{1}{2}$  Chhatak of skim milk powder, as indicated in the menu, may be mixed or dissolved in 2 Chhataks of liquid milk before serving.  
 (iii) In case skim milk powder is not available any one of the following equivalents may be used :—
- |   |    |             |    |      |             |
|---|----|-------------|----|------|-------------|
| $\frac{1}{2}$ Chhatak of skim milk powder | .. | =Fresh milk | .. | 4    | Chhataks or |
|   |    | =Cheese     | .. | 0.75 | Chhataks or |
|   |    | =Eggs       | .. | Two  | or          |
|   |    | =Chicken    | .. | 1.0  | Chhataks or |
|   |    | =Mutton     | .. | 1.0  | Chhataks or |
|   |    | =Fish       | .. | 1.0  | Chhataks.   |

TABLE XV.

*High-Protein Diets for Children—(H.P.D.—3)—3 to 6 years.*

Foodstuffs—					Vegetarian (A.H.P.D.—3).	Non-vegetarian (B.H.P.D.—3).
Rice	..	..	..	..	1/2	1/2
Wheat flour	..	..	..	..	1.0	1.0
Bread	..	..	..	..	1/2	1/2
Pulses	..	..	..	..	1/2	1/2
Leafy vegetables	..	..	..	..	1/2	1/2
Root vegetables	..	..	..	..	1.0	1.0
Other vegetables	..	..	..	..	1/2	1/2
Fruits (One)	..	..	..	..	1.5	1.5
Sugar/" Gur "	..	..	..	..	1/2	1/2
Vegetable oil/fats	..	..	..	..	1/8	1/8
Butter and ghee	..	..	..	..	1/8	1/8
Milk/curds	..	..	..	..	12.0	8.0
Skim milk powder	..	..	..	..	1/4	1/4
Fish and meat	..	..	..	..	One	1.0
Egg	..	..	..	..	One	One
<i>Nutrient Analysis—</i>						
Total Proteins	(in g.)	..	..	..	62.6	63.5
(Animal Proteins)	(in g.)	..	..	..	39.9	40.8
Fats	(in g.)	..	..	..	61.8	55.7
Carbohydrates	(in g.)	..	..	..	193.5	183.1
Calcium	(in g.)	..	..	..	1.90	1.51
Phosphorus	(in g.)	..	..	..	1.70	1.47
Iron	(in mg.)	..	..	..	15.4	16.4
Vitamin A	(in I. U.)	..	..	..	3756	3527
Vitamin B1	(in I. U.)	..	..	..	218	252
Vitamin C	(in mg.)	..	..	..	79	79
Calories	..	..	..	..	1580	1488
<i>Distribution of Calories—</i>						
Proteins	..	..	..	..	16 per cent.	17 per cent.
Fats	..	..	..	..	35 per cent.	34 per cent.
Carbohydrates	..	..	..	..	49 per cent.	49 per cent.

TABLE XV.

*Menus for High-Protein Diets for Children—(H.P.D.—3)—3 to 6 years.*

Time.	Vegetarian (A.H.P.D.—3).				Non-vegetarian (B.H.P.D.—3).			
6-00 a.m.	..	Milk ..	..	2	Milk ..	..	..	2
9-00 a.m.	..	Milk ..	..	2	Milk ..	..	..	2
		Skim milk powder ..	..	1/4	Skim Milk powder ..	..	..	1/4
		Bread ..	..	1/2	Bread ..	..	..	1/2
		Butter ..	..	1/8	Butter ..	..	..	1/8
		Egg ..	..	One	Egg ..	..	..	One.
12-00 Noon	..	Rice ..	..	1/2	Rice ..	..	..	1/2
		Pulse (dal) ..	..	1/4	Pulse (dal) ..	..	..	1/4
		Leafy veg. } Cooked	..	1/2	Leafy veg. } Cooked	..	..	1/2
		Root veg. } together.	..	1/2	Root veg. } together.	..	..	1/2
		Other veg. }	..	1/2	Other veg. }	..	..	1/2
		Milk ..	..	2	Milk ..	..	..	2
3-00 p.m.	..	Milk ..	..	2	Milk ..	..	..	2
		Fruit or fruit juice	..	1.5	Fruit or fruit juice	..	..	1.5
		(from 1.5 Chhatak	..		(from 1.5 Chhatak	..	..	
		of fruit).	..		of fruit).	..	..	
6-00 p.m.	..	Wheat ("Chapati") ..	..	1	Wheat ("Chaptati")	..	..	1
		Pulse (dal) ..	..	1/4	Pulse (dal) ..	..	..	1/4
		Root vegetable ..	..	1/2	Root vegetable ..	..	..	1/2
		Milk ..	..	2	Mutton ..	..	..	1
9-00 p.m.	..	Milk ..	..	2	Milk ..	..	..	2

*Instructions for A.H.P.D.—3 and B.H.P.D.—3.*

- (i) The quantity of one ounce of sugar is to be used in milk.  
(ii) The quantity of 1/8 Chhatak of vegetable oil/fats is to be used for cooking the two meals.  
(iii) Skim milk powder or full cream milk powder : About 1/8 Chhatak of skim milk powder as indicated in the menu; may be mixed or dissolved in 2 Chhataks of liquid milk before serving.  
(iv) In case skim milk powder is not available, any one of the following equivalents may be used :—

1/2 Chhatak of skim milk powder..	=Fresh milk ..	4 Chhataks or
	=Cheese ..	0.75 Chhataks or
	=Eggs ..	Two or
	=Chicken ..	1.0 Chhataks or
	=Mutton ..	1.0 Chhataks or
	=Fish ..	1.0 Chhataks.

TABLE XVI.

*High-Protein Diets for Children—(H.P.D.—4)—6 to 12 years.*

Foodstuffs—	Vegetarian (A.H.P.D.—4).	Non-vegetarian (B.H.P.D.—4).
Rice ..	1.0	1.0
Wheat flour ..	1.0	1.0
Bread ..	1.0	1.0
Pulses ..	1.0	1.0
Leafy vegetables ..	1/2	1/2
Root vegetables ..	1.0	1.0
Other vegetables ..	1.0	1.0
Fruits (One) ..	1.5	1.5
Sugar/"Gur" ..	1/2	1/2
Vegetable oil/fats ..	1/4	1/4
Butter and ghee ..	1/4	1/4
Milk/curds ..	12.0	8.0
Skim milk powder ..	1/2	1/2
Fish and meat ..	....	1.0
Egg ..	One.	One.

TABLE XVI—contd.

*Nutrient Analysis—*

Total Proteins	(m. g.)	..	..	81.0	81.9
(Animal Proteins)	(in g.)	..	..	45.3	46.2
Fats	(in g.)	..	..	75.7	69.7
Carbohydrates	(in g.)	..	..	261.7	251.3
Calcium	(in g.)	..	..	2.17	1.77
Phosphorus	(in g.)	..	..	2.10	1.88
Iron	(in mg.)	..	..	20.7	21.7
Vitamin A	(In I. U.)	..	..	4,017	3,787
Vitamin B <sub>1</sub>	(in I. U.)	..	..	295	329
Vitamin C	(in mg.)	..	..	86	86
Calories	..	..	..	2,052	1,960

*Distribution of Calories—*

Proteins	..	..	..	16 Per cent.	17 Per cent.
Fats	..	..	..	33 Per cent.	32 Per cent.
Carbohydrates	..	..	..	51 Per cent.	51 Per cent.

TABLE XVI.

*Menus for High Protein Diets for Children. (H. P. D.—4)—6 to 12 years.*

Time.	Vegetarian (A. H. P. D.—4).			Non-vegetarian (B. H. P. D.—4)			
6-00 a.m.	..	Milk	.. .. 2	Milk	.. .. 2		
9-00 a.m.	..	Milk	.. 2	Milk	.. 2		
	..	Skim milk powder	.. $\frac{1}{2}$	Skim milk powder	.. $\frac{1}{2}$		
	..	Bread	.. 1	Bread	.. 1		
	..	Butter	.. $\frac{1}{2}$	Butter	.. $\frac{1}{2}$		
	..	Egg	.. One.	Egg	.. One.		
12-00 Noon	..	Rice	.. 1	Rice	.. 1		
	..	Pulse (dal)	.. $\frac{1}{2}$	Pulse (dal)	.. $\frac{1}{2}$		
	..	Leafy veg.	} Cooked together. $\frac{1}{2}$	Leafy veg.	} Cooked together. $\frac{1}{2}$		
	..	Root veg.		.. $\frac{1}{2}$		Root veg.	.. $\frac{1}{2}$
	..	Other veg.		.. $\frac{1}{2}$		Other veg.	.. $\frac{1}{2}$
3-00 p.m.	..	Milk	.. 4	Milk	.. 2		
	..	Fruit	.. 1.5	Fruit	.. 1.5		
6-00 p.m.	..	Wheat ("Chapati")	.. 1	Wheat ("Chapati")	.. 1		
	..	Pulse (dal)	.. $\frac{1}{2}$	Pulse (dal)	.. $\frac{1}{2}$		
	..	Root vegetable	.. $\frac{1}{2}$	Root vegetable	.. $\frac{1}{2}$		
	..	Other vegetable	.. $\frac{1}{2}$	Other vegetable	.. $\frac{1}{2}$		
	..	Milk	.. 2	Mutton	.. 1		
9-00 p.m.	..	Milk	.. 2	Milk	.. 2		
	..	Skim milk powder	.. $\frac{1}{2}$	Skim milk powder	.. $\frac{1}{2}$		

*Instructions for A. H. P. D.—4 and B. H. P. D.—4.*

- (i) The quantity of  $\frac{1}{2}$  Chhatak of sugar is to be used in milk.
- (ii) The quantity of  $\frac{1}{2}$  Chhatak of vegetable oil/fats is to be used for cooking the two meals.
- (iii) Skim milk powder or full cream milk powder : About  $\frac{1}{2}$  Chhatak of skim milk powder as indicated in the menu, may be mixed or dissolved in 2 Chhataks of liquid milk, before serving.
- (iv) In case skim milk powder is not available, any one of the following equivalents may be used :—
- |   |    |              |    |      |             |
|---|----|--------------|----|------|-------------|
| $\frac{1}{2}$ Chhatak of skim milk powder | .. | = Fresh milk | .. | 4    | Chhataks or |
|   | .. | = Cheese     | .. | 0.75 | Chhataks or |
|   | .. | = Eggs       | .. | Two  | or          |
|   | .. | = Chicken    | .. | 1.0  | Chhataks or |
|   | .. | = Mutton     | .. | 1.0  | Chhataks or |
|   | .. | = Fish       | .. | 1.0  | Chhataks.   |

*General Instructions.*

1. *Cereals.*—(i) These include rice, wheat, baker's bread, "jowar", "bajari", "ragi," etc.

The quantity of cereals indicated in the diet scales should preferably be distributed in the proportions mentioned against rice, wheat, bread, etc. If desired, any other cereal from the above list may be substituted.

(ii) Undermilled rice and/or parboiled rice and wholemeal bread should be used in place of milled or polished rice and white bread, respectively.

2. *Pulses.*—In addition to "tur" dal, other varieties of pulses such as "mung" (green gram), "masur" (lentil), "chana", "mutki", etc., may also be used. The pulses may occasionally be used in the form of sprouted (germinated) pulses.

3. *Leafy vegetables.*—These include "chawli", lettuce, "palak", "mulla" leaves, drumstick leaves, cabbage, corianderleaves, etc. In order to prepare leafy vegetables in a palatable form they may be cooked together with pulses and "dals".

4. *Roots & tubers.*—These include potatoes, sweet potatoes, carrots, cncns, beetroct, "suran", etc.

5. *Other vegetables.*—These include a large variety of fresh vegetables like the brinjal tomatoes, cauliflower, drumsticks, "bhendi", green peas, green beans (french beans, "guvars") pumpkins ("dudhi" and "bhopala") and gourds ("tondli", "parwar", "padwal", "turia"), etc.

6. *Fruits.*—In view of the high nutritive value of fruits, they are especially included in all the diet scales, wherever necessary. They may include bananas, sweet lime, oranges, papayas, "chikus", ripe tomatoes, etc.

7. *Sugar/ "Gur".*—Light coloured "gur" may be used, with advantage as a part of the allowance, for this group of sweetening agents in foods.

8. *Vegetable oils/fats.*—Either refined vegetable oils or hydrogenated oils may be used as the cooking medium.

9. *Butter/ghee.*—Butter or ghee is to be used preferably as a spread on bread or "chapati" or served with rice.

10. *Milk, curds.*—(i) This should preferably be fresh milk (Buffalo's or Cow's).

(ii) "Toned milk": "Toned milk" which is similar in composition to cow's milk, is available in Greater Bombay. If buffalo's milk is found expensive, "toned milk" up to 50 per cent. may be used in the Full Diets (F. D.) and High Protein Diets (H.P.D.).

(iii) *Skim milk powder.*—In case skim milk powder is used as reconstituted liquid milk, the following method is recommended:—

Skim milk powder should be reconstituted into liquid milk in the proportion of one measure of milk powder to four measures of water; or, by weight, one part of milk powder to seven parts of water. The powder should be added gradually to warm water and the reconstitution should be effected by constant stirring, to avoid lump formation.

11. *Fleshy foods.*—Fish may advantageously replace meat, in part or whole, during season. Liver, if available, may be served in place of mutton or fish, twice or thrice a week.

12. *Tea leaves: For Mothers' Diets only.*—Tea leaves or coffee powder up to two teaspoonfuls (about  $\frac{1}{2}$  oz.) are allowed per patient, per day.

13. *Nutritional Supplements to Children.*—Milk Diets are generally deficient in some vitamin and iron. It is, therefore, desirable to supply the Milk Diet (M.D.), Light Diet (L.D) and Buttermilk Diet (Bm.D.), if prescribed for long periods (exceeding 10 days) with suitable vitamin and mineral preparations.



Recommendations regarding food adjuncts and fuel.

	Mothers Diets*,		Children's Diets†.		(Full Diets and High Protein Diets).	
	Full Diets.	Light Diets.	6 months—1 year.	1—3 years.	3—6 years.	6—12 years.
Salt ...	...	½	1/16	Nil	½	½
Condiments ...	...	½	Nil	Nil	½	½
(Include red chillies, turmeric, garlic, coriander seeds, cumin seeds and tamarind or cocum.)						
<b>Fuel—</b>						
Firewood ...	...	12	3	6	6	6
Or						
Soft Coke ...	...	10	3	5	5	5
plus						
Charcoal ...	...	½	½	½	½	½

\*No allowances for food adjuncts and fuel are prescribed for the Milk Diet in the case of Mothers.

†No allowances for food adjuncts and fuel are prescribed for Light Diets (L.D.), Milk Diets (M.D.) and Buttermilk Diets (Bm.D.), in the case of children.

(G) Diets recommended for Northcote and Subidiary Police Hospital, Bombay.

TABLE I.

(a) Full Diets for Grade I (Officers).

Foodstuffs—			Vegetarian (in ozs.).	Non-vegetarian (in ozs.).
Rice	...	...	4	4
Wheat flour	...	...	...	...
Bread	...	...	10	9
Pulses and "dals"	...	...	3	1
Leafy vegetables	...	...	4	3
Root vegetables	...	...	3	4
Other vegetables	...	...	3	3
Fruits	...	...	5	5
Sugar and Jaggery	...	...	2	2
Vegetable oils/fats	...	...	1	1
Butter and ghee	...	...	1	1
Milk, curds	...	...	16	10
Fish and meat	...	...	.....	8
Eggs	...	...	.....	Two
Tea leaves	...	...	5/12	5/12
Salt	...	...	1/2	1/2
Condiments and spices*	...	...	1/2 to 3/4	1/2 to 3/4
Soft coke	...	...	20	20
Charcoal	...	...	1/2	1/2

\*Condiments include dry currysuff like red chillies, turmeric, black pepper, "garam masala", cumin seeds, coriander seeds, tamarind, "cocum", etc.

Coriander leaves, green chillies, ginger, garlic, mint, curry leaves and also coconut (fresh or dry) may be included in green spices.

TABLE I.

(b) Full Diets for Grade I (Officers).

				Vegetarian.	Non-vegetarian.
<i>Proximate Principles—</i>					
Total Proteins	(ingms.)	...	...	84.3	116.7
(Animal Proteins)	(ingms.)	...	...	19.5	70.1
Fats	(ingms.)	...	...	103.3	114.6
Carbohydrates	(ingms.)	...	...	433.7	350.56
Calcium	(ingms.)	...	...	1.70	1.39
Phosphorus	(ingms.)	...	...	2.06	2.06
Iron	(in mgs.)	...	...	47.5	42.7
Vitamin A	(in I.U.)	...	...	12,006	10,781
Vitamin B1	(in I.U.)	...	...	687	560
Vitamin C	(in mgs.)	...	...	300	282
Calories		...	...	3,001	2,899
<i>Distribution of Calories—</i>					
Proteins	...	...	...	11 per cent.	16 per cent.
Fats	...	...	...	31 per cent.	36 per cent.
Carbohydrates	...	...	...	58 per cent.	48 per cent.

TABLE I.

(c) Menus for Grade I.

Time.	Vegetarian.		Non-vegetarian.		
7-8 a.m.	Tea :	.. tea leaves } Sugar } Milk }	.. ½ oz. .. ½ oz. .. 1 oz.	Tea : tea leaves } Sugar } Milk }	.. ½ oz. .. ½ oz. .. 1 oz.
9-0 a.m.	Tea :	.. tea leaves } Sugar } Milk }	.. 1/6 oz. .. 1 oz. .. 2 oz.	Tea : tea leaves } Sugar } Milk }	.. 1/6 oz. .. 1 oz. .. 2 oz.
		Bread	.. 2 oz.	Bread	.. 2 oz.
		Butter	.. ½ oz.	Butter	.. ½ oz.
				Eggs.	.. Two
12-0 Noon		.. Rice	.. 2 oz.	Rice	.. 2 oz.
		Wheat flour (as bread or "chapati")	.. 3 oz.	Wheat flour (as bread or "chapati")	.. 3 oz.
		Pulse	.. 2 oz.	Pulse	.. 1 oz.
		Leafy vegetables	.. 4 oz.	Leafy vegetables	.. 3 oz.
		Root vegetables	.. 2 oz.	Root vegetables	.. 2 oz.
		Milk (as curds)	.. 4 oz.	Mutton	.. 4 oz.
		Fruit	.. 2½ oz.	Fruit	.. 2½ oz.
4-00 p.m.	Tea :	.. tea leaves } Sugar } Milk }	.. ½ oz. .. ½ oz. .. 1 oz.	Tea : tea leaves } Sugar } Milk }	.. ½ oz. .. ½ oz. .. 1 oz.
		Bread	.. 2 oz.	Bread	.. 2 oz.
		Butter	.. ½ oz.	Butter	.. ½ oz.
7-00 p.m.		.. Rice	.. 2 oz.	Rice	.. 2 oz.
		Wheat flour (as bread or "chapati")	.. 3 oz.	Wheat flour (as bread or "chapati")	.. 2 oz.
		Pulse	.. 1 oz.	Pulse	.. .. oz.
		Root vegetables	.. 1 oz.	Root vegetables	.. 2 oz.
		Other vegetables	.. 3 oz.	Other vegetables	.. 3 oz.
		Milk (as curds)	.. 4 oz.	Mutton	.. 4 oz.
		Fruit	.. 2½ oz.	Fruit	.. 2½ oz.
9-00 p.m.		.. Milk	.. 4 oz.	Milk	.. 6 oz.

N.B.—Vegetable oil/fats: The 1 oz. of vegetable oil/fats included in the diet scale, may be used for cooking the two principal meals, in the recommended menus.

TABLE II

## (a) Full Diets for Grade II (Policemen)

Foodstuffs—				Vegetarian (in ozs.).	Non-vegetarian (in ozs.).
Rice	..	..	..	4	4
Wheat flour	..	..	..	10	10
Bread	..	..	..		
Pulses and "dals"	..	..	..		
Leafy vegetables	..	..	..	4	2
Root vegetables	..	..	..	3	4
Other vegetables	..	..	..	3	2
Fruits	..	..	..	2½	2½
Sugar and jaggery	..	..	..	1½	1½
Vegetable oils/fats	..	..	..	1	1
Butter and ghee	..	..	..	1	1
Milk, curds	..	..	..	12	6
Fish and meat	..	..	..	....	4
Eggs	..	..	..	....	One

Tea leaves	..	..	..	½	½
Salt	..	..	..	½	½
Condiments and spices*	..	..	..	½ to 1	½ to 1
Soft coke	..	..	..	20	20
Charcoal	..	..	..	½	½

\*Condiments include dry currystuff like red chillies, turmeric, black pepper, 'garam masala' cummin seeds, coriander seeds, tamarind, 'cocum', etc. Coriander leaves, green chillies, ginger, garlic, mint, curry leaves and also coconut (fresh or dry) may be included in green spices.

## (b) Full Diets for Grade II (Policemen).

Proximate Principles—			Vegetarian.	Non-vegetarian.
Total Proteins (in gms.)	..	..	85.2	98.6
(Animal Proteins) (in gms.)	..	..	14.6	36.3
Fats (in gms.)	..	..	93.0	90.6
Carbohydrates (in gms.)	..	..	438.9	411.6
Calcium (in gms.)	..	..	1.47	0.99
Phosphorus (in gms.)	..	..	1.97	1.89
Iron (in mgs.)	..	..	48.27	39.00
Vitamin A (in I. U.)	..	..	10,996	7,684
Vitamin B <sub>1</sub> (in I. U.)	..	..	717	684
Vitamin C (in mgs.)	..	..	212	163
CALORIES	..	..	2,933	2,856

## Distribution of Calories—

Proteins	..	..	..	12%	14%
Fats	..	..	..	28%	29%
Carbohydrates	..	..	..	60%	57%

TABLE II—contd.  
(c) Menus for Grade II.

Time.	Vegetarian.			Non-vegetarian.		
7-00 a.m.	.. Tea:	Tea leaves } .. $\frac{1}{2}$ ozs.	Tea: tea leaves } .. $\frac{1}{2}$ ozs.	Sugar } .. $\frac{1}{2}$ ozs.	Sugar } .. $\frac{1}{2}$ ozs.	Milk } .. 1 ozs.
		Milk } .. 1 ozs.				
9-00 a.m.	.. Milk	.. 4 ozs.	Milk	.. 4 ozs.	Bread	.. 2 ozs.
		Bread	.. 2 ozs.		Butter	.. $\frac{1}{2}$ ozs.
		Butter	.. $\frac{1}{2}$ ozs.		Egg.	One.
12-00 Noon	.. Rice	.. 2 ozs.	Rice	.. 2 ozs.	Wheat flour	.. 4 ozs.
		Wheat flour	.. 4 ozs.		(as "chapati").	
		(as "chapati").			Pulse	.. 2 ozs.
		Pulse	.. 2 ozs.		Leafy vegetables	.. 4 ozs.
		Leafy vegetables	.. 4 ozs.		Root vegetables	.. 1 $\frac{1}{2}$ ozs.
		Root vegetables	.. 1 $\frac{1}{2}$ ozs.		Fruit	.. 2 $\frac{1}{2}$ ozs.
		Fruit	.. 2 $\frac{1}{2}$ ozs.		Ghee	.. $\frac{1}{2}$ ozs.
		Ghee	.. $\frac{1}{2}$ ozs.		Milk (as buttermilk)	3 ozs.
		Milk (as buttermilk)	3 ozs.		Mutton	.. 4 ozs.
4-00 p.m.	.. Tea:	Tea leaves } .. $\frac{1}{2}$ ozs.	Tea: tea leaves } .. $\frac{1}{2}$ ozs.	Sugar } .. $\frac{1}{2}$ ozs.	Sugar } .. $\frac{1}{2}$ ozs.	Milk } .. 1 ozs.
		Milk } .. 1 ozs.				
7-00 p.m.	.. Rice	.. 2 ozs.	Rice	.. 2 ozs.	Wheat flour	.. 4 ozs.
		Wheat flour	.. 4 ozs.		(as "chapati").	
		(as "chapati").			Pulse	.. 2 ozs.
		Pulse	.. 2 ozs.		Root vegetables	.. 1 $\frac{1}{2}$ ozs.
		Root vegetables	.. 1 $\frac{1}{2}$ ozs.		Other vegetables	.. 3 ozs.
		Other vegetables	.. 3 ozs.		Ghee	.. $\frac{1}{2}$ ozs.
		Ghee	.. $\frac{1}{2}$ ozs.		Milk (as buttermilk)	3 ozs.
		Milk (as buttermilk)	3 ozs.			

N.B.—Vegetable oil/fats: The 1 oz. of vegetable oil/fats included in the diet scale, may be used for cooking the two principal meals, in the recommended menus.

Sugar/Jaggery: One ounce of sugar is recommended for the preparation of tea;  $\frac{1}{2}$  oz. of jaggery may be used for cooking the two principal meals, in the recommended menus.

Table III—Light Diet (L. D.).

Table IV—Milk Diet (M. D.).

Table V—Buttermilk Diet (Bm. D.).

Table VI—High protein Diets (A. H. P. D. & B. H. P. D.)

The diet scales, menus and instructions for Tables III, IV, V and VI are the same as those recommended in Government Resolution, Local Self Government and Public Health Departments No. 6662/33, dated 25th July 1951. They are applicable to both, Grade I (Officers) and Grade II (Police-men).

These diet scales are given on pages 23, 24, 25 and 26 respectively.

#### (H) Displaced Persons' Colonies.

##### 1. Diets for Destitutes (recommended in 1949-50).

TABLE I.

(Scale as admissible to an adult).

Foodstuffs—							(in ozs.).
Rice	..	..	..	..	..	}	12·0
Wheat	..	..	..	..	..		
Other cereals	..	..	..	..	..		
Pulses	..	..	..	..	..		
Leafy vegetables	..	..	..	..	..		
Root vegetables	..	..	..	..	..		
Other vegetables	..	..	..	..	..	4·0	
Fruits	..	..	..	..	..	2·0	
	..	..	..	..	..	2·0	
	..	..	..	..	..	2·0	
	..	..	..	..	..	....	

TABLE I—*contd.*

<i>Foodstuffs—</i>						(in ozs.)
Sugar/Jaggery	..	..	..	..	..	1.5
Vegetable oil/fats	..	..	..	..	..	2.0
Butter/ghee	..	..	..	..	..	....
Milk/Curds (skim milk powder)	..	..	..	..	..	1.0
Fish/Meat	..	..	..	..	..	....
Eggs	..	..	..	..	..	....
Other foods	..	..	..	..	..	....
<i>Proximate Principles—</i>						
Total Proteins (in g.)	..	..	..	..	..	73.5
(Animal Proteins) (in g.)	..	..	..	..	..	10.8
Fats (in g.)	..	..	..	..	..	62.3
Carbohydrates (in g.)	..	..	..	..	..	349.5
Calcium (in g.)	..	..	..	..	..	0.89
Phosphorus (in g.)	..	..	..	..	..	1.53
Iron (in mg.)	..	..	..	..	..	35.79
Vitamin A (in I. U.)	..	..	..	..	..	3,969
Vitamin B <sub>1</sub> (in I. U.)	..	..	..	..	..	633
Vitamin C (in mg.)	..	..	..	..	..	69
Calories	..	..	..	..	..	2,433
<i>Distribution of Calories—</i>						
Proteins	..	..	..	..	..	12%
Fats	..	..	..	..	..	23%
Carbohydrates	..	..	..	..	..	65%

TABLE II.

(Scale as admissible to children of 6 years and below).

<i>Foodstuffs—</i>						(in ozs.).
Rice	}	...	...	...	...	6.0
Wheat						
Other cereals						
Pulses	...	...	...	...	...	2.0
Leafy vegetables	...	...	...	...	...	1.0
Root vegetables	...	...	...	...	...	1.5
Other vegetables	...	...	...	...	...	1.5

TABLE II—*contd.*

<i>Foodstuffs—</i>						(in ozs.)
Fruits	...	...	...	...	...	.....
Sugar/Jaggery	...	...	...	...	...	1·0
Vegetable oil/fats	...	...	...	...	...	0·75
Butter/ghee	...	...	...	...	...	.....
Milk/curds	...	...	...	...	...	12·0
Fish/Meat	...	...	...	...	...	.....
Eggs	...	...	...	...	...	.....
Other foods	...	...	...	...	...	.....
<i>Proximate Principles—</i>						
Total Proteins	(in g.)	...	...	...	...	46·5
(Animal Proteins)	(in g.)	...	...	...	...	16·6
Fats	(in g.)	...	...	...	...	54·1
Carbohydrates	(in g.)	...	...	...	...	213·5
Calcium	(in g.)	...	...	...	...	0·98
Phosphorus	(in g.)	...	...	...	...	1·06
Iron	(in mg.)	...	...	...	...	19·46
Vitamin A	(in I. U.)	...	...	...	...	2572
Vitamin B <sub>1</sub>	(in I. U.)	...	...	...	...	319
Vitamin C	(in mg.)	...	...	...	...	41
Calories	...	...	...	...	...	1547
<i>Distribution of Calories—</i>						
Proteins	...	...	...	...	...	12 per cent.
Fats	...	...	...	...	...	31 per cent.
Carbohydrates	...	...	...	...	...	57 per cent.

2. *For Hospital Patients.*

Table I (Full Diets).

<i>Foodstuffs—</i>			Vegetarian (in ozs.)	Non-vegetarian (in ozs.)
Rice	}	...	12·0	12·0
Bread				
Wheat and other cereals				
Pulses	...	...	3·0	3·0
Leafy vegetables	...	...	4·0	4·0
Root vegetables	...	...	3·0	3·0

TABLE I—*contd.*  
(Full Diets).—*contd.*

				Vegetarian in ozs.	Non-vegetarian in ozs.
<i>Foodstuffs—contd.</i>					
Other vegetables	...	...	...	3·0	3·0
Fruits	...	...	...	.....	.....
Sugar/Jaggery	...	...	...	1·0	1·0
Vegetable oil/fats	...	...	...	1·5	1·5
Butter	...	...	...	0·5	0·5
Milk/Curds	...	...	...	16·0	10·0
Fish/Meat	...	...	...	.....	6·0 (thrice a week)
Eggs	...	...	...	.....	.....
Condiments and Spices	...	...	...	.....	.....
<i>Proximate Principles—</i>					
Total Proteins	(in g.)	...	...	79·1	78·9
(Animal Proteins)	(in g.)	...	...	19·5	25·3
Fats	(in g.)	...	...	102·3	96·3
Carbohydrates	(in g.)	...	...	384·4	359·5
Calcium	(in g.)	...	...	1·50	1·20
Phosphorus	(in g.)	...	...	3·46	3·20
Iron	(in mg.)	...	...	39·8	38·6
Vitamin A	(in I. U.)	...	...	6639	6322
Vitamin B <sub>1</sub>	(in I. U.)	...	...	546	545
Vitamin C	(in mg.)	...	...	95	95
Calories	...	...	...	2775	2620
<i>Distribution of Calories—</i>					
Proteins	...	...	...	12 per cent.	12 per cent.
Fats	...	...	...	33 „	33 „
Carbohydrates	...	...	...	55 „	55 „

Menu for the week for full diets.

		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
		Vegetarian.	Non-Vegetarian.	Vegetarian.	Non-Vegetarian.	Vegetarian.	Non-Vegetarian.	Vegetarian.	Non-Vegetarian.	Vegetarian.	Non-Vegetarian.	Vegetarian.	Non-Vegetarian.	Vegetarian.	Non-Vegetarian.
99-0709 0 7-08 (2020)	Mid-day Meal.	Rice Chapati, Dal (2 ozs.) L. V. (6 ozs.)	Do.	Rice Chapati, Dal (2 ozs.) Vegetable— R. V. 2 oz. O. V. 3 oz.	Do.	Rice Chapati, Dal (2 ozs.) L.V. (6 oz.)	Do.	Rice, Chapati Dal (2 oz.) Vegetable— R. V. 2 oz. O. V. 3 oz.	Do.	Rice Chapati, Dal (2 oz.) L. V. 6 oz.	Do.	Rice Chapati, Dal 2 oz. Vegetable— R. V. 2 oz. O. V. 4 oz.	Do.	Rice Chapati, Dal 2 oz. Vegetable— R. V. 2 oz. O. V. 3 oz.	Do.
	Evening Meal.	Chapati, Vegetable— R. V. 3 oz. O. V. 3 oz.	Do.	Chapati, Vegetable— R. V. 3 oz. Pulse 2 oz.	Chapati, Vegetable— R. V. 3 oz. Meat 6 oz.	Chapati Vegetable— R. V. 3 oz. O. V. 3 oz.	Do.	Chapati, Vegetable— R. V. 3 oz. Pulse 2 oz.	Chapati, Vegetable— R.V.3 oz. Meat 6 oz.	Chapati, Vegetable— R. V. 3 oz. O. V. 3 oz.	Do.	Chapati, Vegetable— R. V. 3 oz. O. V. 2 oz.	Do.	Chapati, Vegetable— R. V. 3 oz. Pulse 2 oz.	Chapati, Vegetable R.V.3oz. Meat 6 oz.

L. V. = Leafy vegetables : ("methi", "chawli", "palak", cabbage, "mulla" leaves, onion leaves, coriander leaves, etc.)

R. V. = Root vegetables : (Potatoes, onions, sweet potatoes, carrots, yam and "mulla", etc.)

O. V. = Other vegetables : (Brinjals, ladies fingers, beans, drumsticks, tomatoes, plantains, etc.)



TABLE II.

*(Reduced Diet).*

<i>Foodstuffs—</i>							(R. D.) (in oza.)
Rice	.. ..	..	..	..	..	..	3.0
Bread	.. ..	..	..	..	..	..	2.0
Wheat and other cereals	.. ..	..	..	..	..	..	....
Pulses	.. ..	..	..	..	..	..	....
Leafy vegetables	.. ..	..	..	..	..	..	....
Root vegetables	.. ..	..	..	..	..	..	....
Other vegetables	.. ..	..	..	..	..	..	....
Fruits	.. ..	..	..	..	..	..	....
Sugar/Jaggery	.. ..	..	..	..	..	..	2.0
Vegetable oil/Fats	.. ..	..	..	..	..	..	....
Butter	.. ..	..	..	..	..	..	0.5
Milk/Curds	.. ..	..	..	..	..	..	32.0
Fish/Meat	.. ..	..	..	..	..	..	....
Eggs	.. ..	..	..	..	..	..	....
Condiments and Spices	.. ..	..	..	..	..	..	....
 <i>Proximate Principles—</i>							
Total Proteins	(in g.)	..	..	..	..	..	53.1
(Animal Proteins)	(in g.)	..	..	..	..	..	39.0
Fats	(in g.)	..	..	..	..	..	93.1
Carbohydrates	(in g.)	..	..	..	..	..	209.6
Calcium	(in g.)	..	..	..	..	..	1.9
Phosphorus	(in g.)	..	..	..	..	..	1.5
Iron	(in mg.)	..	..	..	..	..	8.4
Vitamin A	(in I. U.)	..	..	..	..	..	2,475
Vitamin B <sub>1</sub>	(in I. U.)	..	..	..	..	..	51
Vitamin C	(in mg.)	..	..	..	..	..	....
Calories	.. ..	..	..	..	..	..	1,889
 <i>Distribution of Calories—</i>							
Proteins	.. ..	..	..	..	..	..	12 per cent.
Fats	.. ..	..	..	..	..	..	44 per cent.
Carbohydrates	.. ..	..	..	..	..	..	44 per cent.

TABLE III.

*(Milk Diet).*

<i>Foodstuffs—</i>							(M. D.) (in oza.)
Rice	.. ..	..	..	..	..	..	....
Bread	.. ..	..	..	..	..	..	....
Wheat and other cereals	.. ..	..	..	..	..	..	....
Pulses	.. ..	..	..	..	..	..	....
Leafy vegetables	.. ..	..	..	..	..	..	....
Root vegetables	.. ..	..	..	..	..	..	....
Other vegetables	.. ..	..	..	..	..	..	....
Fruits	.. ..	..	..	..	..	..	....
Sugar/Jaggery	.. ..	..	..	..	..	Maximum	2.0
Vegetable oil/fats	.. ..	..	..	..	..	..	....
Butter	.. ..	..	..	..	..	..	....
Milk/Curds	.. ..	..	..	..	..	..	48.0
Fish/Meat	.. ..	..	..	..	..	..	....
Eggs	.. ..	..	..	..	..	..	....
Condiments and Spices	.. ..	..	..	..	..	..	....

TABLE III—*contd*

<i>Proximate Principles—</i>		<i>Msik Diet</i>				M. D. (in ozs.)
Total Proteins	(in g.)	..	..	..	..	58·6
(Animal Proteins)	(in g.)	..	..	..	..	58·6
Fats	(in g.)	..	..	..	..	119·5
Carbohydrates	(in g.)	..	..	..	..	97·6
Calcium	(in g.)	..	..	..	..	2·88
Phosphorus	(in g.)	..	..	..	..	1·72
Iron	(in mg.)	..	..	..	..	2·88
Vitamin A	(in I. U.)	..	..	..	..	2,208
Vitamin B <sub>1</sub>	(in I. U.)	..	..	..	..	....
Vitamin C	(in mg.)	..	..	..	..	....
Calories	..	..	..	..	..	1,700

*Distribution of Calories—*

Proteins	..	..	..	..	..	14 per cent.
Fats	..	..	..	..	..	63 per cent.
Carbohydrates	..	..	..	..	..	23 per cent.

TABLE IV.

*(High Protein Diets)*

<i>Foodstuffs—</i>	Vegetarian (in ozs.)	Non-vegetarian (in ozs.)
Rice	} 12·0	12·0
Bread		
Wheat and other cereals		
Pulses	3·0	2·5
Leafy vegetables	2·5	2·5
Root vegetables	4·0	4·0
Other vegetables	4·0	3·5
Fruits	3·0	3·0
Sugar/Jaggery	1·0	1·0
Vegetable oil/fats	1·5	1·5
Butter	0·5	0·5
Milk/Curd	20·0	10·0
Fish/Meat	....	6·0
Eggs	....	(thrice a week) One
Other foods (skim milk powder)	1·5	1·0

*Proximate Principles—*

Total Proteins (in g.)	..	..	101·2	100·1
(Animal Proteins) (in g.)	..	..	40·5	42·6
Fats (in g.)	..	..	112·6	103·4
Carbohydrates (in g.)	..	..	417·2	386·2
Calcium (in g.)	..	..	2·3	1·6
Phosphorus (in g.)	..	..	4·0	3·6
Iron (in mg.)	..	..	41·7	42·1
Vitamin A (in I. U.)	..	..	7926	7922
Vitamin B <sub>1</sub> (in I. U.)	..	..	579	559
Vitamin C (in mg.)	..	..	100	95
Calories	..	..	3088	2876

*Distribution of Calories—*

Proteins	..	..	..	..	13 per cent.	14 per cent.
Fats	..	..	..	..	33 per cent.	32 per cent.
Carbohydrates	..	..	..	..	54 per cent.	54 per cent.



*Proximate Principles—*

Total Proteins (in g.)	...	...	...	...	54·0
(Animal Proteins) (in g.)	...	...	...	...	39 0
Fats (in g.)	...	...	...	...	93·2
Carbohydrates (in g.)	...	...	...	...	222·6
Calcium (in g.)	...	...	...	...	1·95
Phosphorus (in g.)	...	...	...	...	1·52
Iron (in mg.)	...	...	...	...	8 7
Vitamin A (in I. U.)	...	...	...	...	2497
Vitamin B <sub>1</sub> (in I. U.)	...	...	...	...	63
Vitamin C (in mg.)	...	...	...	...	8
Calories	...	...	...	...	1945

*Distribution of Calories—*

Proteins	...	...	...	...	12 per cent.
Fats	...	...	...	...	43 per cent.
Carbohydrates	...	...	...	...	46 per cent.

## II. DIETS FOR PATIENTS IN SPECIAL (NON-GOVT) HOSPITALS.

## (A) Children's Orthopedic Hospital, Mahalaxmi, Bombay.

TABLE I.

(Scale as admissible to children up to 5 years of age.)

<i>Foodstuffs—</i>	Vegetarian (in ozs)	Non-vegetarian (in ozs.)
Rice	1 5	1·5
Wheat, Bread	3 0	3 0
Other cereals	.....	.....
Pulses	1 0	0·5
Leafy vegetables	2·0	2·0
Root vegetables	1·5	1·5
Other vegetables	1·5	1·5
Fruits (banana and orange or sweet lime)	two (whole)	two (whole)
Sugar/Jaggery	1·5	1·5
Vegetable oil/fats	0 25	0 25
Butter/ghee	0 5	0 5
Milk/Curds	} 24·0 } 0·5	} 24 0 } .....
	(sk. milk powder)	
Fish/Meat	.....	2 0
Eggs	half (0·75)	one and a half (2·25)
Other foods ("Milo"—A tonic food—Nestle's)	0 25	0 25
<i>Proximate Principles—</i>		
Total Proteins (in g.)	66 0	71·0
(Animal Proteins) (in g.)	39 0	48 7
Fats (in g.)	66 0	79 0
Carbohydrates (in g.)	248 1	232 0
Calcium (in g.)	1 97	1·87
Phosphorus (in g.)	1 73	1·72
Iron (in mg.)	17 6	18 7
Vitamin A (in I. U.)	4403	4909
Vitamin B <sub>1</sub> (in I. U.)	276	268
Vitamin C (in mg.)	95	96
Calories	1854	1925
<i>Distribution of Calories—</i>		
Proteins	14 per cent.	15 per cent.
Fats	32 per cent.	37 per cent.
Carbohydrates	54 per cent.	48 per cent.

TABLE 1 (b).

## Menus.

(Age up to 5 years.)

Time.	Vegetarian.	Non-vegetarian.
7-00 a.m. ....	... Early feeding— ... Mlk ... 4.0 ozs. ... Sugar ... 0.25 "	Early feeding— Same as for vegetarians.
9-00 a.m. ...	... Breakfast— Milk ... 4.0 ozs. Sugar ... 0.25 " Bread ... 1.00 " Butter ... 0.25 " For porridge— Cereal ... 0.25 " Milk ... 2.00 " Sugar ... 0.25 " Banana ... 3.00 "	Breakfast—  Same as for vegetarians plus one egg.
11-00 a.m. ....	... Between meal feeding— Fruit— One ... 4.00 ozs. (in the form of juice)	Between meal feeding— Same as for vegetarians.
12-30 p.m. ...	... Lunch— Rice ... 0.75 ozs. 'Chapati' ... 0.75 " Sk. Mlk powder ... 0.25 " 'Dal' ... 0.5 " Vegetables— Leafy ... 2.0 " Root ... 0.5 " Milk (curd) ... 2.0 "	Lunch— Rice ... 0.75 ozs. 'Chapati' ... 0.75 " 'Dal' ... 0.5 " Vegetables— Leafy ... 2.0 " Root ... 0.5 " Milk (curd) ... 2.0 " Mutton/Fish ... 1.0 "
3-30 p.m. ...	... Between meal feeding— Mlk ... 4.0 ozs. Sugar ... 0.25 " Biscuits ... 0.5 "	Between meal feeding— Same as for vegetarians.
7-00 p.m. ...	... Dinner— 'Chapati' ... 0.75 ozs. Sk. mlk powder ... 0.25 " 'Dal' ... 0.5 " Vegetables— Root ... 1.0 " Other ... 1.5 " For pudding— Rice ... 0.5 " Mlk ... 4.0 " Sugar ... 0.25 " Egg ... Half.	Dinner— 'Chapati' ... 0.75 ozs. Vegetables— Root ... 1.0 " Other ... 1.5 " Mutton/Fish ... 1.0 " For pudding Rice ... 0.5 " Mlk ... 4.0 " Sugar ... 0.25 " Eggs ... Half.
9-00 p.m. ...	Late feeding :— Mlk ... 4.0 ozs. 'Milo' ... 0.25 " Sugar ... 0.25 "	Late feeding :— Same as for vegetarians.

Remarks.—1. The quantity of 0.25 oz. of vegetable oil per head per day may be used for cooking various preparations.

2. Butter up to 0.25 oz. should be used for applying on 'Chapati'

TABLE II.

(Scale as admissible to Children above 6 years of age).

			Vegetarian (in ozs.)	Non-vegetarian (in ozs.)
<i>Foodstuffs—</i>				
Rice	..	..	2.0	2.0
Wheat, Bread	..	..	4.0	4.0
Other cereals	..	..	....	....
Pulses	..	..	1.5	0.5
Leafy vegetables	..	..	2.0	2.0
Root vegetables	..	..	1.5	1.5
Other vegetables	..	..	1.5	1.5
Fruits (banana and orange or sweet lime)	..	..	two (whole)	two (whole).
Sugar/Jaggery	..	..	1.5	1.5
Vegetable oil/Fats	..	..	0.25	0.25
Butter/Ghee	..	..	0.5	0.5
Milk/Curds	..	..	24.0	24.0
			0.5 (sk. milk powder).	....
Fish/Meat	..	..	...	3.0
Eggs	..	..	0.75 (half)	2.25 (one and a half.)
Other foods ("Milo"—A tonic food—Nestle's).			0.25	0.25
<i>Proximate Principles—</i>				
Total Proteins (in g.)	..	..	74.0	80.9
(Animal Proteins) (in g.)	..	..	35.8	49.1
Fats (in g.)	..	..	66.8	83.2
Carbohydrates (in g.)	..	..	290.6	263.2
Calcium (in g.)	..	..	2.10	1.93
Phosphorus (in g.)	..	..	1.96	1.87
Iron (in mg.)	..	..	20.5	21.3
Vitamin A (in I. U.)	..	..	4455	4948
Vitamin B <sub>1</sub> (in I. U.)	..	..	351	370
Vitamin C (in mg.)	..	..	95	95
Calories	..	..	2060	2125
<i>Distribution of Calories—</i>				
Proteins	..	..	14 per cent.	15 per cent.
Fats	..	..	29 per cent.	35 "
Carbohydrates	..	..	57 per cent.	50 "

TABLE II(b).

*Menus.*

(Age 6 years and above)

Time.	Vegetarian.	Non-vegetarian.
7-00 a.m.	... Early feeding : Milk ... 4.0 ozs. Sugar ... 0.25 ozs.	Early feeding : Same as for vegetarian.
9-00 a.m.	... Breakfast : Milk ... 4.0 ozs. Sugar ... 0.25 ozs. Bread ... 1.0 ozs. Butter ... 0.25 ozs. For porridge : ... Cereal ... 0.5 ozs. Milk ... 2.0 ozs. Sugar ... 0.25 ozs. Banana one ... 3.0 ozs.	Breakfast : Same as for vegetarian plus one egg.

Time.	Vegetarian.	Non-vegetarian.
11-00 a.m.	... Between meal feeding Fruit-one ... 4 0 ozs. (in the form of juice).	Between meal feeding: Same as for vege- tarian.
12-30 p.m.	... Lunch: Rice ... 1 0 ozs. "Chapati" ... 1 0 ozs. Sk. Milk Powder. 0 25 ozs. Vegetables— Leafy ... 2 0 ozs. Root ... 0 5 ozs. Milk (curd) ... 2 0 ozs. "Dal" ... 0 75 ozs.	Lunch: Rice ... 1 0 oz. "Chapati" ... 1 0 oz. "Dal" ... 0 5 ozs. Vegetables— Leafy ... 2 0 ozs. Root ... 0 5 ozs. Milk (curd) ... 2 0 ozs. Mutton/Fish ... 1 5 ozs.
3-30 p.m.	... Between meal feeding: Milk ... 4 0 ozs. Sugar ... 0 25 ozs. Biscuits ... 0 5 ozs.	Between meal feeding: Same as for vege- tarians.
7-00 p.m.	... Dinner "Chapati" ... 1 25 ozs. Skimmed milk powder. "Dal" ... 0 75 ozs. Vegetables Root ... 1 0 oz. Other ... 1 5 ozs. For pudding Rice ... 0 75 ozs. Milk ... 4 0 ozs. Sugar ... 0 25 ozs. Egg ... Half	Dinner: "Chapati" ... 1 25 ozs. Vegetables Root ... 1 0 ozs. Other ... 1 5 ozs. Mutton/Fish ... 1 5 ozs. For pudding Rice ... 0 75 ozs. Milk ... 4 0 ozs. Sugar ... 0 25 ozs. Egg ... Half.
9-00 p.m.	... Late feeding: Milk ... 4 0 ozs. 'Milo' ... 0 25 ozs. Sugar ... 0 25 ozs.	Late feeding: Same as for vegetarians.

Remarks 1.—The quantity of 0.25 ozs. of vegetable oil per head per day may be used for cooking various preparations.

2. Butter upto 0.25 ozs. should be used for applying on *Chapati*.

#### Diets for Children's Orthopedic Hospital.

##### Menu Planning : General Instructions.

**Cereals.**—Includes all varieties of rationed cereals (rice, wheat, bread, "jowar," Maize, "bajri," milo, etc.).

The cereal for porridge may include quaker oats, rolled oats, sago, vermicelli, or 'ragi'.

The cereal for pudding or dessert purpose may include cornflour, bread, sago, etc. The cereal quota (4.5 and 6.0 ozs.) includes biscuits, cereal for porridge and pudding.

**Pulses.**—Includes sprouted pulses, "dal" (liquid), 'Bosan' used for 'bhajias' and such other preparations.

**Leafy vegetables.**—'Chawli', 'methi', 'palak', 'mulla' leaves, drumstick leaves, 'allu' leaves, mint, coriander, cabbage, lettuce, parsley.

**Root Vegetables.**—Potatoes, sweet potatoes, 'suran', carrot, beet-root, colocasia, onion, radish.

**Other vegetables.**—Tomatoes, cauliflower, 'knol-khol', green peas, green plantain, brinjaj lady's fingers, beans: (cluster, french, broad, pink, double, etc.), gourdes: ('tor.dli', 'parwar', 'tura', 'karola', 'padwal'), pumpkins: (Red and white), amle, green mango, drumstick, etc.

## (B) Arthur Road Hospital for Infectious Diseases, Bombay.

<i>Foodstuffs.—</i>					Table I(a).	Table II(a)
					Liquid Diet (in ozs.)	Light Diet (in ozs.)
Rice	...	...	...	...	.....	2·0
Bread	...	...	...	..	.....	4 0
Fruits (Citrus)	..	...	...	...	6 0	3·0
Sugar, Jaggery	...	..	..	..	2·0	2 0
Glucose	...	..	...	...	0 5	.....
Butter	...	...	..	..	.....	0·5
Buffalo's milk	...	...	..	..	48 0	32·0
Tea leaves	...	..	...	...	0 25	0·25

*Nutrient Analysis—*

Total Proteins	(in g.)	..	...	59 2	57 8
Animal Proteins	(in g.)	...	..	57 6	38 5
Fats	(in g.)	...	...	82·6	68·8
Carbohydrates	(in g.)	...	...	147·1	231·1
Calcium	(in g.)	...	..	2 98	2·02
Phosphorus	(in g.)	...	...	1·95	1·76
Iron	(in mg.)	...	...	4·4	12 6
Vitamin A	(in I.U.)	...	..	1,656	1,461
Vitamin B <sub>1</sub>	(in I.U.)	...	..	24	158
Vitamin C	(in mg.)	...	..	102	51
Calories	...	...	...	1,568	1,775

*Distribution of Calories—*

Proteins	...	..	..	15 Per cent.	13 Per cent.
Fats	...	..	..	47 Per cent.	35 Per cent.
Carbohydrates	...	...	..	38 Per cent.	52 Per cent.

Time.	Table I(b)				Table II(b).				
	Menu for Liquid Diet.				Menu for Light Diet.				
7-00 a.m.	..	Tea	.. { Milk .. 1 oz. { Sugar .. ½ oz.	Tea	.. { Milk .. 1 oz. { Sugar .. ½ oz.	..	..	..	..
9-00 a.m.	..	Milk	.. { Milk .. 12 ozs. { Sugar .. ½ oz.	Bread	..	..	..	2 ozs.	..
				Butter	..	..	..	½ oz.	..
				Milk	.. { Milk .. 8 ozs. { Sugar .. ½ oz.	..	..	..	..



11-00 a.m.	..	Fruit juice { 'Musambi'	One	Fruit	..	'Musambi'	One.
		(Strained) } Glucose	.. ½ oz.			or orange.	
12-00 Noon	..	Milk	.. { Milk .. 12 ozs.	Rice (Soft			2 ozs.
			{ Sugar .. ½ oz.	cooked or			
				made into			
				'conjee'.			
				Milk	.. { Milk .. 6 ozs.		
					{ Sugar .. ½ oz.		
4-00 p.m.	..	Tea	.. { Milk .. 1 oz.	Tea	.. { Milk .. 1 oz.		
			{ Sugar .. ½ oz.	...	{ Sugar .. ½ oz.		
5-00 p.m.	..	Fruit juice { 'Musambi'	One.				
		(Strained). } Glucose	.. ½ oz.				
7-00 p.m.	..	Milk	.. Milk .. 12 ozs.	Bread	..		2 ozs.
			Sugar .. ½ oz.	Milk	.. { Milk .. 8 ozs.		
					{ Sugar .. ½ oz.		
9-00 p.m.	..	Milk	.. { Milk .. 10 ozs.	Milk	.. { Milk .. 8 ozs.		
			{ Sugar .. ½ oz.		{ Sugar .. ½ oz.		

*Instructions for Liquid Diet.*

1. If patient is unable to take 12 ozs. of milk at a time, smaller quantities may be given at more frequent intervals.
2. The following may be given on medical advice :—
  - (i) One egg for albumin water.
  - (ii) One ounce of pearl barley for barley water (1 pint).

*Instructions for Light Diet.*

1. Rice (2 ozs.) may be served as soft cooked rice or made into 'conjee'.
2. The following may be given on medical advice :—
  - (i) One egg (soft boiled).
  - (ii) Vegetable Soup : One cup (6 ozs.) To make 1 cup of vegetable soup, take 4 ozs. of mixed vegetables from the following list and add ½ oz. of pearl barley.

*List of vegetables for Soup.*—Cabbage, potatoes, carrots, ripe tomatoes, french beans, cauliflower, white pumpkin, green peas.

TABLE III.

*High-Caloric Soft Diet for Typhoid Patients*

Foodstuffs—						Soft Diet. (in ozs.).
Rice	...	...	...	...	...	2·0
Bread	...	...	...	...	...	4·0
Barley	...	...	..	...	..	0·25
Leafy vegetables						} (for soup).
Root vegetables						
Other vegetables						
Fruits (citrus)	...	...	...	...	..	6 0
Sugar, Jaggery	...	...	...	...	...	2 0
Glucose	...	...	...	..	...	0·5
Butter and ghee	...	...	...	..	..	0·5
Buffalo milk						24 0
'Toned' milk						24 0
Eggs	...	...	...	..	...	Two
Teakares	...	...	...	..	...	0·25

TABLE III—*contd.*

<i>Nutrient Analysis—</i>						Soft Diet (in ozs.)
Total Proteins	(in g)	...	...	...	...	90·7
(Animal Proteins)	(in g.)	...	...	...	...	67·3
Fats	(in g.)	...	...	...	...	87·7
Carbohydrates	(in g.)	...	...	...	...	290·6
Calcium	(in g)	...	...	...	...	2·88
Phosphorus	(in g.)	...	...	...	...	2·42
Iron	(in mg)	...	...	...	...	17·3
Vitamin A	(in I.U.)	...	...	...	...	4,389
Vitamin B <sub>1</sub>	(in I. U.)	...	...	...	...	307
Vitamin C	(in mg.)	...	...	...	...	148
Calories	...	...	...	...	...	2,314
<i>Distribution of Calories—</i>						
Proteins	...	...	...	...	...	16 Per cent.
Fats	...	...	...	...	...	34 Per cent.
Carbohydrates	...	...	...	...	...	50 Per cent.

TABLE III (b).

*Menu for Soft Diet.*

<i>Time—</i>						
7-00 a.m.	...	Flavoured milk	...	{ Milk	...	6 ozs.
				{ Sugar	...	½ oz.
				{ Tea leaves	...	¼ oz.
9-30 a.m.	...	Egg flip	...	{ Milk	...	4 ozs.
				{ Egg	...	One.
				{ Sugar	...	½ oz.
		Milk	...		...	6 ozs. (with 1/4 oz. sugar)
		Bread	...		...	1 oz. (1 slice).
		Butter	...		...	1/4 ozs.
11-00 m.	...	Soup	...	{ Vegetables	...	4 ozs.
				{ Barley	...	1/4 oz.
		Bread	...		...	1 oz. (1 slice).
12-00 Noon	...	Rice	...		...	2 ozs. (soft cooked or made into 'conjee')
		Milk	...		...	10 ozs.
4-00 p m.	...	Flavoured milk	...	{ Milk	...	6 ozs.
				{ Sugar	...	1/2 oz.
				{ Tea leaves	...	1/8 oz.
5-00 p.m.	...	Fruit juice	...		...	(Two) 'Mosambi' or orange.
		Glucose	...		...	½ oz.
7-00 p.m.	...	Bread	...		...	2 ozs. (2 slices).
		Butter	...		...	1/4 oz.
		Egg (soft boiled)	...		...	One.
		Milk	...		...	8 ozs.
		Sugar	...		...	1/4 ozs.
9-00 p.m.	...	Milk	...		...	8 ozs.
		Sugar	...		...	1/4 oz.

*Instructions for Soft Diet.*

- Rice (2 ozs) may be served as soft cooked rice or made into 'conjee'.  
In place of milk, soft curds (i.e., beaten up curds) may be served with rice, if the patient so desires.
- Vegetable Soup*—One cup (6 ozs)  
To make 1 cup of vegetable soup, take 4 ozs. of mixed vegetables from the following list and add 1/4 oz. of pearl barley.  
*List of vegetables for Soup.*—Cabbage, potatoes, carrots, ripe tomatoes, french beans, cauliflower, white pumpkin, green peas.
- Egg.*—In place of soft boiled egg, for the 7-0 p.m. feed, boiled or baked custard may be prepared from the egg, 8 ozs. of milk and 1/4 oz. sugar, indicated in the same feed. The custard may be served with bread and butter.
- Glucose.*—The 0·5 ozs. of Glucose may be added to the fruit juice.
- Flavoured milk.*—Tea leaves may be added to the 6 ozs. of milk, for the 7-0 a.m. and 4-0 p.m. feeds.

## PART II.

## DIETS IN HEALTH.

## (A) Diets for Inmates in Government Institutions.

## (1) Technical Institution Hostels.

TABLE I (a).

<i>Foodstuffs—</i>			Vegetarian (in ozs.)	Non-vegetarian (in ozs.)
Rice	...	...	4·0	4·0
Bread	...	...	3·0	3·0
Wheat	...	...	7·0	7·0
Other cereals ('Bajri', 'Jowar', 'Ragi', etc.)	...	...		
Pulses and "Dal"	...	...	4·0	4·0
Leafy vegetables	...	...	3·0	3·0
Root vegetables	...	...	4·0	4·0
Other vegetables	...	...	3·0	3·0
Fruits	...	...	*	*
Sugar and Jaggery	...	...	2·0	2·0
Vegetable oil/fats	...	...	2·0	2·0
Butter and 'ghee'	...	...	0·5	0·5
Milk, curds	...	...	16·0	10·0
Fish and Meat	...	...	.....	3·0
Eggs	...	...	*	*
<i>Nutrient Analysis—</i>				
Total proteins (in g.)	...	...	89·1	99·4
Animal proteins (in g.)	...	...	19·3	29·5
Fats (in g.)	...	...	105·6	101·4
Carbohydrates (in g.)	...	...	461·0	453·2
Calcium (in g.)	...	...	1·80	1·52
Phosphorus (in g.)	...	...	2·31	2·21
Iron (in mg.)	...	...	40·9	42·0
Vitamin A ((in I. U.)	...	...	5,665	5,508
Vitamin B <sub>1</sub> (in I. U.)	...	...	592	618
Vitamin C (in mg.)	...	...	101	101
Calories	...	...	3,161	3,123
<i>Distribution of Calories—</i>				
Proteins	...	...	11 per cent.	13 per cent.
Fats	...	...	30 per cent.	29 per cent.
Carbohydrates	...	...	59 per cent.	58 per cent.

\* Though these foodstuffs are not included in the recommended scales, one of each, may be served, if desired.

TABLE I (a)—*contd.*1 (b) *Distribution of total food allowances for one day in Technical Institution Hos'e's.*

Vegetarian.		Non-vegetarian.
<i>Morning Tea (Breakfast)—</i>		<i>Morning Tea (Breakfast)—</i>
Tea/Coffee,		
Milk	... 2 ozs.	
Cereals:		As for the Vegetarian.
Bread/ 'chapati'	... 3 ozs.	
Butter/ 'ghee'	... 1/2 oz.	
Fruit (one) }	... if desired	
Egg (one) }		
<i>Noon Meal—</i>		<i>Noon Meal—</i>
Cereals:		Cereals:
Rice	... 2 ozs.	Rice
'Chapati'	... 3 ozs.	'Chapati'
Pulses	... 1½ oz.	Pulses
Vegetables:		Vegetables:
Root vegetable	... 2 ozs.	Root vegetable
Other vegetable	... 3 ozs.	Other vegetable
Curds/Milk	... 6 ozs.	Meat/Fish
		... 3 ozs.
<i>Afternoon Tea—</i>		<i>Afternoon Tea—</i>
Tea/Coffee:		As for the vegetarian.
Milk	... 2 ozs.	
Snacks:		
Cereal	... 1 oz.	
Pulses	... 1 oz.	
<i>Evening Meal—</i>		<i>Evening Meal—</i>
Cereals:		As for the vegetarian.
Rice	... 2 ozs.	
'Chapati'	... 3 ozs.	
Pulses	... 1½ ozs.	
Vegetables:		
Leafy vegetable	... 3 ozs.	
Root vegetable	... 2 ozs.	
Curds/Milk	... 6 ozs.	

1. All quantities are indicated in terms of raw foodstuffs.
2. The quantity of 2 ozs. of sugar/jaggery is to be used in the preparation of tea, coffee, served with milk, curds and/or for cooking purposes.
3. The quantity of 2 ozs. of oil/fat is to be used for cooking the various preparations.

TABLE II (a)

2. *Non-Technical College Hostels.*

Foodsstuffs—	Vegetarian (in ozs.)	Non-vegetarian, (in ozs.)
Rice	4 0	4 0
Bread	2 0	2 0
Wheat	6 0	6 0
Other cereals ('Bajra', 'Jowar', 'Ragi' etc)... }	3 0	3 0
Pulses and 'Dals'	3 0	3 0
Leafy vegetables	4 0	4 0
Root vegetables	3 0	3 0
Other vegetables	*	*
Fruits	2 0	2 0
Sugar and Jaggery	1 5	1 5
Vegetable oils/fats	0 5	0 5
Butter and ghee'	16 0	10 0
Milk/curds	.....	3 0
Fish and Meat	*	*
Eggs	..	..

\*Though these foodstuffs are not included in the recommended scales, one of each, may be served, if desired.

TABLE II (a)—*contd.*

		Vegetarian (in ozs)	Non-Vegetarian (in ozs)
<i>Nutrient Analysis—</i>			
Total Proteins (in g)	...	77.3	87.6
(Animal Proteins) (in g)	...	19.3	29.5
Fats (in g.)	...	90.1	85.8
Carbohydrates (in g.)	...	403.6	395.8
Calcium (in g)	...	1.72	1.43
Phosphorus (in g.)	...	2.05	1.96
Iron (in mg)	...	36.2	37.3
Vitamin A (in I. U.)	...	5,568	5,411
Vitamin B <sub>1</sub> (in I.U.)	...	510	536
Vitamin C (in mg.)	...	101	101
Calories	...	2,734	2,706
<i>Distribution of Calories.—</i>			
Proteins	...	11 per cent.	13 per cent.
Fats	...	30 per cent.	29 per cent.
Carbohydrates	...	59 per cent.	58 per cent.

2 (b) *Distribution of total food allowances for one day in Non-Technical College Hostels.*

<i>Vegetarian</i>		<i>Non-vegetarian.</i>	
<i>Morning Tea (Breakfast).—</i>		<i>Morning Tea (Breakfast)—</i>	
Tea/Coffee :			
Milk	... 2 ozs.		
Cereal :			
Bread/Chapati'	... 2 oz.	As for the Vegetarian.	
Butter/Ghee'	... 1/2 oz.		
Fruit	... {		
Egg	... { if desired		
<i>Noon Meal—</i>		<i>Noon Meal—</i>	
Cereals :		Cereals :	
Rice	... 2 ozs.	Rice	... 2 ozs.
'Chapati'	... 3 ozs.	'Chapati'	... 3 ozs.
Pulses	... 1 oz.	Pulses	... 1 oz.
Vegetables :		Vegetables :	
Root vegetable	... 2 ozs.	Root vegetable	... 2 ozs.
Other vegetable	... 3 ozs.	Other vegetables	... 3 ozs.
Curds/Milk	... 6 ozs.	Meat/Fish	... 3 ozs.
<i>Afternoon Tea—</i>		<i>Afternoon Tea—</i>	
Tea/Coffee :			
Milk	... 2 ozs.		
Snacks :		As for the Vegetarian.	
Pulse	... 1 oz.		
<i>Evening Meal—</i>		<i>Evening Meal—</i>	
Cereals :			
Rice	... 2 ozs.		
'Chapati'	... 3 ozs.		
Pulses	... 1 oz.	As for the Vegetarian.	
Vegetables :			
Leafy Vegetables	... 3 ozs.		
Root vegetables	... 2 ozs.		
Curds/Milk	... 6 ozs.		

1. All quantities are indicated in terms of raw foodstuffs.
2. The quantity of 2 ozs. of sugar/jaggery is to be used in the preparation of tea, coffee, served with milk, curds and/or for cooking purposes.
3. The quantity of 1.5 ozs. of oil/fat is to be used for cooking the various preparations.

## (3) Secondary School Hostels.

TABLE III(a).

<i>Foodstuffs—</i>				Vegetarian (in ozs.)	Non-Vegetarian. (in oza.)
Rice	...	...	...	4.0	4.0
Wheat	...	...	...	7.0	7.0
<i>Other cereals—</i>					
“Bajri”, “Jowar”, “Ragi”, etc.					
Pulses and “Dals”	...	...	...	2.5	2.0
Leafy vegetables	...	...	...	3.0	3.0
Root vegetables	...	...	...	4.0	4.0
Other vegetables	...	...	...	3.0	3.0
Fruits	...	...	...	*	*
Sugar and Jaggery	...	...	...	2.0	2.0
Vegetable oils/fats	...	...	...	1.25	1.25
Butter and “ghee”	...	...	...	0.5	0.5
Milk, Curds	...	...	...	12.0	8.0
Fish and Meat	...	...	...	.....	3.0 (Thrice a week).
Eggs	...	...	...	.....	One (Four times a week).
<i>Nutrient Analysis—</i>					
Total proteins	(in g.)	...	...	66.6	69.3
(Animal proteins)	(in g.)	...	...	14.4	20.4
Fats	(in g.)	...	...	75.5	74.2
Carbohydrates	(in g.)	...	...	369.7	356.2
Calcium	(in g.)	...	...	1.43	1.22
Phosphorus	(in g.)	...	...	1.78	1.67
Iron	(in mg.)	...	...	33.6	33.6
Vitamin A	(in I. U.)	...	...	5394	5,789
Vitamin B <sub>1</sub>	(in I. U.)	...	...	469	467
Vitamin C	(in mg.)	...	...	101	101
Calories	...	...	...	2,424	2370
<i>Distribution of calories.</i>					
Proteins	...	...	...	11 %	12 %
Fats	...	...	...	28 %	28 %
Carbohydrates	...	...	...	61 %	60 %

\*Though fruits are not included in the recommended diet scales, one fresh fruit (avg. weight 3 to 4 oza.) may be served, if desired.

## 3 (b) Distribution of total food allowances for one day in Secondary School Hostels.

Vegetarian.				Non-vegetarian.	
<i>Morning Tea (Breakfast)</i>				<i>Morning Tea (Breakfast)</i>	
Milk	...	4	ozs.		
“Chapati” or “Bhakar”	...	2	ozs.	As for the vegetarian.	
Butter/“ghee”	...	1/2	ozs.		
<i>Noon Meal</i>				<i>Noon Meal.</i>	
<i>Cereals—</i>					
Rice	...	2	ozs.		
“Chapati”	...	3	ozs.		
Pulses	...	1	oz.	As for the vegetarian.	
<i>Vegetables—</i>					
Leafy vegetables	...	3	ozs.		
Root vegetables	...	2	ozs.		
Curds/Milk	...	4	ozs.		

<i>Afternoon Tea.</i>		<i>Afternoon Tea</i>	
<b>Pulses—</b>			
(Roasted grams) ...	1 ozs.	As for the vegetarian.	
<i>Evening Meal.</i>		<i>Evening Meal.</i>	
Rice ...	2 ozs.	Rice ...	2 ozs.
Other cereals (for "bhakar") ...	2 ozs.	Other cereals (for "bhakar") ...	2 ozs.
Pulses ...	1/2 ozs.	Vegetables:	
		Root vegetables ...	2 ozs.
		Other vegetables ...	3 ozs.
<b>Vegetables—</b>		Egg ...	One (out times a week).
Root vegetables ...	2 ozs.		3 ozs.
Other vegetables ...	3 ozs.	Meat/Fish	(Thrice a week).
<b>Curds/Milk ...</b>	4 ozs.		

1. All quantities are indicated in terms of raw foodstuffs.
2. The quantity of 2 ozs. of sugar/jaggery is to be used in the preparation of tea, coffee, served with milk, curds and/or for cooking purposes.
3. The quantity of 1.25 ozs. of oil/fat is to be used for cooking the various preparations.

(4) *Backward Class Hostels.*

TABLE IV(a)

<i>Foodstuffs—</i>	Vegetarian (in ozs.)	Non-vegetarian, (in ozs.)
Rice ...	4.0	4.0
Wheat ...		
Other cereals— "Bajri", "Jowar", "Ragi", etc.	8.0	3.0
Pulses and "Dals" ...	3.0	3.0
Leafy vegetables ...	3.0	3.0
Root vegetables ...	3.0	3.0
Other vegetables ...	4.0	4.0
Fruits ...	.....	.....
Sugar and Jaggery ...	0.75	0.75
Vegetable oils/fats ...	1.5	1.5
Butter and "ghee" ...	.....	.....
Skim Milk Powder (daily) ...	1.0	1.0
Skim Milk Powder (twice a week)* ...	1.0	.....
Fish and Meat (twice a week) ...	.....	3.0
Groundnuts ...	0.5	0.5
<i>Nutrient Analysis—</i>		
Total proteins (in g.) ...	76.3	77.7
(Animal proteins) (in g.) ...	13.3	15.7
Fats (in g.) ...	58.9	58.6
Carbohydrates (in g.) ...	366.7	361.6
Calcium (in g.) ...	1.27	1.18
Phosphorus (in g.) ...	1.84	1.80
Iron (in mg) ...	33.6	38.3
Vitamin A (in I. U.) ...	4,003	4,070
Vitamin B <sub>1</sub> (in I. U.) ...	553	553
Vitamin C (in mg) ...	103	103
Calories ...	2,278	2,234
<i>Distribution of Calories—</i>		
Proteins ...	13 %	14 %
Fats ...	23 %	23 %
Carbohydrates ...	64 %	63 %

\*Additional 1.0 oz. of skim milk powder, twice a week when fish/meat is served to the non-vegetarians.

## 4 (b) Distribution of total food allowances for one day in Backward Class Hostels.

Vegetarian.		Non-vegetarian.	
<i>Morning Tea (Breakfast).</i>		<i>Morning Tea (Breakfast).</i>	
"Conji" (gruel)—			
Wheat flour ...	... 1 oz.	As for the vegetarian.	
Jaggery ...	... 3/4 oz.		
Milk ...	... 4 ozs.		
<i>Noon Meal.</i>		<i>Noon Meal.</i>	
Cereals—			
Rice ...	... 2 ozs.	As for the vegetarian.	
"Bhakar" or "Chapati" ...	... 3 ozs.		
Pulses ...	... 2 ozs.		
Vegetables—			
Leafy vegetables ...	... 3 ozs.		
Root vegetables ...	... 2 ozs.		
Curds/Milk ...	... 4 ozs.		
<i>Afternoon Tea.</i>		<i>Afternoon Tea.</i>	
Groundnuts (Roasted) ...	... 1/2 oz.	As for the vegetarian.	
<i>Evening Meal.</i>		<i>Evening Meal.</i>	
Cereals—		Cereals—	
Rice ...	... 2 ozs.	Rice ...	... 2 ozs.
"Chapati" ...	... 4 ozs.	"Chapati" ...	... 4 ozs.
Pulses ...	... 1 oz.	Pulses ...	... 1 oz.
Vegetables—		Vegetables—	
Root vegetables... ..	... 1 oz.	Root vegetables	... 1 oz.
Other vegetables	... 4 ozs.	Other vegetables	... 4 ozs.
*Milk/Curds ...	... 8 ozs.	Meat/Fish ...	... 2 ozs. (twice a week).

\*Twice a week, on days when meat is served to non-vegetarians.

1. All quantities are indicated in terms of raw foodstuffs.
2. The quantity of 0.75 oz. of sugar/Jaggery is to be used in the preparation of "conji", served with milk, curds and/or for cooking purposes.
3. The quantity of 1.5 ozs. of oil/fat is to be used for cooking the various preparations.



## APPENDIX A.

*Standard diet for inmates in Government College/School/Backward Class Hostels.**General Instructions for diet scales.*

**Cereals.**—These include rice, wheat, baker's bread, "jowar", milo, "bajri", maize, "ragi", etc.

The quantity of cereals indicated in the diet scales should preferably be distributed in the proportions mentioned against rice, bread, wheat flour, etc. If desired, any other cereal from the above list, may be substituted.

(i) Under milled and/or parboiled rice and whole meal bread should be used in place of milled and/or polished rice and white bread, respectively.

**Pulses and "dals"**—Include all varieties of grams such as "tur" (red gram) "mung" (green gram), "masur" (lentil), "chawli", "urid", "val", "mutki", "chana" (bengal gram) and also gram flour such as "besan".

The whole pulses may preferably be used in the form of sprouted (or germinated) pulses, to obtain vitamins.

**Leafy vegetables.**—These include "shawli", "methi", "palak", "alu", "mulla" leaves drumstick leaves, cabbage, mint, lettuce, coriander leaves, etc.

They are excellent sources of vitamins and minerals. May be served as "salads" whenever possible.

**Roots and Tubers.**—These include potatoes, sweet potatoes, onions, carrots, beetroot, "mulla", "suran", etc.

**Other vegetables**—These include a large variety of fresh vegetables such as gourds ("tondli", "parwar", "tura", "karela", "padwal"), brinjal, "bhendi", pumpkins ("dudhi" and "bhopala") green plantains, drumstick, green peas and beans, cauliflower, cucumber, etc.

**Fruits.**—In view of the high cost, fruits are not included in the diet scales. However, those who can afford, may be given up to 3 ozs. of fruits, such as a banana or any seasonal fruit like sweet-lime, orange, etc.

**Sugar and Jaggery.**—Light coloured jaggery may be used, with advantage as a part of the allowance for this group of sweetening agents in foods.

**Vegetable oil.**—Either refined vegetable oils or hydrogenated oils are to be used as the cooking medium.

**Butter/Ghee.**—Butter or "ghee" is to be used preferably as a spread on bread or "chapati" or served with rice.

**Milk/Curd.**—This should preferably be fresh milk (buffalo's or cow's).

"Toned" Milk, which is similar in composition to cow's milk, is available in Greater Bombay. If buffalo's milk is found expensive, "toned" milk may be used instead.

**Reconstitution of dried skim milk.**—Skim milk powder should be reconstituted into liquid milk in the proportion of one measure of milk powder to four measures of water, or by weight, one part of milk powder to seven parts of water.

**Fleshy foods.**—Include fowl, liver, etc. in addition to all the varieties of meats. Fish (dry or fresh) may advantageously replace meat, in part or whole, during season.

**Eggs.**—In view of the high cost, eggs are not included in the diet scales. However, those who can afford may be given one egg for breakfast daily, or on alternate days.

**Tea/Coffee.**—Tea leaves up to two teaspoonfuls (about 1/4 oz.) are allowed per head, per day. Coffee may be served in place of tea, if desired. About 1 to 2 teaspoonfuls of coffee is allowed per head, per day.

**Common salt.**—About 1/2 to 3/4 oz. of salt is permitted, per head, per day. This also includes the quantity required for preparation of "chutneys", salads, or served along with the meal.

**Condiments and spices**—About 1/2 oz. to 3/4 oz. is recommended per head, per day. The use of this group of food adjuncts will vary according to the food habits of the students in the different parts of the State.

Condiments include dry currystuff like red chillies, turmeric, black pepper, "garam masala" cummin seeds, coriander seeds, tamarind, "cocum", etc.

Coriander leaves, green chillies, ginger, garlic, mint and curry leaves, and also coconut (fresh or/dry), etc. are considered green spices.

## APPENDIX B.

*Standard diets for inmates in Government College/School/Backward Class Hostels.**Suggestions for planning the meals.*

**Cereals.**—If porridge is desired, baker's bread up to 1 oz. may be substituted by an equal quantity of oats, vermicelli, broken wheat, sago, corn flakes, etc.

Ordinarily, rice is served as plain boiled rice. For variety, this may be substituted by other preparations of rice like "masala bhat", "pulao", "khichadi", sweet rice (rice plus sugar plus nuts).

Similarly, the ordinary wheat "chapati" may be varied with "puris", "parothas", "phulkas" etc. The other cereals like "jowar", "bajri", etc., may advantageously replace the rice and wheat, if desired, as all cereal grains are nutritionally similar.

'Ragi', however, is exceptionally rich in calcium content, and wherever available, may be used, daily or occasionally.

**Pulses.**—The pulses are ordinarily prepared into curries like 'waran' or 'amti'. They may occasionally be cooked as 'usal' from sprouted pulses or added to vegetables, particularly leafy vegetables and gourds.

Many varieties of snacks and sweetmeats are prepared from the pulses. These may be served on festive occasions, or along with the afternoon tea.

**Leafy vegetables.**—These vegetables may be served as 'salads' or as cooked vegetables. To present them in palatable form, they may be cooked together with the pulses, potatoes, tomatoes or eggs. They are also well utilised in 'bhajias', cutlets, paties, etc.

**Roots, Tubers and Other vegetables.**—All these vegetables may be prepared in numerous ways, viz.

Salads which would include 'koshimbir', 'raita', 'pachadi', etc.

Stews or curried vegetables ("patal-bhaji"), from one or a mixture of vegetables.

Dry vegetable preparations ('sukhi-bhaji'),

Soups, cutlets, etc.

**Fruits.**—Fruit salad may be served occasionally.

**Buttermilk.**—To prepare buttermilk, add equal quantity of water to curds, before churning.

**Fleshy Foods.**—The 3 ozs. of meat/fish recommended per head, per day, may preferably be served for one meal only. Those who do not like to take meat/fish, daily, may take, 6 ozs. of meat/fish on alternate days.

**Eggs.**—Eggs may also be served for meals, in place of meat/fish, if desired, occasionally. Similarly, in liberal food budgets, eggs may occasionally be used in the preparation of puddings, savouries, etc.

**Snacks.**—Include all varieties of fried preparations like 'chivda', 'bhajias', 'vadas', as also sweets such as pastries, 'shankarpale', 'ladeos', etc. also salted nuts.

5. *Certified Schools.* \* \*

TABLE 1.

*For Children aged 5 to 12 years.*

Foodstuff—			Vegetarian	Non-vegetarian
			(in ozs.)	(in ozs.)
Rice	..	..	8·0	8·0
Wheat flour	..	..		
Bread	..	..		
Other cereals	..	..		
Pulses and "dals"	..	..	2·0	2·0
Leafy vegetables	..	..	2·0	2·0
Root vegetables	..	..	2·0	2·0
Other vegetables	..	..	2·0	2·0
Fruits	..	..	....	....
Sugar and Jaggery	..	..	0·75	0·75
Vegetable oils, fat	..	..	1·0	1·0
Butter and ghee	..	..	....	....
Milk, curds	..	..	8·0*	8·0
Fish and meat	..	..	....	2·0
Groundnuts	..	..	0·5	(Thrice a week). 0·5

\*To be increased to 12 ozs, thrice a week, when meat is served to the non-vegetarians.

\*\* Prescribed by Government for introduction in certified Schools, vide G. R., E. D., No. CTS 1052, dated 30th September 1955.

<i>Nutrient Analysis.</i>				Vegetarian (in ozs.)	Non-vegetarian (in ozs.)
Total Proteins	(in g.)	..	..	53.8	56.0
(Animal Proteins)	(in g.)	..	..	11.6	13.8
Fats	(in g.)	..	..	56.3	56.4
Carbohydrates	(in g.)	..	..	251.2	249.0
Calcium	(in g.)	..	..	1.08	1.01
Phosphorus	(in g.)	..	..	1.37	1.34
Iron	(in mg.)	..	..	24.1	24.5
Vitamin A	(in I. U.)	..	..	3,358	3,312
Vitamin B <sup>1</sup>	(in I. U.)	..	..	374	388
Vitamin C	(in mg.)	..	..	64	64
Calories	..	..	..	1,727	1,728
<i>Distribution of Calories.</i>					
Proteins	..	..	..	13%	13%
Fats	..	..	..	29%	29%
Carbohydrates	..	..	..	58%	58%

5. *Certified Schools.*

TABLE 2.

*For Children above 12 years.*

<i>Foodstuffs—</i>			Vegetarian (in ozs.)	Non-vegetarian (in ozs.)
Rice	...	... }	12.0	12.0
Wheat flour	...	...		
Bread	...	...		
Other cereals	...	...		
Pulses and dals	...	...	4.0*	4.0*
Leafy vegetables	...	...	3.0	3.0
Root vegetables	...	...	3.0	3.0
Other vegetables	...	...	4.0	4.0
Fruits	...	...	.....	.....
Sugar and Jaggery	...	...	0.75	0.75
Vegetable oils/fats	...	...	1.5	1.5
Butter and ghee	...	...	.....	.....
Milk, curds	...	...	8.0†	8.0
Fish and meat	...	...	.....	4.0
Groundnuts	...	...	1.0	(Thrice a week). 1.0
<i>Nutrient Analysis—</i>				
Total Proteins	(in g.)	...	80.0	84.8
(Animal Proteins)	(in g.)	...	13.6	18.5
Fats	(in g.)	...	82.0	82.5
Carbohydrates	(in g.)	...	367.8	362.9
Calcium	(in g.)	...	1.44	1.31
Phosphorus	(in g.)	...	1.98	1.92
Iron	(in mg.)	...	36.6	37.6
Vitamin A	(in I. U.)	...	4,970	4,880
Vitamin B <sup>1</sup>	(in I. U.)	...	591	619
Vitamin C	(in mg.)	...	103	103
Calories	...	...	2,527	2,534

\*To be reduced to 2 ozs. thrice a week, when meat is served to non-vegetarians and extra milk to vegetarians, in place of the meat.

†To be increased to 16 ozs. thrice a week, when meat is served to the non-vegetarians.

		Vegetarian	Non-vegetarian
<i>Distribution of Calories—</i>			
Proteins	...	13%	13%
Fats	...	29%	30%
Carbohydrates	...	58%	57%

*Distribution of total food allowances for one day.*

I(b) Age-group. 5 to 12 years.	II(b) Age-group. Above 12 years.
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*Breakfast.*

'Conji' (gruel).	...	'Conji' (gruel).	...
Wheat flour	... 1 oz.	Wheat flour	... 1 oz.
Sugar/Jaggery	... 3/4 oz.	Sugar/Jaggery	... 3/4 oz.
Milk	... 4 ozs.	Milk	... 4 ozs.

*Noon Meal.*

Cereals:	...	Cereals:	...
Rice/Bhakar/Chapati	... 3 ozs.	Rice/Bhakar/Chapati	... 5 ozs.
Pulses	... 1 oz.	Pulses	... 2 ozs.
Vegetables:	...	Vegetables:	...
Leafy Vegetables	... 2 ozs.	Leafy Vegetables	... 3 ozs.
Root Vegetables	... 1 oz.	Root Vegetables	... 2 ozs.
Curds/milk	... 4 ozs.	Curds/milk	... 4 ozs.

*Afternoon Snack.*

Groundnuts (roasted)	... 0.5 oz.	Groundnuts (roasted)	... 1 oz.
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*Evening Meal.*

Cereals:	...	Cereals:	...
Rice/Bhakar/Chapati	... 4 ozs.	Rice/Bhakar/Chapati	... 6 ozs.
Pulses	... 1 oz.	Pulses	... 1 oz.
Vegetables:	...	Vegetables:	...
Root Vegetables	... 1 oz.	Root Vegetables	... 1 oz.
Other Vegetables	... 2 ozs.	Other Vegetables	... 4 ozs.
Milk/curds	... 4 ozs.	*Milk/curds	... 8 ozs.
Meat/Fish	... 2 ozs.	Meat/Fish	... 4 ozs.
	(Thrice a week).		(Thrice a week)

\*Thrice a week on days when meat is served to non-vegetarians.

*General Remarks.*

1. All quantities are indicated in terms of raw foodstuffs.
2. The quantity of sugar/jaggery recommended in the diet scales is to be used in the preparation of 'conji' served with milk/curds and/or cooking purposes.
3. The quantity of oil/fats is to be used for cooking the various preparations.

(C) *General Instructions for diet scales.*

**Cereals.**—These include rice, wheat, baker's bread, 'jowar', milo, 'bajri', maize, 'ragi', etc.

Unmilled and/or parboiled rice and wholemeal bread should be used in place of milled and/or polished rice and white bread, respectively.

**Pulses and 'dals'.**—Include all varieties of grams such as 'tur' (red gram), 'mung' (green gram), 'masur' (lentil), 'chawli', 'urid', 'val', 'mutki', 'chana' (bengal gram) and also gram flour such as 'besan'.

The whole pulses may preferably be used in the form of sprouted (or germinated) pulses, to obtain Vitamin C.

**Leafy vegetables.**—These include 'chawli', 'methi', 'palak', 'alu', 'mulla' leaves, drumstick leaves, cabbage, mint, lettuce, coriander leaves, etc.

They are excellent sources of vitamins and minerals. May be served as 'salads' whenever possible.

**Roots and Tubers.**—These include potatoes, sweet potatoes, onions, carrots, beetroot, 'mulla' 'sutan', etc.

**Other vegetables.**—These include a large variety of fresh vegetables such as gourds ('tondli', 'parwar', 'turi', 'karela', 'padwal'), brinjal, 'bhendi', pumpkins ('dudhi' and 'bhopala'), green plantains, drumstick, green peas and beans, cauliflower, cucumber, etc.

**Fruits.**—In view of the high cost, fruits are not included in the diet scales. However, whenever possible they may be given upto 3 ozs. of fruits, such as a banana or any seasonal fruit like sweet lime, orange, etc.

**Sugar and Jaggery.**—Light coloured jaggery may be used, with advantage as a part of the allowance for this group of sweetening agents in foods.

**Vegetable oil.**—Either refined vegetable oils or hydrogenated oils are to be used as the cooking medium.

**Milk/Curds.**—This should preferably be fresh milk (buffalo's or cow's).

'Toned Milk', which is similar in composition to cow's milk, is available in Greater Bombay. If buffalo's milk is found expensive, 'toned milk' may be used instead.

**Reconstitution of dried skim milk.**—Skim milk powder should be reconstituted into liquid milk in the proportion of one measure of milk powder to four measures of water, or by weight, one part of milk powder to seven parts of water.

**Fleshy foods.**—Include fowl, liver, etc. in addition to all the varieties of meats. Fish (dry or fresh) may advantageously replace meat, in part or whole, during season.

**Eggs.**—In view of the high cost, eggs are not included in the diet scales.

**Common salt.**—About  $\frac{1}{2}$  to  $\frac{3}{4}$  oz. of salt is permitted, per head, per day. This also includes the quantity required for preparation of 'chutneys' salads, or served along with the meal.

**Condiments and spices.**—Upto  $\frac{1}{2}$  oz. is recommended per head, per day. The use of this group of food adjuncts will vary according to the food habits of the students in the different parts of the State.

Condiments include dry currystuff like red chillies, turmeric, black pepper, "garam masala", cumin seeds, coriander seeds, tamarind, 'cccum', etc.

Coriander leaves, green chillies, ginger, garlic, mint and curry leaves, and also rocorut (fresh or/and dry), etc. are considered green spices.

6. *Balanced Diet for Medical Students.*

<i>Foodstuffs—</i>						<i>Recommended diet</i> <i>(in ozs.).</i>
Rice	}	..	..	..	..	12·0
Wheat		..	..	..	..	
Other cereals		..	..	..	..	
Pulses		..	..	..	..	3·0
Leafy vegetables		..	..	..	..	3·0
Root vegetables		..	..	..	..	3·0
Other vegetables		..	..	..	..	4·0
Fruits		..	..	..	..	....
Sugar		..	..	..	..	1·0
Vegetable oils/fats		..	..	..	..	1·5
Butter, ghee		..	..	..	..	0·5
Milk, curds		..	..	..	..	20·0

*Nutrient Analysis—*

Total Proteins	(in g.)	..	..	..	..	82·7
(Animal Proteins)	(in g.)	..	..	..	..	24·0
Fats	(in g.)	..	..	..	..	98·9
Carbohydrates	(in g.)	..	..	..	..	371·5
Calcium	(in g.)	..	..	..	..	1·77
Phosphorus	(in g.)	..	..	..	..	2·18
Iron	(in mg.)	..	..	..	..	35·27
Vitamin A	(in I.U.)	..	..	..	..	6,171
Vitamin B <sub>1</sub>	(in I.U.)	..	..	..	..	485
Vitamin C	(in mg.)	..	..	..	..	99
Calories		..	..	..	..	2,707

*Distribution of Calories—*

Proteins	..	..	..	..	..	12 per cent.
Fats	..	..	..	..	..	33 per cent.
Carbohydrates	..	..	..	..	..	55 per cent.

## 7. Diets recommended for Nurses.

<i>Foodstuffs—</i>				Table I	Table II
				Vegetarian (in ozs.)	Non-vegetarian (in ozs.)
Cereals	..	..	..	12.0	12.0
Pulses	..	..	..	3.0	2.0
Leafy vegetables	..	..	..	3.0	3.0
Root vegetables	..	..	..	5.0	5.0
Other vegetables	..	..	..	4.0	4.0
Fruits	..	..	..	6.0	6.0
Sugar/Jaggery	..	..	..	2.0	2.0
Vegetable oil/fats	..	..	..	1½75	1.75
Butter/ghee	..	..	..	0.5	0.5
Milk/curda	..	..	..	16.0	10.0
Fish/meat	..	..	..	....	6.0
Eggs	..	..	..	Two*	Two
Other foods (Snacks) (Shin bone)	..	..	..	1.0	1.0
				....	4.0
<i>Nutrient Analyses—</i>					
Total Proteins	(in g.)	..	..	96.7	117.9
(Animal Proteins)	(in g.)	..	..	30.6	58.4
Fats	(in g.)	..	..	109.3	110.5
Carbohydrates	(in g.)	..	..	454.9	430.6
Calcium	(in g.)	..	..	1.90	1.65
Phosphorus	(in g.)	..	..	2.42	2.37
Iron	(in mg.)	..	..	45.57	45.61
Vitamin A	(in I.U.)	..	..	7,334	7,160
Vitamin B <sub>1</sub>	(in I.U.)	..	..	577	604
Vitamin C	(in mg.)	..	..	197	197
Calories		..	..	3,190	3,189
<i>Distribution of Calories—</i>					
Proteins	..	..	..	12 per cent.	15 per cent.
Fats	..	..	..	31 per cent.	31 per cent.
Carbohydrates	..	..	..	57 per cent.	54 per cent.

\*For those who do not take eggs, an extra 8 ozs. of fresh milk are recommended.

## Menus.

Time.	Table I (b) Vegetarian.	Table II (b) Non-vegetarian.
7-30 a.m.	<i>Breakfast—</i> Tea { (milk) ... 2 ozs. (sugar) ... ½ oz. Bread 2 slices ... 2 ozs. Butter ... ½ oz. Porridge { (cereal) ... 1 oz. (milk) ... 2 ozs. (sugar) ... ½ oz. Egg ... One	<i>Breakfast—</i>  do. (As vegetarians).
10-00 a.m.	<i>Mid-morning meal—</i> Coffee { (milk) ... 2 ozs. (sugar) ... ½ oz. Fruit—One ... 3 ozs.	<i>Mid-morning meal—</i> do. (As vegetarians).
12-30 p.m.	<i>Lunch—</i> Rice ... 2 ozs. 'Chapati' ... 2 ozs. "Dāl" (liqu d) ... 1 oz. Pulse ... 1 oz. Leafy vegetable ... 2 ozs. Root vegetable ... 2 ozs. Other vegetable ... 2 ozs. Milk (curds) ... 3 ozs.	<i>Lunch—</i> Rice ... 2 ozs. 'Chapati' ... 2 ozs. "Dāl" or pulse ... 1 cz.  Leafy vegetable ... 2 ozs. Root vegetable ... 2 ozs. Other vegetable ... 2 ozs. Meat/fish ... 3 ozs.
4-00 p.m.	<i>Tea—</i> Tea { (milk) ... 2 ozs. (sugar) ... ½ oz. Fruit—One ... 3 ozs. Snacks ... 1 oz.	<i>Tea—</i>  do. (As vegetarians).
8-00 p.m.	<i>Dinner—</i> Rice ... 2 ozs. 'Chapati' ... 2 ozs. Pulse ... 1 oz. Leafy vegetable ... 1 oz. Root vegetable ... 3 ozs. Other vegetable ... 2 ozs. Milk (curd) ... 3 ozs.  For pudding Cereal ... 1 oz. Milk ... 2 ozs. Sugar ... ½ oz. Egg† ... One	<i>Dinner—</i> Rice ... 2 ozs. 'Chapati' ... 2 ozs. Pulse ... Nil Leafy vegetable ... 1 oz. Root vegetable ... 3 ozs. Other vegetable ... 2 ozs. Meat/fish ... 3 ozs. Shin bone (for soup)* 4 ozs.  For pudding Cereal ... 1 oz. Milk ... 2 ozs. Sugar ... ½ oz. Egg† ... One

\*Shin bone may be indented, only if necessary.

† If egg for the preparation of puddings, pastry, etc. is not required, two eggs may be served for breakfast.

*N.B.*—The quantity of 1.75 ozs. of oil/fats per head, per day, in both diets may be used, as desired, for cooking the various preparations.

*Menu recommended for Nurses on night duty.*

Time.	Table I (c) Vegetarian.	Table II (c) Non-vegetarian.
7-30 a.m.	<i>Breakfast—</i> Tea { (milk) ... 2 ozs. (sugar) ... ½ oz. Bread 2 slices ... 2 ozs. Butter ... ½ oz. Porridge { (cereal) ... 1 oz. (milk) ... 2 oz. (sugar) ... ½ oz. Egg ... One Fruit—one ... 3 czs.	<i>Breakfast—</i>  do. (As vegetarians).



## Menu recommended for Nurses on night duty—contd.

4-00 p.m.	<i>Meal—</i>		<i>Meal—</i>	
	Tea	{ (milk) ... 2 ozs. (sugar) ... ½ oz.	Tea	{ (milk) ... 2 ozs. (sugar) ... ½ oz.
	Bread	2 slices ... 2 ozs.	Bread	2 slices ... 2 ozs.
	Pulse	... 1 oz.	Pulse	... 1 oz.
	Leafy vegetable	... 2 ozs.	Leafy vegetable	... 2 ozs.
	Root vegetable	... 2 ozs.	Root vegetable	... 2 ozs.
	Other vegetable	... 2 ozs.	Other vegetable	... 2 ozs.
	Milk (curd)	... 3 ozs.	Meat/fish	... 3 ozs.
8-00 p.m.	<i>Dinner—</i>		<i>Dinner—</i>	
	Rice	... 2 ozs.	Rice	... 2 ozs.
	'Chapati'	... 2 ozs.	'Chapati'	... 2 ozs.
	Pulse	... 1 oz.	Pulse	... Nil
	Leafy vegetable	... 2 ozs.	Leafy vegetable	... 2 ozs.
	Root vegetable	... 2 ozs.	Root vegetable	... 2 ozs.
	Other vegetables	... 2 ozs.	Other vegetables	... 2 ozs.
	Milk (curd)	... 3 ozs.	Meat/fish	... 3 ozs.
		For pudding		For pudding
		Cereal	... 1 oz.	Cereal
	Milk	... 2 ozs.	Milk	... 2 ozs.
	Sugar	... ½ oz.	Sugar	... ½ oz.
1-00 a.m.	<i>Meal—</i>		<i>Meal—</i>	
	Tea or Coffee	{ (milk) 2 ozs. (sugar) ½ oz.		
	Bread	2 slices ... 2 ozs.		do.
	Fruit—one	... 3 ozs.		(As vegetarians).
	Snacks or Eggs	... Two		

*N.B.*—The quantity of 1.75 ozs. of oil/fats per head, per day, in both diets, may be used, as desired for cooking the various preparations.

## 8. Diet scales for Beggars' Institutions.

TABLE I.

Diets recommended for adult beggars (C.U. : 1.0.)

<i>Foodstuffs—</i>			Vegetarian, (in ozs.).	Non-vegetarian, (in ozs.).
Rice				
Wheat flour			14.0*	14.0*
Other cereals				
Pulses and "dals"	..	..	4.0	4.0
Leafy vegetables	..	..	2.0	2.0
Root vegetables	..	..	3.0	3.0
Other vegetables †	..	..	3.0	3.0
Jaggery	..	..	0.5	0.5
Vegetable oil/fats	..	..	1.0	1.0
'Toned' milk	..	..	4.0	4.0
Fish and meat	..	..	†	4.0
				(Once a week).
Groundnuts	..	..	1.0	1.0
<i>Food adjuncts—</i>				
Salt	..	..	0.5	0.5
Condiments	..	..	0.5	0.5
Fuel (in lbs)	..	..	1	1

\* Quantum of cereals: For the inmates doing moderate or active work such as carpentry, tailoring, weaving, gardening, etc. for 5—6 hours a day, additional 2 ozs. (1 ohatak) of cereals, may be given.

For inmates doing hard or very active work, such as active agricultural work or smithy, for 5—6 hours a day, the total cereal ration may be increased to 18.0 ozs. (9 Chhataks) per day.

† Other vegetables: These include non-leafy green vegetables such as brinjal, 'tondli', 'parwar', 'turia', 'padwal', 'bhendi', pumpkins, 'gavar', beans, etc.

† In lieu of meat (once a week), additional 4.0 ozs. of 'toned' milk may be served to the vegetarians.

*Nutrient Analysis—*

Total Proteins (in g.)	..	..	81.1	83.1
(Animal Proteins) (in g.)	..	..	5.2	7.5
Fats (in g.)	..	..	53.6	55.4
Carbohydrates (in g.)	..	..	402.4	401.6
Calcium (in g.)	..	..	0.99	0.99
Phosphorus (in g.)	..	..	1.94	1.94
Iron (in mg.)	..	..	88.7	39.1
Vitamin A (in I. U.)	..	..	2564	2560
Vitamin B <sub>1</sub> (in I. U.)	..	..	671	678
Vitamin C (in mg.)	..	..	76	76
Calories	..	..	2418	2439

*Distribution of calories—*

Proteins	..	..	..	13 %	14 %
Fats	..	..	..	20 %	20 %
Carbohydrates	..	..	..	67 %	66 %

TABLE II.

*Diets recommended for child inmates (Age 2—5 years).*

<i>Foodstuffs—</i>						Recommended diets.
						(in ozs.)
Rice	..	..	..	..	}	7.0
Wheat flour	..	..	..	..		
Other cereals	..	..	..	..		
Pulses and "dala"	..	..	..	..	..	2.0
Leafy vegetables	..	..	..	..	..	1.0
Root vegetables	..	..	..	..	..	1.5
Other vegetables	..	..	..	..	..	1.5
Jaggery	..	..	..	..	..	0.25
Vegetable oil/fats	..	..	..	..	..	0.5
'Toned' milk	..	..	..	..	..	6.0
Groundnuts	..	..	..	..	..	0.5
<i>Food adjuncts—</i>						
Salt	..	..	..	..	..	0.25
Condiments	..	..	..	..	..	0.25
Fuel (in lbs)	..	..	..	..	..	1/2
<i>Nutrient Analysis—</i>						
Total Proteins (in g.)	..	..	..	..	..	45.0
(Animal Proteins) (in g.)	..	..	..	..	..	7.1
Fats (in g.)	..	..	..	..	..	30.2
Carbohydrates (in g.)	..	..	..	..	..	208.6
Calcium (in g.)	..	..	..	..	..	0.7
Phosphorus (in g.)	..	..	..	..	..	1.08
Iron (in mg.)	..	..	..	..	..	19.6
Vitamin A (in I.U.)	..	..	..	..	..	1846
Vitamin B <sub>1</sub> (in I. U.)	..	..	..	..	..	347
Vitamin C (in mg.)	..	..	..	..	..	33
Calories	..	..	..	..	..	1278
<i>Distribution of Calories—</i>						
Proteins	..	..	..	..	..	14 %
Fats	..	..	..	..	..	21 %
Carbohydrates	..	..	..	..	..	65 %

*Distribution of total food allowances for one day in the Beggars' Institutions.*

Adult Beggars.				Children (2-5 years.)			
<i>Breakfast.</i>				<i>Breakfast.</i>			
'Conjee' (Gruel):							
Cereals				} Half the quantities recommended for the adult beggars.			
(Wheat flour and jowar flour on alternate days).	1.0 oz.						
Jaggery	..	..	0.5 ozs.				
Milk	..	..	4.0 "				
<i>Noon meal.</i>				<i>Noon meal.</i>			
Cereals:							
Rice	..	..	3.0 ozs.	} Half the quantities recommended for the adult beggars.			
'Chapati'	..	..	4.0 "				
(Wheat flour).							
Pulses	..	..	2.0 "				
Vegetables:							
Leafy vegetables	..	..	2.0 "				
Root vegetables	..	..	1.0 "				
<i>Afternoon snacks.</i>				<i>Afternoon snacks.</i>			
Groundnuts	..	..	1.0 oz.	Groundnuts	..	..	0.5 ozs.
				Milk	..	..	4.0 oz.
<i>Evening meal.</i>				<i>Evening meal.</i>			
Cereals:							
"Bhakar"	..	..	6.0 ozs.	} Half the quantities recommended for the adult beggars.			
(Jowar)							
Pulses	..	..	2.0 "				
Vegetables:							
Root vegetables	..	..	2.0 "				
Other vegetables	..	..	3.0 "				

Once a week, 4.0 ozs. of meat may be served to the non-vegetarians.

For the vegetarians additional 4.0 ozs. of 'toned' milk may be served *in lieu of meat*.

The quantity of 1.0 oz. of oil for adult beggars and 0.5 ozs. for children is to be used for cooking the two meals.

TABLE III.

<i>Diets recommended for sick beggars.*</i>							
<i>Foodstuffs—</i>				<i>Light Diet.</i>		<i>Milk Diet.</i>	
				<i>(in ozs.)</i>		<i>(in ozs.)</i>	
Rice	..	..	..	2.0	....		
Bread	..	..	..	4.0	....		
Sugar and Jaggery	..	..	..	Up to 2.0	Up to 2.0		
Butter and ghee	..	..	..	0.5	....		
'Toned' milk	..	..	..	32.0	48.0		

Tea Leaves: Tea leaves upto two teaspoonfuls (about 1/4 oz.) are allowed per day per patient.

\* (Vide G.R., L. S. G. & P.H.D. No. 6602/33, dated 25th July 1951).

*Recommended Menus.*

Time.	Light Diet.	Milk Diet.
7-00 a.m. ..	.. Tea (Milk 1 oz.)	Tea (Milk 1 oz.)
9-30 a.m. ..	.. Bread .. 2 ozs. .. Butter .. 1/2 " .. Milk .. 8 ozs .	Milk .. 12 ozs.
12-00 Noon	.. Rice (Soft Cooked or made into 'conjee' .. Milk .. 6 "	Milk .. 12 "
4-00 p.m. ..	.. Tea (milk) .. 1 "	Tea (Milk) 1 oz.
7-00 p.m. ..	.. Bread .. 2 ozs .. Milk .. 8 "	Milk .. 12 ozs,
9-00 p.m. . .	.. Milk .. 8 "	Milk .. 10 "

*Instructions for Light Diet.*

(i) Rice (2 ozs.) may be served as soft cooked rice or made into 'conjee'.

(ii) Pearl (or patent) barley (non-rationed) : One oz. of the barley may be used to prepare about 1 pint (20 ozs.) of barley water and served to patients, who feel hungry with this restricted dietetic regime.

(iii) Fruits : Though they are not included in the diets scales, they may be given upto 3 ozs. (1 sweetlime or 1 banana) as an 'extra' to deserving patients on medical advice.

*Instructions for Milk Diet.*

If the patient is unable to take 12.0 ozs. of milk at a time, smaller quantities may be given at more frequent intervals.

*9. Diet Scale for Police.*

<i>Food stuffs—</i>	<i>Recommended diet (in ozs.)</i>
Rice ... ..	4.0
Wheat flour ... ..	8.0
Bread ... ..	.....
Other cereals ... ..	4.0
Pulses and "dals" ... ..	4.0
Leafy vegetables ... ..	4.0
Root vegetables ... ..	3.0
Other vegetables ... ..	3.0
Fruits ... ..	.....
Sugar and Jaggery ... ..	1.0
Vegetable oils/fats ... ..	2.0*
Butter and ghee ... ..	.....
Milk curds ... ..	6.0
Fish and meat ... .. (Four times a week)	3.0†
Eggs ... ..	.....
Groundnuts ... ..	1.0

<i>Foodstuffs—</i>							Recommended diet in ozs.
<i>Nutrient Analysis—</i>							
Total Proteins (in g.)	...	...	...	...	...	...	104·8
(Animal Proteins) (in g.)	...	...	...	...	...	...	17·0
Fats (in g.)	...	...	...	...	...	...	90·8
Carbohydrates (in g.)	...	...	...	...	...	...	464·9
Calcium (in g.)	...	...	...	...	...	...	1·13
Phosphorus (in g.)	...	...	...	...	...	...	2·19
Iron (in mg.)	...	...	...	...	...	...	42·5
Vitamin A (in I. U.)	...	...	...	...	...	...	6877
Vitamin B <sub>1</sub> (in I. U.)	...	...	...	...	...	...	887
Vitamin C (in mg.)	...	...	...	...	...	...	106
Calories	...	...	...	...	...	...	3093
<i>Distribution of calories—</i>							
Proteins	...	...	...	...	...	...	14 %
Fats	...	...	...	...	...	...	26 %
Carbohydrates	...	...	...	...	...	...	60 %

\* 0·5 ozs. of butter may be included in these two ounces of fat if possible.

† On the 'meat' days the vegetarian policemen should be given an additional 6·0 ozs. of milk.

#### 10. *Balanced Diets for the Naval Cadets of T. S. "DUFFERIN."*

<i>Foodstuffs—</i>							Lacto- Vegetarian (in ozs.)	Ovo-lacto- vegetarian (in ozs.)	Non- vegetarian (in ozs.)
Rice	...	...	...	...	...	2·0	2·0	2·0	
Wheat, bread	...	...	...	...	...	8·0	8·0	8·0	
Other cereals	...	...	...	...	...	2·0	2·0	2·0	
Pulses	...	...	...	...	...	3·0	3·0	2·0	
Leafy vegetables	...	...	...	...	...	3·0	3·0	3·0	
Root vegetables	...	...	...	...	...	6·0	6·0	6·0	
Other vegetables	...	...	...	...	...	6·0	6·0	4·0	
Fruit (fresh)	...	...	...	...	...	Two	Two	Two	
(Dry fruit)	...	...	...	...	...	0·5	0·5	0·5	
Sugar/Jaggery	...	...	...	...	...	2·0	2·0	2·0	
Jam	...	...	...	...	...	1·0	1·0	1·0	
Vegetable oils/ghee	...	...	...	...	...	2·0	2·0	2·0	
Butter	...	...	...	...	...	1·0	1·0	1·0	
Milk/curds	...	...	...	...	...	28·0	24·0	16·0	
Cheese	...	...	...	...	...	0·5	.....	.....	
Fish/meat	...	...	...	...	...	.....	.....	8·0	
Eggs	...	...	...	...	...	.....	Two	Two	
<i>Nutrient Analysis—</i>									
Total Proteins (in g.)	...	...	...	...	...	104·7	107·8	137·1	
(Animal Proteins) (in g.)	...	...	...	...	...	37·1	40·2	76·3	
Fats (in g.)	...	...	...	...	...	139·2	140·1	141·7	
Carbohydrates (in g.)	...	...	...	...	...	494·8	488·7	457·8	
Calcium (in g.)	...	...	...	...	...	2·55	2·24	1·90	
Phosphorus (in g.)	...	...	...	...	...	2·73	2·68	2·62	
Iron (in mg.)	...	...	...	...	...	47·26	48·52	49·07	
Vitamin A (in I. U.)	...	...	...	...	...	8209	9066	8798	
Vitamin B <sub>1</sub> (in I. U.)	...	...	...	...	...	622	622	651	
Vitamin C (in mg.)	...	...	...	...	...	186	186	172	
Calories	...	...	...	...	...	3650	3647	3655	
<i>Distribution of calories—</i>									
Proteins	...	...	...	...	...	12 %	12 %	15 %	
Fats	...	...	...	...	...	34 %	34 %	35 %	
Carbohydrates	...	...	...	...	...	54 %	54 %	50 %	

Please also see "General Instructions"

*General Instructions for planning of menus for 'Dufferin' diets.*

**Cereals.**—Includes all varieties of rationed cereals (rice, wheat flour, bread, *jowar*, *bajari*, milo, maize, etc.). The cereal for porridge may include quaker oats, rolled oats, sago, vermicelli, *ragi* etc. One ounce of cereal is allocated for pudding or dessert; this may include cornflour, bread, sago, etc.

**Pulses.**—Includes sprouted or whole pulse, *dal*, *papad*, etc. The pulse may also be used for preparation of soup. The flour made from pulse (e.g. *besan* or gram flour) may be used as gravy-base, or utilised for preparation of *bhajias*, *batatavada*, etc. particularly in the vegetable menus.

**Leafy vegetables.**—For varieties in this group, please see list attached. Leafy vegetables are an excellent source of vitamins, and minerals, and are a 'must' in the daily diet. They may be served as salad or cooked vegetables. To present these vegetables in palatable form, they may be cooked in combination with pulses, potatoes, tomatoes, eggs or meat. They are also well utilised in *cutlets*, *patice*, *bhajias*, etc.

**Root and Other vegetables.**—List of varieties of vegetables under these groups is attached. They may also be used for soups, stews, cutlets, etc.

**Fruits.**—Includes all varieties of fresh seasonal fruits. An average fruit weighs about 3 ozs. Fruit salad may be given occasionally.

**Dry fruits.**—These include apricots, dates, figs, raisins, etc. These fruits may be served as such, or prepared into stews, desserts, etc.

**Sugar, Jaggery.**—Light coloured jaggery may be used with advantage, as a substitute for sugar. Also in times of sugar scarcity.

**Jam.**—Marmalade or honey may be used instead, occasionally.

**Vegetable oils and ghee.**—Either refined vegetable oils or hydrogenated fats and/or ghee may be used as cooking medium. The total quantity for the day, may be used, as desired, for cooking the various preparations.

**Butter.**—To be preferably used as a spread on bread.

**Milk.**—This should preferably be fresh whole milk (cow's or buffalo's).

To prepare buttermilk, add 1 part of water to four parts of curds, before churning.

**Cheese.**—For variety, cheese may be served as sandwich, cheese toast, cheese biscuits, etc.

**Fleshy foods.**—Fish may advantageously replace, meat, in part, or whole, during season. Fowl, liver, etc. may also be used occasionally, if afforded.

**Eggs.**—Two eggs, per head per day, are recommended. One egg may be served for breakfast, daily, as boiled, poached, fried, scrambled or as omlette. The other egg may be used for preparation of puddings, dessert, cutlets, savouries, pastry, etc.

**Soup.**—Soup may be prepared from vegetables, *dal*, vermicelli, macaroni, meat, etc. Usually, in large-quantity-cookery, a fair amount of usable waste from vegetables and meat is always available, for this purpose. However, if necessary, for non-vegetarians, shin-bone upto 3 ozs. per person, per day, may be indented. Indent for extra vegetables should be avoided.

*Varieties in vegetable groups.*

**Leafy vegetables.**—*Chawli*, *methi*, *palak*, *mulla* leaves, drumstick leaves, *alu* leaves, mint, coriander, cabbage, lettuce, parsky, etc.

**Root vegetables.**—Potatoes, sweet-potatoes, *suran* or yam, carrot, beetroot, colocasia, onions, radish, etc.

**Other vegetables.**—Tomatoes, brinjals, french-beans, Cluster-beans, broad-beans, double-beans, cauliflower, turnip, greenpeas, ladies fingers, gourds—like snake gourd, ridge-gourd, bittergourd, etc. pumpkin and or white, drumstick, etc.

11. *Juvenile Prisoners.\**

Recommended diet scale to Borstal lads—doing hard labour.

			Table I Vegetarian (in ozs.)	Table II Non-vegetarian (in ozs.)
<i>Foodstuffs—</i>				
Rice	..	..	4.0	4.0
Wheat	..	..	4.0	4.0
Other cereals	..	..	4.0+4.0	4.0+4.0
(Non-rationed millets.) (Non-rationed millets.)				
Pulses	..	..	5.0	5.0
Leafy vegetables	..	..	2.0	2.0
Root vegetables	..	..	6.0	6.0
Other vegetables	..	..	4.0	4.0
Sugar and Jaggery	..	..	1.0	1.0
Vegetable oil and fats	..	..	1.0	1.0
Milk, curds	..	..	2.0	1.0
(Skim milk powder) (Skim milk powder).				
Fish and meat	..	..	....	5.0
(Twice a week).				
Other foods (groundnuts)	..	..	2.0	1.5
<i>Nutrient Analysis—</i>				
Total Proteins	(in gm.)	..	120.5	113.4
(Animal Proteins)	(in gm.)	..	21.5	18.1
Fats	(in gm.)	..	63.4	62.9
Carbohydrates	(in gm.)	..	519.4	502.1
Calcium	(in gm.)	..	1.67	1.34
Phosphorus	(in gm.)	..	2.75	2.47
Iron	(in mg.)	..	48.5	48.8
Vitamin A	(in I. U.)	..	3,974	3,977
Vitamin B <sub>1</sub>	(in I. U.)	..	948	900
Vitamin C	(in mg.)	..	98	98
CALORIES	..	..	3,130	3,028
<i>Distribution of Calories—</i>				
Proteins	..	..	15%	15%
Fats	..	..	18%	19%
Carbohydrates	..	..	67%	66%

*Remarks.—Table I.*—With a view to decrease the caloric intake and at the same time to adjust the intake of the rationed cereals to the present scale of cereal rations, I have suggested 12 ozs. of rationed cereals, and 4 ozs. of non-rationed millets. As the diet is low in animal proteins and as the vegetarians derive their supply of animal proteins mainly from the milk or milk products, I have suggested in this and the subsequent Tables, the inclusion of skimmed milk powder. Similarly, vegetable ration has been increased to 12 ozs. including 2 ozs. of green leafy vegetables to provide vitamins A and C and minerals. Two ounces of groundnuts have been suggested to rectify the deficient intake of fats and proteins in the diet. Other minor changes have been made to balance the diet.

*Table II.*—The recommended diet is similar to that given in the previous Table. As two servings of meat in a week are already provided in the diet, the amount of skim milk powder is correspondingly decreased from 2 ozs. to 1 oz. per head, per day.

\*Approved by Government vide G. R. E. D. No. BSD 1052, dated 10th July 1953.

## Recommended diet scale to Borstal lads—doing moderate labour.

				Table III Vegetarian (in ozs.)	Table IV Non-vegetarian (in ozs.)
<i>Foodstuffs—</i>					
Rice	...	...	...	4.0	4.0
Wheat	...	...	...	4.0	4.0
Other cereals	...	...	...	4.0+3.0	4.0+3.0
(Non-rationed millets) (Non-rationed millets).					
Pulses	...	...	...	4.0	4.0
Leafy vegetables	...	...	...	2.0	2.0
Root vegetables	...	...	...	4.0	4.0
Other vegetables	...	...	...	4.0	4.0
Sugar and Jaggery	...	...	...	1.0	1.0
Vegetable oils and fats	...	...	...	1.0	1.0
Milk, curds (Skim milk powder)	...	...	...	2.0	1.0
Fish and meat	...	...	...	.....	5.0 (Twice a week).
Other foods (Groundnuts)	...	...	...	2.0	1.5

*Nutrient Analysis—*

Total Proteins (in g.)	...	...	111.0	103.8
(Animal Proteins) (in g.)	...	...	21.5	18.1
Fats (in g.)	...	...	62.0	61.6
Carbohydrates (in g.)	...	...	473.8	456.4
Calcium (in g.)	...	...	1.54	1.29
Phosphorus (in g.)	...	...	2.54	2.25
Iron (in mg.)	...	...	44.3	44.4
Vitamin A (in I. U.)	...	...	3,727	3,730
Vitamin B <sub>1</sub> (in I. U.)	...	...	824	776
Vitamin C (in mg.)	...	...	88	88
CALORIES	...	...	2,897	2,795

*Distribution of Calories—*

Proteins	...	...	...	15%	15%
Fats	...	...	...	19%	20%
Carbohydrates	...	...	...	66%	65%

*Remarks—Table III.*—Remarks made in Table No. I, hold good for this diet also. In addition, a slight decrease in non-rationed cereals, pulses and root vegetables, has been made with a view to decrease the intake of calories.

*Table IV.*—Remarks made in Table No. II, hold good for this diet also. In addition, a slight decrease in non-rationed cereals, pulses and root vegetables, has been made with a view to decrease the intake of calories.



## Recommended diet scale to Borstal lads—doing light labour.

					Table V Vegetarian (in oza.)	Table VI Non-vegetarian (in oza.)
<i>Foodstuffs—</i>						
Rice	..	..	..	..	4.0	4.0
Wheat	..	..	..	..	4.0	4.0
Other cereals	..	..	..	..	4.0+2.0	4.0+2.0
					(Non-rationed millets)	(Non-retained millets.)
Pulses	..	..	..	..	4.0	4.0
Leafy vegetables	..	..	..	..	2.0	2.0
Root vegetables	..	..	..	..	4.0	4.0
Other vegetables	..	..	..	..	4.0	4.0
Sugar and Jaggery	..	..	..	..	1.0	1.0
Vegetable oils and fats	..	..	..	..	1.0	1.0
Milk, curds (Skim milk powder)	..	..	..	..	2.0	1.0
Fish and meat	..	..	..	..	..	5.0 (Twice a week)
Other foods (Groundnuts)	..	..	..	..	1.5	1.0
<i>Nutrient Analysis—</i>						
Total Proteins (in g.)	..	..	..	..	105.2	98.0
Animal Proteins (in g.)	..	..	..	..	21.5	18.1
Fats (in g.)	..	..	..	..	55.5	55.1
Carbohydrates (in g.)	..	..	..	..	451.0	433.7
Calcium (in g.)	..	..	..	..	1.49	1.15
Phosphorus (in g.)	..	..	..	..	2.39	2.11
Iron (in mg.)	..	..	..	..	42.4	42.7
Vitamin A (in I. U.)	..	..	..	..	3,666	3,689
Vitamin B <sub>1</sub> (in I.U.)	..	..	..	..	789	742
Vitamin C (in mg.)	..	..	..	..	88	88
CALORIES	..	..	..	..	2,724	2622
<i>Distribution of Calories—</i>						
Proteins	..	..	..	..	15%	15%
Fats	..	..	..	..	19%	19%
Carbohydrates	..	..	..	..	66%	66%

*Remarks—Table V.*—Remarks made in Table I, hold good for this diet also. In addition, a slight decrease in the non-rationed cereals, pulses, root vegetables and groundnuts, has been made with a view to decrease the intake of calories.

*Table VI.*—Remarks made in Table No. II, hold good for this diet also. In addition, a slight decrease in non-rationed cereals, pulses, root vegetables and groundnuts has been made with a view to decrease the intake of calories.

## 12. Jail Diets.

Diets recommended for Adult Prisoners.

TABLE I.

*Class I Prisoners—Non-labouring.*

<i>Foodstuffs—</i>	Vegetarian (in ozs.)	Non-vegetarian (in ozs.)
Rice .. .. .	4·0	4·0
Wheat, Bread .. .. .	4·0	4·0
Other cereals .. .. .	4·0	4·0
Pulses .. .. .	4·0	2 0
Leafy vegetables .. .. .	2·0	2·0
Root vegetables .. .. .	4·0	4·0
Other vegetables .. .. .	4·0	4·0
Fruits .. .. .	....	....
Sugar/Jaggery .. .. .	2·0	2·0
Vegetable oil/ fats .. .. .	0·5	0·5
Butter/Ghee .. .. .	0·5	0·5
Milk/Curds .. .. .	12·0	8·0
Fish/Meat .. .. .	....	5·0
Eggs .. .. .	....	....
Other foods—groundnuts .. .. .	1·0	0 5
<i>Proximate Principles—</i>		
Total Proteins (in g.) .. .. .	86·9	92·3
(Animal Proteins (in g.) .. .. .	14·4	35·6
Fats (in g.) .. .. .	78·7	80·3
Carbohydrates (in g.) .. .. .	416·1	376·0
Calcium (in g.) .. .. .	1·20	1·13
Phosphorus (in g.) .. .. .	1·96	1·79
Iron (in mg.) .. .. .	35·10	34·60
Vitamin A (in I. U.) .. .. .	5225	5243
Vitamin B <sub>1</sub> (in I. U.) .. .. .	741	697
Vitamin C (in mg) .. .. .	94	94
Calories .. .. .	2723	2597
<i>Distribution of Calories—</i>		
Proteins .. .. .	13 per cent.	14½ per cent.
Fats .. .. .	26 per cent.	28 per cent.
Carbohydrates .. .. .	61 per cent.	58 per cent.

TABLE II.

*Class I Prisoners—Labouring.*

				Vegetarian (in ozs.)	Non-vegetarian (in ozs.)
<i>Foodstuffs—</i>					
Rice	...	...	...	4·0	4·0
Wheat	...	...	...	4·0	4·0
Other cereals	...	...	...	4·0	4·0
Non-rationed millets	...	...	...	2·0	2·0
Pulses	...	...	...	4·0	2·0
Leafy vegetables	...	...	...	2·0	2·0
Root vegetables	...	...	...	4·0	4·0
Other vegetables	...	...	...	4·0	4·0
Fruits	...	...	...	.....	.....
Sugar/Jaggery	...	...	...	2·0	2·0
Vegetable oil/fats	...	...	...	0·5	0·5
Butter/Ghee	...	...	...	0·5	0·5
Milk/Curds	...	...	...	12·0	8·0
Fish/Meat	...	...	...	.....	5·0
Eggs	...	...	...	.....	.....
Other foods—groundnuts...	...	...	...	1·0	1·0
<i>Proximate Principles—</i>					
Total Proteins (in g.)	...	...	...	92·7	101·9
(Animal Proteins) (in g.)	...	...	...	14·4	35·6
Fats (in g.)	...	...	...	79·3	87·8
Carbohydrates (in g.)	...	...	...	459·0	397·2
Calcium (in g.)	...	...	...	1·26	1·16
Phosphorus (in g.)	...	...	...	2·11	2·00
Iron (in mg.)	...	...	...	38·60	34·00
Vitamin A (in I. U.)	...	...	...	5603	5330
Vitamin B <sub>1</sub> (in I. U.)	...	...	...	807	806
Vitamin C (in mg.)	...	...	...	94	94
Calories	...	...	...	2920	2786
<i>Distribution of Calories—</i>					
Proteins	...	...	...	13 per cent.	15 per cent.
Fats	...	...	...	24 per cent.	28 per cent.
Carbohydrates	...	...	...	63 per cent.	57 per cent.

TABLE III.

*Class II Prisoners—Doing hard labour.*

<i>Foodstuffs—</i>					Vegetarian (in ozs.)	Non-vegetarian (in ozs.)
Rice ... ..	...	...	...	...	4·0	4·0
Wheat ... ..	...	...	...	...	4·0	4·0
Other cereals ... ..	...	...	...	...	4·0	4·0
Non-rationed millets ... ..	...	...	...	...	4·0	4·0
Pulses ... ..	...	...	...	...	5·0	5·0
Leafy vegetables ... ..	...	...	...	...	2·0	2·0
Root vegetables ... ..	...	...	...	...	6·0	6·0
Other vegetables ... ..	...	...	...	...	4·0	4·0
Fruits ... ..	...	...	...	...	.....	.....
Sugar/Jaggery ... ..	...	...	...	...	1·0	1·0
Vegetable oil/fats ... ..	...	...	...	...	1·0	1·0
Butter/Ghee ... ..	...	...	...	...	.....	.....
Milk/Curds ... ..	...	...	...	...	2·0	1·0
Fish/Meat ... ..	...	...	...	...	(Sk. milk powder)	(Sk. milk powder)
Eggs ... ..	...	...	...	...	.....	5·0
Other foods—groundnuts ... ..	...	...	...	...	2·0	(twice a week)
.....	...	...	...	...	.....	.....
<i>Proximate Principles—</i>						
Total Proteins (in g.) ... ..	...	...	...	...	115·0	108·4
(Animal Proteins) (in g.) ... ..	...	...	...	...	21·4	17·7
Fats (in g.) ... ..	...	...	...	...	63·8	63·0
Carbohydrates (in g.) ... ..	...	...	...	...	517·3	485·2
Calcium (in g.) ... ..	...	...	...	...	1·38	1·00
Phosphorus (in g.) ... ..	...	...	...	...	2·59	2·30
Iron (in mg.) ... ..	...	...	...	...	40·0	40·2
Vitamin A (in I. U.) ... ..	...	...	...	...	5512	5515
Vitamin B <sub>1</sub> (in I. U.) ... ..	...	...	...	...	899	873
Vitamin C (in mg.) ... ..	...	...	...	...	100	100
Calories ... ..	...	...	...	...	3096	2941
<i>Distribution of Calories—</i>						
Proteins ... ..	...	...	...	...	15 per cent.	15 per cent.
Fats ... ..	...	...	...	...	18 per cent.	19 per cent.
Carbohydrates ... ..	...	...	...	...	67 per cent.	66 per cent.

TABLE IV.

*Class II Prisoners—Doing moderate work.*

<i>Foodstuffs—</i>	Vegetarian (in ozs.)	Non-vegetarian (in ozs.)
Rice	4.0	4.0
Wheat	4.0	4.0
Other cereals	4.0	4.0
Non-rationed millets	3.0	3.0
Pulses	4.0	4.0
Leafy vegetables	2.0	2.0
Root vegetables	4.0	4.0
Other vegetables	4.0	4.0
Fruits	.....	.....
Sugar/Jaggery	1.0	1.0
Vegetable oil/fats	1.0	1.0
Butter/Ghee	.....	.....
Milk/Curds	2.0	1.0
Fish/Meat	.....	5.0 (skim milk powder twice a week)
Eggs	.....	.....
Other foods—groundnuts	2.0	1.5
<i>Proximate Principles—</i>		
Total Proteins (in g.)	106.9	98.6
(Animal Proteins) (in g.)	21.4	17.9
Fats (in g.)	62.3	61.3
Carbohydrates (in g.)	477.3	439.7
Calcium (in g.)	1.37	1.03
Phosphorus (in g.)	2.38	2.00
Iron (in mg.)	38.80	38.60
Vitamin A (in I. U.)	4986	4959
Vitamin B <sub>1</sub> (in I. U.)	876	842
Vitamin C (in mg.)	94	74
Calories	2897	2704
<i>Distribution of Calories—</i>		
Proteins	15 per cent.	15 per cent.
Fats	19 per cent.	20 per cent.
Carbohydrates	66 per cent.	65 per cent.

TABLE V.

*Class II Prisoners—doing light work.*

<i>Foodstuffs—</i>					Vegetarian (in ozs.)	Non-vegetarian (in ozs.)
Rice ... ..	...	...	...	...	4·0	4·0
Wheat ... ..	...	...	...	...	4·0	4·0
Other cereals ... ..	...	...	...	...	4·0	4·0
Non-rationed millets ... ..	...	...	...	...	2·0	2·0
Pulses ... ..	...	...	...	...	4·0	4·0
Leafy Vegetables ... ..	...	...	...	...	2·0	2·0
Root Vegetables ... ..	...	...	...	...	4·0	4·0
Other Vegetables ... ..	...	...	...	...	4·0	4·0
Fruits ... ..	...	...	...	...	.....	.....
Sugar/Jaggery ... ..	...	...	...	...	1·0	1·0
Vegetable oils/Fats ... ..	...	...	...	...	1·0	1·0
Butter/Ghee ... ..	...	...	...	...	.....	.....
Milk/Curds ... ..	...	...	...	...	2·0	1·0
Fish/Meat ... ..	...	...	...	...	(skim milk powder). .....	(skim milk powder) 5·0
Eggs ... ..	...	...	...	...	.....	(twice a week). .....
Other foods—groundnuts ... ..	...	...	...	...	1·5	1·5
<i>Proximate Principles—</i>						
Total Proteins (in g.) ... ..	...	...	...	...	101·3	97·8
Animal Proteins (in g.) ... ..	...	...	...	...	21·4	17·9
Fats (in g.) ... ..	...	...	...	...	56·0	60·9
Carbohydrates (in g.) ... ..	...	...	...	...	455·5	426·3
Calcium (in g.) ... ..	...	...	...	...	1·30	1·04
Phosphorus (in g.) ... ..	...	...	...	...	2·20	1·99
Iron (in mg.) ... ..	...	...	...	...	37·70	38·80
Vitamin A (in I. U.) ... ..	...	...	...	...	4977	4989
Vitamin B <sub>1</sub> (in I. U.) ... ..	...	...	...	...	833	850
Vitamin C (in mg.) ... ..	...	...	...	...	94	94
Calories ... ..	...	...	...	...	2730	2644
<i>Distribution of Calories—</i>						
Proteins ... ..	...	...	...	...	15 per cent.	15 per cent.
Fats ... ..	...	...	...	...	18 per cent.	21 per cent.
Carbohydrates ... ..	...	...	...	...	67 per cent.	64 per cent.

TABLE VI.

*Under-trials and Detenues.\**

<i>Foodstuffs—</i>				Vegetarian (in ozs.)	Non-vegetarian (in ozs.)
Rice	..	..	..	4.0	4.0
Wheat, Bread	..	..	..	4.0	4.0
Other cereals	..	..	..	4.0	4.0
Pulses	..	..	..	4.0	4.0
Leafy Vegetables	..	..	..	2.0	2.0
Root Vegetables	..	..	..	4.0	4.0
Other Vegetables	..	..	..	4.0	4.0
Fruits	..	..	..	....	....
Sugar/Jaggery	..	..	..	1.0	1.0
Vegetable oils/Fats	..	..	..	1.0	1.0
Butter/Ghee	..	..	..	....	....
Milk/Curd	..	..	..	2.0 (skim milk powder).	1.0 (skim milk powder).
Fish/Meat	..	..	..	....	5.0 Twice a week.
Eggs	..	..	..	....	.....
Other foods—groundnuts	..	..	..	1.5	1.5
<i>Proximate Principles—</i>					
Total Proteins (in g.)	..	..	..	97.5	94.1
Animal Proteins (in g.)	..	..	..	21.3	17.0
Fats (in g.)	..	..	..	55.2	60.1
Carbohydrates (in g.)	..	..	..	432.6	394.4
Calcium (in g.)	..	..	..	1.30	0.95
Phosphorus (in g.)	..	..	..	2.00	1.85
Iron (in mg.)	..	..	..	35.40	35.80
Vitamin A (in I.U.)	..	..	..	4957	4969
Vitamin B <sub>1</sub> (in I.U.)	..	..	..	792	810
Vitamin C (in mg.)	..	..	..	94	94
Calories	..	..	..	2617	2495
<i>Distribution of Calories—</i>					
Proteins	..	..	..	15 per cent.	15 per cent.
Fats	..	..	..	19 per cent.	22 per cent.
Carbohydrates	..	..	..	66 per cent.	63 per cent.

## (B) Balanced Diets for Individuals.

TABLE 1.

*For Adults.*

<i>Foodstuffs—</i>				Vegetarian (in ozs.)	Non-vegetarian (in ozs.)
Cereals	..	..	..	14·0	14·0
Pulses and "Dals"	..	..	..	3·0	3·0
Leafy Vegetables	..	..	..	4·0	4·0
Root Vegetables	..	..	..	3·0	3·0
Green non-leafy Vegetables	..	..	..	3·0	3·0
Fruits	..	..	..	3·0	3·0
Sugar/Jaggery	..	..	..	2·0	2·0
Vegetable oils/Fats	..	..	..	1·5	1·5
Butter/Ghee	..	..	..	0·5	0·5
Milk/Curds	..	..	..	10·0*	10·0
Fish/Meat	..	..	..	....	3·0
Eggs	..	..	..	....	One.
Groundnuts	..	..	..	1·0	....
<i>Nutrient Analysis—</i>					
Total Proteins (in g.)	..	..	..	84·7	100·3
Animal Proteins (in g.)	..	..	..	12·0	35·2
Fats (in g.)	..	..	..	92·8	93·0
Carbohydrates (in g.)	..	..	..	453·6	447·8
Calcium (in g.)	..	..	..	1·51	1·60
Phosphorus (in g.)	..	..	..	2·12	2·24
Iron (in mg.)	..	..	..	44·8	46·7
Vitamin A (in I. U.)	..	..	..	6895	7843
Vitamin B <sub>1</sub> (in I. U.)	..	..	..	655	597
Vitamin C (in mg.)	..	..	..	158	153
Calories	...	...	..	2988†	3027†
<i>Distribution of Calories—</i>					
Proteins	..	..	..	11 per cent.	13 per cent.
Fats	..	..	..	28 per cent.	28 per cent.
Carbohydrates	..	..	..	61 per cent.	59 per cent.

\* This is the minimum quantity recommended.

† 10 per cent. less for an adult woman.



TABLE 2.

*Diet for a Pre-School Child (Age 2-5 years).*

<i>Foodstuffs—</i>				Vegetarian (in ozs.)	Non-vegetarian. (in ozs.)
Cereals	..	..	..	4·0	4·0
Pulses and "Dals"	..	..	..	1·0	1·0
Leafy Vegetables	..	..	..	2·0	2·0
Root Vegetables	..	..	..	1·5	1·5
Green non-leafy Vegetables	..	..	..	1·5	1·5
Fruits	..	..	..	1·5	1·5
Sugar/Jaggery	..	..	..	1·5	1·5
Vegetable oils/fats	..	..	..	0·5*	0·5*
Milk, Curds	..	..	..	20·0	16·0
Fish/Meat	..	..	..	.....	1·0†
Eggs	..	..	..	.....	One‡
<i>Nutrient Analysis—</i>					
Total Proteins (in g.)	..	..	..	45·5	46·2
Animal Proteins (in g.)	..	..	..	24·1	24·8
Fats (in g.)	..	..	..	49·1	46·3
Carbohydrates (in g.)	..	..	..	187·6	182·4
Calcium (in g.)	..	..	..	1·57	1·85
Phosphorus (in g.)	..	..	..	1·32	1·23
Iron (in mg.)	..	..	..	18·6	19·0
Vitamin A (in I. U.)	..	..	..	4036	4426
Vitamin B <sub>1</sub> (in I. U.)	..	..	..	186	190
Vitamin C (in mg.)	..	..	..	80	80
Calories	..	..	..	1374	1331
<i>Distribution of Calories—</i>					
Proteins	..	..	..	13 per cent.	14 per cent.
Fats	..	..	..	32 per cent.	31 per cent.
Carbohydrates	..	..	..	55 per cent.	55 per cent.

\* Preferably butter and ghee.

† Three times a week.

‡ Four times a week.

(G. C. P.) M O A O (040—0a)

TABLE 3.

*Diet for a School Child (Age 6—11 years)*

<i>Foodstuffs—</i>				Vegetarian (in ozs.)	Non-vegetarian. (in ozs.)
Cereals	...	...	...	8 0	8 0
Pulses and " dal "	...	...	...	2 0	2 0
Leafy vegetables	...	...	...	2·0	2 0
Root vegetable	...	...	...	1·5	1·5
Green non-leafy vegetables	...	...	...	1·5	1·5
Fruits	...	...	...	1·5	1·5
Sugar and Jaggery	...	...	...	1·5	1·5
Vegetable oils/fat	...	...	...	0·5	0·5
Buter and ghee	...	...	...	0·5	0·5
Milk, curds	...	...	...	16·0	12 0
Fish and meat	...	...	...	.....	2·6*
Eggs	...	...	...	.....	One
Groundnuts	...	...	...	0·5	.....
<i>Nutrient Analysis—</i>					
Total Proteins	(in g.)	...	...	61·6	63·3
Animal Proteins	(in g.)	...	...	19·3	24·8
Fats	(in g.)	...	...	64·8	59·5
Carbohydrates	(in g.)	...	...	283·5	275·4
Calcium	(in g.)	...	...	1·47	1·27
Phosphorus	(in g.)	...	...	1·63	1·55
Iron	(in mg.)	...	...	26·3	27·1
Vitamin A	(in I. U.)	...	...	4,050	4,861
Vitamin B <sub>1</sub>	(in I. U.)	...	...	369	333
Vitamin C	(in mg.)	...	...	80	80
Calories	...	...	...	1,963	1,890
<i>Distribution of calories—</i>					
Proteins	...	...	...	12 per cent.	14 per cent.
Fats	...	...	...	30 per cent.	28 per cent.
Carbohydrates	...	...	...	58 per cent.	58 per cent.

\* Three times a week.

TABLE 4.

*Diet for an Adolescent (Age 12 years and above).*

				Vegetarian (in ozs.).	Non-vegetarian (in ozs.).
<i>Foodstuffs—</i>					
Cereals	..	..	..	12·0	12·0
Pulses and " dals "	..	..	..	3·0	3·0
Leafy vegetables	..	..	..	4·0	4·0
Root vegetables	..	..	..	3·0	3·0
Green non-leafy vegetables	..	..	..	3·0	3·0
Fruits	..	..	..	1·5	1·5
Sugar and Jaggery	..	..	..	1·5	1·5
Vegetable oils/fats	..	..	..	0·75	0·75
Butter and ghee	..	..	..	0·75	0·75
Milk, curds	..	..	..	16·0	12·0
Fish and meat	..	..	..	....	2·0
Eggs	..	..	..	....	One*
Groundnuts	..	..	..	0·5	....
<i>Nutrient Analysis—</i>					
Total Proteins	(in g.)	..	..	82·4	88·7
Animal Proteins	(in g.)	..	..	19·3	29·4
Fats	(in g.)	..	..	80·9	75·5
Carbohydrates	(in g.)	..	..	396·7	388·6
Calcium	(in g.)	..	..	1·81	1·63
Phosphorus	(in g.)	..	..	2·13	2·06
Iron	(in mg.)	..	..	41·5	42·5
Vitamin A	(in I.U.)	..	..	7,069	7,486
Vitamin B <sub>1</sub>	(in I.U.)	..	..	552	527
Vitamin C	(in mg.)	..	..	137	137
Calories		..	..	2,644	2,589
<i>Distribution of Calories—</i>					
Proteins	..	..	..	12 per cent.	14 per cent.
Fats	..	..	..	28 per cent.	26 per cent.
Carbohydrates	..	..	..	60 per cent.	60 per cent.

\* Four times a week.

TABLE 5.

*Diet for an Expectant Mother.*

				Vegetarian (in ozs.).	Non-vegetarian (in ozs.).
<i>Foodstuffs—</i>					
Cereals	..	..	..	12·0	12·0
Pulses and "dals"	..	..	..	3·0	2·0
Leafy vegetables	..	..	..	3·0	3·0
Root vegetables	..	..	..	2·0	2·0
Green non-leafy vegetables	..	..	..	3·0	3·0
Fruits	..	..	..	3·0	3·0
Sugar and Jaggery	..	..	..	1·5	1·5
Vegetable oils/fats	..	..	..	1·0	1·0
Butter and ghee	..	..	..	0·5	0·5
Milk, curds	..	..	..	16·0	12·0
Fish and meat	..	..	..	....	3·0*
Eggs	..	..	..	....	One†
<i>Nutrient Analysis—</i>					
Total Proteins	(in g.)	..	..	77·6	78·8
Animal Proteins	(in g.)	..	..	19·3	27·1
Fats	(in g.)	..	..	76·2	74·9
Carbohydrates	(in g.)	..	..	393·5	371·7
Calcium	(in g.)	..	..	1·71	1·48
Phosphorus	(in g.)	..	..	2·05	1·92
Iron	(in mg.)	..	..	38·2	37·5
Vitamin A	(in I.U.)	..	..	5,659	5,907
Vitamin B <sub>1</sub>	(in I.U.)	..	..	492	484
Vitamin C	(in mg.)	..	..	193	193
Calories		..	..	2,570	2,476
<i>Distribution of calories—</i>					
Proteins	..	..	..	12 per cent.	13 per cent.
Fats	..	..	..	27 per cent.	27 per cent.
Carbohydrates	..	..	..	61 per cent.	60 per cent.

\* Four times a week.

† Three times a week.

TABLE 6.

*Diet for a Nursing Mother.*

				Vegetarian (in ozs.).	Non-vegetarian (in ozs.).
<i>Foodstuffs—</i>					
Cereals	...	...	...	11·0	11·0
Pulses and "dals"	...	...	...	3·0	2·0
Leafy vegetables	...	...	...	3·0	3·0
Root vegetables	...	...	...	2·0	2·0
Green non leafy vegetables	...	...	...	3·0	3·0
Fruits	...	...	...	3·0	3·0
Sugar and Jaggery	...	...	...	1·5	1·5
Vegetable oils/fats	...	...	...	1·0	1·0
Butter and ghee	...	...	...	0·5	0·5
Milk, curds	...	...	...	32·0	24·0
Fish and meat	...	...	...	.....	3·0*
Eggs	...	...	...	.....	One†
<i>Nutrient Analysis—</i>					
Total Proteins	(ing.)	...	...	94·1	90·6
Animal Proteins	(ing.)	...	...	38·5	41·5
Fats	(ing.)	...	...	102·8	94·7
Carbohydrates	(ing.)	...	...	393·9	368·9
Calcium	(ing.)	...	...	2·65	2·18
Phosphorus	(ing.)	...	...	2·61	2·32
Iron	(in mg.)	...	...	37·7	36·7
Vitamin A	(in I.U.)	...	...	6,129	6,253
Vitamin B <sub>1</sub>	(in I.U.)	...	...	463	455
Vitamin C	(in mg.)	...	...	133	133
Calories		...	...	2,877	2,682
<i>Distribution of Calories—</i>					
Proteins	...	...	...	13 per cent.	13 per cent.
Fats	...	...	...	32 per cent.	32 per cent.
Carbohydrates	...	...	...	55 per cent.	55 per cent.

\* Four times a week.

† Three times a week.

TABLE 7.

*Diet for an Industrial or Agricultural Worker.*

				Vegetarian (in ozs.).	Non-vegetarian (in ozs.).
<i>Foodstuffs—</i>					
Cereals	...	...	...	16·0	16·0
Pulses and "dals"	...	...	...	4·0	4·0
Leafy vegetables	...	...	...	5·0	3·0
Root vegetables	...	...	...	4·0	4·0
Green non-leafy vegetables	...	...	...	3 0	3·0
Sugar and Jaggery	...	...	...	2·0	2·0
Vegetable oils/fats	...	...	...	2 0*	2·0*
Milk, curds	...	...	...	10 0	10·0
Fish and meat	...	...	...	.....	3·0
Groundnuts	...	...	...	1·0	.....
<i>Nutrient Analysis—</i>					
Total Proteins	(in g.)	...	...	94·8	104·7
Animal Proteins	(in g.)	...	...	12·1	29·6
Fats	(in g.)	...	...	94·0	88 6
Carbohydrates	(in g.)	...	...	499·2	493·5
Calcium	(in g.)	...	...	1·51	1·57
Phosphorus	(in g.)	...	...	2·34	2·38
Iron	(in mg.)	...	...	45·6	46 6
Vitamin A	(in I.U.)	...	...	5,589	5,601
Vitamin B <sub>1</sub>	(in I.U.)	...	...	735	677
Vitamin C	(in mg.)	...	...	101	101
Calories		...	...	3,222	3,190
<i>Distribution of Calories—</i>					
Proteins	...	...	...	12 per cent.	13 per cent.
Fats	...	...	...	26 per cent.	25 per cent.
Carbohydrates	...	...	...	62 per cent.	62 per cent.

\*At least 1/4 oz. should be butter or ghee.

## (C) Supplementary Feeding Programmes.

1. (a) *Nutritious Snacks for School Canteens.*1. *Dahi wada*—

*Ingredients.*—Green gram (*mung*) flour and black gram (*udid*) flour  $\frac{1}{2}$  lb. each; curds 2 lbs.; ghee or oil for frying; salt and condiments to taste.

*Methods.*—Add salt and condiments to the flours and knead the mixture with the addition of water, into a soft dough. Shape the dough into small balls, flatten a little and fry in deep oil.

Season the curds with mustard seeds and chillies and put the fried balls in curds.

2. *Chkt (Toffee)*—(i) *Groundnut Toffee*—

*Ingredients.*—Roasted groundnuts or til seeds—1 lb., Jaggery  $\frac{1}{2}$  lb.

*Method.*—Make the Jaggery into a syrup till it reaches a stage when it forms into a crust, when a little is put into cold water. Add the groundnuts or til seeds and mix well. Spread the mixture on a greased pan and cut into pieces.

(ii) *Coconut Toffee*—

*Ingredients.*—Three coconuts;  $1\frac{1}{2}$  to 2 lbs. of sugar or jaggery; cardamoms for flavour.

*Method.*—Make sugar or jaggery into a syrup till it reaches a stage when it forms into a crust when a little is put into cold water. Add grated coconut with cardamoms, if desired, to increase the flavour. Spread the mixture on a greased pan and cut into pieces.

3. *Pachadi (Vegetable salad with curds)*—

*Ingredients.*—Curds  $\frac{1}{2}$  lb.; cucumber  $\frac{1}{2}$  lb. salt and chillies to taste.

*Method.*—Cut cucumber in slices and put into curds for two or three hours. Add a little salt and chillies to taste. Season with mustard seeds, or garnish with coriander leaves, if desired, and serve.

Similarly *pachadi* may be made with a mixture of ripe tomatoes and/or carrots, and/or sprouted *mung*.

Lettuce or cabbage leaves may be steam-cooked for a short time and then put into curds, for two or three hours, and seasoned, if desired.

4. *Koshimbir*—

*Ingredients.*—*Chana dal*  $\frac{1}{2}$  lb. sour lime one (2 ozs.); coriander leaves 4 ozs.; salt and chillies to taste.

*Method.*—Soak *chana dal* in water for two hours and slightly crush with the addition of salt and green chilies to taste. Garnish the mixture with sour lime juice and serve with a spread of coriander leaves (grated green mango may be added instead of sour lime juice, whenever, available.).

## 5. Milk may be popularised by way of the following preparations:—

- (a) Cold (iced) milk, curds or buttermilk.
- (b) Porridge with *rawai* or *mung dal* or sago.
- (c) *Shikran*—Mixture of milk, sugar and ripe sliced banana.
- (d) Milk powder upto 10 per cent. may be incorporated in *puris*.

6. *Miss chapati or puri*—

*Ingredients.*—Wheat flour 1 lb., gram flour  $\frac{1}{2}$  lbs., salt and chillies to taste.

*Method.*—Mash the chillies and add to the mixture of wheat and gram flour. Add water and salt and knead the ingredients into a smooth dough. Prepare *chapatis* or *puris* as desired. These can be eaten with curds or *chutney*.

*Note.*—For every pound (lb.) of flour, 2 ozs. of dried milk powder may be added to increase the nutritive value.

7. Vegetable preparations that may be served along with the *missi chapati* or *puri*—

(a) *Bhendi, gavar*, french beans, drumstick, green tomatoes etc. These may be cooked singly or in combination of two or three varieties.

(b) Similarly, leafy vegetables such as *chawli, methi, palak*, drumstick leaves, etc. may be used.

(c) *Usal* out of sprouted pulses such as *mung, math*, etc.

8. *Sandwiches*—

*Ingredients*.—Baker's bread  $\frac{3}{4}$  lb., butter  $1\frac{1}{2}$  oz.; tomatoes 6 ozs. ; lettuce 3 ozs; salt to taste.

*Method*.—Cut the bread into thin slices and spread a thin layer of butter on them. Cut tomatoes and lettuce into small pieces, and *add* salt. Prepare sandwiches by putting small quantities of the vegetables between two slices of bread (To avoid waste, do not cut the crust of bread).

Slices of carrots, cucumber, boiled cabbage and eggs or cooked meat etc. may similarly be used as the sandwich filling, to provide variety.

9. *Sour lime juice*—

*Ingredients*.—One sour lime (2-3 ozs.); sugar and salt to taste.

*Method*.—Cut the sour lime, squeeze and take out the juice. *Add* to it  $\frac{1}{2}$  lb. of water, salt and sugar to taste and stir well before serving.

10. *Fruit salad*—

*Ingredients*.—Cheap seasonal fruits such as oranges, sweet limes, bananas, papayas, *chikus*, grapes etc. sugar to taste.

*Method*.—Wash and cut the fruits (three or more from the list) into pieces and *add* sugar, Mix well, before serving.

11. *Fresh fruits*.—In addition to banana, seasonal fruits such as papayas, guavas, sweets limes, oranges, etc. may also be put for sale in the canteen stall.

I (b) *A Mid-day meal for School Children.*

<i>Foodstuffs</i> —					Quantity (in ozs.).
Wheat flour	..	..	..	..	$1\frac{1}{2}$
Leafy vegetables	..	..	..	..	1
Roots and other non-leafy vegetables	..	..	..	..	$1\frac{1}{2}$ .
Sugar	..	..	..	..	$\frac{1}{2}$ (One teaspoonful).
Oil/ghee	..	..	..	..	$\frac{1}{2}$
'Toned' milk/curds	..	..	..	..	8
Vitamin tablets (on alternate days)	..	..	..	..	One of 'A-D' and one of 'B-C' (Prepared by the Haffkine Institute, Bombay).
<i>Nutrient Analysis</i> —					
Total Proteins	(in g.)	..	..	..	15.0
Fats	(in g.)	..	..	..	18.7
Carbohydrates	(in g.)	..	..	..	55.3
Calcium	(in g.)	..	..	..	0.51
Phosphorus	(in g.)	..	..	..	0.45
Iron	(in mg.)	..	..	..	6.0
Vitamin A	(in I.U.)	..	..	..	1,345
Vitamin B <sub>1</sub>	(in I.U.)	..	..	..	99
Vitamin C	(in mg.)	..	..	..	28
Calories		..	..	..	430



*Distribution of Calories—*

Proteins	..	..	..	..	13 per cent.
Fats	..	..	..	..	40 per cent.
Carbohydrates	..	..	..	..	47 per cent.

*Menu.*

- (i) Four *puris* or two *chapatis*.
- (ii) Cooked vegetables : One serving.
- (iii) Milk or curds (Sweetened with sugar).
- (iv) Vitamin Tablets (on alternative days).
- (v) Oil/ghee should be utilised in cooking.

*2. Nutritious Snacks Recommended for Bombay Municipal School Children.**Composition and Analysis of Snacks.*

(i) Groundnut Toffee ( <i>Chiski</i> ).	(ii) Til-seeds Toffee ( <i>Chiski</i> ).	(iii) <i>Ladoos</i>	(iv) Fruits.
Ingredients.	Ingr. dents.	Ingredients.	Banana One (3 ozs.)
Groundnuts (Roasted) 0.5 oz.	Til-seeds (Roasted) 0.5 oz.	Puffed rice. 0.75 oz.	
Grams (Roasted) 0.5 oz.	Grams (Roasted) 0.5 oz.		
Jaggery 0.5 oz.	Jaggery 0.5 oz.	Jaggery 0.5 oz.	
Weight 1.5 oz.	1.5 oz.	1.25 oz.	3.0 ozs.

*Nutrient Analysis—*

Proteins (in g.)	7.7	5.8	1.6	1.1
Fats (in g.)	6.4	6.9	0.03	0.18
Carbohydrates(in g.)	24.4	25.2	29.2	30.9
Calcium (in g.)	0.03	0.22	0.01	0.01
Phosphorus (in g.)	0.11	0.13	0.03	0.04
Iron (in mg.)	2.9	4.3	3.2	0.8
Vitamin A (in I.U.)	..	53	..	..
Vitamin B <sub>1</sub> (in I.U.)	..	..	15	8
Vitamin C (in mg.)	..	..	..	..
Calories	185	186	124	130
<i>Approximate cost</i> Rs. 0-0-7.8 (Thrice a week)		0-0-8.6 (Once a week)	0-0-9.9 (Once a week)	0-0-9 (Once a week).

*Average cost per day—As. ½ (0.05 nP.).*

*Average Calories per day : 166.*

## 3. In the Dangs District.

(A) Total quantity of foodstuffs per child, per day:—

Ragi 4 ozs.; Skim milk powder 1 oz.; Jaggery 1 oz. and Groundnuts 1/2 oz.

(B) Recipes.—

## I. Ragi bhakar—

*Ingredients.*—Ragi flour (3 ozs.), a pinch of salt and warm water.*Method.*—Add a pinch of salt and sufficient warm water to the ragi flour and prepare a dough, in the usual manner. Roll out or shape (with the hands) the dough into two *bhakers* and bake on a griddle (or *tava*), until done. (May be served with a vegetable preparation, *chutney* or jaggery).*Note.*—This may be prepared at home or at the school.

## II. Ragi Conjee—

*Ingredients.*—Ragi flour 1 oz.; jaggery (powdered) 1/2 oz.; milk 6 ozs. (Reconstituted from 3/4 oz. sk. m milk powder); a pinch of salt and water.*Method.*—Mix the ragi flour in a little cold water to smooth paste. Boil 1 cup (about 6 ozs.) of water. Add the ragi paste together with a pinch of salt to the water and stir briskly to avoid lump formation. Cook for about 8 to 10 minutes. Stir in the jaggery and milk. Cook for a minute, after the milk begins to boil. Serve warm, or as desired.

## III. Groundnut Chiki—

*Ingredients.*—Groundnuts (Roasted, and without the red cuticle), 1/2 oz.; jaggery 1/2 oz. skim m. lk powder 1/4 oz.*Method.*—Make jaggery into a syrup, till it reaches a stage, when it forms into a crust, when a little is put into cold water. Add the groundnuts and milk powder and mix well. Spread the mixture on a greased pan and cut into pieces.*Nutrient Analyses of the Snacks.*

Name of foodstuffs.	Protein (g.).	Fat (g.).	Carbohydrate (g.).	Calcium (g.).	Phosphorus (g.).	Iron (mg.).	Vitamin A (I.U.).	Vitamin B <sub>1</sub> (I.U.).	Vitamin C (mg.).
<b>I. Ragi bhakar—</b>									
Ragi 3 ozs.	6.03	1.11	64.89	0.282	0.231	1.59	60	120	...
<b>II. Ragi Conjee—</b>									
Ragi 1 oz.	2.01	0.37	21.63	0.094	0.077	0.53	20	40	...
Jaggery 1/2 oz.	0.06	0.02	13.47	0.012	0.006	1.62	40	...	...
Sk m powder 3/4 oz.	8.08	0.02	10.85	0.291	0.213	0.30	...	4	...
	10.15	0.41	45.95	0.397	0.296	2.45	60	44	...
<b>III. Groundnut "chiki"—</b>									
Groundnut 1/2 oz.	3.79	5.69	2.88	0.007	0.056	0.23	9	43	...
Jaggery 1/2 oz.	0.06	0.02	13.47	0.012	0.006	1.62	40	...	...
Sk m powder 1/4 oz.	2.69	0.01	3.62	0.097	0.071	0.10	...	1	...
	6.54	5.72	19.97	0.116	0.133	1.95	49	44	...
<b>Total of I, II and III—</b>									
	22.72	7.24	130.81	0.795	0.66	5.99	169	208	...
Calories	...	679 (Aprox. 680).							
Recommended allowances per day (for school children).	2.5 g/kg. Approx. 60-65 g.	...	...	1.0-1.5		10 to 30	3,000 to 4,000	333	30-50
Calories	...	1700-2000							

4 (a) *Mid-day Meal for Industrial Canteens.*

<i>Foodstuffs—</i>				Vegetarian (in ozs.)	Non-vegetarian (in ozs.)
Rice	}	..	..	5.0	5.0
Wheat flour					
Bread					
Other cereals					
Pulses and "dals"	..	..	..	2.0*	1.5*
Leafy vegetables	..	..	..	2.0	2.0
Root vegetables	..	..	..	2.0	3.0
Other vegetable	..	..	..	2.0	1.0
Vegetable oils/fats	..	..	..	1.0†	1.0†
Milk/curds	..	..	..	3.0‡	....
Fish and meat	..	..	..	....	2.0
<i>Nutrient Analysis—</i>					
Total Proteins (in g.)	..	..	..	36.2	38.9
Animal Proteins (in g.)..	..	..	..	3.6	11.7
Fats (in g.) ..	..	..	..	36.3	36.3
Carbohydrates (in g.) ..	..	..	..	159.2	146.2
Calcium (in g.)	..	..	..	0.53	0.88
Phosphorus (in g.)	..	..	..	0.81	0.74
Iron (in mg.)	..	..	..	18.2	18.6
Vitamin A (in I. U.)	..	..	..	3048	3053
Vitamin B <sub>1</sub> (in I. U.)	..	..	..	311	240
Vitamin C (in mg)	..	..	..	64	62
Calories ..	..	..	..	1108	1067
<i>Distribution of Calories—</i>					
Proteins ..	..	..	..	13 %	14 %
Fats ..	..	..	..	30 %	31 %
Carbohydrates "	..	..	..	57 %	55 %

\* Includes the quantity of pulse for "papad".

† Quantity of oil for cooking purposes.

‡ If fresh whole milk is not afforded, "toned" milk or reconstituted milk from skim milk powder (0.5 oz.) may be used.

4(b). *Nutritious Snacks for Industrial Canteens.*1. *Missi Chapati or Puri* :—

*Ingredients*.—Wheat flour 1 lb.; gram flour 2 ozs.; coriander, *chawli*, or *methi* leaves 2 ozs. salt and chillies to taste.

*Method*.—Wash and cut the leaves fine; mash the chillies. Mix this into the wheat and gram flours. Add water and knead the ingredients into a smooth dough. Prepare *chapatis* or *puris* as desired.

*Note*.—For every pound (lb.) of flour, 2 ozs. of dried milk powder may be added, to increase the nutritive value.

2. *Vegetable preparations that may be served along with Missi chapati or puri* :—

(a) Brinjals, tomatoes, potatoes, beans, drumsticks, etc. These may be cooked singly, or in combination of two or three varieties.

(b) Leafy vegetables such as *chawli*, *methi*, *palak*, drumstick leaves, may be preferably cooked along with *dals*, potatoes, tomatoes, etc.

(c) Usal out of sprouted pulses such as *mung*, *math*, *chana*, etc.

3. *Dahi vada* :—

*Ingredients*.—Green gram (*mung*) *dal* and black gram (*Udid*) *dal* 1/2 lb. each; curds 2 lbs., ghee or oil for frying, salt and condiments to taste.

*Method*.—Mix the *dals* and soak in water overnight. Grind the *dals* (after draining the water) into soft dough, adding salt and condiments to taste. Shape the dough into small balls, flatten a little and fry in deep oil.

Season the curds with mustard seeds and chillies and put the fried balls in curds.

4. *Batata vada* :—

*Ingredients*.—Gram flour 6 ozs.; potatoes 1 lb.; *chawli*, *methi* or *palak* leaves 2 ozs.; coriander leaves 1/2 oz.; coconut 1/2 oz.; green chillies, ginger, dry coriander, *garam masala*, *hing*, salt, etc. to taste. Oil for frying.

*Method*.—Prepare the gram flour with the addition of water into a batter of a suitable consistency. Boil and mash the potatoes. Wash and cut the green leaves and chillies fine. Add the leaves, condiments and salt to the mashed potatoes. Mix well. Prepare small balls, dip into the batter and fry, till golden brown, in deep oil.

5. *Onion bhajia* :—

To enhance the nutritive value of the ordinary onion *bhajias*, green leafy vegetables up to 10 per cent may be incorporated into the ingredients.

6. *Pachadi (Vegetable salad with curds)* :—

*Ingredients*.—Curds 1/2 lb. cucumber 1/2 lb., salt and chillies to taste.

*Method*.—Cut cucumber in slices and put into curds for two to three hours. Add a little salt and chillies to taste. Season with mustard seeds or garnish with coriander leaves, if desired and serve.

Similarly, *pachadi* may be made with a mixture of ripe tomatoes and/or carrots and/or sprouted *mung*.

Lettuce or cabbage leaves may be steam-cooked for a short time and then mixed in curd for two or three hours, and seasoned, if desired.

7. *Tomato omelet* :—

*Ingredients*.—Rice flour 1/4 lb. gram flour 14 ozs.; tomatoes (ripe) 1/2 lbs., coriander, *methi* or curry leaves 1/4 lb., salt and condiments to taste; oil for frying.

*Method.*—Clean and cut the vegetables fine, and mix into the rice and gram flours. Add salt and condiments to taste. Add water to make a thin batter. Fry small quantities of the batter in oil, in the shape of an omelet.

8. *Vegetable sandwiches.* :—

*Ingredients.*—Baker's bread 14 ozs.; tomatoes 1/2 lb. grated coconut 2 ozs.; lettuce or cabbage leaves 2 ozs.; chillies and salt to taste.

*Method.*—Cut the bread into slices of 1/3rd inch thickness. Cut vegetables and chillies into small pieces. Add and mix the coconut and salt to the vegetables. Prepare sandwiches by putting small quantities of the vegetable preparation between two slices of bread. (To avoid waste, do not cut the crust of bread).

9. *Upama* :—

*Ingredients.*—Semolina or *wari*, 1 lb.; potatoes 1/4 lb.; brinjals 1/4 lb.; onions 2 ozs.; oil 1 oz., salt, chillies, *haldi*, *dhana-jeera*, to taste.

*Method.*—Peel and cut the vegetables into cubes. Fry the semolina or *wari* in oil on slow fire. Add the vegetables, salt and condiments to the semolina or *wari*. Stir well, adding sufficient hot water to cook.

10. *Chiki (Toffee)* :—

*Ingredients.*—Groundnuts 1 lb.; jaggery 3/4 lb.; *rajgira* 1/4 lb. and white *til* 1 oz.

*Method.*—Make the jaggery into a syrup till it reaches a stage, when it forms into a crust when a little is put into cold water. Add the groundnuts *rajgira* and *til* and mix well. Spread the mixture on a greased pan and cut into pieces.