



Government of Bombay

**REPORT**  
**ON THE**  
**DIET AND NUTRITION STUDIES IN**  
**AN INDUSTRIAL AREA**  
**(KURLA, BOMBAY)**

**APRIL-MAY 1955**

*By*

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# REPORT ON THE DIET AND NUTRITION STUDIES IN AN INDUSTRIAL AREA (SVADESHI MILLS, KURLA, GREATER BOMBAY), 1955.

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## APPENDIX A.

DEPARTMENT OF NUTRITION, GOVERNMENT OF BOMBAY.

*Schedule for Diet Survey.*

Serial No. ....

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

Address .....

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

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

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

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

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

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

Approximate expenditure on food per month: Home Rs.....Outsider Rs.....

No.	Name.	Sex.	Age.	Relation with the head of the family.	If earning the income per month.	Whether takes foods outside.	Expenditure on outside food.	Remarks if any.
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								

Period of Survey: .....

from .....

to .....

General Remarks (including dietary habits).

Living conditions.

Health and personal hygiene.

Date .....

1955

Name of the Investigator, .....

**TOTAL QUANTITY OF FOODS CONSUMED BY THE FAMILY IN LBS. (GIVE OTHER UNITS, WHEREVER NECESSARY).**

Food Groups	1st		2nd		3rd		4th		5th		6th		7th		Total	Remarks.
	Morn- ing	Even- ing	Morn- ing	Even- ing	Morn- ing	Even- ing	Morn- ing	Even- ing	Morn- ing	Even- ing	Morn- ing	Even- ing	Morn- ing	Even- ing		
(C) Rice (Polished) .. ..																
(E) Rice (unpolished) .. ..																
(R) Wheat .. ..																
(E) Jowar .. ..																
(A)																
(L) Other cereals .. ..																
(S)																
'Tur' .. ..																
Pulses 'Chana' .. ..																
Other pulses .. ..																
Leafy .. ..																
Vegetables .. ..																
Roots Potatoes .. ..																
and Onions .. ..																
Tubers Others .. ..																
Other Vegetables .. ..																
Fruits .. ..																
Dryfruit .. ..																



Food groups.	Days	1st		2nd		3rd		4th		5th		6th		7th		Total.	Remarks.
		M.	E.	M.	E.	M.	E.	M.	E.	M.	E.	M.	E.	M.	E.		
Nuts and oilseeds.	{ Groundnuts ...																
	{ Coconuts ...																
	{ Others ...																
Condiments	... ..																
Other foods	... ..																
Foods taken outside home	... ..																
Absentees for the particular meals	... ..																
Guests (with approximate ages)	{ Males ...																
	{ Females ...																
	{ ...																

Name of the investigator ...

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

## APPENDIX B.

DEPARTMENT OF NUTRITION, GOVERNMENT OF BOMBAY.

*Schedule for Rapid Clinical Nutrition Survey.*

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

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

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

Weight lbs. Height.....inches.

Haemoglobin g/100 ml. Std. Div.

Grade I

Grade II

- (a) Poor musculature.
- (b) Deficient subcutaneous fat.
- (c) Mild anaemia.
- (d) Lack of interest in surroundings.
- (e) Mild signs of not more than one of the specific nutritional disorders or deficiencies mentioned under Group III of Grade III.

Grade III

Group I—Equal weightage—highly significant of malnutrition ;  
 Nutritional Oedema (dependent parts or generalized).  
 Gross muscular wasting.  
 Marked anaemia.  
 Xerosis of the cornea.

Group II—Significant of malnutrition.  
 Tenderness of the calf  
 Red and/or raw tongue.  
 Glazed tongue.  
 Stomatitis.  
 Bleeding gums.  
 Angular conjunctivitis (bilateral).

Group III—Less significant.  
 Xerosis or pigmentation of conjunctivae.  
 Bitot's spots.  
 Caries.  
 Dry and/or rough skin.  
 crazy pavement skin.  
 Hyperkeratosis.

Special remarks, if any :



APPENDIX  
Result of the diet Survey of

1. Serial No. of the Family...	1	2	3	4
2. Community ...	Mahar	Mahar	Mahar	Gurav
3. Language Spoken ...	All	families	speak	Marathi.
4. Vegetarian/Non-vegetarian	All	families	are	Non-
	Rs. a. p.	Rs. a. p.	Rs. a. p.	Rs. a. p.
5. Rent of the tenement ...	3 13 0	3 13 0	3 13 0	3 13 0
6. Total income of the Family per mensem.	95 0 0	195 0 0	139 0 0	285 0 0
7. Number of members—				
Adults	M	1	1+3	1
	F	1	1	1
Children	M	...	2	3
	F	...	1	1
Total	...	2	5+3	6
8. Total C. Us. of the Family.	1.9	3.7+3.0	4.3+0.9	5.7+1.4
9. Income per C. U. per mensem.	50.0	28.1	32.3	50.0
10. Number of earning members.	1	2	1	3
11. District of origin and period of stay in Bombay.	Usmanabad. 35 years.	Karad. 10 years.	.....	Ratnagiri. Long time.
12. Number of persons clinically examined.	2	5	6	6
13. Period of Diet Survey ...	16th April 1955 to— 26th April 1955.	16th April 1955 to— 26th April 1955.	16th April 1955 to— 26th April 1955.	.....
	Rs. a. p.	Rs. a. p.	Rs. a. p.	Rs. a. p.
14. Approximate expenditure on food.	.....	125 0 0	120 0 0	100—125
15. Occupation	... Mill worker.	Mill worker+ Border taken.	.....	.....

C.

*Industrial Workers families at Kurla.*

5	6	7	8	9	10
Maratha.	Maratha.	Maratha.	Maratha.	Maratha.	Maratha.
vegetarian.					
Rs. a. p.	Rs. a. p.	Rs. a. p.	Rs. a. p.	Rs. a. p.	Rs. a. p.
3 13 0	3 13 0	3 13 0	3 13 0	3 12 0	3 13 0
115 0 0	275 0 0	120 0 0	246 0 0	210 0 0	213 0 0
$\frac{1}{1}$	$\frac{4}{2}$	$\frac{1}{1}$	$\frac{3+1}{1}$	$\frac{2}{1}$	$\frac{2}{2}$
$\frac{1}{..}$	$\frac{..}{..}$	$\frac{..}{..}$	$\frac{..}{2}$	$\frac{1}{4}$	$\frac{..}{..}$
$\frac{..}{3}$	$\frac{..}{6}$	$\frac{..}{2}$	$\frac{6+1}{8}$	$\frac{..}{8}$	$\frac{..}{4}$
2.7	5.8	1.9	5.2+1.0	6.2	3.8
42.6	47	63.1	41.5	33.8	56.1
1	3	1	3 Border taken	2	3
Ratnagiri. 17 years.	....	Kurla. ....	Ratnagiri. 45 years.	Ratnagiri. 25 years.	Kolaba. from birth.
2	3	2	7	7	3
.....17th April 1955 to 26th April 1955.....					.....19th April 1955 to 26th April 1955.
Rs.	Rs.	Rs.	Rs.	Rs.	Rs.
70+5	150+20	50+25	*+10	150+60	110+16
.....Mill-worket. ....					

\* Not recorded.

## 16. Daily consumption of foodstuff per C.U. per day--

Serial No. of the family	1	2	3	4
(i) Rice ... ..	4.5	2.8	4.3	8.4
(ii) Wheat ... ..	13.4	11.7	9.8	...
(iii) Jowar ... ..	2.7	14.1	6.8	...
(iv) Bajri ... ..	3.0	...	0.6	1.9
(v) Other cereals ... ..	...	...	0.1	...
(vi) Total cereals ... ..	23.6	28.6	21.6	10.3
(vii) Tur ... ..	1.4	0.7	0.2	0.9
(viii) Chana and Other pulses	1.1	0.5	0.2	0.5
(ix) Total pulses ... ..	2.5	1.2	0.4	1.4
(x) Leafy vegetables ... ..	1.0	0.1	0.5	...
(xi) Root vegetables ... ..	4.7	1.9	1.8	2.0
(xii) Other vegetables ... ..	2.1	0.8	0.9	1.5
(xiii) Fruits ... ..	...	0.1	0.3	...
(xiv) Sugar and jaggery ... ..	4.7	2.7	2.9	1.5
(xv) Vegetable oils fats ... ..	2.2	0.7	0.9	0.6
(xvi) Butter and ghee ... ..	...	...	...	...
(xvii) Milk ... ..	4.2*	2.7*	0.8+0.2*	0.6
(xviii) Fish ... ..	{ F. 0.04 D. ...	0.1 0.04	0.5 ...	0.1 0.2
(xix) Meat ... ..	0.6	0.3	1.4	0.5
(xx) Eggs ... ..	0.2	0.1	0.2	...
(xxi) Nuts and oilseeds ... ..	0.3	0.1	0.4	0.6
(xxii) Betel leaves ... ..	...	...	0.4	...
(xxiii) Green chillies ... ..	0.3	0.1	0.4	...

\*Goat's milk.

C—contd.

5	6	7	8	9	10
12.3	3.9	14.7	8.3	9.3	7.8
...	5.7	...	0.1	2.0	3.2
...	...	...	...	...	...
5.7	19.7	...	8.1	...	9.0
...	...	...	...	...	...
18.0	29.3	14.7	16.5	11.8	20.0
1.5	1.4	2.5	1.0	1.5	1.5
0.6	0.5	1.2	0.5	0.7	0.6
2.1	1.9	3.7	1.5	2.2	2.1
0.2	0.8	0.1	0.4	0.9	0.4
1.9	3.2	5.7	2.2	2.5	2.4
0.7	1.8	3.1	1.1	1.3	0.1
...	...	...	...	...	...
1.9	2.3	6.9	1.6	1.2	1.2
0.9	1.1	1.8	0.7	0.7	0.8
...	...	...	...	...	...
0.7	5.4+1.2†	2.3	0.6	0.4+2.2‡	0.9
1.8	...	...	0.3	0.2	0.2
0.2	0.1	...	0.8	0.02	0.1
2.5	1.5	1.7	0.5+0.5‡	...	...
...	...	...	...	0.2	...
1.4	0.3	2.0	0.5	0.4	0.1
...	...	...	...	0.5	0.6
...	0.1	...	0.2	...	...

†Buttermilk

‡Liver

§'Toned' milk.

## APPENDIX

1. Serial No. of the Family...	11	12	13	14	15	16
2. Community ..	Mahar	Maratha		Backward....		
3. Language Spoken .....						
4. Vegetarian/Non-vegetarian .....						
	Rs. a. p.	Rs. a. p.	Rs. a. p.	Rs. a. p.	Rs. a. p.	Rs. a. p.
5. Rent of the tenament ..	3 12 0	3 13 2	3 13 0	3 13 0	6 9 0	3 4 6
6. Total Income of the family p.m.	110	300	110	100	235	100
7. Number of members ..						
Adults M ..	1	3	1	2	5	2
F ..	3	3	1	2	3	1
Children M ..	2	..	3	1	1	1
F ..	3	2	..	..	2	1
Total ..	9	8	5	5	11	5
8. Total C.U.s. of the Family	6.3	7.1	3.4	4.5	9.0	4.0
9. Income per C. U. p.m. ..	17.5	42.2	32.4	22.2	29.3	25.0
10. Number of earning members.	1	5	1	1	3	1
11. District of origin and period of stay in Bombay.	Kolaba 15 yrs.	Poona 15 yrs.	Satara 20 Yrs.	Satara 12 Yrs.		Satara 12 Yrs.
12. Number of persons clinically examined.	7	7	5	4	9	5
13. Period of Diet Survey ..	19-4-55 to 20-4-55	April 1955	20-4-55 to 27-4-55	April 1955	April 1955	April-May 1955
	Rs.	Rs.	Rs.	*	Rs.	Rs.
14. Approximate expenditure on food	95+8	80+10	95	*	105	70+11
15. Occupation ..	.. Mill worker .....			Unskilled worker .....		

\* Not recorded.

G—contd.

17	18	19	20	21	22	23	24	25
.....Mahar			.....Maratha					
.....Marathi								
.....Non-Vegetarian								
Rs. a. p.	Rs. a. p.	Rs. a. p.	Rs. a. p.	Rs. a. p.	Rs. a. p.	Rs. a. p.	Rs. a. p.	Rs. a. p.
6 9 0	6 9 0	6 9 0	6 9 0	6 9 0	4 0 0	3 4 6	3 4 6	3 13 0
Rs.	Rs.	Rs.	Rs.	Rs.	Rs.	Rs.	Rs.	Rs.
170	235	102	90	108	150	250	105	117
$\frac{1+2}{1}$	$\frac{3}{3}$	$\frac{1}{2}$	$\frac{1}{1}$	$\frac{1}{1}$	$\frac{1}{1}$	$\frac{3}{2}$	$\frac{2}{1}$	$\frac{1}{2}$
$\frac{1}{2}$	$\frac{2}{..}$	$\frac{1}{..}$	$\frac{1}{3}$	$\frac{3}{1}$	$\frac{..}{1}$	$\frac{..}{2}$	$\frac{3}{2}$	$\frac{1}{..}$
5+2	8	4	6	6	3	7	8	4
3 3	6 5	3 2	4 1	4 4	2 6	6 4	5 8	3 1
29 0	36 1	31 9	22 0	24 5	57 7	39 1	18 1	37 7
2	2	1	1	1	1	2	1	1
N. Satara	S. Satara 17 yrs.	Poona 20 Yrs.	..	Jamkhed	Panve- vel 30 Yrs.	S. Satara 15 Yrs.	S. Satara	Kurla.
7	6	2	6	6	2	6	7	4
April- May 1955	April- May 1955	28-4-55 to 3-5-55	Rs.	April-May 1955	Rs.	1-5-55 to 8-5-55	Rs.	May 1955
*	100+6	*+5	75	*	40+4	130	*	60+3
.....Mill worker.....			.....Fitter			Fitter Soap factory	Mill worker	Weaver

Serial No. of the Family.	11	12	13	14	15	16
(i) Rice ... ..	8.7	2.4	5.7	3.2	2.9	1.7
(ii) Wheat ... ..	0.8	4.2	8.8	8.3	7.2	5.6
(iii) Jowar ... ..	11.7	10.4	17.3	21.4	12.7	17.9
(iv) Bajri ... ..	...	...	1.2	...	...	...
(v) Other cereals ... ..	...	...	...	...	0.1	0.1
(vi) Total cereals ... ..	21.2	17.0	33.0	32.9	22.9	25.5
(vii) Tur ... ..	1.3	1.0	1.1	1.2	0.2	0.6
(viii) Chana and Other pulses ... ..	...	0.8	0.7	0.2	0.6	0.4
(ix) Total pulses ... ..	1.3	1.8	1.8	1.4	0.8	1.0
(x) Leafy vegetables ... ..	0.4	0.1	1.0	0.5	0.4	0.5
(xi) Root vegetable ... ..	1.4	0.8	3.0	1.9	0.8	1.3
(xii) Other vegetables ... ..	0.5	0.4	2.1	1.9	0.8	0.9
(xiii) Fruits ... ..	...	...	...	...	...	...
(xiv) Sugar and jaggery ... ..	1.6	3.4	4.4	2.1	2.3	1.6
(xv) Vegetable oils/fats ... ..	0.7	1.0	1.4	1.2	1.1	0.8
(xvi) Butter and ghee ... ..	...	...	...	...	...	...
(xvii) Milk ... ..	1.4*	2.6*	1.7	0.5	0.4	0.8
F. ... ..	...	...	+0.1	...	...	...
D. ... ..	...	...	Curds.	...	...	...
(xviii) Fish ... ..	0.7	0.3	0.7	0.3	...	...
	0.5	...	0.4	...	0.01	...
(xix) Meat ... F. ... ..	0.4	...	0.7	0.9	1.1	0.5
(xx) Eggs ... D. ... ..	...	0.2	0.05	...	...	...
(xxi) Nuts and oilseeds ... ..	0.2	...	0.5	0.2	0.3	0.1
(xxii) Betal leaves ... ..	0.3	0.3	...	...	0.3	0.6
(xxiii) Green chillies ... ..	...	0.04	0.1	...	...	...

\*Goats milk.

C—contd.

17	18	19	20	21	22	23	24	25
6.3	1.9	5.2	6.5	6.6	6.0	4.6	5.3	9.8
6.9	2.2	7.4	8.4	8.8	11.2	6.2	4.9	8.2
7.3	19.7	...	...	...	...	20.1	15.5	...
10.6	1.0	4.3	11.3	15.6	...	...	...	...
0.2	0.03	...	0.3	0.3	...	...	...	...
31.3	24.8	16.9	26.5	31.3	17.2	30.9	25.7	18.0
0.3	0.3	1.0	0.3	1.2	0.4	0.8	0.8	1.5
0.6	0.3	0.2	0.4	0.8	1.2	0.4	0.2	1.1
1.1	0.6	1.2	0.9	2.0	1.6	1.2	1.0	2.6
0.7	0.1	1.4	1.2	0.3	0.3	0.4	0.4	0.03
1.7	1.1	4.6	1.6	2.8	2.9	1.2	1.2	3.1
2.7	1.2	3.5	0.2	0.8	0.6	1.7	1.3	0.6
1.3	0.1	1.3	0.8	...	NW.	0.4	...	0.1
1.1	1.3	2.7	4.4	1.4	2.6	2.3	2.9	2.7
0.6	0.8	2.1	1.7	1.2	1.0	1.6	0.7	1.8
.....	...	0.03	...	...	...	...	...	...
2.8	0.4	1.2+0.1	2.4	...	...	...	...	...
+0.4	...	+0.5†	+0.2	2.1	1.5	3.2	1.3	0.6+2.1
curds.	...	curds.	curds.	...	...	...	+0.1	+0.3†
.....	...	1.3	0.3	0.3	1.7	0.3	...	0.3
0.02	0.1	0.4	0.1	0.1	...	...	0.1	0.1
0.9	1.4	0.7	2.5	0.7	1.2	2.3	0.8	0.1
.....	0.1	...	0.3	NW.	...	0.5	...	.....
0.2	0.2	0.2	0.4	0.4	0.3	0.3	0.1	0.9
0.3	0.1	0.6	0.2	0.2	...	0.2	0.3	0.3
0.1	0.03	0.2	...	...	.....	0.1	0.2	0.1

†Buttermilk.



1. Serial number of the Family.	26	27	28	29	30	31
2. Community	...	.....	.....	.....	.....	.....
3. Language Spoken	...	.....	.....	.....	.....	.....
4. Vegetarian/Non-vegetarian.	.....	.....	.....	.....	.....	.....
	Rs. a. p.	Rs. a. p.	Rs. a. p.	Rs. a. p.	Rs. a. p.	Rs. a. p.
5. Rent of the tenement	3 0 0	6 9 0	...	3 13 0	6 9 0	3 13 0
6. Total Income of the Family per mensem.	150 0 0	200 0 0	110 0 0	110 0 0	117 0 0	215 0 0
7. Number of members—						
Adults	M	2	3	1	1	2
	F	1	2	1	1	1
Children	M	1	1	1	2	...
	F	2	1	1	1	2
	Total	6	7	4	5	5
8. Total C. Us. of the Family.	4·7	6·1	3·7	3·9	4·0	5·3
9. Income per C. U. per mensem.	31·9	32·8	29·7	28·2	29·2	40·6
10. Number of earning members.	1	2	1	1	1	3
11. District of origin and period of stay in Bombay.	South Satara. 16 years.	Hydrabad. longtime.	...	Satara. 15 years.	South Satara. 13 years.	Ratna. giri.
12. Number of persons clinically examined.	6	7	4	5	3	3
13. Period of Diet Survey	May	1955			7th May	1955 to
	Rs.	Rs.	Rs.	Rs.	Rs.	Rs.
14. Approximate expenditure on food.	80+10	*	70+2-8-0	* 2-8-0	* 7-8-0*	13-0-0
15. Occupation	Crane driver.	Mukadam.	Mill-worker.	...	...	...

\* Not recorded.

C- contd.

32	33	34	35	36	37	38	39	40
Mahar.....								
Marathi.....								
Non-vegetarian.....								
Rs. a. p.	Rs. a. p.	Rs. a. p.	Rs. a. p.	Rs. a. p.	Rs. a. p.	Rs. a. p.	Rs. a. p.	Rs. a. p.
4 10 0	.....	4 6 0	4 6 0	4 10 0	4 10 0	4 6 0	4 6 0	4 10 0
265 0 0	100 0 0	285 0 0	190 0 0	105 0 0	170 0 0	110 0 0	105 0 0	140 0 0

$\frac{2}{2}$	$\frac{1}{1}$	$\frac{4}{2}$	$\frac{2}{1}$	$\frac{1}{1}$	$\frac{2}{1}$	$\frac{1}{2}$	$\frac{1}{1}$	$\frac{2}{2}$
...	...	...	$\frac{1}{2}$	$\frac{3}{1}$	...	...	...	...
$\frac{1}{1}$	$\frac{1}{1}$	$\frac{1}{1}$	$\frac{2}{2}$	$\frac{1}{1}$	$\frac{1}{1}$	...	...	...
5	3	7	6	6	4	3	2	4
4.6	2.7	6.9	5.0	5.9	3.6	2.8	1.9	3.9
57.6	37.0	41.3	38.0	17.8	47.2	39.3	55.3	35.9
2	1	3	2	1	2	1	1	3

Nasik. 7 years. Satara. 20 years. Auranga- bad. 30 years. Ahmed- nagar. 16 years. Auranga- bad. 10 years. Ahmed- nagar. 27 years. Kolaba. 20 years. Ratnagiri. 25 years. Ahmed- nagar. 7 years.

5	3	6	6	2	4	3	2	3
---	---	---	---	---	---	---	---	---

May 1955

Rs.	Rs.	Rs.	Rs.	Rs.	Rs.	Rs.	Rs.	Rs.
*	*	168+7-8-0	* 15 0 0 *	*	65+3-12-0	*		5

.....mill worker and Domestic servant.....

## 61: Daily Consumption of food stuffs per C. V. per day—

Serial No. of the family	26	27	28	29	30	31
(i) Rice ... ..	1.4	3.7	5.3	4.5	9.0	11.1
(ii) Wheat ... ..	7.4	8.0	3.7	5.5	7.3	6.2
(iii) Jowar ... ..	13.0	<i>Nil.</i>	17.5	12.0	13.7	...
(iv) Bajri ... ..	...	6.0	...	0.5	...	4.7
(v) Other cereals ... ..	0.2	0.1	0.1	0.2	1.0	...
(vi) Total cereals ... ..	22.0	17.8	29.6	22.7	31.0	22.0
(vii) Tur ... ..	1.2	0.4	0.3	0.6	2.1	1.5
(viii) Chana and other pulses ... ..	...	0.3	1.4	0.6	0.1	1.2
(ix) Total pulses ... ..	1.2	0.7	1.7	1.2	2.2	2.7
(x) Leafy vegetables ... ..	0.1	0.1	0.6	0.8	0.1	0.1
(xi) Root vegetables ... ..	0.6	0.7	1.3	1.9	5.2	1.9
(xii) Other vegetables ... ..	0.5	0.1	1.5	0.7	4.3	1.4
(xiii) Fruits ... ..	...	3.8	...	1.0	...	...
(xiv) Sugar and Jaggery ... ..	2.3	1.6	3.2	2.7	2.1	1.7
(xv) Vegetable oil's fats ... ..	0.6	1.3	1.9	1.2	1.7	1.3
(xvi) Butter and ghee ... ..	...	...	...	...	...	...
(xvii) Milk ... ..	1.1*	1.5+0.2	1.2	1.3	3.7	0.8
(xviii) Fish ... ..	...	...	2.0	...	...	0.2
{ F. ... ..	...	...	2.0	...	...	0.2
{ D. ... ..	0.2	0.3	0.1	...	...	0.1
(xix) Meat ... ..	1.7	2.4	0.9	1.1	...	...
(xx) Eggs ... ..	...	0.4	...	...	...	...
(xxi) Nuts and oilseeds ... ..	0.1	0.4	0.4	0.1	0.4	0.9
(xxii) Betal leaves ... ..	...	...	0.4	0.3	0.3	...
(xxiii) Green chillies ... ..	0.03	0.2	0.03	0.1	0.1	0.03

\*Toned

C—contd.

32	33	34	35	36	37	38	39	40
3·1	4·8	7·2	6·1	...	5·5	5·8	14·4	...
8·7	5·4	5·4	6·9	18·6	9·2	3·5	3·4	3·5
...	12·7	7·5	8·7	...	12·1	...	9·4	16·7
5·5	...	...	...	...	...	6·5	...	...
...	...	...	0·3	...	...	...	...	...
17·3	22·9	20·1	22·0	18·6	26·8	15·8	27·2	20·2
...	0·9	...	0·7	2·5	1·0	0·3	3·6	1·0
0·6	0·4	1·2	1·1	3·5	0·2	1·0	0·3	...
0·6	1·3	1·2	1·8	6·0	1·2	1·3	3·9	1·0
1·3	...	0·7	0·5	1·2	0·9	0·4	...	0·6
3·3	2·2	1·8	1·7	3·0	1·8	2·5	7·6	1·3
4·7	2·3	0·1	0·8	...	1·5	0·7	2·2	...
...	...	...	...	...	...	...	...	1·0
2·1	3·5	2·2	2·5	4·7	2·3	2·7	3·8	2·3
1·5	1·4	1·0	1·2	1·8	1·6	0·8	2·8	1·0
...	...	...	...	...	...	...	...	...
2·5	1·5	2·2*	1·0	1·8	0·9	1·1	2·1	...
1·6	1·6	0·7	0·6	0·7	...	0·9	0·6	...
0·04	0·03	0·1	0·1	...	0·1	...	1·1	0·2
0·9	0·4	1·2	1·6	...	2·2	0·3	2·4	...
...	...	...	...	...	...	...	0·9	...
0·2	0·1	0·2	0·5	...	0·5	0·4	2·1	0·02
...	0·4	...	0·2	0·4	...	0·4	0·5	0·3
0·3	...	0·3	0·1	0·2	0·2	0·03	...	0·1

Milk.

## RESULTS OF THE DIET SURVEY OF INDUSTRIAL

*Chemical Composition of Average*

1. Family Number ...	1	2	3	4
2. Total Proteins ... (g)	104.4	103.1	83.4	44.5
3. Animal Proteins ... (,,)	8.6	6.0	12.5	6.8
4. Fats ... (,,)	89.1	39.9	47.2	32.1
5. Carbohydrates ... (,,)	693.8	706.1	553.8	302.1
6. Calcium ... (,,)	0.84	0.55	0.48	0.26
7. Phosphorus ... (,,)	2.48	2.58	1.95	0.86
8. Iron ... (mg)	48.5	50.2	38.3	16.6
9. Vitamin A ... (I. U.)	2,659	1,308	2,557	292
10. Vitamin B <sub>1</sub> ... (,,)	1,103	1,136	852	295
11. Vitamin C ... (mg)...	58	20	30	19
12. Calories ...	3,994	3,596	2,973	1,675
13. <i>Distribution of Calories in percentage—</i>				
Proteins ...	10	11	11	11
Fats ...	20	10	14	17
Carbohydrates	70	79	75	72

## WORKERS' FAMILIES AT KURLA.

*Daily Diets of Individual Families.*

5	6	7	8	9	10
92·8	125·5	79·3	70·8	52·0	78·8
28·8	16·0	11·7	12·2	5·2	3·7
64·5	82·2	89·3	44·1	31·8	42·1
484·7	699·3	325·5	425·8	337·1	492·4
9·47	1·03	0·59	0·39	0·49	0·47
1·69	3·21	1·42	1·54	1·03	1·84
33·4	71·3	25·9	34·7	21·1	41·2
844	2,768	752	4,372	2,926	2,064
541	1,127	526	515	387	680
17	44	50	29	··38	20
2,890	4,039	3,623	2,383	1,842	2,661
13	13	0	12	11	12
20	18	22	17	16	14
67	69	69	71	73	74

1. Family Number ..	11	12	13	14	15	16
2. Total Proteins ..(g)	83.3	67.4	131.8	117.7	81.6	87.7
3. Animal Proteins ..(,,)	15.1	5.4	16.3	7.3	0.4	3.6
4. Fats ..(,,)	35.3	42.5	68.7	56.9	50.6	40.5
5. Carbohydrates ..(,,)	532.3	490.0	868.8	785.4	564.7	597.4
6. Calcium ..(,,)	0.40	0.44	0.73	0.55	0.42	0.50
7. Phosphorus ..(,,)	1.69	1.60	3.01	1.86	1.98	2.20
8. Iron ..(mg)	35.0	35.2	62.4	60.5	40.8	47.8
9. Vitamin A ..(I.U.)	2,006	2,000	2,661	1,847	2,126	3,246
10. Vitamin B <sub>1</sub> ..(,,)	659	669	1,258	1,260	893	975
11. Vitamin C ..(mg)	18	11	52	31	18	22
12. Calories .. ..	2,780	2,812	4,620	4,125	3,040	3,104
13. <i>Distribution of Calories (in percentage)</i> —						
Proteins ..	12	10	12	11	11	11
Fats ..	11	15	13	13	15	12
Carbohydrates ..	77	75	75	76	74	77

17	18	19	20	21	22	23	24	25
115.8	88.3	85.2	111.3	125.2	83.8	122.6	91.1	76.7
8.7	9.6	19.3	20.6	10.8	19.3	19.7	7.2	6.5
52.0	45.4	79.4	89.4	73.5	46.3	79.5	38.6	68.5
713.7	575.7	483.5	691.6	718.1	476.1	749.8	661.5	636.8
0.75	0.40	0.71	0.78	0.75	0.53	0.75	0.47	0.56
2.94	2.13	1.79	2.66	3.09	1.78	2.83	2.16	1.64
63.5	46.2	40.5	58.0	66.3	28.7	56.7	45.1	29.3
3,243	1,536	4,253	3,545	2,426	1,022	2,643	2,297	1,484
.117	887	676	963	1,176	776	1,169	916	695
55	17	90	40	23	23	31	29	22
3,786	3,064	2,989	4,016	4,034	2,656	4,205	3,319	3,030
12	12	11	11	13	12	12	11	10
12	13	24	20	16	16	17	10	20
76	75	65	69	71	72	71	79	70



1. Family Number	...	26	27	28	29	30	31
2. Total Proteins (g)	...	88.6	84.1	119.8	85.0	115.7	86.1
3. Animal Proteins (g)	...	12.9	20.3	20.4	7.3	4.4	3.6
4. Fats (g)	...	37.9	68.0	79.5	53.2	73.4	61.6
5. Carbohydrates (g)	...	546.3	440.7	752.5	591.3	793.6	568.2
6. Calcium (g)	...	0.45	0.55	0.64	0.53	0.71	0.44
7. Phosphorus (g)	...	2.03	1.86	2.68	2.01	2.76	1.95
8. Iron (mg)	...	41.2	37.6	58.5	42.5	54.3	38.1
9. Vitamin A (I U.)	...	1,067	1,662	3,106	2,808	2,131	874
10. Vitamin B <sub>1</sub> (I. U.)	...	913	765	1,100	860	1,191	780
11. Vitamin C (mg)	...	10	45	30	42	59	21
12. Calories	...	2,880	2,711	4,205	3,183	4,298	3,172
13. <i>Distribution of Calories (in percentage)—</i>							
Proteins	...	12	12	11	11	11	11
Fats	...	12	23	17	15	15	17
Carbohydrates	...	76	65	72	74	74	72

32	33	34	35	36	37	38	39	40
83.6	92.2	82.1	93.0	106.1	105.6	66.7	144.0	72.0
18.6	14.6	14.7	14.9	6.7	12.0	8.7	37.8	2.8
65.3	56.1	45.3	58.1	66.9	72.9	43.1	131.8	39.8
451.8	618.0	521.8	575.6	624.5	661.3	438.3	808.9	514.6
0.66	0.51	0.48	0.55	0.85	0.61	0.41	0.89	0.37
1.93	2.06	1.77	2.02	2.34	2.39	1.54	2.65	1.77
39.2	41.0	33.3	39.8	54.3	48.3	32.7	50.7	40.3
2,531	1,969	1,556	1,921	3,723	2,133	2,240	2,836	2,532
757	858	729	869	1,170	1,091	542	987	794
83	24	32	25	41	43	24	47	29
2,730	3,346	2,824	3,197	3,525	3,728	2,408	4,998	2,704
12	11	12	12	12	11	11	11	11
22	15	14	16	17	18	16	24	13
66	74	74	72	71	71	73	65	76

APPENDIX D.

*Foodstuffs, their botanical names and equivalents in regional languages*

Name of foodstuffs.	Botanical name.	Hindustani.	Kanarese.	Marathi.	Gujarati.
1. Bajra or cambu	... Pennisetum typhoideum	... Bajra	... ..	Bajri	... Bajr.
2. Cholam	... Sorghum vulgare	... Juar	... Jola	... Jwari	... Juar.
3. Rice	... Oryza sativa	... Chawal	... Kotnuda Akki.	Tandool	... Chokha.
4. Wheat whole	... Triticum vulgare	... Gehum	... Godhi	... Gahu	... Ghau.
5. Bengal gram	... Cicer arietinum	... Chana	... Kadale	... Hurbura	... Chana.
6. Black gram	... Phaseolous mungo	... Urd	... Bili Uddu	... Udid	... Adud.
7. Cow gram	... Vigna catiang	... Lobia Bada	... Thadeguni	... Chaoli	... Chola.
8. Field bean	... Dolichos lablab	... Val	... Avare	... Walpapdi	... Wal.
9. Green gram	... Phaseolus radiatus	... Mung	... ..	... Mug	... Mag.
10. Horse gram	... Dolichos biflorus	... Kulthi	... Huruli	... Kuleeth	... Kuleeth.
11. Lentil	... Lens esculente	... Masur	... Masur Bele	... Masur	... Masur.
12. Peas	... Pisum sativum	... Bada matter	... Vona betani	... Vatana	... Vatana.
13. Amaranth	... Amaranthus gangeticus	... Lal choalsi	... Yele dentu	... Math	... Tanduljo.
14. Cabbage	... Brassica oleracea capitata	... Band gobhi	... Matle Kosu	... Kobi	... Kobi.
15. Coriander	... Coriandrum sativum	... Dhania	... Kothambari	... Kothambir	... Kothmir.
16. Drumstick	... Moringa oleifera	... Saijan	... Murige	... Shovuga sheng.	Saragwani sheng.

17. Fenugreek	...	...	<i>Trigonella foenumgraceum</i>	...	Methi	...	.....	...	Methi	...	Methi.
18. Onion	...	...	<i>Allium cepa</i>	...	Pyas	...	Erulli	...	Kanda	...	Dungli.
19. Potato	...	...	<i>Solanum tuberosum</i>	...	Alu	...	Urula Cadda	...	Batata	...	Batata.
20. Brinjal	...	...	<i>Solanum melogena</i>	...	Baingan	...	Badane	...	Vange	...	Ringna.
21. Cluster beans	...	...	<i>Cyamopsis psoralioides</i>	...	Guarki	phalli.	Gori kayi	...	Govari	...	Gavar.
22. Ladies fingers	...	...	<i>Hibiscus esculentus</i>	...	Bhindi	...	Bende	...	Bhendi	...	Bhenda.
23. Banana	...	...	<i>Musa sapientum</i>	...	Kela	...	Bele	...	Kele	...	Kela.
24. Lime	...	...	<i>Citrus medica var. acida</i>	...	Neebu	...	Nimba	...	Limbu	...	Limbu.
25. Melon	...	...	<i>Citrullus vulgaris</i>	...	Tarbut	...	Kallangadi	...	Kalingud	...	Tarbut.