



Government of Bombay

Report on the Institutional Diets

IN

Bombay State

(1945-50)

DR. M. V. RADHAKRISHNA RAO, M.B.B.S., Ph.D., F.N.I., F.A.Sc.
Assistant Director, In-charge Department of Nutrition
Government of Bombay

BOMBAY

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With compliments from:

Dr. M.V. Radhakrishna Rao,
M. B., B. S., Ph. D., F. M. I., F. A. Sc.,
Assistant Director, in-charge
Department of Nutrition, Government of Bombay,
C/o Haffkine Institute, Parel,
Bombay 12.

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APPENDICES.

APPENDIX
Institutional Diets,

1. District	... Greater Bombay.					
2. Type of Institution	.. School Hostels.					
3. Serial Number	...	1	2	3	4	
4. Name and Address.	C. V. O. Jain Boarding Commercial High School, Matunga.	Don Bosco High School, Matunga.	St. Peter's High School, Bombay.	St. Mary's School, Mazgaon, Bombay.		
5. Urban/Rural.	Urban. *	Urban.	Urban.	Urban.	Urban.	
6. Rationed/non-rationed cereals (at the time of the study).	Rationed.	Rationed.	Rationed.	Rationed.	Rationed.	
7. Date of Visit.	5-4-46	20-6-46	3-7-46	5-7-46		
8. Total No. of Male inmates.	180	275	8	123	125	75
	Female
9. Total No. of C. Us.	180.0	220.0	8.0	110.7	100.0	60.0
10. Age—range in years.	above 14	6-16	above 14	above 6	above 6	above 6
11. Vegetarian/Mixed eater.	Vegetarian.	Mixed.	Vegeta- rian.	Mixed.	Mixed.	Mixed.
12. Approximate cost on Food.	Rs. 35* p. m.	Rs. 16 p. m.	Rs. 16 p. m.	Rs. 18 p. m.	Rs. 35 p. m.	Rs. 25 p. m.
13. Economic Status.	Lower Middle and Middle Class.	Poor.	Poor.	Lower middle class.	Middle class.	Lower middle class.
14. <i>Daily Food intake per C. U.—(in ozs)</i>						
(i) Rice ...	6.7	11.0	8.8	4.3	7.5	7.5
(ii) Wheat ...	6.7	7.5	6.0	10.9	7.5	7.5
(iii) Other cereals ...	1.1
(iv) Pulses ...	5.4	0.5	3.1	1.1	1.9	1.9
(v) Leafy vegetables	0.2
(vi) Root vegetables ...	5.8	4.6	8.2	2.8	3.7	3.7
(vii) Other vegetables	2.5	2.5
(viii) Fruits	0.4	0.3	3.3	10.0	6.2
(ix) Sugar and Jaggery.	4.6	1.8	1.8	1.4	3.1	3.1
(x) Vegetable oil/fats ...	0.6	0.7	0.6	0.2	0.9	0.9
(xi) Butter and Ghee ...	1.5	0.1	0.1	0.7	1.9	1.2
(xii) Milk, curds, etc. ...	9.2	2.0	1.6	2.3	5.0	5.0
(xiii) Fish and meat	3.0	3.0	5.6	5.6
(xiv) Eggs	0.2	0.3	0.3
(xv) Other foods
15. <i>Nutrient Analysis—</i>						
(i) Total proteins (in g.)	77.4	79.9	66.2	78.7	98.2	97.0
(ii) Animal proteins (in g.)	12.4	21.9	1.9	22.0	35.5	35.5
(iii) Fats (in g.)	88.3	35.7	28.3	39.0	118.7	100.0
(iv) Carbohydrates (in g.).	463.0	470.4	410.0	423.8	521.2	512.6
(v) Calcium (in g.)	1.05	0.70	0.60	0.90	0.87	0.90
(vi) Phosphorus (in g.).
(vii) Iron (in mg.)	39.9	28.3	30.3	31.5	37.5	35.0
(viii) Vitamin B1 (in I.U.)	620	284	408	319	445	435
(ix) Vitamin A (in I. U.).	4320	1356	1262	1661	3862	3487
(x) Vitamin C (in mg.)...	64	107	130	17	82	41
(xi) Calories	2454	2522	2159	2361	3546	3348
16. <i>Distribution of Calories—</i>						
(i) Proteins (percentage).	10	13	12	13	11	12
(ii) Fats (percentage) ...	27	13	12	15	30	27
(iii) Carbohydrates (per- centage).	63	74	76	72	59	61

APPENDIX
Institutional Diets,

1. District	...	Greater Bombay.				
2. Type of Institution	...	School	Hostels.			
3. Serial Number	...	10	11	12		13
4. Name and Address	...	Anjuman-I-Islam H.S.	Sacred Heart Convent for Girls, Dadar.	St. Joseph's Byculla, Boarders.	Convent, Orphans.	Mount Mary School, Bandra.
5. Urban/Rural	...	Urban	Urban	Urban	Urban	Urban
6. Rationed/non-rationed cereals (at the time of the study).	...	Rationed...	Rationed...	Rationed...	Rationed...	Rationed...
7. Date of visit	...	1-8-46	19-8-46	22-8-46		23-8-46
8. Total No. of inmates.	Male	66
	Female.	24	48	123	250
9. Total No. of C. Us.	...	66.0	16.8	38.0	53.9	175.0
10. Age—range in years.	...	Above 14.	above 6.	above 14.	Above 6.	8-14
11. Vegetarian/Mixed eater	...	Mixed	Mixed	Mixed	Mixed	Mixed
12. Approximate cost on food.	...	Rs. 40 p. m.	Rs. 12 p. m.	Rs. 60* p. m.	Rs. 10 p. m.	Rs. 20 p. m.
13. Economic Status	...	Middle Class	Poor	Lower Middle Class.	Poor	Lower Middle Class.
14. Daily Food intake per C. U.—(in ozs)						
(i) Rice	...	5.4	11.3	5.0	5.0	1.7
(ii) Wheat	...	5.4	5.7	7.5	10.5	15.7
(iii) Other cereals
(iv) Pulses	...	1.7	0.5	1.5	3.0	0.5
(v) Leafy vegetables
(vi) Root vegetables	...	5.6	6.4	4.7	0.9	2.9
(vii) Other vegetables	...	1.7
(viii) Fruits	...	0.6	Nil.	3.1	0.7
(ix) Sugar and Jaggery.	...	1.3	1.4	1.5	1.0	2.3
(x) Vegetable oils/fats.	...	2.4	1.1	3.2	0.3	0.9
(xi) Butter and Ghee...	...	0.2	Nil.	1.5
(xii) Milk, curds, etc.	...	3.4	1.4	11.2	1.9	2.3
(xiii) Fish and meat	...	3.7	0.8	4.7	0.8	3.7
(xiv) Eggs	1.9
(xv) Other foods	0.3	0.5	0.4
			(Papad).	(Snacks).		
15. Nutrient Analysis—						
(i) Total proteins.	(in g.)	69.2	62.8	101.5	75.4	82.7
(ii) Animal proteins	(„)	24.4	4.3	52.1	9.4	22.0
(iii) Fats	(„)	99.5	42.1	161.9	21.9	52.9
(iv) Carbohydrates.	(„)	338.9	433.5	370.0	407.1	437.5
(v) Calcium	(„)	0.8	0.6	1.0	0.3	0.4
(vi) Phosphorus	(„)
(vii) Iron	(in mg.)	21.8	24.4	24.2	27.9	33.4
(viii) Vitamin A	(in I.U.)	2,674	1,029	3,889	999	1,150
(ix) Vitamin B1	(„)	483	357	589	777	929
(x) Vitamin C	(in mg.)	50	64	159	43	29
(xi) Calories	...	2,528	2,364	3,343	2,127	2,557
16. Distribution of Calories—						
(i) Proteins	(Percentage).	11	11	12	14	13
(ii) Fats	(„)	35	16	44	9	19
(iii) Carbohydrates.	(„)	54	73	44	77	68

A—contd.

Bombay State (1945-50)—contd.

14	15	16	17	18			
St. Joseph's Bandra Boarders	Convent, Orphans	St. The- resa Convent H. S., Santa Cruz. Urban	St. Stanislaus School	Hansraj Morarji School, Andheri.	Nhri V.C. Gurukul H. S., Ghatkoper.		
Urban Rationed	Urban Rationed	Urban Rationed	Urban Rationed	Urban Rationed	Urban Rationed		
24-8-1946	27-8-1946	17-9-1947	13-9-1949	30-3-1950			
.....	68	125	127	155	40	
225	275	37	
157·0	192·0	26·0	61·2	112·5	114·0	139·5	34·7
above 6 ...	above 6	above 14	above 6	above 6	above 6	above 6	above 6
Mixed ...	Mixed ...	Mixed ...	Mixed ...	Mixed ...	Mixed ...	Veg. ...	Veg.
Rs. 40* p. m.	Rs. 8 p. m.	Rs. 27* p. m.	Rs. 35 p. m.	Rs. 25 p. m.	Rs. 15 p. m.	Rs. 35 p. m.	Rs. 20 p. m.
Middle Class Christian	Poor	Lower Middle Class	Middle Class	Lower Middle Class	Lower Middle Class	Woll- to-do	Middle Class
2·9	3·4	9·7	6·4	6·4	6·4	2·3	2·0
7·1	10·7	8·1	5·0	5·0	5·0	6·7	5·5
.....
2·3	4·0	1·2	1·2	1·2	2·4	4·1
.....	0·7	1·9	1·9	1·9	3·0
8·6	6·4	9·4	3·4	3·4	3·4	3·2	3·6
.....	2·8	2·8	2·8	9·2	3·0
2·1	4·3	2·2	1·7	2·0	0·5
1·0	0·7	2·3	1·0	1·0	1·0	2·9	0·9
1·0	1·3	1·0	0·8	0·8	0·8	2·9	1·2
1·3	0·4	0·8	0·8	2·2
2·9	2·8	3·0	6·1	6·1	3·4	18·0	6·4
4·7	1·1	2·0	7·0	4·9	3·0
.....
.....	2·3	2·2	2·2
		(Snacks)	(Snacks)	(Sk. milk)			
77·8	81·8	98·3	101·2	89·3	72·3	71·1	61·0
27·9	10·7	40·0	48·5	36·8	22·2	22·0	7·8
43·1	51·7	59·1	78·1	74·7	39·9	105·2	109·7
311·4	404·3	534·3	382·3	381·8	354·7	376·1	288·9
0·7	0·6	0·7	0·9	0·9	0·7	1·5	1·0
.....	1·8	1·2
-29·5	35·0	28·4	28·0	26·1	24·5	25·0	36·0
3,630	1,180	1,447	6,088	6,010	4,642	3,567	8,243
501	623	481	376	340	300	563	580
106	39	47	62	33	28	174	117
2,574	2,410	3,062	2,637	2,556	2,067	3,140	2,390
12	14	13	15	14	14	9	10
40	19	17	27	26	17	43	41
48	67	70	58	60	69	48	49

APPENDIX
Institutional Diets,

1. District	... Greater Bombay.					
2. Type of Institution	... University & College Hostels.					
3. Serial Number	... 19	20(a)	20(b)	20(c)	21(a)	21(b)
4. Name and Address	... Bharatija Vidya- bhuvan College, Andheri.	Willson College, Girgaon.			St. Xavier's College.	
5. Urban/Rural	... Urban	Urban			Urban.	
6. Rationed/non-rationed cereals (at the time of the study).	Rationed.	Rationed.	Rationed.	Rationed	Rationed	Rationed
7. Date of visit	... 16-8-46	3-9-46	3-9-46	3-9-46	11-9-46	11-9-46
8. Total No. of Male inmates.	80	...	50	62	45	45
9. Total No. of C. Us.	Female ... 80·0	38 30·0	50·0	62·0	45·0	45·0
10. Age—range in years.	Adults.	Adults.	Adults.	Adults.	Adults.	Adults.
11. Vegetarian/Mixed eater.	Veg.	Veg.	Veg.	Veg.	Mixed	Mixed
12. Approximate cost on Food.	Rs. 35	Rs. 25	Rs. 37	Rs. 35	Rs. 45·6·0	Rs. 45·6·0
13. Economic Status	p. m. Middle class.	p. m. Middle class.	p. m. Middle class.	p. m. Middle class.	p. m. Middle Class (Christian)	p. m. Middle Class (Parsees)
14. Daily Food intake per C. U.—(in ozs)						
(i) Rice	3·7	8·6	2·5	3·1	1·8	4·0
(ii) Wheat	8·7	5·2	3·5	4·0	6·6	8·0
(iii) Other cereals
(iv) Pulses	3·7	2·6	2·4	1·8	0·4	2·5
(v) Leafy vegetables	2·0	1·2	1·2	0·5
(vi) Root vegetables	4·0	4·7	5·0	3·3
(vii) Other vegetables	5·2	7·5	8·0	6·7	8·4	12·0
(viii) Fruits	6·0	6·0
(ix) Sugar and Jaggery	1·6	1·6	1·3	1·6	0·8	2·0
(x) Vegetable oils/fats	1·2	1·6	3·2	0·9	1·6	3·0
(xi) Butter & ghee	2·0	...	1·4	0·8	0·9	1·9
(xii) Milk, curds, etc	13·6	4·4	2·6	1·9	1·7	2·0
(xiii) Fish & Meat	4·0	4·0
(xiv) Eggs	two	one
(xv) Other foods	0·3
15. Nutrient Analysis—						
(i) Total proteins.	(in g.) 82·0	67·1	43·2	39·8	67·5	83·3
(ii) Animal proteins.	(") 16·3	5·2	3·1	2·3	35·0	29·8
(iii) Fats	(") 130·0	61·0	139·6	67·8	104·0	164·1
(iv) Carbohydrates.	(") 408·2	436·0	261·5	262·8	274·6	449·0
(v) Calcium	(") 1·3	0·6	0·5	0·4	0·8	1·0
(vi) Phosphorus	(")
(vii) Iron	(in mg.) 39·6	28·2	21·6	20·5	26·4	37·3
(viii) Vitamin A	(in IU.) 5603	1780	3481	2778	3115	3632
(ix) Vitamin B1	(") 817	664	445	401	369	846
(x) Vitamin C	(in mg.) 108	157	122	104	64	94
(xi) Calories	3133	2561	2475	1820	2304	3606
16. Distribution of Calories.						
(i) Proteins (percentage)	11	11	7	9	12	9
(ii) Fats (")	37	21	51	33	40	41
(iii) Carbohydrates (percentage).	52	68	42	58	48	50

A—contd.

Bombay State (1945-50)—contd.

21(c)		21(d)		21(e)		22		23(a)		23(b)		23(c)		23(d)	
St. Xavier's College				Ruia College, Matunga.				Elphinstone College:							
Urban				Urban				Urban				Urban			
Rationed.		Rationed.		Rationed.		Rationed.		Rationed.		Rationed.		Rationed.		Rationed.	
11-9-46	11-9-46	11-9-46,	11-9-46,	17-9-46	17-9-46	21-9-46	21-9-46	21-9-46	21-9-46	21-9-46	21-9-46	21-9-46	21-9-46	21-9-46	21-9-46
48	46	42	42	30	30	25	25	29	29	27	27	26	26	26	26
48-0	46-0	42-0	42-0	30-0	30-0	25-0	25-0	29-0	29-0	27-0	27-0	26-0	26-0	26-0	26-0
Adults.	Adults.	Adults.	Adults.	Adults.	Adults.	Adults.	Adults.	Adults.	Adults.	Adults.	Adults.	Adults.	Adults.	Adults.	Adults.
Mixed	Veg.	Veg.	Veg.	Veg.	Veg.	Mixed	Mixed	Veg.	Veg.	Veg.	Veg.	Veg.	Veg.	Mixed.	Mixed.
Rs. 45-6-0	Rs. 45	Rs. 45	Rs. 45	As. 10 per meal	As. 10 per meal	Rs. 45-Rs. 55	Rs. 45-Rs. 55	Rs. 45.	Rs. 45.	Rs. 45	Rs. 45	Rs. 45	Rs. 45	Rs. 55.	Rs. 55.
p. m.	p. m.	p. m.	p. m.	Middle class	Middle class	p. m.	p. m.	p. m.	p. m.	p. m.	p. m.	p. m.	p. m.	p. m.	p. m.
(North Indian)	(Gujarati)	(Deccani)	(Deccani)	Middle class	Middle class	Middle class.	Middle class.	Middle class.	Middle class.	Middle class.	Middle class.	Middle class.	Middle class.	Middle class.	Middle class.
2-9	4-4	4-0	4-0	5-1	5-1	3-5	3-5	2-7	2-7	4-1	4-1	4-6	4-6	4-6	4-6
7-5	4-4	4-0	4-0	4-6	4-6	5-0	5-0	3-5	3-5	5-0	5-0	4-3	4-3	4-3	4-3
...	2-0	2-0
0-5	1-2	1-5	1-5	2-1	2-1	1-8	1-8	2-3	2-3	3-0	3-0	2-1	2-1	2-1	2-1
...	0-7	0-8	0-8	0-3	0-3	0-5	0-5	0-5	0-5	0-5	0-5
8-4	14-0	12-0	12-0	4-6	4-6	2-1	2-1	2-9	2-9	3-6	3-6	1-9	1-9	1-9	1-9
...	6-6	6-6	5-2	5-2	7-8	7-8	6-8	6-8	3-4	3-4	3-4	3-4
2-5	2-5	4-6	4-6	0-8	0-8	1-8	1-8	1-1	1-1	0-5	0-5	0-5	0-5
1-1	1-5	1-3	1-3	1-3	1-3	1-8	1-8	1-0	1-0	2-2	2-2	1-1	1-1	1-1	1-1
2-0	3-0	2-0	2-0	0-5	0-5	0-8	0-8	1-4	1-4	1-8	1-8	2-1	2-1	2-1	2-1
0-9	0-8	0-8	1-5	1-5	1-3	1-3	1-3	1-3
7-3	8-3	4-6	4-6	17-0	17-0	8-6	8-6	8-6	8-6	4-5	4-5	9-1	9-1	9-1	9-1
2-0	1-3	1-3	1-3	1-3
One	0-2	0-2	0-1	0-1	0-1	0-1
...
65-8	50-9	41-8	41-8	66-9	66-9	49-1	49-1	49-2	49-2	55-5	55-5	56-7	56-7	56-7	56-7
25-8	10-0	5-5	5-5	20-4	20-4	9-9	9-9	8-8	8-8	4-5	4-5	15-6	15-6	15-6	15-6
92-6	108-9	71-4	71-4	84-4	84-4	78-2	78-2	94-5	94-5	106-1	106-1	83-8	83-8	83-8	83-8
319-0	345-0	315-5	315-5	352-9	352-9	301-2	301-2	267-6	267-6	340-0	340-0	304-1	304-1	304-1	304-1
0-8	0-9	0-6	0-6	1-3	1-3	0-6	0-6	0-6	0-6	0-6	0-6	0-65	0-65	0-65	0-65
...
24-4	26-1	18-9	18-9	21-0	21-0	21-7	21-7	16-8	16-8	27-7	27-7	20-9	20-9	20-9	20-9
2911	3162	1891	1891	2355	2355	2466	2466	1936	1936	3035	3035	2541	2541	2541	2541
641	390	374	374	437	437	438	438	414	414	523	523	408	408	408	408
64	128	108	108	113	113	67	67	85	85	88	88	61	61	61	61
2393	2444	2084	2084	2428	2428	2105	2105	2118	2118	2537	2537	2197	2197	2197	2197
9	8	9	9	11	11	9	9	9	9	9	9	10	10	10	10
41	40	31	31	31	31	34	34	40	40	37	37	36	36	36	36
50	52	60	60	58	58	57	57	51	51	54	54	55	55	55	55

APPENDIX
Institutional Diets,

1. District	...	Greater Bombay.					
2. Type of Institution	...	University and College Hostels.					
3. Serial Number	...	23(e)	24(a)	24(b)	24(c)	25	26
4. Name and Address	...	Elphinston College.		Sydnham College of commerce.		University hostel for men.	Khalsa College, Matunga.
5. Urban/Rural	...	Urban	...	Urban	...	Urban	...
6. Rationed/non-rationed cereals (at the time of the study).	...	Rationed	Rationed	Rationed	Rationed	Rationed	Rationed
7. Date of visit	...	21-9-46...		23-9-46 ...		27-9-46 ... 25-11-46	
8. Total No. of inmates	Male	21	49	46	40	44	30
	Female
9. Total No. of C. Us.	...	21.0	49.0	46.0	40.0	44.0	30.0
10. Age—range in Years.	...	Adults...	Adults...	Adults...	Adults...	Adults	Adults ...
11. Vegetarian/Mixed eater.	...	Mixed ...	Vegetarian.	Vegetarian.	Mixed ...	Vegetarian.	Vegetarian.
12. Approximate cost on Food.	...	Rs. 55. p. m.	As. 10 per meal	As. 10 per meal.	As. 12 per meal.	Rs. 40-Rs. 50 p.m.	Rs. 35... p.m.
13. Economic Status	...	Middle class.	Middle class.	Middle class.	Middle class.	Middle class.	Middle class.
14. <i>Daily Food intake per C. U.—(in ozs.)</i>							
(i) Rice	...	5.7	4.1	4.5	4.7	4.3	3.2
(ii) Wheat	...	6.0	6.2	6.7	7.1	5.7	10.0
(iii) Other cereals
(iv) Pulses	...	1.0	2.6	2.4	1.6	2.7	2.5
(v) Leafy vegetables	...	1.0	1.5	0.8	1.4	2.5	2.0
(vi) Root vegetables	...	1.5	...	8.0	13.0	10.0	5.0
(vii) Other vegetables	...	3.2	8.0	8.0
(viii) Fruits	...	6.5	2.4	...
(ix) Sugar & Jaggery	...	1.1	1.0	1.7	1.3	1.7	...
(x) Vegetable oils/fats	...	1.4	0.6	0.9	2.4	1.8	2.1
(xi) Butter & ghee	...	1.7	1.0	0.8	...	1.6	...
(xii) Milk, curds etc	...	4.9	16.0	8.5	16.0	11.0	...
(xiii) Fish & Meat	...	6.1	3.8
(xiv) Eggs	...	0.8
(xv) Other foods	0.2	...
15. <i>Nutrient Analysis—</i>							
(i) Total Proteins (in g.)	...	87.3	69.7	62.8	87.0	65.5	64.8
(ii) Animal proteins.	(")	12.1	19.2	8.5	34.9	13.4	...
(iii) Fats	(")	126.8	90.1	74.1	137.1	127.7	66.0
(iv) Carbohydrates.	(")	338.2	368.4	387.2	386.7	364.2	370.2
(v) Calcium	(")	0.86	1.3	0.88	1.4	1.0	0.6
(vi) Phosphorus	(")
(vii) Iron	(in mg.)	46.1	31.8	26.5	28.8	25.5	36.7
(viii) Vitamin A.	(in I.U.)	6645	3389	3092	3148	4287	4129
(ix) Vitamin B ₁	(")	636	358	686	645	410	774
(x) Vitamin C	(in mg.)	273	81	88	131	94	95
(xi) Calories	...	2843	2563	2467	3129	2868	2334
16. <i>Distribution of Calories—</i>							
(i) Proteins	Percentage.	12	11	10	11	9	11
(ii) Fats	Do.	40	32	27	39	40	25
(iii) Carbohydrates.	Do.	48	57	63	50	51	64

A—contd.

Bombay State (1945-50)—contd.

27(a)	27(b)	27(c)	27(d)	27(e)	27(f)	27(g)	28
Grant Medical College.							Ismail Yusuf College.
Urban.							Urban.
Rationed	Rationed	Rationed	Rationed	Rationed	Rationed	Rationed	Rationed
June		October 1947.				20-9-48.	
51	44	51	49	44	47	53	180
—	—	—	—	—	—	—	—
...
51·0	44·0	51·0	49·0	44·0	47·0	53·0	180·0
Adults	Adults	Adults	Adults	Adults	Adults	Adults	Adults
Vegetarian.	Vegetarian.	Mixed ...	Vegetarian.	Mixed ...	Vegetarian.	Vegetarian.	Mixed.
Rs. 45-Rs. 50	Rs. 50.	Rs. 40-Rs. 50	Rs. 45.	Rs. 48.	Rs. 45.	Rs. 40-Rs. 50	Rs. 35.
p. m.	p. m.	p. m.	p. m.	p. m.	p. m.	p. m.	p. m.
(Deccani).	(Karnatak).	(North India).	(Gujarathi)	(Muslim)	(Deccani)	(Gujarathi)	Middle Class
4·6	5·7	5·8	3·0	3·9	2·7	3·0	5·0
7·2	6·0	7·1	4·9	4·6	3·7	6·7	4·0
...	0·9	2·5	1·4	...	1·5
2·1	1·5	5·2	3·3	0·9	1·3	2·1	1·8
1·9	1·2	2·0	1·5	1·2	0·7	0·9	0·3
18·0	16·7	10·0	9·9	9·0	7·8	11·8	0·3
...	0·6
2·4	...	1·5	3·8	3·6	2·3	5·1	1·0
0·8	1·2	1·9	1·1	0·6	2·3	4·4	0·5
2·4	1·5	3·1	3·5	2·5	2·3	4·9	1·2
...	1·2	0·3	0·6
16·4	14·0	4·4	12·4	6·6	17·7	16·5	0·5
...	...	4·8	...	7·3	2·1
...	...	one	...	0·3	0·3
...	...	Nil.
74·7	70·0	113·0	68·3	93·5	55·2	69·7	51·7
19·7	16·8	36·7	14·9	46·4	21·2	19·8	11·6
116·0	107·0	138·0	134·4	121·8	111·0	184·2	60·1
392·0	395·0	465·0	330·9	324·8	301·6	404·3	277·1
1·3	1·2	1·1	1·2	1·1	1·3	1·3	0·27
...	2·54
27·4	33·0	45·0	31·6	33·9	20·1	29·3	20·1
3874	5518	5332	4666	4201	4067	3626	1933
821	674	937	447	428	387	402	403
149	157	130	93	185	62	272	47
2911	2823	3554	2805	2769	2424	3554	1858
10	10	12	10	13	9	8	11
36	34	35	43	40	40	47	30
54	56	53	47	47	51	45	59

APPENDIX
Institutional Diets,

1. District	...	Greater Bombay.			
2. Type of Institution	...	Private Boardings.			
3. Serial Number	...	29	30	31	32
4. Name and Address	...	Villa Terrace Hostel for Women.	G. M. Hostel for Jain Students.	Shri M. Jain Hostel.	Young Women's Christian Association.
5. Urban/Rural	...	Urban	Urban	Urban	Urban
6. Rationed/non-rationed cereal (at the time of the study).	...	Rationed	Rationed	Rationed	Rationed
7. Date of visit	...	20-7-45	5-1-46	8-1-46	2-2-46
8. Total No. of inmates	Male	...	50	120	...
	Female	45	25
9. Total No. of C. Us.	...	36	50.0	120.0	20.0
10. Age range in Years.	...	Adults	Adults	Adults	Adults
11. Vegetarian/Mixed enter.	...	Mixed	Vegetarian.	Vegetarian.	Mixed
12. Approximate cost on Food.	...	Rs. 60 p.m.	Rs. 325* per year.	Rs. 325* per year.	Rs. 35 or more. p.m.
13. Economic Status	...	Upper Middle class.	Lower Middle class.	Middle class.	Middle Class.
14. Daily Food intake per C. U. (in ozs.)—					
(i) Rice	...	3.1	3.0	2.6	3.1
(ii) Wheat	...	8.0	5.2	4.6	5.2
(iii) Other cereals	0.4	0.5	1.2
(iv) Pulses	...	0.5	2.5	3.1	0.4
(v) Leafy vegetables.	...	3.7	2.2
(vi) Root vegetables	...	15.0	6.7	11.2	7.5
(vii) Other vegetables	5.0
(viii) Fruits	...	3.8	5.0
(ix) Sugar and Jaggery	...	2.5	0.8	1.8	1.6
(x) Vegetables oil/fats.	...	1.9	1.4	1.3	1.5
(xi) Butter and ghee	...	1.5	2.0	1.8	0.6
(xii) Milk, curds etc.	...	13.2	9.0	9.3	6.5
(xiii) Fish and Meat	...	6.0	7.5
(xiv) Eggs	...	0.6	1.9
(xv) Other foods
15. Nutrient Analysis—					
(i) Total Pro- teins.	(in g.)	90.2	54.5	60.3	99.5
(ii) Animal,	(")	48.2	10.8	11.1	58.2
(iii) Fats	(")	119.6	121.4	116.8	91.5
(iv) Carbohy- drates.	(")	339.4	285.4	306.3	336.5
(v) Calcium	(")	1.2	0.95	1.1	1.0
(vi) Phosphorus	(")	2.3	1.3
(vii) Iron	(in mg.)	38.7	27.7	36.8	34.5
(viii) Vitamin A	(in I.U.)	8337	3195	4343	908
(ix) Vitamin B ₁	(")	606	564	502	734
(x) Vitamin C	(in mg.)	165	70	118	311
(xi) Calories	...	2795	2452	2517	2567
16. Distribution of Calo- ries.—					
(i) Proteins	(Percentage)	13	9	11	16
(ii) Fats	(")	38	46	41	32
(iii) Carbohydrates	(")	49	46	49	52

A—contd.

Bombay State (1945-50)—contd.

33	34	35	36	37	38
Gokuldas Tejpal Boarding School.	Hostel for Parawe Women.	Arya Mahila Samaj, Gamdevi.	Vanita Vishram Hostel for Women.	Missionary settlement for University Women.	Ram Krishna Mission Hostel, Khar.
Urban ...	Urban ...	Urban ...	Urban ...	Urban ...	Urban ...
Rationed ...	Rationed ...	Rationed ...	Rationed ...	Rationed ...	Rationed ...
9-3-46 ...	7-4-46 ...	28-1-49 ...	12-4-49 ...	5-9-49.	
32	...	6	15
...	28	35	63	60	...
32.0	22.4	36.0	50.0	48.0	15.0
Adults ...	Adults ...	Adults ...	Adults ...	Adults ...	Adults ...
Vegetarian ...	Mixed ...	Vegetarian...	Vegetarian...	Mixed ...	Vegetarian.
Rs. 30 p.m.	Rs. 25 p.m.	Rs. 45 p.m.	Rs. 25 p.m.	Rs. 40 p.m.	Rs. 40-Rs. 45 p.m.
Lower middle class.	Middle and Lower Middle class.	Middle class.	Lower middle class.	well-to-do class.	well-to-do class.
5.1	9.2	3.4	15.0	5.0	5.0
5.1	7.4	8.0	5.0
.....	3.2	2.5
3.8	1.1	0.9	3.9	3.0	3.9
2.0	3.3	2.5	1.5
7.7	13.9	4.3	7.1	17.6	7.0
.....	1.1	16.6
.....	0.5	1.2	1.2
1.4	1.5	0.9	1.9	2.0	1.7
1.6	0.8	0.4	1.7	2.0	1.6
2.0	0.5	11.6	0.6	0.2
6.0	4.2	6.6	11.4	21.0
.....	3.4	6.9
.....	0.2	0.7
.....	0.5	0.2	0.5
64.7	67.4	72.4	78.2	137.8	85.9
7.2	22.6	14.2	8.1	53.1	25.2
121.0	49.9	75.0	74.5	144.2	107.0
346.0	295.6	303.4	459.2	640.1	356.0
0.8	0.75	1.10	1.0	1.66	1.55
.....	2.43	1.5	2.42	1.58
35.4	28.7	28.2	40.2	46.8	22.8
5465	3107	4377	585	7519	1391
609	805	656	710	997	462
100	116	106	124	326	82
2732	1900	2422	2807	4401	2676
9	14	12	11	13	13
40	24	28	24	27	35
51	62	60	65	58	52

APPENDIX
Institutional Diets,

1. District	Greater Bombay.					
2. Type of Institution ...	Training Centres for private teachers.		Special		Schools	
3. Serial Number ...	39	40	41	42	43	
4. Name and Address ...	Vinita Vishram Training College for women.	Seva Sadan Training College for women.	Bombay Institute for deaf and mute Mazgaon.	Salvation Army's Industrial School, Sion.	Victoria M. S. for the blind, Tardeo.	
5. Urban/Rural ...	Urban.	Urban.	Urban.	Urban.	Urban.	Urban.
6. Rationed/non-rationed cereal (at the time of the study)	Rationed.	Rationed.	Rationed.	Rationed.	Rationed.	Rationed.
7. Date of visits ...	22-1-46 ...	29-3-48 ...	5-2-46 ...	15-2-46 ...	3-3-48 ...	
8. Total No. of inmates.	Male	17	...	52	...
9. Total No. of C. Us.	Female. 70	33	...	45
10. Age—range in Years.	54.0	26.0	16.0	31.0	52.0	
11. Vegetarian/Mixed eater.	above 13.	Adults ...	Above 6	Above 6 ...	Above 14.	
12. Approximate cost on Food.	Veg. ...	Veg. ...	Mixed ...	Mixed ...	Veg. ...	
13. Economic Status ...	Ra. 22 p.m.		Rs. 14 p.m.		Rs. 14 p.m.	
	L. Class.	M. Class.	L. Class.	M. Class.	Poor ...	Poor ... Middle and L. M. Class.
14. Daily Food intake per C. U. (in ozs.)—						
(i) Rice ...	5.4	2.1	10.5	8.6	5.7	
(ii) Wheat ...	4.0	4.2	6.6	8.6	3.0	
(iii) Other cereals ...	3.8	4.2	5.1	
(iv) Pulses ...	3.3	2.2	1.9	2.9	5.4	
(v) Leafy vegetables ...	0.7	1.8	2.2	2.0	
(vi) Root vegetables ...	5.0	2.0	1.5	6.0	2.8	
(vii) Other vegetables	3.1	3.3	2.4	
(viii) Fruits ...	1.0	1.4	1.5	0.6	
(ix) Sugar and Jaggery .	1.3	2.0	0.8	1.7	1.5	
(x) Vegetables oil/fats ...	1.0	1.2	0.5	1.3	2.5	
(xi) Butter and Ghee ...	0.7	0.6	
(xii) Milk and Curds ...	2.8	5.3	4.6	1.4	1.6	
(xiii) Fish and Meet	3.3	0.4	
(xiv) Eggs	
(xv) Other foods	0.6	0.7	1.3	
15. Nutrient Analysis—						
(i) Total (in g.)	67.0	58.8	97.8	70.0	84.0	
Proteins.						
(ii) Animal (in g.)	3.3	6.3	26.7	3.9	1.9	
Proteins.						
(iii) Fats (in g.)	66.0	70.0	42.2	47.1	94.1	
(iv) Carbo- (in g.)	421.0	356.3	454.4	470.0	508.4	
hydrates.						
(v) Calcium (in g.)	0.50	0.76	0.80	0.40	0.66	
(vi) Phospho- (in g.)	1.6	2.1	
rous.						
(vii) Iron (in mg.)	35.0	33.5	41.1	31.5	40.6	
(viii) Vitamin A (in I.U.)	2893	4420	5122	3081	4317	
(ix) Vitamin B ₁ (in L. U.)	620	454	444	679	756	
(x) Vitamin C (in mg.)	68	88	214	63	72	
(xi) Calories ...	2546	2290	2589	2584	3216	
16. Distribution of calories—						
(i) Proteins (Percentage)	11	10	15	11	11	
(ii) Fats (")	23	28	15	16	26	
(iii) Carbohydrates (")	66	62	70	73	63	

A—contd.

Bombay State (1945-50)—contd.

		Certified Schools,		Rescue Homes,		Remand Homes etc.	
44	45	46	47(a)	47(b)	47(c)	48	
Happy Home for the Blind, Worli.	School for the Blind, Dadar.	David Sasson Industrial School, Matunga.	Hindu Women's Rescue Home, Matunga.			Chembur Children's Home.	
Urban ... Rationed.	Urban ... Rationed.	Urban ... Rationed.	Urban ... Rationed.	Urban ... Rationed.	Urban ... Rationed.	Urban ... Rationed.	
14-4-49 ...	23-5-49 .	15-6-45 ...		27-6-45 ...		25-4-46.	
54	23	400	350	
.....	30	47	153	47	
54·0	40·0	360·0	33·6	107·1	18·8	245·0	
Above 14.	Above 6 ...	11-14 ...	Adults ...	6-13 ...	1-5 ...	above 6.	
Veg. ...	Mixed ...	Veg. ...	Veg. ...	Veg. ...	Veg. ...	Veg. ...	
Rs. 18 p.m.	Rs. 18 p.m.	Rs. 18 p.m.	Rs. 7-8-0 p.m.	Rs. 7-8-0 p.m.	Rs. 7-8-0 p.m.	Rs. 10.	
L. M. Class.	Poor ...	Poor ...	Poor ...	Poor ...	Poor ...	Poor ...	
3·0	2·7	3·3	6·2	7·2	8·0	9·7	
6·0	5·4	7·5	5·1	6·0	9·7	
3·0	3·1	7·5	5·1	6·0	
4·6	1·8	3·9	3·7	4·3	5·0	
1·2	0·7	
0·9	1·8	6·6	3·0	3·3	9·4	
2·5	4·9	
.....	0·5	2·5	
1·5	5·4	1·1	0·9	1·0	2·5	1·4	
1·9	0·7	0·6	0·2	0·3	0·5	
.....	0·1	0·1	
2·4	1·1	0·4	3·0	3·3	13·5	4·3	
.....	0·2	
.....	0·1	
.....	0·1	0·1	
71·2	64·2	87·4	81·7	93·4	32·6	95·7	
2·9	13·5	0·6	3·5	4·0	16·2	5·1	
66·1	31·5	35·6	30·6	35·0	15·2	33·9	
380·3	328·9	477·7	439·1	502·0	282·2	559·1	
0·60	0·84	0·45	0·72	0·73	0·82	0·85	
1·41	1·41	2·00	1·60	1·87	0·80	
32·6	23·9	48·6	37·5	43·3	7·1	45·7	
2843	1717	1135	3145	359	380	3 537	
716	581	847	711	813	195	9,30	
51	70	23	46	52	12	3	
2401	1852	2581	2354	2690	1370	29 4	
12	14	14	14	14	10	13	
25	15	12	12	12	10	10	
63	71	74	74	74	80	77	

APPENDIX
Institutional Diets,

1. District	...	Greater Bombay.			
2. Type of Institution	...	Certified Schools, Rescue Homes,		Remand Homes, etc.	
3. Serial Number	...	49	50	51	52
4. Name and Address	...	St. Catherine Home.	B. S. Home, Matunga.	Bombay Presidency W. C. Rescue Home for Women, Umerkhadi.	Children's Aid Society's Remand Home, Umerkhadi.
5. Urban/Rural	...	Urban	Urban	Urban	Urban
6. Rationed/non-rationed cereal (at the time of the study)	...	Rationed	Rationed	Rationed	Rationed
7. Date of visits	...	23-7-46	16-3-49	18-8-48	1-9-48
8. Total No. of inmates	Male	132	2	448
	Female.	220	81	67	112
9. Total No of C. U.	...	136.0	153.0	54.4	420.0
10. Age—range in yrs	...	All age groups	All ages	All ages	Above 6 years
11. Vegetarian/Mixed cater	...	Mixed	Vegetarian	Vegetarian	Vegetarian
12. Approximate cost on Food.	Rs. p.m.	8	18	15	...
13. Economic Status	...	Poor	...	Poor	Poor (Juvenile Offenders).
14. Daily Food intake per C. U.— (in ozs)					
(i) Rice	...	13.1	4.8	5.3	5.1
(ii) Wheat	...	6.5	14.3	2.1	8.7
(iii) Other cereals	0.6	3.5
(iv) Pulses	...	1.4	3.8	1.7	5.0
(v) Leafy vegetables	0.3	3.3	2.5
(vi) Root vegetables	...	4.7	0.3		1.2
(vii) Other vegetables	5.5	5.0
(viii) Fruits	0.6	0.9
(ix) Sugar and Jaggery.	...	1.9	1.1	0.6	1.2
(x) Vegetable oils/fats	...	1.1	0.9	0.4	0.6
(xi) Butter and Ghee
(xii) Milk, curds, etc.	...	8.1	1.1	3.5	2.5
(xiii) Fish and Meat	...	2.7
(xiv) Eggs
(xv) Other foods	0.3	0.4	0.9
15. Nutrient Analysis—					
(i) Total (in g.)	...	85.0	89.3	48.3	81.5
(ii) Animal Proteins.	(..)	26.3	1.3	3.7	3.0
(iii) Fats (..)	...	59.4	41.4	25.0	26.3
(iv) Carbohydrates.	(..)	532.0	511.4	291.4	492.9
(v) Calcium (..)	...	0.7	0.52	0.3	0.5
(vi) Phosphorus (..)	...	2.0	2.10	1.0	1.7
(vii) Iron (in mg.)	...	20.5	42.54	18.5	42.0
(viii) Vitamin A (in I. U.)	...	786	1355	395	1782
(ix) Vitamin B1 (..)	...	579	1018	372	454
(x) Vitamin C (in mg.)	...	43	62	51	42
(xi) Calories	...	3003	2775	1584	2566
16. Distribution of Calories—					
(i) Proteins (in P. C.)	...	11	13	12	18
(ii) Fats (..)	...	18	13	14	15
(iii) Carbohydrates (..)	...	71	74	74	72

A—contd.

Bombay State (1945-50)—contd.

Backward Class Hostels,					
53	54	55	56	57	58
Bombay Association Shelter.	Female Beggars Home Chembur.	The Bombay Province Probation and After-care Asson., Matunga.	Depressed Class Mission Society Hostel, Parel.	Kaivalya-dham Gr. S. S. B. C. H., for Boys, Borivli.	Kaivalyadham Gr. S. S. B. C. H. for Girls Borivli.
Urban ... Rationed ...	Urban ... Rationed ...	Urban ... Rationed ...	Urban ... Rationed ...	Urban ... Rationed ...	Urban ... Rationed ...
26-4-49 ...	20-1-49 ...	20-9-48 ...	18-8-45 ...	22-4-48 ...	22-4-48.
.....	25	50	22	...
20	293	9
16.0	223.6	25.0	50.0	15.3	6.8
Adults ...	All ages ...	Adults ...	above 14 years.	Above 6 years.	6-13 years.
Vegetarian ...	Vegetarian ...	Vegetarian ...	Vegetarian ...	Vegetarian ...	Vegetarian.
Rs. 15 p.m. Poor (Rescued or Police cases).	Rs. 15-Rs. 16 p.m.	Rs. 18 p.m. Poor ...	Rs. 13-Rs. 14 p.m. Poor ...	Rs. 13-Rs. 14 p.m. Poor.
4.6	6.2	4.5	5.7	9.7	9.9
3.0	8.7	3.6	11.6	0.9	1.5
5.6	3.0	4.4	7.0
3.1	9.5	4.3	4.8	3.2	3.7
.....	0.2	2.5	1.9
3.0	9.0	0.9	3.5	1.1
3.0	6.0	2.5	1.8	1.1
.....
1.0	0.5	1.5	0.4	0.8
0.5	0.5	0.4	1.2	0.9	0.9
.....
.....	0.2	0.7	3.5
0.1
.....
.....	0.2	0.7
59.7	104.5	60.1	86.9	71.0	84.7
.....	0.2	0.8	4.2
21.0	25.0	17.0	42.7	36.2	57.1
377.6	547.0	308.9	487.9	417.8	487.4
0.26	0.6	0.3	0.7	0.3	0.72
0.1	1.86	1.2	1.7
26.0	45.2	26.5	46.5	28.8	46.3
1448	3658	940	5929	547	4535
591	1108	536	945	577	689
42	70	17	93	18	50
1937	2830	1630	2683	2282	2788
12	15	15	13	12	12
9	8	9	14	15	18
79	77	76	73	73	70

APPENDIX
Institutional Diets,

1. District ...	Greater Bombay.		
2. Type of Institution ...	Training Centre.		Orphanages.
3. Serial Number ...	59	60	61
4. Name & Address ...	Patuck Industrial School, Andheri.	Villa Tereca Orphanage.	Bai Arabhai Pettit Orphanage for Parsi girls.
5. Urban/Rural ...	Urban	Urban	Urban
6. Rationed/non-rationed cereal (at the time of the study).	Rationed	Rationed	Rationed
7. Date of visits ...	11-4-49	20-7-45	15-1-46
8. Total No. of inmates.	40
	Male
	Female.	73	136
9. Total No. of C. Us. ...	38-2	58-1	108-8
10. Age—range in yrs ...	Above 6 years	Above 6 years	Above 12 years.
11. Vegetarian/Mixed eater.	Vegetarian	Mixed	Mixed
12. Approximate cost on Food.	Rs. 12-14-0 p.m.	Rs. 12 p.m.	Rs. 18 p.m.
13. Economic Status ...	Poor	Poor	Poor
14. Daily Food intake per C.U.—(in ozs)			
(i) Rice ...	4.4	6.9	3.9
(ii) Wheat ...	3.4	7.8	11.6
(iii) Other cereals ...	6.3
(iv) Pulses ...	1.5	0.5	3.3
(v) Leafy vegetables...	0.8
(vi) Root vegetables ...	} 5.0	} 1.5	} 6.8
(vii) Other Vegetables... ..			
(viii) Fruits ...	0.9	0.8	1.8
(ix) Surgar & Jaggery.	0.6	1.4	1.1
(x) Vegetable oils/fats	4.0	0.9	1.3
(xi) Butter & Ghee	0.3
(xii) Milk, curds etc. ...	4.2	4.4	5.0
(xiii) Fish & Meat	2.0	} 4.0
(xiv) Eggs	
(xv) Other foods	0.3
15. Nutrient Analysis—			
(i) Total Pro- (in g.) teins.	56.3	63.7	101.2
(ii) Animal („) Proteins.	5.0	15.8	27.5
(iii) Fats („)	46.3	48.2	85.0
(iv) Carbohy- („) drates.	371.2	375.2	456.3
(v) Calcium („)	0.49	0.60	1.5
(vi) Phospho- („) rus.	1.41	1.26	2.0
(vii) Iron (in mg.)	25.0	24.1	44.0
(viii) Vitamin A (in I.U.)	1719	1757	2117
(ix) Vitamin B ₁ (in I.U.)	587	564	300
(x) Vitamin C (in mg.)	42	30	61
(xi) Calories	2126	2190	2995
16. Distribution of Calories.—			
(i) Proteins (in p.c.)	11	12	13
(ii) Fats („)	19	20	26
(iii) Carbohy- („) drates.	70	68	61

A—contd.

Bombay State (1945-50)—contd.

62	63	64	65	66
Bene Loral Home for destitute and Orphanage.	Hostel for Parsee Orphanage (Women).	J. N. Petit Orphanage Bombay.	Bowla Muslim Orphanage.	The Bombay Scottish Orphanage.
Urban	Urban	Urban	Urban	Urban
Rationed	Rationed	Rationed	Rationed	Rationed
26-1-46	7-4-46	23-12-47	20-3-48	20-8-48
19	...	164	...	28
7	26	...	27	16
20·8	20·8	142·0	20·4	31·1
10-14 years	Above 14 years	Above 6 years	Above 6 years	All age groups.
Mixed	Mixed	Mixed	Mixed	Mixed
Rs 14 p.m.	Rs 16 p.m.	Rs 30 p.m.	Rs 22 p.m.	Rs 50-Rs. 55 p.m.
Poor	Poor	Poor	Poor	Poor
.....	4·0	5·0	3·2	2·7
17·5	6·5	6·0	2·9	6·9
.....	0·2	7·2	1·9
2·75	3·1	3·2	0·5	1·9
.....	0·3	1·2	0·2
} 6·6	} 7·0	} 6·0	3·7	1·3
			7·3	3·1
1·1	0·5	2·7	3·7	1·5
1·4	1·5	1·0	0·9	1·8
1·0	0·7	1·0	0·9	0·4
.....	0·1	0·2	0·1	0·0
0·4	2·2	1·3	17·7	10·4
2·6	...	5·3	1·0	1·1
.....	0·3	0·8
.....	0·5
83·7	72·4	86·8	76·1	72·8
12·5	17·9	33·2	27·7	24·3
47·5	45·6	57·6	82·1	73·1
483·7	347·5	331·6	378·4	346·4
0·4	0·5	0·5	1·6	0·9
1·5	1·5
31·5	28·0	22·8	27·3	27·0
1794	2974	2491	2921	3271
747	794	586	687	264
65	72	-150	89	82
2697	2090	2192	2557	2335
12	14	16	12	18
16	20	24	29	28
62	66	60	59	59

APPENDIX
Institutional Diets,

1. District	... Ahmedabad.				
2. Type of Institution	Schools.	College Hostels.			
3. Serial Number	67	68	69(a)	69(b)	69(c)
4. Name and Address	Sheth M. J. H. S., Viramgaum.	College of Pharmacy, Ahmedabad.	H. L.	College of Commerce, Ahmedabad	
5. Urban/Rural	Urban	Urban	Urban	Urban	Urban
6. Rationed/non-rationed cereals (at the time of the study).	Non-rationed cereals	Rationed.	Rationed.	Rationed.	Rationed.
7. Date of visits	30-1-48	6-2-48	6-2-48	6-2-48	6-2-48
8. Total No. of inmates.					
Male	40	30	85	47	45
Female
9. Total No. of C. Us.	40.0	30.0	85.0	47.0	45.0
10. Age—range in yrs.	14 years and above	Adults	Adults	Adults	Adults
11. Vegetarian/Mixed cater.	Vegetarian.	Vegetarian.	Vegetarian.	Vegetarian.	Vegetarian.
12. Approximate cost on Food.	Rs. 15-Rs. 20. p.m.	Rs. 40. p.m.	Rs. 35-Rs. 40. p.m.	Rs. 35. p.m.	Rs. 35-Rs. 40 p.m.
13. Economic Status	Lower Middle class	Middle class.	Middle and	Upper middle class.	
14. Daily Food intake per C. U.—(in ozs.)					
(i) Rice	2.2	1.1	1.2	1.2	1.6
(ii) Wheat	5.6	4.5	6.3	4.4	5.0
(iii) Other cereals	6.8	3.5	2.7	3.3	3.5
(iv) Pulses	1.8	2.5	1.8	2.7	2.9
(v) Leafy vegetables.	1.2	0.3	2.0	3.6	2.9
(vi) Root Vegetables	2.0	5.0	7.8	3.4	4.6
(vii) Other vegetables.	2.3	12.0	8.4	10.1	4.1
(viii) Fruits	0.9
(ix) Sugar and Jaggery.	0.9	0.9	0.6	1.0	0.8
(x) Vegetable oils/fats.	0.6	2.7	2.3	2.3	2.6
(xi) Butter and Ghee	1.0	0.8	0.8	0.9	0.8
(xii) Milk, curds, etc.	8.0	12.6	6.5	6.6	6.8
(xiii) Fish and Meat
(xiv) Eggs
(xv) Other foods
15. Nutrient Analysis—					
(i) Total Pro-tein.	67.6	65.4	67.3	68.7	72.1
(ii) Animal Protein.	9.6	15.1	17.4	17.5	16.9
(iii) Fats	72.5	134.7	128.0	129.9	135.2
(iv) Carbohydrates.	393.7	327.4	341.3	322.0	349.6
(v) Calcium	0.76	1.2	1.2	1.2	1.2
(vi) Phosphorus
(vii) Iron (in mg.)	29.3	28.1	30.6	28.3	32.8
(viii) Vitamin A (in I.U.)	2629	2554	3321	3900	4070
(ix) Vitamin B1	671.	654	401	331	413
(x) Vitamin C (in mg.)	113	153	116	221	191
(xi) Calories	2498	2783	2786	2732	2904
16. Distribution of Calories—					
(i) Proteins (in p.c.)	11	9	10	10	10
(ii) Fats (")	26	44	41	43	42
(iii) Carbohydrates.	63	47	49	47	48

A—contd.

Bombay State (1945-50)—contd.

B. J. Medical College, Ahmedabad.			Gujarat College, Ahmedabad.			
70(a)	70(b)	71(a)	71(b)	71(c)	71(d)	71(e)
Urban Rationed.	Urban ... Rationed.	Urban ... Rationed.	Urban ... Rationed.	Urban ... Rationed.	Urban ... Rationed.	Urban ... Rationed.
4-2-48 ...	4-2-48 ...	9, 10-12-49	9,10-12-49.	9,10-12-49.	9,10-12-49.	9,10-12-49.
45	15	37	40	31	30	17
45·0	15·0	37·0	40·0	31·0	30·0	17·0
Adults ...	Adults ...	Adults ...	Adults ...	Adults ...	Adults ...	Adults ...
Vegetarian.	Vegetarian.	Vegetarian.	Vegetarian.	Vegetarian.	Vegetarian.	Vegetarian.
Rs. 35-R. 40. p. m.	Rs. 35-R. 40. p. m.	Rs. 1-2-0. 1-6-0. pca day	Rs. 1-2-0. 1-6-0. per day Middle class.	Rs. 1-2-0. 1-8-0. per day	Rs. 1-2-0. 1-6-0. per day	Rs. 1-2-0. 1-6-0. per day
1·7	3·0	1·9	2·8	2·3	1·8	2·2
3·0	2·1	2·7	3·1	3·6	4·3	3·1
5·0	6·9	3·8	3·6	5·1	4·4	6·6
3·1	5·0	3·0	4·6	2·0	4·4	3·7
8·3	4·2	2·4	2·9	0·9
2·6	8·5	5·5	8·0	6·1	6·4	2·7
9·0	5·6	6·4	9·5	6·7	11·0	12·8
6·5	9·2	1·5	1·2	4·6	2·9
2·0	5·1	1·6	0·8	2·6	2·1
3·1	5·4	2·7	4·0	3·5	3·6
.....	1·1	1·3	1·3	0·9
4·4	6·0	4·6	4·8	5·4	4·7
.....
.....
.....
63·5	91·5	57·9	62·9	56·5	78·0	73·8
5·6	7·2	5·5	4·8	6·0	5·3
106·0	175·6	125·2	119·8	53·9	159·7	146·0
375·4	700·0	327·1	338·7	334·1	420·6	431·5
0·0	1·2	0·9	0·5	0·6	1·1	0·8
.....	1·3	1·3	1·3	1·7	1·6
41·9	54·5	39·3	28·9	27·5	50·8	42·1
7557	8581	6249	809	2126	8185	3491
628	770	555	640	584	765	682
563	494	148	111	79	231	250
2709	3946	2667	2683	2047	3404	3343
10	9	9	10	11	9	8
35	40	42	40	24	41	40
55	51	49	50	65	50	52

APPENDIX

Institutional Diets,

1. District	... Ahmedabad.					
2. Type of Institution	... Primary Teacher's Training College Special Schools Certified Schools					
3. Serial Number	72	73	74	75	76	77(a)
4. Name and Address	Government Urdu Training College.	P. T. Training College for men.	Mahalaxmi Training College for Women	School for deaf males.	D. P. A.'s Home.	Malliputram Women.
5. Urban/Rural	Urban	Urban	Urban	Urban	Urban	Urban
6. Rationed/non-rationed cereals (at the time of the study).	Rationed	Rationed	Rationed	Rationed	Rationed	Rationed
7. Date of visits	7-2-47...	3-2-47...	3-2-47...	7-2-47...	2-2-48...	
8. Total No. of inmates—						
Male	70	14	...	37	62	...
Female	91	14	...	67
9. Total No. of C. Us.	70.0	14.0	72.8	36.0	49.6	53.6
10. Age-range in yrs.	Adults	Adults	Adults	6-13 yrs.	6-13 yrs.	Adults.
11. Vegetarian/Mixed eater.	Mixed eaters.	Vegetarian.	Vegetarian.	Vegetarian.	Vegetarian.	Vegetarian.
12. Approximate cost of Food.	Rs. 15 p.m.	Rs. 15 p.m.	Rs. 19 p.m.	Rs. 14 p.m. full boarding fee.		Rs. 20 p.m.
13. Economic Status	Lower middle Class.	Lower middle Class.	L. M. Class.	L.M. Class.	Poor.	Poor.
14. Daily Food intake per O. U. (in ozs.)—						
(i) Rice	4.0	3.2	5.4	4.7	2.9	2.6
(ii) Wheat	7.5	5.6	7.5	7.4	...	8.5
(iii) Other cereals	...	2.8	12.1	...
(iv) Pulses	4.3	4.5	2.7	2.5	3.5	2.7
(v) Leafy vegetables	...	0.2	...	1.2	0.7	2.1
(vi) Root vegetables	...	1.2	4.5
(vii) Other vegetables	7.0	0.7	2.5	7.1	5.0	5.0
(viii) Fruits	...	0.1	1.2
(ix) Sugar and Jaggery	0.2	0.5	0.9	2.0	2.0	0.8
(x) Vegetable oils/fats	0.8	1.1	0.6	1.8	0.4	1.9
(xi) Butter and Ghee	...	0.7	0.3	0.5
(xii) Milk, curds, etc.	0.5	3.1	5.0	11.4	1.0	9.4
(xiii) Fish and Meat	0.6
(xiv) Eggs
(xv) Other foods	0.1
15. Nutrient Analysis—						
(i) Total Protein (in g.)	71.8	64.6	68.6	78.7	64.9	66.9
(ii) Animal Protein.	3.5	3.5	6.0	13.7	0.7	11.2
(iii) Fats (in g.)	30.5	61.0	45.1	106.8	21.0	71.6
(iv) Carbohydrates.	335.0	343.9	381.5	414.4	445.0	334.2
(v) Calcium (in mg.)	0.40	0.50	0.60	1.10	0.40	1.00
(vi) Phosphorus (in mg.)
(vii) Iron (in mg.)	31.9	26.5	25.0	36.8	35.5	32.9
(viii) Vitamin A (in I. U.)	2658	1668	1899	4330	1876	5134
(ix) Vitamin B1 (in mg.)	693	599	655	680	531	662
(x) Vitamin C (in mg.)	72	14	44	87	65	140
(xi) Calories	1901	2183	2206	2934	2229	2248
16. Distribution of Calories—						
(i) Proteins (in p. o.)	15	12	12	11	11	12
(ii) Fats (in p. o.)	14	25	19	33	9	28
(iii) Carbohydrates (in p. o.)	71	63	69	56	80	60

A—contd.

Bombay State (1945-50).

and Remand Rescue Home.			Backward Class Hostels.				
77(b)	77(c)	78	79	80	81	82	83
Rupeam Anath Ashram Kumar Vidharthini.		B. C. Hostel for boys.	J. B. M. Kanya Mandir B. C. H. for Girls.	Vikas Griha.	Harijan Kanya Chatralaya Sabarmati.	Harijan Chatralaya Viram-gaum..	Harijan Chatralaya Dhanduka.
Urban ... Rationed	Urban Rationed	Urban Rationed	Urban Rationed	Urban Rationed	Rural ... Non-Rationed	Urban Non-Rationed.	Urban Non-Rationed.
February 1947		4-2-48	3-2-48	4-2-47	6-2-48	31-1-48	9-7-48
51	77	89	15	20
45.9	54.0	59.0	30	78	53	15.0	20.0
6-14 years and above	6-14 years and above	14 years and above	6-14 years and above	1-14 years and above	6-13 years and above	14 years and above	14 years and above
Vegetarian	Vegetarian	Vegetarian	Vegetarian	Vegetarian	Vegetarian	Vegetarian	Vegetarian
Rs. 20 p. m.	Rs. 20 p. m.	Rs. 15 p. m.	Rs. 14 p. m.	Rs. 14 p. m.	Rs. 12 p. m.	Rs. 18 p. m.	Rs. 22 p. m.
Poor.	Poor.	Poor.	Poor.	Poor.	Poor.	Poor.	Poor.
1.8	2.6	1.1	2.3	5.7	4.9	0.4	2.1
10.0	9.1	1.1	3.0	4.9	3.6	...	9.2
...	...	10.0	19.0	1.3	3.3	13.2
1.4	2.9	7.2	1.0	2.9	4.3	0.4	3.4
0.8	0.7	1.8	3.0	1.6	1.9	2.8
5.0	4.6	2.5	1.5	5.3	2.7	0.7	3.8
1.1	1.4	3.1	3.0	4.0	4.0	6.5	2.9
1.1	1.1	2.4	1.5	...	1.1
2.2	2.0	0.7	2.2	1.9	1.1	0.3	1.7
...	...	0.8	1.5	1.0	1.4	1.1	1.5
...	...	0.8	0.8	1.0
9.4	11.9	1.8	7.1	5.7	6.2	7.3	6.7
...
...
...	...	1.3	1.1
60.8	71.3	90.2	99.3	60.5	72.6	57.1	67.7
11.3	14.1	0.4	8.3	5.9	7.4	8.7	8.0
91.2	89.3	64.1	94.7	66.6	65.5	57.0	64.6
327.2	357.4	437.6	650.1	383.3	402.5	332.1	368.7
0.90	1.11	0.70	1.10	0.66	0.8	0.65	0.77
27.7	29.9	47.0	60.0	30.0	33.4	29.3	1.5
3645	3614	4655	7573	5024	4266	2490	886
644	679	719	874	701	614	633	689
98	107	278	151	277	260	193	47
2373	2518	2688	3850	2376	2490	2070	2327
10	11	13	10	10	12	11	12
35	32	22	22	25	24	25	25
55	57	65	68	65	64	64	63

APPENDIX
Institutional Diets,

1. District	Kaira.					
2. Type of Institution.		Schools.					
3. Serial Number ...	84	85(a)	85(b)	86	87	88	
4. Name and Address ...	Sharda H. S. Anand.	D. N. H. School, Anand.		Ambalal Bali- kashram Anand. Urban.	Edward Memorial School, Borsad. Urban.	M. B. M. Tr. College Borsad. Urban.	
5. Urban/Rural ...	Urban.	Urban.		Urban.	Urban.	Urban.	
6. Rationed/Non-rationed cereals (at the time of the study).	Rationed.	Rationed.		Rationed.	Non- rationed.	Non- rationed.	
7. Date of visits ...	11-2-47 200	10-2-47 200	10-2-47 5	10-2-47 50	19-7-48 10	20-7-48 ...	
8. Total No. of inmates.	Male	94	
9. Total No. of C. Us.	200.0	200.0	5.0	37.0	10.0	71.0	
10. Age—range in years.	14 years and above.	14 years and above.	14 years and above.	6-13 years	14 years and above.	6 years and above.	
11. Vegetarian/Mixed eater.	Vegeta- rian.	Vegeta- rian.	Vegeta- rian.	Vegeta- rian.	Vegeta- rian.	Mixed.	
12. Approximate cost of Food.	Rs.25- Rs. 23 p. m.	Rs. 28 p. m.	Rs. 12 p. m.	Rs. 30 p.m.	Rs. 40 p. m. (Including Estt. charges).	Rs. 12 p.m.	
13. Economic Status ...	Middle and Upper Middle Class.	Middle Class.	Poor.	Middle and upper middle.	Lower Middle and Middle Class.	-Poor.	
14. <i>Daily Food intake per C. U. (in ozs.)</i>							
(i) Rice ...	2.6	5.9	3.4	3.9	3.6	...	
(ii) Wheat ...	4.5	3.2	3.6	5.9	6.0	0.5	
(iii) Other cereals ...	2.0	1.8	2.2	1.7	2.8	18.3	
(iv) Pulses ...	3.7	5.3	2.9	3.0	1.5	3.4	
(v) Leafy vegetables ...	2.0	2.0	1.0	2.2	...	0.5	
(vi) Root vegetables ...	8.0	6.0	2.3	3.6	1.9	1.3	
(vii) Other vegetables ...	8.0	6.0	2.3	3.6	2.0	2.2	
(viii) Fruits ...	0.6	2.4	...	0.5	
(ix) Sugar and Jaggery.	1.3	1.3	0.7	1.9	0.8	0.2	
(x) Vegetable oils/fats ...	2.5	1.6	1.0	1.5	0.5	0.2	
(xi) Butter and Ghee ...	0.5	1.0	0.5	0.9	0.5	...	
(xii) Milk, curds, etc. ...	8.0	4.0	7.9	16.0	4.6	10.5	
(xiii) Fish and Meat	0.8	
(xiv) Eggs	
(xv) Other foods	
15. <i>Nutrient Analysis—</i>							
(i) Total protein (ing.)	72.7	71.6	56.1	76.2	54.0	89.0	
(ii) Animal protein (,,)	9.6	4.8	9.4	19.2	5.5	16.8	
(iii) Fats (,,)	123.1	88.8	66.2	112.3	47.7	56.9	
(iv) Carbohydrates (,,)	329.1	380.7	279.2	352.7	323.6	451.1	
(v) Calcium ... (ing.)	1.1	0.7	0.8	1.3	0.5	1.1	
(vi) Phosphorus (,,)	1.2	2.7	
(vii) Iron (in mg.)	35.4	36.5	26.4	33.4	25.1	46.7	
(viii) Vitamin A (in I. U.)	5168	4291	3031	5297	1349	2395	
(ix) Vitamin B1 (in I. U.)	653	660	456	604	536	543	
(x) Vitamin C (in mg.)...	125	60	38	167	24	35	
(xi) Calories ...	2715	2608	1937	2726	1940	2673	
16. <i>Distribution of Calories—</i>							
(i) Proteins (in p.c.) ...	11	11	11	11	11	13	
(ii) Fats (,,)	41	31	31	37	22	19	
(iii) Carbohydrates (,,)	48	58	58	52	67	68	

A—contd.

Bombay State (1945-50)—contd.

College Hostels.							
89	90(a)	90(b)	90(c)	91(a)	91(b)	91(c)	91(d)
Government High School, Nadiad, Urban.	B. A. College of Agriculture, Anand.			Birla Engineering College, Anand.			
Urban.	Urban.	Urban.	Urban.	Urban.	Urban.	Urban.	Urban.
Rationed cereals and sugar decontrolled.							
12-7-48	14-7-48	14-7-48	14-7-48	15-7-48	15-7-48	15-7-48	15-7-48
65	64	58	74	45	35	43	49
—	—	—	—	—	—	—	—
.....
65.0	64.0	58.0	74.0	45.0	33.0	43.0	46.0
14 years and above.	Adults.	Adults.	Adults.	Adults.	Adults.	Adults.	Adults.
Vegetarian.	Vegetarian.	Vegetarian.	Vegetarian.	Vegetarian.	Vegetarian.	Vegetarian.	Vegetarian
Rs. 20- Rs. 25 p. m.	Rs. 45 p. m.	Rs. 45 p. m.	Rs. 47 p. m.	Rs. 40- Rs. 45 p. m.	Rs. 40- Rs. 45 p. m.	Rs. 40- Rs. 45 p. m.	Rs. 40- Rs. 45 p. m.
Lower middle class.	Middle class.	Middle class.	Middle class	Middle and upper middle class.			
3.6	1.0	2.1	2.9	6.1	5.3	3.0	3.5
4.5	9.0	11.0	8.6	6.1	7.5	14.6	8.9
3.4	0.3	0.5
2.4	3.5	4.5	3.4	6.2	4.8	2.5	5.0
.....
2.6	6.4	8.1	7.6	7.0	4.8	3.7	6.2
4.2	9.3	5.2	8.0	10.0	2.7	16.1	8.0
.....	1.1	1.7	1.1	0.5	0.8
0.6	2.7	2.0	0.3	2.1	1.3	2.4	1.9
0.9	2.7	3.2	2.5	2.6	2.1	4.2	2.4
0.4	0.5	0.7	1.6	0.7	1.1	0.4	1.4
5.9	16.1	14.0	11.0	8.5	6.9	12.0	10.6
.....
.....
.....
58.8	82.3	92.1	75.5	91.9	76.9	94.9	86.0
6.9	19.3	16.8	13.2	9.1	7.1	14.4	11.4
58.2	136.0	152.1	145.6	116.6	105.5	166.7	132.1
318.2	425.7	466.8	368.0	502.2	424.3	544.2	454.9
0.6	1.4	1.4	1.0	1.0	0.72	1.30	1.0
1.4	2.0	2.1	1.8	1.9	1.6	2.38	1.9
28.4	36.7	40.5	29.8	40.8	32.1	40.8	26.9
1281	2226	2712	2987	1918	1991	1910	2876
561	813	910	848	795	721	988	804
32	98	103	59	144	54	184	92
2032	3255	3604	3038	2426	2954	4057	3352
11	10	10	10	11	16	9	10
26	38	38	43	31	32	37	35
63	52	52	47	58	58	54	55

APPENDIX
Institutional Diets,

1. District.	...	Kaira.				
2. Type of Institution					
3. Serial Number	...	92(a)	92(b)	92(c)	92(d)	92(e)
4. Name & Address	...	Vithalbai Patel Mahavidyalaya Vallabh Vidyanagar, Anand.				
5. Urban/Rural	...	Urban	Urban	Urban	Urban	Urban
6. Rationed/non-rationed cereals (at the time of the study).		Rationed cereals and sugar decontrolled.				
7. Date of visits	...	15-7-48	15-7-48	15-7-48	15-7-48	15-7-48
8. Total No. Inmates.	Male	90	33	50	100	110
	Female
9. Total No. of C. Us.	...	90.0	33.0	50.0	100.0	110.0
10. Age—ranged in years.	Adults	...	Adults	...	Adults	...
11. Vegetarian/Mixed eater.		Vegetarian.	Vegetarian.	Vegetarian.	Vegetarian.	Vegetarian.
12. Approximate cost of Food.	Rs. 40— Rs. 45 p. m.	Rs. 40— Rs. 45 p. m.	Rs. 40— Rs. 45 p. m.	Rs. 40— Rs. 45 p. m.	Rs. 40— Rs. 45 p. m.	Rs. 40— Rs. 45 p. m.
13. Economic Status	...	Middle and upper middle class.....				
14. Daily Food intake per C. U. (in ozs.)—						
(i) Rice	...	2.1	2.2	1.7	2.0	2.7
(ii) Wheat	...	10.3	9.7	9.2	8.0	8.3
(iii) Other cereals	...	6.0	5.8
(iv) Pulses	...	7.0	3.9	3.0	6.3	2.6
(v) Leafy vegetables	0.4
(vi) Root vegetables	...	1.0	1.0	7.2	5.1	4.0
(vii) Other vegetables	...	9.0	2.9	5.0	4.3	4.7
(viii) Fruits	...	0.5	0.6	1.2	0.3
(ix) Sugar & Jaggery	1.2	1.7	2.1
(x) Vegetable oils/fats	...	4.8	2.2	2.3	2.8	2.2
(xi) Butter & Ghee	...	0.9	1.0	0.9	1.6	1.1
(xii) Milk, Curds etc	...	6.2	9.7	8.6	9.2	7.7
(xiii) Fish & Meat
(xiv) Eggs
(xv) Other foods
15. Nutrient Analysis—						
(i) Total Protein.	(in g.)	113.1	92.4	68.1	84.9	62.5
(ii) Animal Protein.	(")	7.4	10.7	9.8	10.2	9.2
(iii) Fats	(")	190.8	122.6	113.0	148.1	115.3
(iv) Carbohydrates.	(")	531.9	480.2	374.4	416.1	313.5
(v) Calcium	(")	1.0	0.94	0.87	0.98	0.76
(vi) Phosphorus	(")	2.5	2.2	1.60	1.30	1.46
(vii) Iron	(in m.g.)	52.5	42.7	31.4	36.8	24.2
(viii) Vitamin A	(in I.U.)	2622	2443	2008	3386	2163
(ix) Vitamin B1	(")	1104	905	782	716	688
(x) Vitamin C	(in mg.)	66	20	64	61	35
(xi) Calories		4296	3394	2787	3337	2542
16. Distribution of Calories—						
(i) Proteins	(in p.c.)	10	11	10	10	10
(ii) Fats	(")	40	32	36	40	41
(iii) Carbohydrates.	(")	50	57	54	50	49

A—contd.

Bombay State (1945-50)—contd.

Primary teachers Training College			Backward Class Hostels.			
93	94	95	96	97	98	
M. A. P. S. Adyapan Mandir, Anand.	Mary Brown memorial Training College Borsad.	Salvation Army Industrial School Anand.	V. K. Vidyalaya Mehemabad.	Godwani Harijan Ashram.	S. M. C. Agriculture School Anand.	
Urban ...	Urban ...	Urban ...	Urban ...	Urban ...	Urban.	
Non-rationed.			Non-rationed.			
17-7-48 ...	20-7-48 ...	17-7-48 ...	10-7-48 ...	13-7-48 ...	14-7-48	
80	40	28	117	
...	51	64	
80.0	40.8	44.0	36.0	25.2	117.0	
Adults ...	Adults ...	14 Years above.	13 Years above.	13 Years ...	Adults.	
Vegetarian ...	Mixed ...	Mixed ...	Vegetarian ...	Vegetarian ...	Vegetarian.	
Rs. 22 p. m.	Rs. 16 p. m.	Rs. 8-10 p. m.	Rs. 15 p. m.	Rs. 15 p. m.	Rs. 30 p. m.	
Lower middle	Class Poor	Poor ...	Poor ...	Poor ...	Lower Middle Class.	
4.0	4.1	0.3	5.5	2.5	
5.0	2.7	1.9	10.7	
1.4	18.9	16.3	12.9	5.4	
3.0	3.0	3.6	2.2	6.7	5.8	
.....	0.4	0.4	
2.8	3.7	2.0	2.7	3.3	
4.9	5.0	3.0	3.3	0.8	7.0	
.....	1.6	
2.1	0.3	1.1	0.4	
1.5	1.2	0.4	0.5	0.8	2.1	
0.6	0.1	0.9	
9.0	10.0	1.1	1.3	5.0	8.0	
.....	0.7	1.3	
.....	
.....	
63.7	84.6	86.6	62.7	82.3	91.2	
10.8	12.2	9.6	2.6	5.8	9.6	
86.8	78.8	27.5	35.2	43.3	108.0	
359.3	471.4	513.4	389.1	399.0	406.2	
0.85	1.0	0.4	0.5	0.72	1.0	
1.36	1.5	2.3	1.8	1.73	2.0	
29.7	43.4	35.8	34.0	36.3	39.1	
1722	3074	605	942	1697	2305	
525	500	625	577	620	895	
42	68	32	38	32	130	
2473	2934	2648	2124	2315	2962	
10	12	13	12	14	12	
32	24	9	15	17	33	
58	64	78	73	69	65	

APPENDIX
Institutional Diets,

1. District ...	Broach and Panchmahals.				
2. Type of Institution ...	Schools.				
3. Serial Number ...	99	100(a)	100(b)	101	102
4. Name and Address ...	Pioneer H. S. Broach City.	R. S. Dalal City. Hindu mess.	H. S. Broach Muslim mess.	New H. S. Godhra.	Telang Agri. School
5. Urban/Rural ...	Urban ...	Urban ...	Urban ...	Urban ...	Urban ...
6. Rationed/non-rationed cereals (at the time of the study).	Rationed.	Rationed.	Rationed.	Rationed.	Rationed.
7. Date of visits.	14-2-47 ...	12-2-47 ...	12-2-47 ...	5-7-47 ...	4-7-47 ...
8. Total No. inmates.					
Male	45	10	24	20	15
Female
9. Total No. of C. Us. ...	40.5	9.0	21.6	18.0	15.0
10. Age—range in yrs. ...	13 yrs and above.	13 yrs. and above.	6-14 yrs. and above.	14 yrs. and above.	14 yrs. and above.
11. Vegetarian/Mixed eater.	Mixed ...	Vegetarian.	Mixed ...	Vegetarian.	Vegetarian.
12. Approximate cost of Food.	Rs. 15 per mensem.	Rs. 27 per mensem.	Rs. 17 per mensem.	Rs. 30 per mensem.	Rs. 20 per mensem.
13. Economic Status.	Lower Middle class.	Lower Middle class.	Lower Middle class.	Middle and Lower Middle class.	Lower Middle class.
14. <i>Daily Food intake per C. U.—(in ozs.)</i>					
(i) Rice ...	4.4	3.3	4.4	6.3	4.1
(ii) Wheat ...	6.5	5.5	3.7	2.4	2.5
(iii) Other cereals	5.4	4.3
(iv) Pulses ...	4.0	3.3	4.4	3.3	2.2
(v) Leafy vegetables.	1.4	0.3
(vi) Root vegetables ...	5.9	5.3	3.9	6.0	7.5
(vii) Other vegetables
(viii) Fruits
(ix) Sugar and Jaggery	0.8	0.7	0.6	1.3	0.7
(x) Vegetable oils/fats.	0.8	0.4	0.9	1.9	1.3
(xi) Butter and Ghee	0.4	0.4	0.6	0.8	0.5
(xii) Milk, curds etc. ...	1.7	6.0	3.9	3.3	6.2
(xiii) Fish and Meat ...	0.3	0.7
(xiv) Eggs
(xv) Other foods
15. <i>Nutrient Analysis—</i>					
(i) Total Protein (in g.)	65.9	59.5	61.2	65.4	53.2
(ii) Animal Protein.	3.7	6.4	8.0	4.0	7.4
(iii) Fats (,,)	43.3	39.2	58.0	89.4	68.2
(iv) Carbohydrates (,,)	342.7	292.8	279.0	417.0	334.1
(v) Calcium (,,)	0.5	0.7	0.6	0.4	0.6
(vi) Phosphorus (,,)
(vii) Iron (in mg.)	30.5	28.0	24.2	24.0	19.7
(viii) Vitamin A (in I. U.)	2887	3104	1962	3211	2271
(ix) Vitamin B1 (in I. U.)	623	551	505	368	414
(x) Vitamin C (in mg.)	50	60	32	62	60
(xi) Calories ...	2024	1762	1883	2734	2163
16. <i>Distribution of Calories—</i>					
(i) Protein (in p.c.)	13	14	13	10	10
(ii) Fats (,,)	20	20	28	29	29
(iii) Carbohydrates.	67	66	59	61	61

A—contd.

Bombay State (1945-50)—contd.

Private Boardings	Primary teachers Training Colleges.	Special School.	Romand Home.	Backward Hostels.	Class		
103	104	105	106	107	108	109	110
Rajput Boarding Broach.	Prasidas Boarding Broach.	Vocational Training College Boarding Ankle-shwar.	Methodists Training College Godhra.	School for Practical Arts Ankle-shwar.	D.P. and A. Asson's Romand Home Broach.	Harijan Chatralaya Broach.	Gandhi Ashram Godhra
Urban. Rationed.	Urban. Rationed.	Urban. Rationed.	Urban. Rationed.	Urban. Rationed.	Urban. Rationed.	Urban. Non-Rationed.	Urban. Rationed
14-2-47.	14-2-47.	8-7-47.	3-7-47.	7-7-47.	15-2-47.	Feb. 48.	6-7-47.
50	30	150	7	10	37
—	—	—	184	82	—	—	—
... 45.5	... 27.0	... 140.0	139.0	57.0	... 5.0	... 10.0	... 32.4
13 yrs. and above.		6-14 yrs. and above.			6-13 yrs.	14 yrs. and above	13 yrs. and above
Vegetarian Rs. 18. per men-sum.	Vegetarian Rs. 22 per men-sum.	Vegetarian. Rs. 10 to 15 per mensem	Mixed. Rs. 12 per mensem	Mixed. Rs. 12 per men-sum.	Vegetarian Rs. 10 to 12 per men-sum.	Vegetarian Rs. 14 per men-sum.	Vegetarian Rs. 11 per men-sum.
	Lower Middle Class.			Poor.		Lower Middle Class and Poor.	Poor.
3.5	4.4	1.6	6.5	2.3	2.3		5.3
7.9	5.3	1.5	2.8	4.3	2.4	12.0	2.0
2.0	2.7	10.5	6.5	10.0	6.9		10.8
2.4	3.9	2.9	3.3	3.7	4.0	2.0	3.7
...	0.5	1.4	...	2.0	...
3.8	0.5	3.8	2.1	7.1	12.4	5.0	3.9
.....	3.0
1.2	1.6	0.6	0.3	0.7	1.3	0.4	0.6
1.1	0.9	0.6	0.1	0.3	1.1...	1.2	1.0
0.5	0.8	0.3
7.0	6.3	0.3 m.p.	0.5 m.p.	0.5	1.1	4.0	2.0
.....	0.6
.....	0.1	1.1
64.7	67.8	62.0	72.1	77.1	70.5	55.7	78.7
7.0	7.5	3.3	7.5	1.7	6.3	4.8	2.2
64.2	65.5	29.0	21.9	23.3	42.4	50.4	43.3
374.1	378.9	365.1	427.9	473.5	388.0	331.2	475.5
0.7	0.7	0.5	0.5	0.4	0.5	0.7	0.7
.....
28.7	29.0	33.0	38.5	36.1	33.4	33.8	30.4
1995	1481	2170	1753	3143	1291	5577	1709
902	599	648	407	690	430	487	691
35	4	31	62	93	70	97	25
2333	2377	1970	2196	2412	2225	2001	2606
11	11	13	13	13	13	11	12
25	25	13	9	9	17	23	15
64	64	74	78	78	70	66	78

m. p. = milk powder.

APPENDIX
Institutional Diets,

1. District	...	Surat.				
2. Type of Institution	...	Schools.				
3. Serial Number	...	111	112	113	114	115
4. Name and Address	...	T. and T. V. Sarva Janik H. S. Surat.	J. P. Mission Girls schools Surat.	The J. F. S. School Pardi.	M. M. Piperdi- wala, H. S., Ban- des.	B. A. B. S. H. School Bardoli.
5. Urban/Rural	...	Urban	Urban	Urban	Urban	Urban
6. Rationed/non-rationed cereals (at the time of the study).	...	Non-rationed.	Non-Rationed.	Rationed.	Non-Rationed.	Non-Rationed.
7. Date of visits	...	17-9-48	13-9-48	9-7-47	15-9-48	14-9-48
8. Total No. Inmates.	Male	35	20	62	43
	Female	2	26
9. Total No. of C. U. S.		37.0	20.8	20.0	60.0	38.7
10. Age—range in yrs.	...	14 years and above.	14 years and above.	14 years and above.	6-14 years and above.	13 and above.
11. Vegetarian/Mixed enter.	...	Vegetarian.	Mixed	Vegetarian.	Mixed	Vegetarian
12. Approximate cost of Food.	...	Rs. 35 p.m.	Rs. 20 p. m.	Rs. 0-13-0 p. d.	Rs. 25 p.m.	Rs. 10 p.m (supplemented with and from-home).
13. Economic Status	...	L. M. Class.	L. M. Class, and Poor.	Middle Class.	L. M. Class and Poor	L. M. Class.
14. Daily Food intake per C. U. (in ozs.)						
(i) Rice	...	3.2	4.6	6.8	6.5	5.1
(ii) Wheat	...	4.5	4.1	2.0	6.6	3.0
(iii) Other cereals	...	2.2	4.1	3.3	4.0
(iv) Pulses	...	4.5	2.2	2.7	3.4	3.3
(v) Leafy vegetables	1.1
(vi) Root vegetables	1.9	2.6	1.0
(vii) Other vegetables.	...	{ 4.6	7.1	{ 7.0	6.9	2.3
(viii) Fruits	2.1
(ix) Sugar and Jaggery.	...	0.9	0.8	1.2	1.0	0.3
(x) Vegetable oils/fats	...	2.1	1.2	1.3	1.2	1.0
(xi) Butter and Ghèe	...	1.7	0.8	0.4
(xii) Milk, curds etc.	...	4.6	2.5	9.8	2.0	4.8
(xiii) Fish and Meat	0.9	2.0
(xiv) Eggs
(xv) Other foods	0.5	1.3
15. Nutrient Analysis—						
(i) Total Proteins (in g.)	...	63.9	66.1	65.8	74.5	60.9
(ii) Animal Proteins.	(,,)	5.5	8.0	11.7	12.6	5.7
(iii) Fats (,,)	120.9	47.9	86.5	53.0	57.6	
(iv) Carbo-Hydrates (,,)	328.5	401.4	376.3	387.7	337.0	
(v) Calcium (,,)	0.6	0.45	1.0	0.66	0.55	
(vi) Phosphorus (,,)	1.3	1.44	2.20	1.30	
(vii) Iron (in mg.)	27.4	24.4	30.7	28.2	24.9	
(viii) Vitamin A (I. U.)	2542	563	4097	692	1218	
(ix) Vitamin B1 (in I. U.)	572	616	657	842	531	
(x) Vitamin C (in mg.)	41	75	121	40	25	
(xi) Calories	2656	2301	2547	2326	2110	
16. Distribution of Calories—						
(i) Proteins (in p. c.)	10	11	10	13	12	
(ii) Fats (,,)	41	18	30	20	25	
(iii) Carbo-hydrates (,,)	49	71	60	67	63	

A—contd.

Bombay State (1945-50)—contd.

College Hostels.

116(a)	116(b)	116(c)	117(a)	117(b)	117(c)	118
M. T. B. College and Sarvajanik law College, Surat.						Sir. K. P. College of Commeroe.
Urban ...	Urban ...	Urban ...	Urban ...	Urban ...	Urban ...	Urban ...
Cereals and Sugar				non-rationed		
10-0-48 ...	10-0-48 ...	10-0-48 ...	10-0-48 ...	10-0-48 ...	10-0-48 ...	10-0-48 ...
34	85	43	41	43	30	40
.....
34.0	85.0	43.0	41.0	43.0	30.0	40.0
Adults ...	Adults ...	Adults ...	Adults ...	Adults ...	Adults ...	Adults ...
Veg. ...	Veg. ...	Veg. ...	Veg. ...	Mixed	...	Veg.
Rs. 47 p.m.	Rs. 50 p.m.	Rs. 45 p.m.	Rs. 35 p.m.	Rs. 47 p.m.	Rs. 45 p.m.	Rs. 37 p.m.

Middle and upper middle class

2.4	3.6	3.5	2.0	2.7	4.1	2.8
7.7	12.0	6.8	7.6	11.5	13.0	17.8
.....
3.6	3.6	2.7	4.0	2.8	2.7	3.6
.....	0.4
4.0	5.6	4.1	5.9	6.5	2.7	3.1
3.4	3.9	4.7	6.6	10.3	6.4	10.1
.....	0.3	0.6
2.6	1.6	1.7	1.3
5.0	6.4	2.2	3.6	4.9	2.4	2.2
.....	1.3
10.7	8.0	8.6	6.5
.....	5.7
.....	0.3
.....	0.2
68.9	84.2	52.2	59.8	78.3	106.1	100.1
12.8	9.6	8.7	23.1	7.8
172.6	207.4	103.3	107.0	158.2	94.9	130.4
384.8	474.6	299.8	310.8	453.6	426.7	554.3
0.97	0.95	0.3	0.41	0.9	0.60	0.93
1.60	1.97	1.1	1.23	1.8	1.95	2.40
28.7	37.0	24.1	27.7	36.7	48.2	44.2
1062	2006	542	714	1446	1050	2990
624	887	620	760	896	1040	1164
28	58	31	34	65	35	107
3373	4105	2338	2445	3551	2988	3790
8	8	9	10	9	14	11
46	46	40	39	40	29	31
46	46	51	51	51	57	58

APPENDIX
Institutional Diets,

1. District	...	Surat.		
2. Type of Institution	...	Private Boarding	... Primary Teachers'	Tr. Colleges.
3. Serial Number	...	119	120	121
4. Name and Address	...	Vanita Vishram Surat.	Basic Tr. Centre Katargaon.	S. J. J. Tr. College, Surat.
5. Urban/Rural	...	Urban	... Urban	... Urban
6. Rationed/non-rationed cereals (at the time of the study).	...	Non-rationed	... Rationed	... Rationed.
7. Date of Visits	...	11-9-48	... 14-12-46	... 19-12-46
8. Total No. of Inmates.	Male	54	80
	Female	127	1
9. Total No. of C. Us.	...	97.0	55.0	80.0
10. Age-rang in years	...	6-14 and above	... Adults	... Adults
11. Vegetarian/Mixed eater	...	Vegetarian	... Vegetarian	... Vegetarian.
12. Approximate cost of food.	Rs. 25—Rs. 30 p. m.	Rs. 15 p. m.	...	Rs. 15 p. m.
13. Economic Status	...	L. M. Class and Poor	L. M. Class	... L. M. Class.
14. <i>Daily Food intake per C. U. (in ozs).</i>				
(i) Rice	...	3.5	4.0	3.2
(ii) Wheat	...	6.7	5.0	5.3
(iii) Other cereals	...	5.7	2.4	2.7
(iv) Pulses	...	4.1	2.2	4.0
(v) Leafy vegetables
(vi) Root Vegetables	...	{ 6.3	6.7 }	5.4 }
(vii) Other vegetables	...			
(viii) Fruits
(ix) Sugar and Jaggery	...	1.2	1.1	1.3
(x) Vegetable oils/fats	...	0.9	0.8	1.0
(xi) Butter and Ghee	...	0.7	0.4	0.4
(xii) Milk, curds etc.	...	1.3	4.0	6.4
(xiii) Fish and meat
(xiv) Eggs
(xv) Other foods	...	2.0	1.4
15. <i>Nutrient Analysis—</i>				
(i) Total Proteins (in g.)	...	86.2	60.5	67.1
(ii) Animal Proteins (")	...	1.5	5.1	7.5
(iii) Fats. (")	...	56.7	49.4	56.8
(iv) Carbohydrates (")	...	481.1	327.5	356.8
(v) Calcium ... (")	...	0.5	0.5	0.7
(vi) Phosphotus (")	...	1.8
(vii) Iron (in mg.)	...	41.4	23.7	28.1
(viii) Vitamin A. (in I U.)	...	1618	1,307	1,562
(ix) Vitamin B 1 (do.)	...	974	500	646
(x) Vitamin C... (in mg.)	...	22	56	56
(xi) Calories	...	2780	1,996	2,206
16. <i>Distribution of Calories—</i>				
(i) Proteins (in p. c.)	...	12	12	12
(ii) Fats (do.)	...	19	22	23
(iii) Carbohydrate (do.)	...	69	66	66

A—contd.

Bombay State (1945-50)—contd.

Special	Schools.	Remand Homes.	Backward Class Hostels.		Orphanages.
122	123	124	125	126	127
S. T. Brahma- maharya Ashram, Surat.	S. V. T. Hindu Gurukul, Surat.	Child Protec- tion Society and D. P. A. As. Remand Home.	Harijan Chatralaya Surat.	Harijan Chatralaya Bardoli.	Sir J. J. School Parsee Orphanage Surat.
Urban.	Urban.	Urban.	Urban.	Urban.	Urban.
Rationed ...	Rationed ...	Non-Rationed	Non-rationed.	Non-rationed	Rationed.
18-12-46 ...	16-12-46 ...	18-9-48	12-9-48 ...	14-9-48 ...	17-12-46.
45	80	29	23	14	193
—	—	4	—	—	—
...
40·0	80·0	26·0	23·0	12·6	172·0
6.14 and above.	14 and above	6.14 and above	14 and above	12 and above	6.14 and above.
Vegetarian	Vegetarian	Vegetarian	Vegetarian.	Vegetarian	Mixed.
Rs. 20 p.m.	Rs. 125 per term.	Rs. 0-14 per day.	Rs. 18 p. m.	Rs. 18 p. m.	Rs. 35 p. m.
L. M. Class.	L. M. Class and Poor.	Poor.	L. M. Class.	L. M. Class.	Poor.
3·7	3·4	3·9	4·3	3·3	3·7
3·8	4·8	4·1	3·8	4·0	7·4
5·0	2·1	13·9	7·2	6·1
5·2	4·2	1·9	5·4	2·2	5·9
.....	1·1
4·4 }	3·8 }	4·9	1·3	0·6	2·2
.....	1·1	3·5	6·0	2·7
0·6	1·6	1·9	2·0	1·2
1·1	1·1	1·9	0·8	0·6	1·0
0·9	0·7	1·6	1·4	2·8
17·2	6·9	5·0	0·2	0·4
.....	2·8	3·5	3·9
.....	1·5
2·2	1·0	Negligible. -0·4
99·7	70·2	83·4	81·3	62·8	85·2
20·7	8·3	6·0	3·4	4·1	12·0
105·9	74·1	50·0	59·6	61·2	104·9
440·0	368·8	562·7	444·7	373·1	311·5
1·4	0·7	0·7	0·6	0·6	0·6
.....	2·1	1·8	1·4
39·7	28·1	37·5	36·3	35·7	35·6
2646	1652	857	731	4391	1623
346	523	802	723	651	-586
40	46	27	7	87	42
3,111	2,415	3,035	2,640	2,294	2,530
13	12	11	12	11	14
30	27	15	20	24	37
56	61	74	68	65	49

APPENDIX
Institutional Diets,

1. District	... Thana.				
2. Type of Institution...	Schools		Training College.		
3. Serial Number	... 128	129	130	131	
4. Name and Address ...	Sardar Haji Amir Saheladar's Bhiwandi.	G. E. Society's S. A. H. High School, Bordi.	M. M. H. S. Umbargaon.	Govt. Training College for men, Thana.	
5. Urban/Rural	... Rural	... Semi Urban	... Rural	... Urban.	
6. Rationed/non-rationed cereals (at the time of the study).	Rationed	... Non-rationed cereals.	Rationed.	
7. Date of visits	... 15-2-48	... 12-12-47	... 13-12-47	... 10-12-47.	
8. Total No. of Inmates.	Male	44	98	20	75
	Female
9. Total No. of C. Us.	44.0	93.0	18.0	75.0	
10. Age—range in years.	14 years and above.	12 years and above.	12 years and above.	Adult	
11. Vegetarian/Mixed eater.	Mixed	... Vegetarian	... Vegetarian	... Vegetarian.	
12. Approximate cost of food.	Rq. 30 m.p.	... Rs. 30 p.m.	... Rs. 30 p.m.	... Rs. 20. p.m.	
13. Economic Status	... Middle class. L. M. Class.	...	
14. Daily Food intake per C. U. (in ozs)					
(i) Rice	6.2	6.2	9.0	4.6	
(ii) Wheat	5.8	1.0	1.3	
(iii) Other cereals	6.1	7.5	6.0	
(iv) Pulses	1.1	3.5	6.3	5.4	
(v) Leafy vegetables	1.8	0.5	1.2	
(vi) Root vegetables	4.1	1.0	
(vii) Other vegetables...	2.0	5.5	1.3	3.0	
(viii) Fruits	0.5	1.4	0.1	
(ix) Sugar & Jaggery...	0.5	1.3	0.7	0.9	
(x) Vegetable oils/fats.	2.3	1.8	0.9	0.6	
(xi) Butter & Ghee	0.9	0.3	
(xii) Milk, curds, etc.	0.7	11.2	12.1	5.9	
(xiii) Fish & meat	5.4	
(xiv) Eggs	
(xv) Other foods	3.0	8.0	
				(Neera).	
15. Nutrition Analysis—					
(i) Total (in g.) Proteins.	71.7	85.7	88.5	80.5	
(ii) Animal Proteins.	30.0	1.4	5.0	1.1	
(iii) Fats	85.1	94.1	69.9	37.3	
(iv) Carbohydrates	292.3	459.3	492.4	396.1	
(v) Calcium	0.38	1.3	0.7	0.77	
(vi) Phosphorus	1.24	
(vii) Iron (in mg.)	19.2	43.4	44.5	36.9	
(viii) Vitamin A. (in I.U.)	544	4497	2662	2824	
(ix) Vitamin B1	625	565	710	340	
(x) Vitamin C (in mg.)	37	110	23	55	
(xi) Calories	2221	3027	2953	2243	
16. Distribution of Calories—					
(i) Proteins (in p. c.)	13	11	12	14	
(ii) Fats	34	28	21	15	
(iii) Carbohydrates.	53	61	67	71	

A.—contd.

Bombay State (1949-50)—contd.

B. C. Hostels.		Training Centres.			
132	133	134	135	136	137
Katkari Hos- tel, Kalm- gaon.	B. C. Hostel Thana.	Adiwasi Boarding, Bordi.	Police mess Thana.	Agricultural School, Bordi.	Govt. Forest Class, Bordi.
Rural	Urban	Semi-urban...
.....	Rationed.
16-7-48	14-7-48	12-12-47	7-6-50	11-12-47	11-12-47
22	11	25	201	25	28
—	—	—	—	—	—
...	...	1
17.6	11.0	19.6	201.0	25.0	28.0
6-14 years	Adults	6-14 years and above.	Adults	Adults	Adults.
Mixed	Mixed	Mixed	Mixed	Vegetarian...	Vegetarian.
Rs. 8 p.m.	Rs. 14 p.m.	Rs. 12 p.m.	Rs. 23 p.m.	Rs. 19 p.m.	Rs. 18—Rs. 19. p.m.
Poor	Poor	Poor	L. M. Class.	Lower middle	Class.
.....	6.0	2.5	4.7	4.1	9.5
.....	8.0	3.0	0.8	0.2
20.0	6.0	4.4	8.3	5.5	6.1
5.2	1.5	3.1	4.0	2.7	2.8
0.6	1.3	3.0	0.5
.....	1.5	5.3	5.1	1.2
.....	2.3	3.2
.....	0.8	0.2	0.5	0.1
.....	1.7	1.0	1.2	1.0
.....	0.5	0.4	1.4	0.6	0.8
.....	0.3
.....	1.8	5.3	8.0	4.1
0.1	0.6	1.4	1.7	0.5
.....
.....	1.5
90.3	44.1	88.5	88.9	60.1	64.8
.....	3.1	11.4	15.4	12.1	1.9
13.7	21.2	34.4	66.1	44.3	46.0
506.1	285.9	456.1	474.7	325.7	411.8
0.38	0.15	0.8	0.90	0.83	0.37
1.92	0.88	1.83
48.5	27.8	53.0	36.6	30.0	33.6
1119	358	6140	1754	2780	1775
887	379	490	771	445	453
6	16	111	50	66	14
2508	1510	2488	2849	1942	2320
14	11	14	12	12	11
5	15	13	21	21	18
81	74	73	67	67	71

APPENDIX
Institutional Diets,

1. District	...	Ahmednagar.			
2. Type of Institutions...		Schools.			
3. Serial Number	...	138	139	140	141
4. Names and Address	...	American Mission Girl's H. S. Ahmednagar	American Mission Boy's H. School.	St. Saviour H. S. Ahmednagar.	St. M. Tr. College for W. Prachati School
5. Urban/Rural	...	Urban	Urban	Urban	Urban
6. Rationed/non-rationed cereals (at the time of the study).		Non-rationed	_____		
7. Date of visit	...	2-7-48			
8. Total No. of inmates	Male				
	Female				
		144	84	37	16
9. Total No. of C.U.s.		100.8	84.0	37.0	13.0
10. Age range in Years.		6-14 and above.	14 and above	14 and above.	14 and above ...
11. Vegetarian/Mixed eater.		Mixed	Mixed	Mixed	Mixed
12. Approximate cost of Food.	Rs. 8. p.m.	Rs. 12. p.m.	Rs. 6-8-0 p.m.	Rs. 5. p.m.	...
13. Economic status	...	L. M. C.	Poor	Poor	Poor
14. Daily Food intake per C. U. (in ozs.)					
(i) Rice	...	2.8	2.0	3.1
(ii) Wheat	...	3.3	3.0	4.7
(iii) Other cereals	...	14.0	7.2	14.3	6.6
(iv) Pulses	...	1.7	4.7	0.3	1.4
(v) Leafy vegetables	...	2.3	0.5
(vi) Root vegetables	...	2.6	0.4	0.5	0.6
(vii) Other vegetables	...	1.4	2.6	0.5
(viii) Fruits
(ix) Sugar and Jaggery	0.4	0.4
(x) Vegetable oils/fats	...	0.3	0.4	0.2	0.1
(xi) Butter and Ghee
(xii) Milk curds etc.	...	8.6
(xiii) Fish and Meat	...	0.3	0.8	1.0	1.5
(xiv) Eggs
(xv) Other foods.	1.3	0.1
15. Nutrient Analysis—					
(i) Total Proteins (in g.)		87.1	79.0	50.3	60.0
(ii) Animal Proteins (in g.)			5.1	5.3	
(iii) Fats (in g.)		41.4	33.0	16.1	12.5
(iv) Carbohydrates (in g.)		461.2	384.0	310.6	334.0
(v) Calcium (in g.)		0.8	0.2	0.2	0.1
(vi) Phosphorus (in g.)		2.0	1.6	1.2	1.4
(vii) Iron (in mg.)		38.5	23.6	29.2	19.5
(viii) Vitamin A (in I.U.)		5488	1604	1470	391
(ix) Vitamin B1 (in I.U.)		545	615	513	484
(x) Vitamin C. (in mg.)		64	27	31	4
(xi) Calories	...	2593	2073	1597	1727
16. Distribution of calories					
(i) Protein (in P.C.)		14	14	13	13
(ii) Fats (in P.C.)		14	14	10	16
(iii) Carbohydrates (in P.C.)	...	72	72	77	71

A—contd.

Bombay State (1945-50)—contd.

142	143	144	145	146
Residential H. School, Ahmednagar.	Maratha Boarding Ahmednagar.	Methodist Christian for Boys Puntamba.	Boarding for Girls.	Shri Tilak Hind Boarding Pathardi.
Urban	Urban	Urban	Urban	Rural
Non-rationed.				
	25-6-48	1-7-48	1-7-48	5-7-48
162	106	55	68
.....	48
162.0	106.0	55.0	33.3	59.8
14 and above...	14 and above ...	14 and above ...	6-14 and above.	6-14 and above
Mixed	Vegetarian	Mixed	Mixed	Vegetarian
Rs. 10 p.m.	Rs. 13—Rs. 14 p.m.	Rs. 8—Rs. 10 p.m.	Rs. 8—Rs. 12... p.m.	Rs. 14 p.m.
Song of farmers.	Poor	Poor	Poor	Poor
15.2	0.7	9.9	1.1
2.3	1.0	2.6
2.0	20.4	15.0	11.6
.....	2.8	1.7	1.0	2.8
4.7	1.5	1.2	1.1
.....	0.9	1.0
0.7	3.4	1.0	2.3	1.5
0.4	0.4
.....	1.0	0.4	0.1
1.1	0.7	0.5	0.7	0.6
0.4	0.7
.....	0.5	0.3	3.0	3.4
.....	1.1
.....	0.3
.....	1.0	1.4
72.0	90.2	72.2	42.1	78.5
23.3	0.1	8.2	4.7	0.8
370.0	52.9	23.8	29.0	68.1
0.8	476.0	407.3	272.6	371.7
1.5	0.4	0.5	0.4	0.5
32.2	2.3	1.7	1.0	1.9
4367	52.1	45.3	25.2	47.5
514	1282	3514	3911	4291
9	875	645	394	776
2103	35	45	51	35
.....	2740	2222	1592	2411
14	13	13	11	13
11	17	14	17	25
75	70	73	72	62

APPENDIX
Institutional Diets,

1. District	... Ahmednagar				
2. Type of Institution	... Training College.				
3. Serial Number	... 147	148	149(a)	149(b)	
4. Names and Address	Jaihind Vasati Griha.	St. Moreca's Training College for W. Ahmed- nagar.	Union Train- ing College Maratha Boarding Nagar.	Union Train- ing etc.	
5. Urban/Rural	... Rural ...	Urban ...	Urban ...	Urban ...	
6. Rationed/non-rationed cereals (at the time of study).	----- Non-rationed -----				
7. Date of visit	... 5-7-48 ...				
8. Total No. of inmates	Male 25	16	42	
	Female	54	
9. Total No. of C.U.s.	25.0	43.2	16.0	42.0	
10. Age range in Years.	14 and above.	Adults ...	Adults ...	Adults ...	
11. Vegetarian/Mixed cater.	Vegetarian ...	Mixed ...	Vegetarian ...	Mixed ...	
12. Approximate cost Food.	Rs. 12—Rs. 14 p.m.	Rs. 8. p.m.	Rs. 16 p.m.	Rs. 10 p.m.	
13. Economic status	... Poor ...	Poor ...	Farmer poor ...	Poor ...	
14. Daily Food intake per C. U. (in ozs.)—					
(i) Rice	1.4	2.8			
(ii) Wheat	1.9	4.2	12.2	12.1	
(iii) Other cereals	12.9	10.8			
(iv) Pulses	2.5	2.0	2.7	4.9	
(v) Leafy vegetables	0.5	1.2	2.3	2.0	
(vi) Root vegetables	1.9	1.5	1.3	
(vii) Other vegetables	1.7	2.0	3.0	3.0	
(viii) Fruits	
(ix) Sugar and Jaggery	2.4	0.5	1.0	0.5	
(x) Vegetable oils/fat.	1.3	0.4	0.3	0.5	
(xi) Butter and Ghee	0.3	
(xii) Milk curds etc.	3.6	0.7	
(xiii) Fish and Meat	1.6	1.2	
(xiv) Eggs	
(xv) Other foods.	1.7	0.9	0.7	
15. Nutrient Analysis—					
(i) Total Proteins (in g.)	78.7	81.6	64.0	75.0	
(ii) Animal Proteins (in g.)	0.8	8.4	
(iii) Fats (in g.)	75.6	28.5	30.8	24.0	
(iv) Carbohydrates (in g.)	475.2	429.6	340.0	353.0	
(v) Calcium (in g.)	0.4	0.4	0.4	0.6	
(vi) Phosphorus (in g.)	2.2	1.8	1.4	1.7	
(vii) Iron (in mg.)	38.2	23.6	30.0	29.0	
(viii) Vitamin A (in I.U.)	2378	2673	4399	4030	
(ix) Vitamin B1 (in I.U.)	673	609	550	484	
(x) Vitamin C. (in mg.)	30	47	78	74	
(xi) Calories	2895	2353	1952	1971	
16. Distribution of Calories—					
(i) Protein (in P.C.)	11	14	15	16	
(ii) Fats (in P.C.)	23	11	13	11	
(iii) Carbohydrates (in P.C.)	66	75	62	73	

A—contd.

Bombay State (1945-50)—contd.

Remand Home. B. C. Hostels.		Training Centre.		
150	151	152	153	154
Remand Home Nagar.	Balikaashram B. C. H. for girls Nagar.	Somavanshiya Harijan Hostel Nagar.	Chastralaya B. C. Hostel.	Agricultural School Puntamba.
Urban	Urban	Urban	Urban	Urban
Non-rationed.				
26-6-48	28-6-48	29-6-48	3-7-48	30-6-48
24	12	106	49
.....	53
24.0	45.1	12.0	106.0	49.0
14 and above	6-14 and above	14 and above	14 and above	14 and above.
Vegetarian	Vegetarian	Mixed	Vegetarian	Vegetarian.
Rs. 15 p.m.	Rs. 11—Rs. 13 p.m.	Rs. 10—Rs. 12 p.m.	Rs. 13—Rs. 15 p.m.	Rs. 20 p.m.
L. M. C. and poor	Poor	Poor	Poor	L. M. C.
0.3	1.3	1.5	1.2
.....	1.3	1.5
16.3	10.2	11.8	19.0	17.2
1.6	1.1	1.2	3.2	1.8
2.6	0.9	1.5	0.7	0.5
0.5	0.2	1.5	0.8	1.0
2.1	2.0	1.6	3.0	2.2
.....	0.2
0.5	0.1	0.8	0.2	0.8
0.4	0.1	0.3	0.3	0.3
.....
1.0	3.1	3.0
.....	1.0
.....
0.1	0.8	0.6	1.0
64.5	54.0	56.8	83.1	77.4
1.2	1.1	5.3	3.0
26.4	20.4	26.4	27.5	39.2
404.9	383.3	371.8	471.1	481.1
0.6	0.4	0.5	0.6	0.3
1.6	1.5	2.1	2.6	2.4
45.7	38.1	39.9	46.0	40.4
5423	2563	4314	2258	1796
667	460	572	843	744
76	62	59	44	32
2115	1908	1951	2465	2507
12	11	11	13	12
11	9	10	10	14
77	80	79	77	74

APPENDIX
Institutional Diets,

1. District	...	East Khandesh					
2. Type of Institution	...	Colleges	Private Boardings.				
3. Serial Number	...	155	156	157	158	159	160
4. Name and Address	...	Pratap College Amalner.	Jijamata Boarding Jalgaon.	Aminya Hostel Jalgaon.	Nandalal Vasati Griha for Boys Chopda	Shri Anandibai Hostel for Boys Savada.	Maratha Training College for men Jalgaon.
5. Urban/Rural		Urban	Urban	Urban	Rural	Rural	Urban
6. Rationed/non-rationed cereals (at the time of study).		Non-rationed.	Rationed	Rationed	Non-rationed	Non-rationed	Rationed
7. Date of visit	...	15-3-48	12-10-47	14-10-47	19-3-48	20-3-48	14-10-47
8. Total No. of inmates							
	Male	50	110	21	4	50	75
	Female
9. Total No. of C.U.s.	...	50.0	110.0	21.0	4.0	48.2	75.0
10. Age-range in years		Adults14 years and above...		12 years and above		Adults
11. Vegetarian/Mixed eater.		Vegetarian.	Vegetarian.	Mixed	Vegetarian.	Vegetarian.	Vegetarian.
12. Approximate cost of food.		Rs. 35 p. m.	Rs. 15 p. m.	Rs. 15—Rs. 16 p. m.	Rs. 16 p. m.	Rs. 6—Rs. 8 p. m.	Rs. 15 p. m.
13. Economic Status	...	Middle Class.	L. M. Class.	L. M. Class.	Middle Class.	L. M. Class.	L. M. Class.
14. Daily Food in take per C. U. (in ozs.)—							
(i) Rice	...	3.7	2.0	4.0	0.5	1.5	1.1
(ii) Wheat	...	5.0	2.1	2.0	...	3.8	...
(iii) Other cereals	...	6.0	7.5	3.6	8.0	9.7	10.0
(iv) Pulses	...	3.7	2.2	2.0	1.0	4.4	10.7
(v) Leafy vegetables	...	1.8	4.0	0.6	...
(vi) Root vegetables	...	4.0	4.7	0.8	4.0	4.0	8.2
(vii) Other vegetables	...	1.5	4.0	3.1	...
(viii) Fruits	0.3	0.9
(ix) Sugar and Jaggery	...	1.3	1.1	0.8	1.0	0.7	...
(x) Vegetable oils/fats	...	0.8	1.5	1.3	2.0	0.9	1.2
(xi) Butter and ghee	...	Negligible.	0.4	0.1
(xii) Milk curds etc.	...	11.2	0.9	8.0
(xiii) Fish and meat	1.7
(xiv) Eggs
(xv) Other foods	0.3
15. Nutrient Analysis.	...						
(i) Total Proteins (in g.)	...	82.1	53.6	59.6	38.6	73.8	99.2
(ii) Animal Proteins (in g.)	...	12.2	0.7	19.3
(iii) Fats (in g.)	...	53.4	63.2	67.2	37.0	62.2	48.0
(iv) Carbohydrates (in g.)	...	439.6	328.6	275.5	416.7	263.7	432.0
(v) Calcium (in g.)	...	1.1	0.3	0.7	0.6	0.5	0.6
(vi) Phosphorus (in g.)
(vii) Iron (in mg.)	...	37.1	27	18.8	37.5	40.9	48.1
(viii) Vitamin A (in I.U.)	...	5179	2234	371	8023	1900	1643
(ix) Vitamin B1 (in I.U.)	...	641	557	426	423	559	910
(x) Vitamin C (in mg.)	...	64	42	3	132	44	68
(xi) Calories	...	2567	2097	1945	9769	2294	2557
16. Distribution of Calories—							
(i) Proteins (in P.C.)	...	13	10	12	9	13	16
(ii) Fats (in P.C.)	...	19	27	31	31	14	17
(iii) Carbohydrates (in P.C.)	...	68	63	57	60	78	67

A—contd.

Bombay State (1945-50)—contd.

Primary Teachers' Training Colleges.				Backward Class Hostels.				
161	162	163	164	165	166	167	168	169
Training College for Women.	Government Training College for men, Jalgaon.	Shri Chokhama Boarding, Jalgaon.	B. C. Hostel for girls, Jalgaon.	Aspru-shyodha-rak Boarding Home, Chalisgaon.	Koli Boarding, Jalgaon.	Harijan Hostel, Jamner.	Andi Hind Chatralaya, Jalgaon.	Hostel for Jadvi Bhils, Yaval.
Urban	Urban	Urban	Urban	Urban	Urban	Rural	Urban	Rural.
Non-rationed	Non-rationed	Rationed	Rationed	Rationed	Non-rationed	Non-rationed	Non-rationed	Non-rationed
9-10-47	12-3-48	15-10-47	11-10-47	25-8-47	13-3-48	16-3-48	12-3-48	18-3-48
...	78	39	...	56	22	12	22	10
61	14
48.8	78.0	35.1	10.4	56.0	17.8	12.0	18.8	10.0
Adults	Adults.	10-18 years.	6-14 years and above	14 years and above	6-14 years and above	14 years and above	12 years and above	14 years and above
Vegetarian.	Vegetarian.	Mixed	Vegetarian.	Mixed	Mixed	Mixed	Vegetarian.	Mixed.
Rs. 13—Rs. 15	Rs. 15—Rs. 18	Rs. 6	Rs. 8	Rs. 10	Rs. 15—Rs. 18	Rs. 8—Rs. 10	Rs. 10—Rs. 12	Rs. 10—Rs. 14
P. m.	P. m.	P. m.	P. m.	P. m.	P. m.	P. m.	P. m.	P. m.
L. M. Class	L. M. Class	Poor	Poor	Poor	Poor	P. m. Poor	P. m. Poor	P. m. Poor
0.9	2.6	4.8	7.1	2.6	1.0	...	1.6	3.0
1.2	0.9	3.9	4.3	1.4	0.9	...	3.2	...
11.7	10.2	3.4	3.3	7.8	15.3	16.0	16.2	22.0
2.4	4.0	2.7	0.7	3.7	3.0	1.1	4.7	3.3
1.7	1.6	...	1.4	0.8	0.5	...	0.1	2.3
2.5	1.0	...	3.0	...	1.6	0.7	...	1.3
3.7	2.1	1.8	...	0.4	2.5	2.4	2.0	6.0
5.0	1.3	...	2.6	1.0
0.3	0.4	...	2.1	0.4	0.2	...	0.4	0.6
0.7	1.1	0.1	0.9	0.3	1.5	0.2	0.4	0.8
0.1	0.1	0.5
0.6	8.0	...	0.9	0.5	0.2
...	0.2	0.6	1.2
...
1.4	1.1	...	2.3	...	0.6	...
72.1	73.8	51.8	55.4	58.2	92.0	55.2	90.0	104.1
0.5	9.8	...	1.1	1.6	3.2	5.5
49.9	59.9	8.0	47.4	17.2	94.5	15.0	28.3	42.6
429.1	394.4	300.7	415.6	325.4	454.7	363.0	490.9	424.9
0.5	0.9	0.2	0.4	0.4	0.3	0.2	0.4	0.7
39.0	41.1	22.9	31.6	30.4	41.4	31.8	42.7	63.1
3752	3989	285	2871	2013	2429	823	1122	5883
881	570	308	581	551	762	590	863	877
54	56	19	60	21	77	7	21	160
2454	2411	1482	2310	1689	2913	1809	2439	3299
12	12	14	10	14	12	12	14	13
18	22	5	18	9	28	8	10	12
70	66	81	72	77	60	80	76	75

APPENDIX
Institutional Diets,

1. District	...	West Khandesh.				
2. Type of Institution	...	Schools	Hostels.	Primary Teachers' Training Colleges.	B. C. Hostels	
3. Serial Number	...	170	171	172	173	174
4. Name and Address	...	Garud High School, Dhulia.	Maratha Kanya Chhatralaya, Dhulia.	Government Training College for Women, Dhulia.	Khandesh Primary Teacher's Training College.	Rajendra Chatralaya for Boys.
5. Urban/Rural	...	Urban.	Urban.	Urban.	Urban.	Urban.
6. Rationed/Non-rationed cereals (at the time of study).		Non-rationed.	Non-rationed.	Non-rationed.	Non-rationed.	Non-rationed.
7. Date of visits.		26-8-47	27-8-47	27-8-47	27-8-47	13-10-48
8. Total No. of inmates.	{ Male Female.	51 25	200	112	82
9. Total No. of C. Us.		51.0	17.5	200.0	112.0	72.0
10. Age-range in years.		14 years and above.	6-14 years and above.	Adults.	Adults.	12 years and above
11. Vegetarian/Mixed eater.		Vegetarian.	Vegetarian.	Vegetarian.	Vegetarian.	Vegetaria
12. Approximate cost of food.	Rs. 14—Rs. 15 p. m.	Rs. 10 p. m.	Rs. 14 p. m.	Rs. 14 p. m.	Rs. 10 p. m.	
13. Economic Status.		Poor.	Poor.	L. M. C.	L. M. C.	Poor.
14. Daily Food intake per C. U. (in ozs.)—						
(i) Rice	0.7	2.4	0.5	0.2	2.5
(ii) Wheat	1.1	5.3	9.2	0.4	5.0
(iii) Other cereals	9.7	9.4	1.2	11.2	12.2
(iv) Pulses	3.1	2.5	2.6	2.5	2.5
(v) Leafy Vegetables	0.1	1.1	0.9
(vi) Root Vegetables	2.8	0.1	4.1	3.6	0.8
(vii) Other Vegetables	4.3	1.9
(viii) Fruits	0.3	0.2
(ix) Sugar/Jaggery	0.1	0.7	0.7	0.5
(x) Vegetable oils/fats...	...	0.7	0.5	1.2	0.7	0.3
(xi) Butter and Ghee
(xii) Milk, Curds, etc.	0.9	1.6	0.1
(xiii) Fish and Meat
(xiv) Eggs
(xv) Other foods	0.2	1.4	0.1
15. Nutrient Analysis—						
(i) Total Protein (in g.).	...	52.4	68.5	49.8	57.7	64.2
(ii) Animal Protein (in g.)	0.1	1.3	0.1
(iii) Fats (in g.)	...	26.6	27.0	42.4	29.7	23.1
(iv) Carbohydrates (in g.)	...	297.4	411.0	291.1	350.7	496.8
(v) Calcium (in g.)	...	0.24	0.33	0.20	0.4	0.36
(vi) Phosphorus (in g.)...	1.84
(vii) Iron (in mg.)	...	32.5	34.5	28.3	34.5	43.6
(viii) Vitamin A (in I. U.)	...	681	934	1347	2626	2193.
(ix) Vitamin B1 (in I. U.)	...	535	794	517	630	476.
(x) Vitamin C (in mg.)	...	20	44	41	59	47
(xi) Calories	...	1639	2160	1745	1898	2452
16. Distribution of calories—						
(i) Protein (in P. C.)	...	13	13	11	12	10
(ii) Fats (in P. C.)	...	14	11	22	14	9
(iii) Carbohydrates (in P. C.)	...	78	74	67	74	81

A—contd.

Bombay State (1945-50)—contd.

Training Centres.

175	176	177	178	179	180
Ranjendra Kanya Chhstralaya for girls.	Maratha Kanya Mandir.	Agricultural School, Dhulia.	Police Mess.	Poultry Farm.	Lokshala.
Urban.	Urban.	Urban.	Urban.	Urban.	Urban.
Non-rationed.	Non-rationed.	Non-rationed.	Non-rationed.	Non-rationed.	Non-rationed.
13-10-48	13-10-48	15-10-48	17-10-48	15-10-48	17-10-48
.....	85	73	4	104
29	24
23·0	19·2	85·0	73·0	4·0	104·0
14 years and above.	14 years and above.	Adults.	Adults.	Adults.	Adults.
Vegetarian.	Vegetarian.	Vegetarian.	Mixed.	Mixed.	Vegetarian.
Ra. 12—Rs. 14 p. m. Poor.	Ra. 12—Rs. 14 p. m. Poor.	Rs. 20 p. m. L. M. C.	Rs. 26 p. m. L. M. C.	Rs. 15 p. m. L. M. C.	Rs. 15 p. m. L. M. C.
0·9	1·1	1·7	1·3	2·5	1·5
5·6	5·5	3·8	1·8	8·8	6·2
5·9	5·7	13·8	8·2	13·6	12·6
1·4	2·0	1·9	2·9	3·8	6·6
0·5	0·9	0·7
1·0	2·9	0·8	0·7
3·2	0·8	0·7	0·8	1·0	0·1
.....	0·3
0·5	0·5	0·8	1·0	0·5	1·0
0·7	0·9	0·9	2·0	0·8	1·3
.....
0·5	0·3	2·0	0·2
.....	0·4
.....	Occasionally.
.....	0·3	0·1
67·5	54·9	65·0	69·0	98·2	103·5
0·1	0·6	4·5	0·4
28·9	39·6	34·9	71·6	36·4	50·8
454·5	298·2	475·3	440·2	550·1	562·2
0·36	0·32	0·37	0·40	0·44	0·47
2·20	1·30	1·74	1·92	2·17	2·41
35·1	31·4	42·1	32·6	48·2	49·4
1417	2425	2052	722	971	1191
710	596	696	523	1066	1054
45	27	53	10	10	2
2346	1767	2475	2681	2921	3120
12	12	10	11	13	13
11	20	13	24	11	15
77	68	77	65	76	72

APPENDIX

Institutional Diets,

1. District ...	Nasik.						
2. Type of Institution ...	Schools Hostels.			College Hostels.		Primary.	
3. Serial Number ...	181	182	183	184(a)	184(b)	185	
4. Name and Address ...	New High School, Nasik.	M. V. P. Maratha High School, Nasik.	Zamana Bills Medical Mission for girls.	Homaraj College (Deccani).	Pragji Thakory Nasik, (Gujarat).	Government Training College for women, Nasik.	
5. Urban/Rural ...	Urban.	Urban.	Urban.	Urban.	Urban.	Urban.	
6. Rationed/non-rationed cereals (at the time of study).	Non-rationed.	Non-rationed.	Non-rationed.	Non-rationed.	Non-rationed.	Non-rationed.	
7. Date of visits.	28-3-47	29-3-47	21-3-47	28-1-48	28-1-48	24-1-48	
8. Total No. of inmates.	Male	25	175	...	16	23	...
	Female.	143	69
9. Total No. of C. Us. ...	25·0	175·0	103·0	16·0	23·0	55·2	
10. Age-range in years.	14 and above.	14 and above.	6-13	Adults.	Adults.	Adults.	
11. Vegetarian/Mixed cater.	Vegetarian.	Vegetarian.	Mixed.	Vegetarian.	Vegetarian.	Vegetarian.	
12. Approximate cost of food.	Rs. 20 p.m.	Rs. 15-20 p.m.	Rs. 10 p.m.	Rs. 35 p.m.	Rs. 35 p.m.	Rs. 15-Rs. 16 p.m.	
13. Economic Status ...	L. M. C.	L. M. C.	Poor.	Middle Class.	Middle Class.	L. M. C.	
14. Daily Food intake per C. U. (in ozs.)—							
(i) Rice ...	1·6	3·1	2·0	7·0	6·9	2·3	
(ii) Wheat ...	1·7	1·0	1·7	1·2	1·1	1·8	
(iii) Other cereals ...	7·4	14·4	11·3	7·2	7·9	14·0	
(iv) Pulses ...	3·9	2·2	2·8	2·8	4·1	1·3	
(v) Leafy vegetables ...	0·7	1·5	3·0	0·9	
(vi) Root vegetables ...	2·3	...	3·6	1·5	7·2	1·3	
(vii) Other vegetables ...	0·8	1·5	0·6	3·0	3·7	0·9	
(viii) Fruits ...	1·5	...	1·0	1·0	...	0·5	
(ix) Sugar/Jaggery ...	0·4	...	0·6	1·5	0·5	1·3	
(x) Vegetable oils/fats...	0·9	0·8	0·4	2·1	3·4	0·8	
(xi) Butter and Ghee	1·2	...	0·4	
(xii) Milk, curds, etc.	1·8	13·0	9·8	2·6	
(xiii) Fish and meat	2·6	
(xiv) Eggs	
(xv) Other foods ...	1·4	0·5	
15. Nutrient Analysis—							
(i) Total Proteins (in g.)	60·3	82·1	71·9	80·8	87·2	71·7	
(ii) Animal proteins (in g.)	0·2	...	13·4	15·5	10·4	3·2	
(iii) Fats (in g.)	35·8	56·6	34·0	135·8	128·6	53·5	
(iv) Carbohydrates (in g.)	315·8	410·6	397·4	442·0	480·1	429·0	
(v) Calcium (in g.)	0·3	0·4	0·5	1·2	1·2	0·6	
(vi) Phosphorus (in g.)...	
(vii) Iron (in mg.)	30·4	49·9	31·0	41·5	53·3	47·7	
(viii) Vitamin A (in I. U.)	1902	2845	2717	5483	7368	3077	
(ix) Vitamin B ₁ (in I. U.)	563	742	640	576	824	691	
(x) Vitamin C (in mg.)...	94	48	27	99	114	54	
(xi) Calories	1826	2480	2183	3313	3426	2482	
16. Distribution of calories—							
(i) Proteins (in P. C.)	13	13	13	10	10	11	
(ii) Fats (in P. C.)	18	21	14	37	34	20	
(iii) Carbohydrates (in P. C.)	69	66	73	53	56	69	

A—contd.

Bombay State (1945-50)—contd.

Teachers' Training Colleges.		B. C. Hostels.				Training Centre.	
186	187	188	189	190	191	192	193
Government Training College for men, Manmad.	Maharshi Shinde Training College, Nasik.	Shri Shahu Chhatrapati Boarding for boys, B. C. H.	Koli Boarding, B. C. H.	Adivasi Vidyarthi Bhuvan Panchawati, Nasik.	Dongre Vanjari Boarding.	Ambodkar Anath Vidyarthi Home, Manmad.	Nasik District Police Mess.
Urban.	Urban.	Urban.	Urban.	Urban.	Urban.	Urban.	Urban.
Non-rationed.	Non-rationed.	Non-rationed.	Non-rationed.	Non-rationed.	Non-rationed.	Non-rationed.	Non-rationed.
29-1-48	23/29-3-47	22-1-48	21-1-48	26-1-48	27-1-48	30-1-48	23-1-48
104	175	43	25	70	69	31	142
.....
104·0	175·0	43·0	24·2	70·0	45·0	28·6	142·0
Adults.	Adults.	14 and above.	12 and above.	14 and above.	6-14 and above.	12 and above.	Adults.
Vegetarian.	Vegetarian.	Vegetarian.	Mixed.	Vegetarian.	Vegetarian.	Vegetarian.	Mixed.
Rs. 15- Rs. 18 p.m.	Rs. 15- Rs. 20 p.m.	Rs. 12- Rs. 14 p.m.	Rs. 12- Rs. 13 p.m.	Rs. 10- Rs. 11 p.m.	Rs. 15- Rs. 16 p.m.	Rs. 14 P.m.	Rs. 20- Rs. 22 p.m.
L. M. C.	L. M. C.	Poor.	Poor.	Poor.	Poor.	Poor.	L. M. C.
0·3	3·1	...	2·1	0·3	4·0	1·1	1·4
...	1·0	10·1	12·0
17·9	14·4	4·1	9·5	10·3	14·3	7·5	11·6
3·0	2·2	1·0	1·5	1·2	3·2	0·5	5·0
...	1·3	0·4	3·1	1·7	...
1·5	1·5	0·6	1·3	1·5	0·5	1·0	0·5
4·1	...	1·4	2·1	...	3·2	0·5	3·3
0·3	...	1·3	...	0·2	0·2
0·3	0·2	...	0·2	0·8	0·8
0·7	0·8	0·1	0·1	0·2	1·7	1·3	0·7
...
...	1·7	0·2
...	0·6
...
0·7	1·1	Negligible.	0·6	...	0·1
85·3	82·1	52·9	62·0	42·2	84·8	33·4	112·5
...	14·2	3·2
55·3	56·6	21·3	20·9	20·8	77·8	18·2	48·4
420·4	410·6	302·0	272·9	228·3	438·3	210·5	618·3
- 0·4	0·4	0·2	0·5	0·2	0·7	0·3	0·6
...
56·0	39·9	36·1	37·2	29·2	62·2	29·4	65·2
1569	2845	1067	3279	1187	6576	3894	1726
768	742	516	447	395	745	312	1026
53	48	24	44	13	101	41	48
2544	2480	1613	1531	1509	2792	1138	3357
13	13	13	16	11	12	10	13
20	21	12	13	13	25	14	13
67	66	75	71	76	63	76	74

APPENDIX
Institutional Diets,

1. District Poona.		
2. Type of Institution ...	Schools		
3. Serial Number ...	194,	195	196
4. Name and Address ...	Shree Fatechand Jain Vidyalaya, Chinchwad.	Nain Samarth Vidyalaya, Talegaon.	H. S. for Indian Girls, Huzur paga, Poona.
5. Urban/Rural ...	Urban	Rural	Urban
6. Rationed/non-rationed cereals (at the time of study).	Rationed.	Rationed	Rationed.
7. Date of Visit. ...	Feb. 48	Feb. 48	Feb. 48
8. Total No. of inmates.	{ Male 93 Female	{ 67	{ 90
9. Total No. of C. Us. ...	81.0	60.0	72.0
10. Age-range in years ...	6-14 and above	6-14 and above	12 and above.
11. Vegetarian/Mixed eater.	Vegetarian	Vegetarian	Vegetarian
12. Approximate cost of food.	Rs. 18 p. m.	Rs. 30 p. m. ...	Rs. 28 p. m.
13. Economic Status. ...	Middle and Poor Class.	Middle Class	Middle and Rich.
14. Daily Food intake per C. U. (in ozs.)			
(i) Rice ...	2.2	6.3	2.0
(ii) Wheat ...	2.1	5.2
(iii) Other cereals ...	10.3	6.3	3.7
(iv) Pulses ...	3.3	3.4	1.7
(v) Leafy vegetables.	1.0	0.7	1.7
(vi) Root vegetables ...	0.9	3.9	6.2
(vii) Other vegetables	1.6	5.7	7.0
(viii) Fruits ...	0.4	4.7	2.7
(ix) Sugar/Jaggery ...	1.1	0.9	1.6
(x) Vegetable oils/fats	0.5	0.6	1.7
(xi) Butter and Ghee ...	0.7	0.6	0.6
(xii) Milk, curds etc....	5.8	9.6	6.2
(xiii) Fish and Meat
(xiv) Eggs
(xv) Other foods ...	0.7	1.0
15. Nutrient Analysis—			
(i) Total Proteins (in g.)	79.1	81.2	59.2
(ii) Animal Proteins (in g.)	7.0	11.7	7.6
(iii) Fats (in g.)	69.1	73.6	88.7
(iv) Carbohydrates (in g.)	403.4	424.6	368.8
(v) Calcium (in g.) ...	0.8	1.0	0.9
(vi) Phosphorus (in g.)	1.8	1.7	1.3
(vii) Iron (in mg.) ...	40.8	31.3	32.1
(viii) Vitamin A (in I.U.)	3720	3919	5777
(ix) Vitamin B ₁ (in I.U.)	706	739	612
(x) Vitamin C (in mg.)	53	221	215
(xi) Calories ...	2552	2685	2511
16. Distribution of Calories—			
(i) Proteins (in P.C.)	12	12	9
(ii) Fats (in P.C.)	25	25	32
(iii) Carbohydrates (in P.C.)	63	63	59

A—contd.

Bombay State (1945-50)—contd.

197	198	199	200	201
Modern High School, Poona.	Badriya High School, Poona.	Government Urdu High School for Girls, Poona.	Shri Shivaji Maratha High School, Poona.	Mahilashram High School, Hingne.
Urban	Urban	Urban	Urban	Rural
Rationed.	Rationed.	Rationed.	Rationed.	Rationed.
Feb. 48	Feb. 48	Feb. 48	Feb. 48	27-3-46
37	50	40	68
.....	93	69
37·0	48·8	18·4	40·0	101·0
14 and above.	6-14 and above.	14 and above.	14 and above.	1-14 and above.
Vegetarian	Mixed	Mixed	Mixed	Vegetarian
Rs. 30 p. m.	Rs. 30 p. m.	Rs. 25—Rs. 30 p. m.	Rs. 26—Rs. 30 p. m.	Rs. 20 p. m.
Middle Class.	Middle and Rich Class.	Middle and Rich Class.	p. m. Poor Class.	L. M. C.
1·6	1·8	2·1	1·6	4·1
1·9	2·2	1·2	1·6	8·5
7·1	6·1	10·0	8·0	4·0
2·3	2·6	2·2	3·2	1·0
1·1	1·3	0·4	0·6
0·7	1·3	7·4	1·4	2·8
3·0	1·5	3·1	5·2	2·8
1·9	0·5	1·1	1·0
3·2	1·1	1·7	0·3	0·8
1·3	1·6	2·8	2·8	1·5
0·3
13·2	4·4	2·1	2·0	4·0
.....	0·8	1·6	0·6
.....	0·1
0·6	0·6
66·3	55·1	73·5	60·0	70·0
16·1	9·6	12·0	5·7	4·7
90·4	63·6	105·4	92·8	60·0
391·2	298·9	406·1	323·5	333·0
1·1	0·5	1·4	0·5	0·9
1·6	0·8	1·6	1·5	2·0
26·4	20·2	30·2	27·8	37·0
3614	685	4693	1758	2402
471	417	591	504	748
113	39	96	106	41
2344	1988	2866	2369	2198
10	11	10	10	13
31	29	33	35	25
59	60	57	55	62

APPENDIX
Institutional Diets,

1. District	...	Poona			
2. Type of Institution	...	Schools			
3. Serial Number]	...	202	203	204	205
4. Name and Address	...	Anandibai Karve Primary School, Hingne.	Vidyarthi Vasati Griha, Narayangaon.	Vidya Prasarani High School, Lonawala.	Urdu training College Practising Schoc Poona.
5. Urban/Rural	...	Rural	Rural	Urban	Urban
6. Rationed/non-rationed cereals (at the time of study).	...	Rationed.	Rationed.	Rationed.	Rationed.
7. Date of Visit	...	27-3-46	27-3-46	2-5-46	27-7-46
8. Total No. of inmates.	{				
	Male	36	31	10	12
	Female	37
9. Total No. of C. Us.	...	51.0	31.0	10.0	11.0
10. Age-range in years	...	6-13	13 and above.	13 and above.	6-14 and above
11. Vegetarian/Mixed eater.	...	Vegetarian.	Vegetarian.	Vegetarian.	Mixed.
12. Approximate cost of food.	...	Rs. 9 p.m.	Rs. 14 p.m.	Rs. 26 p.m.	Rs. 8 p.m.
13. Economic Status	...	L. M. C.	L. M. C.	Middle Class.	Middle Class.
14. Daily Food intake per C. U. (in ozs)—					
(i) Rice	...	5.5	1.3	2.1	5.1
(ii) Wheat	...	2.8	4.2	1.8
(iii) Other cereals	...	11.5	12.5	2.7	3.0
(iv) Pulses	...	2.6	1.8	1.6	2.6
(v) Leafy vegetables.	...	0.1	3.0	1.0
(vi) Root vegetables	...	1.1	4.0	1.3	2.0
(vii) Other vegetables	...	0.7	3.0	2.0	0.6
(viii) Fruits
(ix) Sugar Jaggery	...	0.3	0.8	0.5
(x) Vegetable oils/fats	...	0.6	0.6	1.1	0.9
(xi) Butter and Ghee
(xii) Milk, curds etc.	...	3.5	8.0
(xiii) Fish and Meat	0.4
(xiv) Eggs
(xv) Other foods
15. Nutrient Analysis—					
(i) Total Proteins (in g.)	...	73.8	56.0	48.0	45.7
(ii) Animal Proteins (in g.)	...	4.2	9.6	2.5
(iii) Fats (in g.)	...	42.0	25.0	54.0	30.0
(iv) Carbohydrates (in g.)	...	420.0	370.0	254.0	265.0
(v) Calcium (in g.)	...	0.4	0.5	0.7	0.2
(vi) Phosphorus (in g.)	...	1.2	1.3	1.0	0.4
(vii) Iron (in mg.)	...	36.9	32.0	21.0	22.0
(viii) Vitamin A (in I.U.)	...	1506	5865	2443	373
(ix) Vitamin B ₁ (in I.U.)	...	674	589	223	405
(x) Vitamin C (in mg.)	...	9	103	45	16
(xi) Calories	...	2450	1980	1710	1516
16. Distribution of Calories—					
(i) Proteins (in P.C.)	...	12	11	11	12
(ii) Fats (in P.C.)	...	16	13	29	18
(iii) Carbohydrates (in P.C.)	...	72	76	60	70

A—contd.

Bombay Stats (1945-50)—contd.

206	207	208	209	210
Jesus and Mary H. S. Convent, Poona.	St. Vincent H. S., Poona.	Sardar Dastur Group of Schools, Poona.	Shri Shivaji Preparatory Mili- tary School, Poona.	Edward Middle School, Panch- hawd, Poona.
Urban	Urban	Urban	Urban	Urban.
.....				
28-7-47	28-11-47	13-9-46	25-7-47	27-11-47
212	40	132	159	97
.....	88
212·0	38·0	212·0	150·0	97·0
14 and above	13 and above	All ages	6-14 and above	14 and above.
.....Mixed.....				
Rs. 40 p.m.	Rs. 40 p.m.	Rs. 45 p.m.	Rs. 50 p.m.	Rs. 12 p.m.
Middle and Rich	Middle Class		Middle and Rich Class.	
5·0	12·6	1·4	2·3	2·2
4·5		7·9	2·4	4·0
5·5	1·7	1·8	4·6	5·2
2·2		1·6	2·6	2·5
1·5	1·8	1·2	2·7	0·7
1·5	5·1	2·2	2·1	0·4
5·0	0·8	6·1	1·9	0·6
3·4	2·7	4·0	3·0	0·5
1·2	1·5	1·8	1·0	1·1
1·0	0·7	2·2	1·7	0·2
0·7	0·4	0·6	0·5
7·6	5·0	3·3	4·0	2·0
7·6	5·9	3·4	4·4	0·7
1·5	0·1	1·5	2·0
.....	0·5	1·6
125·8	95·7	70·0	86·2	63·2
62·0	44·0	33·0	5·4
85·0	55·8	106·0	106·0	36·7
425·7	381·4	312·0	310·0	323·0
1·0	0·6	1·2	1·2	1·1
.....	2·5	2·5
38·8	26·6	29·0	37·0	24·7
5389	3955	5320	6788	7481
851	703	598	665	657
207	162	196	186	38
2981	2411	2526	2559	1895
17	15	11	14	14
26	21	39	38	17
56	64	50	48	69

APPENDIX
Institutional Diets,

1. District	...	Poona.		
2. Type of Institution	...	Schools.		
3. Serial Number	...	211	212	213
4. Name and Address	...	St. Helena's School, Poona.	Bishop H. S., Poona.	Anglo-Indian Home & Taylor H. S., Poona.
5. Urban/Rural	...	Urban	Urban	Urban
6. Rationed/Non-rationed cereals (at the time of study).	Rationed.....		
7. Date of Visit	...	26-11-47	28-7-47	1-8-47
8. Total No. of inmates.	Male	...	50	17
	Female.	26
9. Total No. of C. Us.	...	20.8	50.0	50.0
10. Age—range in years.	...	14 years & above	14 years and above.	6-14 yrs. and above.
11. Vegetarian/Mixed eater.	Mixed.....		
12. Approximate cost of food.	...	Rs. 40 p.m.	Rs. 50 p.m.	Rs. 30 p.m.
13. Economic Status.	Middle Class.....		
14. Daily food intake per C. U. (in ozs)—				
(i) Rice	...	2.1	3.4	3.4
(ii) Wheat	...	4.0	1.6	3.7
(iii) Other cereals	...	3.0	4.4	1.0
(iv) Pulses	...	1.0	2.0	0.8
(v) Leafy vegetables	...	0.8	1.3
(vi) Root vegetables	...	2.3	7.3	1.3
(vii) Other vegetables	...	3.6	1.9	2.0
(viii) Fruits	3.0	3.0
(ix) Sugar/Jaggery	...	2.0	1.0	1.3
(x) Vegetable oils/fats	...	0.5	1.0	0.8
(xi) Butter and Ghee.	...	0.5	0.3	0.5
(xii) Milk, curds etc.	...	12.3	5.1	4.0
(xiii) Fish and Meat	...	3.0	12.8	8.8
(xiv) Eggs	...	One.	One.
(xv) Other foods	...	1.0
15. Nutrient Analysis	...			
(i) Total Proteins.	(in g.)	81.7	138.2	93.1
(ii) Animal Proteins	(,,)	36.9	94.0	61.0
(iii) Fats	(,,)	91.6	67.2	54.1
(iv) Carbo-hydrates.	(,,)	308.6	320.0	266.9
(v) Calcium	(,,)	1.1	0.61	0.5
(vi) Phosphorus	(,,)
(vii) Iron	(in mg.)	20.0	21.5	19.5
(viii) Vitamin A	(in I. U.)	3450	1491	3114
(ix) Vitamin B1	(,,)	580	680	508
(x) Vivamin C	(in mg.)	58	40	54
(xi) Calories	...	2339	2498	1954
16. Distribution of Calories.				
(i) Proteins	(in P. C.)	14	23	24
(ii) Fats	(,,)	34	24	25
(iii) Carbo-hydrates.	(,,)	52	53	55

A—contd.

Bombay State (1945-50)—contd.

College Hostels.				
214	215	216(a)	216(b)	216(c)
Govt. Urdu School for Boys.	Anglo-St. Mary School, Poona.	B. J. Medical School, Gujarat.	and College, Maharashtra.	Poona, Karantak.
.....Urban.....				
.....Rationed.....				
22-7-46	... 29-7-47	... 8-10-48	... 8-10-48
41	46	40	35	40
—	—	—	—	—
...	46
38.0	69.0	40.0	35.0	40.0
6-14 Years and above.			Adults.	
.....Mixed.....	Vegetarian.....		
Rs. 70 p.m.		Rs. 30 to Rs. 35.....		
.....Middle.....Class.....		Well-to-do and Middle Class.....		
4.6	4.2	2.9	3.9	3.2
1.3	3.3	6.4	6.8	6.0
6.4	4.0
1.3	1.1	4.0	4.0	3.0
0.7	1.6	0.7	2.3	3.5
3.3	9.0	11.7	7.2	10.5
1.0	1.1	3.6	7.8	8.1
.....	5.7	1.3	2.0	1.7
0.9	1.2	4.4	3.0	1.1
2.4	1.4	5.7	5.9	4.0
0.7	1.0
5.7	18.5	9.7	9.1	9.5
5.3	13.0
.....	1.5
.....	1.0
79.4	166.8	72.0	78.3	70.3
34.0	11.8	11.1	11.5
113.1	143.1	189.7	194.4	141.9
360.6	422.4	477.0	462.0	376.3
1.9	1.5	0.99	1.0	1.24
2.8	1.48	1.56	1.49
31.1	33.0	28.7	32.6	40.4
2173	4377	2417	3569	3034
315	890	820	837	828
39	70	80	205	205
2770	3669	3903	3910	3063
12	18	7	8	9
36	35	44	45	42
52	47	49	47	49

APPENDIX
Institutional Diets,

1. District	...	Poona.			
2. Type of Institution	...				
3. Serial Number	...	217	218(a)	218(b)	218(c)
4. Name and Address	...	School & College for girls, Poona.		Government Law College, Poona.	
5. Urban/Rural	Urban.....		
6. Rationed/Non-rationed cereals (at the time of study).	Rationed.....			
7. Date of Visit	...	4-10-48	...	5-10-48	
8. Total No. of inmates.	Male ... Female 26	50 ...	25 ...	100 ...
9. Total No. of C. Us.	...	20·8	50·0	25·0	100·0
10. Age—range in years.	Adults.....			
11. Vegetarian/Mixed eater.	Vegetarian.....			
12. Approximate cost of food.	Rs. 30 p.m.	Rs. 32... p.m.	Rs. 40 p.m.	Rs. 45... p.m.	Rs. 37-8-0. ...
13. Economic Status.	Middle Class.
14. Daily food in take per C.U. (in ozs)—					
(i) Rice	...	4·0	4·8	4·5	4·5
(ii) Wheat	...	5·5	1·4	1·9	1·6
(iii) Other cereals	...	0·5	1·9	4·5	3·2
(iv) Pulses	...	3·7	3·2	4·1	3·0
(v) Leafy vegetables	...	1·0	2·9	2·6	1·7
(vi) Root vegetables	...	4·3	3·0	0·8	3·2
(vii) Other vegetables	...	4·3	4·1	10·0	9·5
(viii) Fruits	...	0·3	1·6	2·1	1·3
(ix) Sugar/Jaggery.	...	2·1	2·2	2·6	1·9
(x) Vegetable oils/fats	...	3·0	1·3	1·6	1·0
(xi) Butter and Ghee.	...	20·4
(xii) Milk, curds, etc.	...	8·8	5·8	7·0	5·8
(xiii) Fish and Meat
(xiv) Eggs
(xv) Other foods	...	0·9
15. Nutrient Analysis—					
(i) Total Proteins (in g.)	...	76·1	55·0	72·8	59·0
(ii) Animal (")	...	10·7	7·0	8·5	7·0
(iii) Fats (")	...	131·1	55·5	70·0	47·4
(iv) Carbohydrates(")	...	397·0	341·8	432·8	365·0
(v) Calcium (")	...	0·98	0·89	1·0	0·8
(vi) Phosphorous(")	...	1·68	1·0	1·48	1·16
(vii) Iron (in mg.)	...	29·7	33·0	40·4	30·8
(viii) Vitamin A (in I. U.)	...	3732	5796	5539	3827
(ix) Vitamin B1(")	...	678	455	598	501
(x) Vitamin C (in mg.)	...	72	117	167	141
(xi) Calories	...	3072	2086	2656	2122
16. Distribution of Calories.					
(i) Proteins (in P. C.)	...	10	10	11	11
(ii) Fats (")	...	38	24	24	20
(iii) Carbo- ^h (") hydrates.	...	52	66	65	69

A—contd.

Bombay State (1945-50)— contd.

219	220(a)	220(b)	220(c)	220(d)
Brihhamanas- tra College of Commerce.	... A	Engineering College, Poona. B	C	... Friend ... Union Club.
Urban.	Urban.	Urban.	Urban.	Urban.
Rationed.	Rationed.	Rationed.	Rationed.	Rationed.
9-10-48	26-7-47	26-7-47	26-7-47	26-7-47
50	75	75	60	30
—	—	—	—	—
...
50.0	75.0	75.0	60.0	30.0

Vegetarian. Vegetarian. Vegetarian. Mixed ... Vegetarian

Rs. 38.

p.m

Middle Class. Middle Class. Middle Class. Middle Class. Middle Class.

4.7 } 5.1 } 0.6 } 2.3 } 0.8 } 2.7 } 11.0 } 0.7 } 2.4 } 2.2 } } 14.4 } } } }	8.9 } 2.0 } 0.8 } 3.9 } 4.6 } 1.6 } 1.3 } } 0.7 } 9.0 } } 0.7 } 0.3 }	11.1 } 5.5 } 3.5 } 2.8 } 5.5 } 3.0 } 2.1 } 1.3 } 0.4 } 23.6 } } 0.2 } }	12.0 } 2.2 } 1.5 } 2.6 } 4.6 } 2.0 } 2.8 } 2.5 } 0.4 } 12.8 } 0.6 } 0.7 } }	9.7 } 3.4 } 1.2 } 7.5 } 6.9 } 2.2 } 2.1 } 5.3 } } 14.9 } } 1.0 } }
69.0	59.8	108.4	77.1	82.1
17.5	15.6	33.9	23.1	24.8
104.3	55.6	119.3	125.2	198.6
393.3	307.9	455.5	414.5	408.5
1.26	1.02	2.21	1.2	1.43
1.57	1.32	2.27	1.72	1.88
26.3	24.6	50.8	29.7	33.1
2089	4674	10220	5241	4556
533	391	657	570	573
145	125	233	148	124
2788	1969	3329	3093	3748
10	12	13	10	9
34	25	32	37	48
56	68	55	58	43

APPENDIX
Institutional Diets.

1. District	... Poona.			
2. Type of Institution	... College Hostels.			
3. Serial Number	... 220(e)	220(f)	220(g)	220(h)
4. Name & Address	... College of Engineering. Muslim Club.	Christian Club.	New Guj.Club.	Diploma classes. Non-Veg. Club.
5. Urban/Rural	Urban.	Urban.	Urban.	Urban.
6. Rationed/non-rationed cereals (at the time of study).	Rationed.	Rationed.	Rationed.	Rationed.
7. Date of Visit	26-7-47	26-7-47	26-7-47	26-7-47
8. Total No. of inmates.				
Male.	55	45	48	55
Female.
9. Total No. of C. Us.	55.0	45.0	48.0	55.0
10. Age-range in years.	Adults.	Adults.	Adults.	Adults.
11. Vegetarian / Mixed eater.	Mixed.	Mixed.	Vegetarian.	Mixed.
12. Approximate cost of food.				
13. Economic Status.	Middle Class.	Middle Class.	Middle Class.	Middle Class.
14. Daily Food intake per C. U. (in ozs)—				
(i) Rice	3.0	2.7
(ii) Wheat	3.0	2.7
(iii) Other cereals	13.7	13.1	7.0	7.1
(iv) Pulses	0.6	0.3	3.0	3.0
(v) Leafy vegetables.	0.4	0.1	0.5
(vi) Root vegetables	1.1	2.4	2.5	2.5
(vii) Other vegetables...	1.0	2.5	3.4	2.5
(viii) Fruits	2.1	3.0	0.9	0.5
(ix) Sugar/Jaggery	1.0	1.8	1.0	1.0
(x) Vegetable oils/fats	1.6	2.4	2.5	1.3
(xi) Butter & Ghee	0.4	0.4
(xii) Milk, curds etc.	5.3	5.3	8.0	8.4
(xiii) Fish & Meat	4.0	4.9
(xiv) Eggs	0.5	1.2
(xv) Other foods
15. Nutrient Analysis—				
(i) Total Proteins (in g.)	78.1	85.7	69.3	63.3
(ii) Animal " (")	30.9	40.5	9.6	10.0
(iii) Fats (")	91.8	122.8	95.4	61.6
(iv) Carbohydrates (")	354.4	356.8	382.1	369.4
(v) Calcium (")	0.7	0.8	0.9	0.8
(vi) Phosphorus (")	3.0	3.6
(vii) Iron (in mg.)	27.7	26.5	33.3	24.5
(viii) Vitamin A (in I. U.)	2359	3243	1514	2017
(ix) Vitamin B ₁ (")	392	536	513	618
(x) Vitamin C (in mg.)	56	135	41	42
(xi) Calories	2566	2875	2695	2345
16. Distribution of Calories—				
(i) Proteins (in P. C.)	12	12	10	10
(ii) Fats (")	32	38	31	23
(iii) Carbo- hydrates (")	56	50	56	62

A—contd.

Bombay State (1945-50)—contd.

221(a)	221(b)	222	223(a)	223(b)
Wadia College. Vegetarian.	Mixed,	Ferguson College. Av. of 13 messes.	S. P. College, Poona. Ideal Club.	Lokmanya Club.
Urban.	Urban.	Urban.	Urban.	Urban.
Rationed.	Rationed.	Rationed.	Rationed.	Rationed.
25-11-47	25-11-47	30-7-47	21-11-47	21-11-47
194	76	504		
—	—	—		
...	...	70		
194.0	76.0	560.0		
Adults	Adults	Adults.	Adults	Adults
Vegetarian.	Mixed.	Vegetarian	Vegetarian	Vegetarian.
Rs. 25 Rs. 40... p.m.	Rs. 60 Rs. 65... p.m.	Rs. 35 p.m.	Rs. 32 Rs. 35 p.m.
Middle Class.....	Middle Class.....	Middle Class.....	Middle Class.....	Middle Class.....
2.0	1.9	2.3	1.3	1.1
0.5	2.1	2.3	5.2	5.0
8.9	7.1	6.8	5.2	5.0
3.1	2.2	1.6	3.0	3.0
3.4	13.0	1.3	0.7
1.3	3.9		2.2	4.5
5.9	4.8	6.8	5.8
1.5	1.8
1.2	1.3	1.6	1.8	1.8
2.4	2.4	2.2	1.6	1.6
.....	0.5
11.4	6.8	11.5	12.0	13.6
.....	5.4
.....	3.5
.....
72.1	99.3	59.6	72.8	27.8
13.6	49.0	13.8	14.4	16.3
102.3	135.7	95.6	81.0	75.5
367.0	346.9	361.8	382.7.	367.9
1.3	0.9	0.9	1.2	1.2
.....
41.3	28.9	23.6	22.0	26.7
3220	360	1072	3042	2721
558	626	465	651	635
189	101	130	101	77
2677	3006	2511	2550	2558
11	13	9	11	12
34	41	34	29	27
55	46	57	60	61

APPENDIX

Institutional Diets,

1. District	...	Poona.			
2. Type of Institution	...	College Hostels.			
3. Serial Number	...	223(c)	223(d)	223(e)	224(a)
4. Name and Address	...	Ladies Club.	S. P. College, Poona. Karnatak Club.	Shah Club.	Agricultural. Maharashtra Club. I.
5. Urban/Rural		Urban	Urban	Urban	Urban
6. Rationed/non-rationed cereals (at the time of study).		Rationed	Rationed	Rationed	Rationed.
7. Date of Visit	...	21-11-47	21-11-47	21-11-47	24-12-46
8. Total No. of inmates					38
		Male
		Female	50
9. Total No. of C. Us.		40.0			38.0
10. Age-range in years.		Adults	Adults	Adults	Adults
11. Vegetarian /Mixed eater.		Vegetarian	Vegetarian	Vegetarian	Vegetarian
12. Approximate cost of food.		Rs. 35. p. m. ...	Rs. 36 p. m. ...	Rs. 40 p. m. ...	Rs. 28 p. m.
13. Economic Status	Middle Class.....	Middle Class.....	Middle Class.....	Middle Class.....
14. Daily Food intake per C. U. (in ozs)—					
(i) Rice	...	2.6	2.1	2.1	4.0
(ii) Wheat	...	5.2	4.2	3.3	3.1
(iii) Other cereals	...	5.2	5.2	4.0	3.1
(iv) Pulses	...	5.0	3.0	5.8	2.0
(v) Leafy vegetables.	1.1	1.1
(vi) Root Do.	...	3.1	1.2	2.4
(vii) Other Do.	...	11.1	10.9	10.6	7.6
(viii) Fruits
(ix) Sugar and Jaggery	...	2.1	1.8	1.8	1.8
(x) Vegetable oils/fats	...	1.2	1.6	3.8	0.9
(xi) Butter and Ghee.
(xii) Milk, curds etc.	...	17.5	13.0	12.5	6.0
(xiii) Fish and meat
(xiv) Eggs
(xv) Other foods
15. Nutrient Analysis—					
(i) Total Proteins (in g.)		82.0	72.2	85.1	53.7
(ii) Animal „ („)		21.0	15.6	15.0	7.2
(iii) Fats („)		84.4	83.7	102.1	48.0
(iv) Carbohydrates („)		135.4	388.0	395.0	309.8
(v) Calcium („)		1.4	1.2	1.2	0.6
(vi) Phosphorus („)		0.9
(vii) Iron (in mg.)		27.8	31.0	32.7	25.5
(viii) Vitamin A (in I. U.)		2152	3458	3785	868
(ix) Vitamin B ₁ („)		662	617	665	440
(x) Vitamin C (in mg.)		118	134	136	80
(xi) Calories	...	2831	2597	2839	1907
16. Distribution of Calories—					
(i) Proteins (in P. C.)		12	11	12	11
(ii) Fats („)		27	29	32	23
(iii) Carbo- hydrates. („)		61	60	56	66

A—contd.

Bombay State (1945-50)—contd.

224(b)	224(c)	224(d)	224(e)	224(f)
College, Poona.				
Maharashtra club.	Khandesh club.	Karnatak club.	Gujarat club, (C)	Gujarat clubs (A and B).
II.				
.....Urban.....				
.....Rationed.....				
.....24-12-46.....				
35	29	34	40	40
—	—	—	—	—
...
35.0	29.0	34.0	40.0	40.0
.....Adults.....				
.....Vegetarian.....				
.....	Rs. 36 p. m. ...	Rs. 28 p. m. ...	Rs. 30 p. m. ...	Rs. 36 p. m.
.....Middle Class.....				
4.0	2.7	3.5	2.0	2.0
7.0	8.8	4.5	8.0	8.0
.....	2.0
2.0	2.2	2.0	3.2	4.0
10.0 }	0.8 11.3	1.1 1.3	16.0 } 14.5
.....
1.8	2.0	1.9	2.0	2.0
3.0	4.5	2.7	3.0	4.6
.....
7.1	9.9	16.0	8.0	6.4
.....
.....
.....
59.4	62.4	69.2	69.4	70.2
8.6	11.8	17.2	9.6	7.6
106.6	159.4	123.9	109.8	150.1
341.7	379.0	327.9	381.1	395.2
0.6	1.0	1.4	0.9	0.7
1.3	1.3	1.4	1.4	1.5
24.7	31.1	24.7	28.5	24.7
1781	2504	3196	1501	1055
581	643	508	643	680
100	131	158	160	145
2707	3146	2746	2809	3156
9	8	10	10	9
38	45	41	35	42
53	47	49	55	49

APPENDIX
Institutional Diets,

1. District	...	Poona.		
2. Type of Institution...	College Hostels.			Private Boarding
3. Serial Number	...	224(g)	224(h)	224(i) 225
4. Name and address ...	National Club.	Agriculture College. Pioneer Club.	Muslim Club.	Anath Vidyarthi Grih Poona.
5. Urban/Rural			Urban
6. Rationed/Non-rationed cereals (at the time of study).			Rationed
7. Date of visit	...	24-12-46	18-1-46
8. Total No. of inmates		34	27	76
Male
Female
9. Total No. of C. Us....		34.0	27.0	76.0
10. Age—Range in years.		Adults	...	14 and above
11. Vegetarian/Mixed eater.	Mixed	Vegetarian
12. Approximate cost of Food.			Rs. 32 p. m.	Rs. 13-Rs. 14 p. m.
13. Economic status	Middle Class	Poor.
14. Daily Food intake per C. U. (in ozs)—				
(i) Rice	2.7	2.8	3.2
(ii) Wheat	10.4	7.7	6.5	3.2
(iii) Other cereals	3.2
(iv) Pulses	1.2	1.2	1.2	3.8
(v) Leafy vegetables	1.7
(vi) Root vegetables
(vii) Other vegetables	9.2	5.2	4.3	4.5
(viii) Fruits
(ix) Sugar and Jaggery	1.1	1.1	1.1	1.7
(x) Vegetable oils/fat	3.3	3.3	3.3	1.8
(xi) Butter and Ghee
(xii) Milk curds etc.	8.0	8.0	2.0
(xiii) Fish and Meat.	3.4	5.8
(xiv) Eggs	1.0	1.5
(xv) Other foods.	1.2
15. Nutrient Analysis—				
(i) Total Proteins(in g.).	53.6	72.5	73.7	64.9
(ii) Animal Proteins(,,)	9.6	33.8	39.1
(iii) Fats (,,)	120.1	135.0	128.9	70.1
(iv) Carbohydrates(,,)	299.3	273.0	239.8	345.5
(v) Calcium (,,)	0.7	0.8	0.5	0.5
(vi) Phosphorus (,,)	1.20	1.26	1.03	1.80
(vii) Iron (in mg.)	40.0	20.3	18.7	32.3
(viii) Vitamin A(in I. U.)	856	1362	1070	3453
(ix) Vitamin B1(,,)...	546	461	394	629
(x) Vitamin C (in mg.)	92	52	45	80
(xi) Calories	2490	2676	2477	2273
16. Distribution of Calories				
(i) Proteins (in P. C.)	9	11	12	11
(ii) Fats (,,)	43	47	48	28
(iii) Carbohy- drates. (,,)	48	42	40	61

A—contd.

Bombay State (1945-50)—contd.

Training Colleges for Primary Teachers.

226	227(a)	227(b)	227(c)	228
Mission Settlement for University Women, Poona.	Vegetarian	Government Training College for men. Non-Vegetarian	Mixed	C. S. H. Training College for women, Poona
.....Urban.....				
.....Rationed.....				
29-3-46	9-10-48.....	17-0-40
...	158	58	16	...
17	61
13.0	153.0	58.0	16.0	48.8
.....Adults.....				
Mixed	Vegetarian	Mixed.....
Rs. 25 p. m.	Rs. 18 p. m.	Rs. 18 p. m.	Rs. 18 p. m.	Rs. 9 p. m.
Middle classPoor				
3.5	4.2	4.0	8.8	4.0
8.5	6.3	6.5	6.3	2.0
.....	0.6	1.2	0.8	7.8
.....	5.1	3.3	4.6	1.2
1.2	0.1	0.1	0.3	0.5
2.5	0.4	2.2	1.1	0.6
.....	1.8	1.6	0.2	0.7
3.4	0.1	0.2	0.6	0.2
2.4	1.1	0.8	0.5	0.7
1.2	1.7	1.6	1.5	0.6
0.1
7.0	0.1	0.5
1.2	0.3
.....
0.1	0.4	0.1
86.3	65.3	59.0	61.6	45.7
15.1	2.1
66.2	54.2	56.9	48.4	23.5
475.0	371.4	339.0	323.0	335.7
1.3	0.3	0.2	0.3	0.2
2.5	1.21	1.16	1.20	1.80
37.5	29.3	26.6	27.9	19.0
4516	602	413	967	1141
626	439	440	482	406
152	22	28	14	21
2842	2233	2102	1973	1787
12	12	11	12	11
21	22	25	22	12
67	66	64	66	77

APPENDIX
Institutional Diets,

1. District	...	Poona.			
2. Type of Institution	...	Training College for Primary Teachers.			
3. Serial Number	...	229	230	231	232
4. Name and Address	...	Urdu Training College for men, Poona.	Government College for women Poona.	Urdu Training College women Poona.	Hindu Widow Home Asson. Poona.
5. Urban/Rural				Urban ...
6. Rationed/non-rationed cereals (at the time of the study).				Rationed ...
7. Date of visit	...	23-7-46 ...	26-3-46 ...	28-3-46 ...	27-3-46 ...
8. Total No. of inmates	Male	71
	Female	...	40	59	129
9. Total No. of C. Us.	...	71.0	32.0	47.2	104.0
10. Age-range in years				1-14 and above ...
11. Vegetarian/Mixed eater.		Vegetarian ..	Mixed ...	Vegetarian ...
12. Approximate cost of food.	...	Rs. 13 p.m.	Rs. 12 p.m.	Rs. 13 p.m.	Rs. 16 p.m.
13. Economic Status	...	Lower middle class.			
14. Daily Food intake per C. U. (in ozs)—					
(i) Rice	...	4.2	5.4	5.7	3.6
(ii) Wheat	...	2.7	5.4	3.1	1.1
(iii) Other cereals	...	3.0	3.7	4.6	9.2
(iv) Pulses	...	5.8	2.5	4.0	1.5
(v) Leafy vegetables.	...	1.8	2.5	0.4	0.8
(vi) Root vegetables	...	1.8	1.5	2.7	2.2
(vii) Other vegetables	...	0.5	7.0	3.7	1.0
(viii) Fruits	2.0	0.5
(ix) Sugar and Jaggery.	...	0.7	2.2	10.0
(x) Vegetable oils/fats.	...	1.1	1.2	1.7	0.9
(xi) Butter and Ghee	0.4
(xii) Milk, curds etc.	...	1.3	6.2	0.6	2.5
(xiii) Fish and Meat	...	0.7	1.1
(xiv) Eggs
(xv) Other foods
15. Nutrient Analysis—					
(i) Total Proteins (in g.)	...	71.0	71.2	80.0	56.2
(ii) Animal Proteins (")	...	6.0	7.5	6.5	3.0
(iii) Fats (")	...	42.0	60.0	66.2	55.0
(iv) Carbohydrates (")	...	325.0	433.0	452.0	343.7
(v) Calcium (")	...	0.6	0.8	0.6	0.2
(vi) Phosphorus (")	...	1.3	1.5	1.20	2.20
(vii) Iron (in mg.)	...	30.0	32.0	32.5	28.7
(viii) Vitamin A (in I.U.)	...	4151	6606	5638	2500
(ix) Vitamin B1 (")	...	576	707	777	517
(x) Vitamin C (in mg.)	...	47	145	461	312
(xi) Calories	...	2028	2622	2741	2010
16. Distribution of Calories.					
(i) Proteins (in P.C.)	...	15	11	12	11
(ii) Fats (")	...	19	21	22	23
(iii) Carbohydrates.	...	66	68	66	65

A—contd.

Bombay State (1945-50)—contd.

Certified Special Schools.				
233	234	235	236	237
Government Basic Training Centre, Loni.	St. Mary's Training College.	Gandhi Train- ing College Poona.	School and Home for blind, Poona.	Remand Home, Poona.
Rural		Urban		
Rationed				
26-3-46	... 29-7-47	... 16-9-46	... 19-1-46	... 17-6-46
73	...	25	31	100
—	17	—	—	—
...
73.0	14.0	25.0	31.0	70.0
.....Adult.....		14 and above ... 6-14 and above		
Vegetarian	... MixedVegetarian.....	
Rs. 16 p.m.	... Rs. 45—Rs. 60 p.m.	Rs. 18 p.m.	... Rs. 12—Rs. 14 ... p.m.	...
Poor	... Middle classPoor.....	
0.7	2.3	2.1	2.3	3.8
1.2	2.4	5.0	4.4	5.3
15.2	4.0	4.0	4.4	1.3
5.5	1.1	2.4	2.2	2.6
0.9	1.0	3.6	2.1
.....	2.8	1.6	30.0
0.6	3.0	3.0	5.4
.....	2.0	1.1
1.8	1.5	1.0	1.2	0.6
2.1	0.2	1.1	0.6	0.3
0.2
8.3	7.3	1.0	6.0
.....	4.0
.....	1.8
1.2	0.3
101.0	73.0	54.0	53.6	51.0
10.1	36.3	1.2	7.2
110.0	105.0	39.0	29.3	13.0
495.3	266.5	320.0	311.4	231.0
0.9	0.9	0.6	0.6	0.2
2.50	1.0	0.94	1.0
47.4	25.0	36.9	35.8	19.0
2857	3782	7167	4171	377
903	478	577	541	478
23	130	119	96	30
3379	2371	1872	1718	1486
12	13	12	13	14
29	41	19	15	8
59	46	69	72	70

APPENDIX
Institutional Diets,

1. District	...	Poona.			
2. Type of Institution	...	Certified Schools			B. C.
3. Serial Number	...	238	239	240	241
4. Name and Address	...	Yerawada Industrial School.	D. P. A. A's Reformatory School.	Cert. school for girl, Nanded.	Ahilyashram, Poona.
5. Urban/Rural	...	Urban.	Urban.	Urban.	Urban.
6. Rationed/non-rationed cereals (at the time of study).	...				
7. Date of Visit	...	14-10-48	12-12-48	27-11-47	1-8-49
8. Total No. of inmates					
Male		378	107	80
Female		38
9. Total No. of C. Us.		301.5	87.6	28.0	80.0
10. Age-range in years.		6-14 and above.	6-14 and above.	6-14 and above.	
11. Vegetarian/Mixed eater.		Vegetarian.		Mixed.	
12. Approximate cost of Food.		Rs. 8-10-0 per month.	Rs. 14 per month.	Rs. 22 per month.	
13. Economic Status	...	Poor	Poor	Poor	Poor
14. Daily Food intake per C. U. (in ozs)—					
(i) Rice	...	4.4	5.0	1.1
(ii) Wheat	...	6.7	5.3
(iii) Other cereals	...	3.7	7.7	7.8	6.7
(iv) Pulses	...	9.3	11.0	7.8	7.8
(v) Leafy vegetables.	...	0.7	2.0	1.6
(vi) Root Do.	0.5	4.5
(vii) Other Do.	...	14.2	3.0	6.2
(viii) Fruits	1.7
(ix) Sugar and Jaggery	...	0.7	1.0	0.8	1.0
(x) Vegetable oils/fats	...	0.9	1.6	0.3	1.1
(xi) Butter and Ghee.	0.3
(xii) Milk, curds etc.	...	0.5	1.6	2.2	4.5
(xiii) Fish and Meat	2.1	2.3
(xiv) Eggs
(xv) Other foods	1.0	1.0
15. Nutrient Analysis—					
(i) Total Pro. (in g.)		122.9	116.2	86.1	109.1
teins					
(ii) Animal (")		0.5	0.8	11.0	17.5
Proteins					
(iii) Fats (")		35.1	66.2	23.7	76.0
(iv) Carbohyd- (")		511.9	517.2	337.1	425.7
rates.					
(v) Calcium (")		0.8	0.82	0.5	1.06
(vi) Phosphorus(")		1.98	1.90	2.03
(vii) Iron (in mg.)		55.3	52.8	30.0	49.1
(viii) Vitamin A (in I.U.)		2345	4826	997	4531
(ix) Vitamin B1(")		926	971	635	890
(x) Vitamin C (in mg.)		70	77	62	66
(xi) Calories	...	2855	313	1967	2931
16. Distribution of Calories					
(i) Proteins (in P.C.)		15	18	15	18
(ii) Fats (")		11	19	11	23
(iii) Carbohydra- (")		71	66	71	62
tes.					

A—contd.

Bombay State (1945-50)—contd.

Hostels.				Training centre	
242	243	244	245	246(a)	
Government B. C. Hostel, Poona.	Union Boarding, Poona.	P. S. Society's B. C. H., Poona.	Chambhar Sahayak Mandals Hostel.	V. Agriculture Training College, Manjri.	
				Rural.	
.....Urban.....					
8-10-48	Feb.-48	24-1-46	22-1-46	18-10-46	
50	26	18	73	
.....	15	
50·0	26·0	11·0	18·0	73·0	
14 and above	14 and above	6-13 and above.	14 and above	Adults.	
.....Vegetarian.....				Mixed.	Vegetarian.
Rs. 13 per month.	Rs. 15-Rs. 18 per month.	Rs. 20 per month.	Rs. 12-Rs. 13 per month.	Rs. 22 per month.	
Poor.	Poor.	Poor.	Poor.	Poor.	
2·4	1·5	3·3	3·3	1·2	
3·0	7·0	8·3	8·4	2·0	
4·3	6·5	3·7	6·7	12·0	
11·3	1·7	1·6	1·6	4·0	
0·6	1·5	2·5	2·3	
1·3	1·3	3·8	2·5	
1·1	3·2	6·3	
.....	0·6	
0·3	2·2	1·4	0·8	
0·4	1·2	1·2	0·8	0·8	
0·1	0·1	0·5	
.....	0·9	8·7	5·0	
.....	0·5	
.....	
.....	0·2	0·9	
98·9	58·7	70·0	69·9	93·0	
1·4	0·7	10·5	2·5	5·6	
25·5	43·6	67·5	33·0	70·1	
403·0	357·7	421·0	446·3	462·9	
0·63	0·43	1·0	0·29	0·97	
1·63	2·1	1·6	1·9	
44·2	27·2	38·2	33·0	55·4	
2169	3641	5466	660	5569	
820	637	708	781	851	
25	69	91	25	111	
2237	2058	2583	2359	2890	
19	11	12	13	14	
10	19	24	12	22	
72	70	65	76	65	

APPENDIX
Institutional Diets,

1. District		Poona			
2. Type of Institution ...	Agriculture Centre.				
3. Serial Number ...	246 (b)	247	248	249	
4. Name and Address ...	Agriculture Training College, Manjri.	Agriculture School, Manjri.	Hort. training Centre Ganeshkhind.	Hindu Womens' Rescue Home, Poona.	
5. Urban/Rural ...	Rural.	Rural.	Urban.	Urban.	
6. Rationed/non-rationed cereals (at the time of study).					
7. Date of Visit ...	3-12-46	10-10-48	4-12-46	6-10-48	
8. Total No. of Male inmates	120	115	24	
Female	129	
9. Total No. of C. Us. ...	120.0	115.0	24.0	86.0	
10. Age-range in years ...	Adults	14 and above.	Adults	All ages.	
11. Vegetarian/Mixed eater.	Mixed.	Vegetarian			
12. Approximate cost of food.		Rs. 15 per month.	Rs. 12 per month.	Rs. 14 per month.	
13. Economic Status ...	L. M. Class.				
14. Daily Food intake per C. U. (in ozs.).					
(i) Rice ...	2.0	0.3	2.0	5.9	
(ii) Wheat ...	4.0	1.3	4.0	4.6	
(iii) Other cereals ...	8.0	10.4	6.0	4.5	
(iv) Pulses ...	4.7	2.4	4.2	2.4	
(v) Leafy vegetables	1.4	0.5	
(vi) Root vegetables ...	0.4	0.3	
(vii) Other vegetables... ..	4.4	6.1	1.9	
(viii) Fruits	4.0	
(ix) Sugar Jaggery ...	2.2	1.2	1.5	
(x) Vegetable oils/fats	1.1	0.9	0.6	0.9	
(xi) Butter and Ghee	
(xii) Milk, curds etc... ..	6.0	8.4	8.0	6.0	
(xiii) Fish and Meat ...	0.5	
(xiv) Eggs	
(xv) Other foods ...	1.4	0.2	
15. Nutrient Analysis.—					
(i) Total Proteins (in g.)	95.0	61.8	77.0	67.8	
(ii) Animal ,, (in g.)	10.4	10.1	9.6	7.5	
(iii) Fats (in g.)	64.0	54.5	44.0	44.6	
(iv) Carbohydrates (in g.)	447.0	305.0	412.0	678.2	
(v) Calcium (in g.)	0.7	0.8	0.9	1.75	
(vi) Phosphorus (in g.)	1.8	1.4	1.6	2.47	
(vii) Iron (in mg.)	30.4	33.6	38.0	44.7	
(viii) Vitamin A (in I.U.)	876	3512	5333	5715	
(ix) Vitamin B ¹ (in I.U.)	724	535	663	905	
(x) Vitamin C (in mg.)	69	30	390	147	
(xi) Calories ...	2839	1957	2315	3965	
16. Distributin of Calories					
(i) Proteins (in P.C.)	13	13	12	12	
(ii) Fats (in P.C.)	21	25	17	20	
(iii) Carbohydrates (in P.C.)	65	62	70	68	

A—contd.

Bombay State (1945-50)—contd.

250(a)	250(b)	250(c)	251(a)	251(b)
Kindergarten	Sharda Sadan School Middle	Primary.	Mahila Sevagram, Yeland, Children.	Yeland, Women.
Rural.	Rural.	Rural.	Urban.	Urban.
11-10-48	... 11-10-48	-----	25-7-48	-----
40	109
.....	47	15	43
16.0	69.0	37.6	4.5	34.4
1-5	1-13	14 and above	... 1-5	Adults.
Mixed.	Vegetarian		Vegetarian.	
				Ra. 12—Rs. 14 per month.
		Poor		
14.3	0.7	2.8	7.3	5.5
8.5	2.1	2.8	2.9	2.2
2.1	16.5	14.2	7.3	5.5
2.5	2.7	2.5	9.6	6.0
			0.3	0.3
5.3	5.7	5.2	1.3	1.0
			1.6	1.2
2.5
2.0	0.4	0.4	1.6	1.3
0.8	0.8	0.8	0.5
.....
21.0	36.6	2.4
0.5
0.3
.....	0.4
117.5	76.0	79.3	153.0	78.5
30.0	76.9	1.6
87.0	35.1	37.0	111.2	23.0
410.0	481.0	488.0	635.6	421.6
0.56	0.5	0.48	2.6	0.5
1.49	1.8	3.5	2.9	1.1
29.6	46.5	47.0	46.2	30.8
1380	4105	3930	3300	1290
536	738	843	929	627
10	61	57	352	28
2312	2546	2605	4199	2210
12	12	12	15	14
14	12	13	24	10
74	76	75	61	76

APPENDIX
Institutional Diets;

1. District	...	Satara		
2. Type of Institution	...	Schools		
3. Serial Number	...	252	253	254
4. Names and Address...		Sanjeevani Vidyalaya Panchagani.	Shri Shivaji School, Satara.	Maharaja Sayajirao Free Residential H. S., Satara.
5. Urban/Rural	Urban.....		
6. Rationed/non-rationed cereals (at the time of study).	Rationed.....		
7. Date of Visit	...	1-5-48	5-4-47	8-4-47
8. Total No. of inmates		Male 66	12	100
		Female 21
9. Total No. of C. Us.		78.6	12.0	100.0
10. Age—range in years.		6-14 and above.	14 and above	14 and above
11. Vegetarian/Mixed eater.		Vegetarian	... Mixed	Vegetarian.
12. Approximate cost of food.		Rs. 50 p. m.	Rs. 12 p. m.	Rs. 13 p. m
13. Economic Status	...	Upper middle Class	Lower Middle class	Poor
14. Daily Food intake per C. U. (in ozs.)				
(i) Rice	...	4.0	1.8	1.7
(ii) Wheats	...	5.0	5.3
(iii) Other cereals	...	3.8	5.3	16.0
(iv) Pulses	...	2.6	1.6	2.5
(v) Leafy vegetables.	...	2.3	3.3	0.6
(vi) Root Do.	...	2.6	0.8	0.5
(vii) Other Do.	...	5.2	6.7
(viii) Fruits	...	2.7	0.5
(ix) Sugar and Jaggery	...	2.2	0.5	1.2
(x) Vegetable oils/fats	...	1.8	0.6	0.4
(xi) Butter and Ghee.	...	1.1
(xii) Milk, curds, etc.	...	23.5
(xiii) Fish and Meat	0.8
(xiv) Eggs
(xv) Other foods	1.5
15. Nutrient Analysis—				
(i) Total Proteins(in g.)		91.1	51.0	74.0
(ii) Animal Proteins(„)		26.8
(iii) Fats („)		145.8	24.0	33.0
(iv) Carbohydrates(„)		463.0	298.0	494.0
(v) Calcium („)		1.8	0.4	0.3
(vi) Phosphorus(„)		2.1
(vii) Iron (in mg.)		37.6	36.0	37.0
(viii) Vitamin A (in I.U.)		9403	5808	1590
(ix) Vitamin B1 („)		705	655	420
(x) Vitamin C (in mg.)		201	63	11
(xi) Calories	...	3528	1608	2540
16. Distribution of Calories				
(i) Proteins (in P.C.)		10	13	11
(ii) Fats („)		37	13	12
(iii) Carbohydrates(„)		53	74	76

A—contd.

Bombay State (1945-50)—contd.

255	256	257	258
Parsee H. S., Panchagani	St. Peter's H. S., Panchagani	Muslim H. S., Panchagani.	St. Joseph's H. S., Panchagani.
.....Urban.....			
.....Rationed.....			
2-5-48	3-5-48	5-5-48	6-5-48
122	145	30
.....	5	180
106.0	122.0	29.5	140.0
6-14 and above	6-14 and above	13 and above	All ages.
.....Mixed.....			
Rs. 45 p.m.	Rs. 40 p.m.	Rs. 45 p.m.	Rs. 40 p.m.
Middle class	Upper middle class	Middle and upper middle class.	Upper Middle class.
1.3	4.0	4.2	3.4
4.2	11.0	6.4
6.3	2.5	17.0	1.2
1.0	1.2	3.2	0.8
1.9	1.0	1.7	1.6
4.4	5.0	1.7	2.9
2.0	2.5	2.1	0.6
.....	1.9	0.8	3.2
1.3	1.9	2.1	1.9
1.3	1.4	1.6	1.9
0.6	0.6	0.8
13.3	14.9	21.3	15.3
1.9	6.5	3.2	3.0
0.5	2.0	1.5	10.3
1.0	14.9
79.9	132.6	131.5	87.5
29.5	69.0	71.1	45.0
103.6	108.4	127.8	126.4
367.0	471.5	610.0	340.7
1.3	1.2	2.0	1.5
2.5	3.2	3.0	2.2
34.2	36.0	54.0	27.8
6857	7085	6052	8164
604	920	875	572
133	126	106	162
2721	3397	4116	2662
12	16	13	12
34	29	28	40
54	55	58	48

APPENDIX
Institutional Diets,

1. District	...	Satara		
2. Type of Institution	...	Private Boardings.		
3. Serial Number	...	259	260	261
4. Names and Address...	Jamnabai Boarding, Satara	Shri Shahu Chatra- pati Boarding, Satara.	Training College for men, Wai.	
5. Urban/Rural	...	Urban
6. Rationed/non-rationed cereals (at the time of study).		Rationed.....
7. Date of Visit	...	5-4-47	2-4-47	30-4-48
8. Total No. of inmates	Male	33	174	95
	Female
9. Total No. of C. Us.		33.0	140.0	95.0
10. Age-range in years		14 and above	6-14 and above	Adults
11. Vegetarian/Mixed ester.		Vegetarian.....
12. Approximate cost of food.		Rs. 12 p.m.	Rs. 12 p.m.	Rs. 13 p.m.
13. Economic Status	...	Lower Middle Class	Poor	Lower
14. Daily Food intake per C. U. (in ozs)—				
(i) Rice	...	1.8	2.5	3.1
(ii) Wheat	...	5.3	4.5	0.3
(iii) Other cereals	...	5.3	6.0	5.2
(iv) Pulses	...	1.6	1.5	0.3
(v) Leafy vegetables.	...	3.3	3.2
(vi) Root Vegetables	...	0.8	3.2
(vii) Other Vegetables	3.2	4.8
(viii) Fruits
(ix) Sugar and Jaggery.	...	0.5	2.2
(x) Vegetable oils/fats.	...	0.6	1.0
(xi) Butter & Ghee
(xii) Milk, curds etc.
(xiii) Fish & Meat	...	0.8
(xiv) Eggs
(xv) Other foods
15. Nutrient Analysis—				
(i) Total Proteins (in g.)		51.0	53.7	29.4
(ii) Animal Proteins(,,)	
(iii) Fats (,,)		24.0	32.5	5.8
(iv) Carbohydrates(,,)		298.0	313.7	211.9
(v) Calcium (,,)		0.4	0.4	0.2
(vi) Phosphorus(,,)		1.1
(vii) Iron (in mg.)		36.0	30.0	14.3
(viii) Vitamin A (in I. U.)		5808	6202	976
(ix) Vitamin B1(,,)		655	445	296
(x) Vitamin C (in mg.)		63	100	57
(xi) Calories		1608	2095	1028
16. Distribution of Calories—				
(i) Proteins (in P. C.)		13	12	12
(ii) Fats (,,)		13	17	6
(iii) Carbohydrates(,,)		74	71	82

A—contd.

Bombay State (1945-50)—contd.

Training Colleges		Certified School		Training Centres.
282	263	264	265	266
Silver Jubilee Training College, Satara.	Jijamata Adhyapan Mandir, and L.P. Vasati Griha.	D. P. A. A.'s Remand Home Satara	Government Agricultural H. School Satara	Salvation Army's Industrial School, Satara.
.....				
.....				
3-4-47	3-4-47	6-4-47	3-4-47	9-4-47
36	2	56	41
.....	46	3
36.0	37.0	1.8	56.0	38.4
Adults	13	Adults	6-14 and above.
Vegetarian	Mixed.
Rs. 13 p.m.	Rs. 10—Rs. 12 p.m.	Rs. 22 p.m.	Rs. 12 p.m.	Rs. 8 p.m.
Lower Middle Class	Poor	Lower Middle Class.	Poor.
0.8	1.0	1.6	2.3	1.9
6.5	1.2	3.3	3.0	2.5
5.1	11.7	5.3	6.0	8.8
4.0	2.0	2.0	2.4	1.3
.....	2.4	2.0
1.2	1.4	2.0	0.8	1.3
.....	4.6	2.0	3.0
.....	0.4	1.4
0.7	2.0	0.3	1.7
1.0	0.3	0.9	0.3
.....	0.3
.....	6.2	1.1
.....	0.6
.....
.....
61.0	64.5	43.0	48.8	45.0
.....	8.7	1.3
36.0	4.4	48.0	31.4	16.0
346.0	422.5	266.0	328.4	297.0
0.2	0.9	0.3	0.3	0.2
.....	0.9
27.4	35.1	20.0	28.0	19.0
670	516	2537	4023	444
653	567	843	765	388
.....	136	26	72	17
1958	2432	1680	1826	1525
12	11	10	11	12
17	17	26	16	9
71	72	64	73	79

APPENDIX
Institutional Diets,

1. District	Sholapur.		
2. Type of Institution	Schools		College Hostels.
3. Serial Number	267	268	269(a)
4. Name and Address	Woronoco Primary School, Sholapur	S. B. Mission Urdu Normal Class.	D. A. V. College Deptl. Mess.
5. Urban/Rural.	Urban.....		
6. Rationed/non-rationed cereals (at the time of study).	Rationed.....		
7. Date of Visit	20-9-46	21-9-46	19-9-46
8. Total No. of inmates			
Male	34	2	30
Female.	...	7	...
9. Total No. of C. Us.	25-0	5-6	30-0
10. Age—range in years	6-13	14 & above	Adults
11. Vegetarian/Mixed eater.	Mixed.....		Vegetarian.
12. Approximate cost of food.	Rs 8 p.m.	Rs. 8 p.m.	Rs. 28 p.m.
13. Economic Status.	Poor	Poor	Middle Class.
14. Daily Food intake per C. U. (in ozs)			
(i) Rice	0-9	2-4
(ii) Wheat	4-6
(iii) Other cereals	15-3	13-2	7-0
(iv) Pulses	1-6	1-5	3-0
(v) Leafy vegetables.	2-6	1-3	2-4
(vi) Root Vegetables	0-3
(vii) Other Vegetables...	1-5	1-5	3-0
(viii) Fruits
(ix) Sugar & Jaggery	0-6	0-2
(x) Vegetable oils/fats.	0-2	0-4	0-9
(xi) Butter & Ghee	1-2
(xii) Milk, curds etc.	2-3	1-3	9-0
(xiii) Fish & Meat	0-4	1-5
(xiv) Eggs
(xv) Other foods	0-5	1-3
15. Nutrient Analysis.—			
(i) Total Proteins (in g.)	65-8	72-1	78-0
(ii) Animal Proteins (in g.)	3-6	10-8
(iii) Fats (")	24-1	87-0	89-0
(iv) Carbohydrates (")	360-0	358-0	317-0
(v) Calcium (")	0-5	0-4	1-1
(vi) Phosphorus (")	1-4	1-4	1-8
(vii) Iron (in mg.)	44-0	31-0	44-0
(viii) Vitamin A (in I. U.)	5576	2308	6202
(ix) Vitamin B1	554	663	633
(x) Vitamin C (in mg.)	75	20	18
(xi) Calories	1910	2057	2430
16. Distribution of Calories.—			
(i) Proteins (in P. C.)	14	14	13
(ii) Fats (")	11	16	34
(iii) Carbohydrates (")	75	70	53

A—contd.

Bombay State (1945-50)—contd.

		Private Boardings.		Primary Teachers' Training Colleges	
260(b)	270	271	272	273	
Contractor's mess	Maratha Boarding.	Dr. Chaji Anant Vidyart Girha.	Mary B. Harding Kindergarten Training School	Training College for men	
.....Urban.....					
.....RATIONED.....					
19-9-46	23-9-46	24-9-46	20-9-46	23-9-46	
30	32	70	...	13	
...	7	...	
30.0	32.0	70.0	5.6	13.0	
Adults.	14 & above	14 & above.	Adults	Adults.	
Vegetarian	Mixed	Vegetarian	Vegetarian	Mixed	
Rs. 29 p.m.	Rs. 12 p.m.	Rs. 12 p.m.	Rs. 8 p.m.	Rs. 12 p.m.	
Middle Class	L. M. C.	Poor	L. M. C.	L. M. C.	
2.1	2.3	2.7	2.0	2.3	
4.2	4.5	1.3	5.6	4.5	
5.1	5.7	8.0	7.1	5.7	
2.7	2.5	2.4	2.6	2.5	
1.5	1.0	0.9	2.5	1.0	
.....	1.0	1.2	1.0	
5.3	3.0	4.0	1.2	3.0	
.....	1.2	
0.9	1.0	0.5	1.0	
.....	0.8	0.5	1.0	0.8	
1.8	
0.4	0.3	0.7	
.....	1.2	1.2	
.....	
1.1	1.0	0.9	0.6	1.0	
64.7	59.1	65.1	72.1	59.1	
7.7	5.2	0.4	0.9	2.6	
84.1	45.0	36.1	44.8	45.0	
321.2	339.0	335.4	384.7	339.0	
0.7	0.5	0.3	0.5	0.4	
1.3	1.4	1.1	1.7	1.4	
30.0	31.9	45.8	42.8	31.9	
4220	2543	2541	5119	2548	
599	53	877	655	512	
86	53	58	66	53	
2387	2054	1911	2255	2054	
11	12	13	13	12	
33	20	17	18	20	
55	68	70	69	69	

APPENDIX
Institutional Diets,

1. District	...	Sholapur			
2. Type of Institution...	Certified Schools.				
3. Serial Number	...	274	275	276	277
4. Name and Address...	D. P. & A. A.'s Remand Home. After care Hostel for Boys. Sholapur.				Certified School. for Girls.
5. Urban/Rural	...	URBAN.....			
6. Rationed/non-rationed cereals (at the time of study):	RATIONED.....				
7. Date of Visit	...	21-9-46	21-9-46	25-9-46	25-9-46
8. Total No. of Male inmates	34	2	87
Female	61	...
9. Total No. of C. Us.	27.2	2.0	69.6	43.0	...
10. Age range in years.	6-14 & above.	6-14 & above	6-14 & above.	6-14 & above	...
11. Vegetarian/ Mixed cater.	Mixed	Mixed	Mixed	Mixed	...
12. Approximate cost of food.	Rs. 12 p.m.	Rs. 12 p.m.	Rs. 14 p.m.	Rs. 14 p.m.	...
13. Economic Status	Poor	Poor	Poor	Poor	...
14. Daily Food intake per C. U. (in ozs.)—					
(i) Rice	2.1	1.7	1.2	1.4	...
(ii) Wheat	2.9	2.3	6.8	7.8	...
(iii) Other cereals	10.0	8.0	6.8	7.8	...
(iv) Pulses	2.4	1.9	5.2	6.0	...
(v) Leafy vegetables.	4.2	4.8	...
(vi) Root Do.	1.3	1.1
(vii) Other Do.	4.2	4.8	...
(viii) Fruits
(ix) Sugar and Jaggery	1.0	0.8	1.1	1.3	...
(x) Vegetable oils/fats	1.0	0.8	0.6	0.7	...
(xi) Butter and Ghee.
(xii) Milk, curds etc.	3.0	2.4	0.5	0.6	...
(xiii) Fish and Meat	1.9	1.5	0.6	0.7	...
(xiv) Eggs
(xv) Other foods	0.3	0.3	0.6	0.6	...
15. Nutrient Analysis—					
(i) Total Proteins (in g.)	69.4	55.5	93.7	107.0	...
(ii) (Animal (") Proteins.	4.9	3.9	3.7	4.3	...
(iii) Fats (")	38.5	38.8	38.2	43.6	...
(iv) Carbohydrates(,,)	396.1	316.9	455.5	520.3	...
(v) Calcium (")	0.3	0.3	0.9	1.0	...
(vi) Phosphorus(")	1.3	1.1	1.5	1.7	...
(vii) Iron (in mg.)	28.7	23.0	57.0	65.0	...
(viii) Vitamin A (in I.U.)	696	557	8342	9530	...
(ix) Vitamin B1(")	630	504	905	1033	...
(x) Vitamin C (in mg.)	131	150	...
(xi) Calories	2273	1818	2541	2903	...
Distribution of Calories—					
(i) Proteins (in P.C.)	12	12	14	14	...
(ii) Fats (")	19	19	14	14	...
(iii) Carbohydrates(,,)	69	69	72	72	...

A—contd.

Bombay State (1945-50)—contd.

B. C. hostel		Orphanages.		
278	279	280	281	282
Bahish krit Anath Vidyarti Griha for Boys.	Griha For Girls.	Dry Farming Centre Shelgi.	Zanama Bible Sholapur.	Medical Mission
Urban		Rural	Urban	
24-9-46	23-9-46	24-9-46	21-9-46	
88	...	30	...	28
—	—	—	—	—
...	15	...	32	...
88.0	12.0	30.0	22.0	15.2
14 & above	14 & above	Adults	6-13	1-5
Vegetarian	Vegetarian	Vegetarian	Mixed	Mixed
Rs. 9 p.m.	Rs. 9 p.m.	Rs. 26 p.m.	Rs. 8 p.m.	Rs. 17 p.m.
Poor	Poor	L. M. C.	Poor	Poor
1.6	2.0	2.4	1.0
1.2	1.5	5.6	5.0
12.4	15.5	5.8	15.0	1.2
1.4	1.7	2.4	1.7
0.5	0.6	4.5	1.4
.....	2.5	3.0
0.8	1.0	3.0	1.7	5.0
.....	7.5
0.5	0.6	1.8	0.7	2.5
0.2	0.4	2.2	0.4
.....
0.6	0.7	6.3	1.4	22.0
.....	1.7	1.2
.....	0.6
.....	1.4
51.0	63.7	71.7	81.9	89.7
0.7	0.9	7.5	73.5
17.0	21.2	75.0	42.0	58.0
356.0	445.0	400.5	407.5	313.0
0.2	0.2	1.0	0.4	2.0
0.2	2.7	1.7	1.5	1.7
30.0	37.5	49.5	35.0	15.7
1514	1892	9197	2705	1805
202	252	82	754	85
19	23	123	23	235
1800	2250	2671	2337	2382
11	11	11	14	17
4	9	27	16	24
85	80	63	70	59

APPENDIX

Institutional Diets,

1. District.	... Kolaba.	Belgaum.	
2. Type of Institution ...	Training College.	School.	College hostels.
3. Serial Number ...	283	284	285 (a)
4. Names and Address...	Training College for men Panvel, Kolaba.	St. Joseph Convent Belgaum.	Raja L. Law College Belgaum, Pioneer.
5. Urban/Rural ...	Urban.	Urban.	Urban.
6. Rationed/non-rationed cereals (at the time of study).	Non-rationed.	Non-rationed.	Non-rationed.
7. Date of visits.	11-4-49	23-3-48	22-3-48
8. Total No. of inmates.	{ Male 60 Female 70	25
9. Total No. of C. Us. ...	60.0	55.0	25.0
10. Age-range in years ...	Adults.	6-14 and above.	Adults.
11. Vegetarian/mixedeater	Vegetarian.	Mixed.	Vegetarian.
12. Approximate cost of food.	Ra. 18-Rs. 20 p.m.	Rs. 38 p.m.	Rs. 33 p.m.
13. Economic status.	Poor.	Middle and lower middle class.	Middle, upper and well-to-do class.
14. Daily Food intake per C. U. (in ozs.)			
(i) Rice ...	4.5	21.2	11.3
(ii) Wheat ...	0.6	10.0	4.1
(iii) Other cereals ...	6.8	3.1
(iv) Pulses ...	5.0	0.5	4.6
(v) Leafy vegetables ...	2.4	1.8	0.6
(vi) Root vegetables ...	1.4	3.1
(vii) Other vegetables ...	1.4	2.8	4.6
(viii) Fruits	5.8
(ix) Sugar and Jaggery...	1.2	6.0
(x) Vegetable oil/fats.	0.8	1.7	0.5
(xi) Butter and ghee ...	0.5	0.7	1.0
(xii) Milk, curds, etc. ...	0.7	17.1	15.4
(xiii) Fish and meat	9.5
(xiv) Eggs
(xv) Other foods
15. Nutrient Analysis—			
(i) Total Proteins (in g.).	68.1	173.1	100.3
(ii) Animal proteins (in g.)	0.6	81.0	18.7
(iii) Fats (in g.) ...	47.8	118.3	88.6
(iv) Carbohydrates (in g.)	377.8	889.6	524.3
(v) Calcium (in g.) ...	0.6	1.8	1.8
(vi) Phosphorus (in g.).	1.4
(vii) Iron (in mg.) ...	43.0	45.0	32.6
(viii) Vitamin A (in I. U.)	5862	6768	3464
(ix) Vitamin B1 (in I. U.)	590	1101	753
(x) Vitamin C (in mg.)...	66	272	65
(xi) Calories ...	2214	5316	3295
16. Distribution of calories—			
(i) Proteins (in P. C.)...	13	13	12
(ii) Fats (in P. C.) ...	19	20	24
(iii) Carbohydrates (in P. C.).	68	67	64

A—contd.

Bombay State (1945-50)—contd.

285(b)	286	287	288(a)	288(b)
Raja L. Law College, Belgaum Jai Hind.	Lingraj College Belgaum.	Basic Training Class College, Belgaum.	S. T. College, Belgaum. A.	B.
Urban.	Urban.	Urban.	Urban.	Urban.
Non-rationed.	Rationed.	Non-rationed.	Rationed.	Rationed
22-3-48	23-1-50	24-3-48	23-1-50	23-1-50
60	200	27	35	26
.....	6
60.0	200.0	31.8	35.0	26.0
Adults.	Adults.	Adults.	Adults.	Adults.
Vegetarian.	Vegetarian.	Vegetarian.	Vegetarian.	Vegetarian.
Rs. 33 p.m.	Rs. 35 p.m.	Rs. 34 p.m.	Rs. 34 p.m.	Rs. 34 p.m.
Middle, upper and well-to-do class.		Lower middle class.	Middle class.	Middle class.
10.9	4.6	6.1	3.8	3.7
5.4	2.0	1.6	5.1	4.9
3.6	4.0	7.6	2.8	2.7
4.5	3.8	3.3	3.8	2.8
0.6	4.3	1.0	2.6	4.2
2.7	3.9	2.1	1.5	2.9
2.7	4.9	5.6	4.9	4.8
.....	0.9	2.0	0.6	0.3
0.3	1.0	2.4	1.4	1.2
0.6	0.4	1.0	0.9	1.2
1.2	1.0	0.8	1.8	1.8
14.5	11.4	15.2	9.8	9.8
.....
.....
.....	0.6
102.2	78.1	85.6	76.8	70.3
17.4	13.7	18.2	11.8	11.8
93.3	69.9	94.1	95.6	103.6
544.4	383.8	595.9	382.6	361.6
1.3	1.3	1.3	1.1	1.2
.....	1.8	1.8	1.7
34.6	44.1	33.1	40.1	43.0
364?	7904	4170	5923	8124
813	542	661	581	568
35	145	83	102	134
3427	2477	3252	2694	2660
11	13	10	11	11
25	25	26	32	35
64	62	64	57	54

APPENDIX

Institutional Diets,

1. District	...	Belgaum.			
2. Type of Institution	...	Remand home.	Backward Class Hostels.		
3. Serial Number	...	289	290	291	292
4. Names and Address.	P. I. A. A.'s Remand Home, Belgaum.	Karnatak Harijan Chatra- laya.	B. C. Hostel, Nipani.	Sardar H. S. B. C. Hostel for Boys Belgaum.	
5. Urban/Rural	...	Urban.	Urban.	Urban.	Urban.
6. Rationed/non-rationed cereals (at the time of study).	Non-rationed.	Non-rationed.	Non-rationed.	Rationed.	
7. Date of visits.	23-3-48	26-3-48	19-3-48	4-2-47	
8. Total No. of inmates.	Male	31	23	10	6
	Female.
9. Total No. of C. Us.	...	27.0	23.0	10.0	6.0
10. Age-range in years	...	6-14 and above.	14 and above.	14 and above.	14 and above.
11. Vegetarian/mixed eater.	Vegetarian.	Mixed.	Mixed.	Mixed.	
12. Approximate cost of Food.	Rs. 14-Rs. 15 p.m.	Rs. 8 p.m.	Rs. 15 p.m.	Rs. 8 p.m.	
13. Economic status	...	Poor.	Poor.	Poor.	Poor.
14. Daily Food intake per C. U. (in ozs)—					
(i) Rice	...	5.1	3.4	4.4	12.0
(ii) Wheat	
(iii) Other cereals	...	11.1	13.0	19.2	0.5
(iv) Pulses	...	1.2	1.3	1.8	
(v) Leafy vegetables	0.7	2.0
(vi) Root vegetables	...	0.4	0.7	0.4
(vii) Other vegetables	...	1.7	1.7	1.8
(viii) Fruits	...	0.1
(ix) Sugar and Jaggery.	...	0.1
(x) Vegetable oils/fats	...	0.3	0.4	0.2	0.1
(xi) Butter and ghee
(xii) Milk, curds, etc.
(xiii) Fish and meat	0.6	0.4
(xiv) Eggs
(xv) Other foods	...	0.7
15. Nutrient Analysis—					
(i) Total Proteins (in g.).	61.8	59.3	82.3	35.0	
(ii) Animal Proteins (in g.)	3.8	2.0	
(iii) Fats (in g.)	24.6	19.7	19.6	7.6	
(iv) Carbohydrates (in g.)	385.5	375.8	586.7	252.0	
(v) Calcium (in g.)	0.3	0.3	0.7	0.4	
(vi) Phosphorus (in g.).	1.0	
(vii) Iron (in mg.)	31.5	30.6	48.7	20.9	
(viii) Vitamin A (in I. U.)	2806	1996	4475	391	
(ix) Vitamin B1 (in I. U.)	607	570	828	422	
(x) Vitamin C (in mg.).	44	33	61	
(xi) Calories	2011	1918	2852	1218	
16. Distribution of calories—					
(i) Protein (in P. C.)	13	12	12	12	
(ii) Fats (in P. C.)	11	9	6	6	
(iii) Carbohydrates (in P. C.).	76	79	82	82	

A—contd.

Bombay State (1945-50)—contd.

					Bijapur.
					Schools.
293	294	295	Training centre. 296	297	
B. C. Hostel, Chikodi.	B. C. Hostel for Girls, Belgaum.	Kakkaya Samaj Hostel, Nipani.	Agricultural School, Arbavi.	Sidheahwar H. S., Bijapur.	
Urban.	Urban.	Urban.	Urban.	Urban.	
Non-rationed.	Non-rationed.	Non-rationed.	Non-rationed.	Non-rationed.	
18-3-48	29-3-48	19-3-48	November 1948.	9-7-48	
16	13	41	22	
.....	16	
16.0	12.0	13.0	41.0	22.0	
14 and above.	6-14 and above.	14 and above.	Adults.	14 and above.	
Mixed.	Vegetarian.	Mixed.	Vegetarian.	Vegetarian.	
Rs. 12 p.m.	Rs. 18 p.m.	Rs. 16-Rs. 18 p.m.	Rs. 26 p.m.	Rs. 25 p.m.	
Poor.	Poor.	Poor.	Lower middle class.	Well-to-do.	
3.5	5.0	4.5	2.9	3.5	
.....	2.5	0.8	2.4	
14.1	0.7	15.6	14.1	7.7	
1.7	4.5	4.4	2.8	1.9	
1.2	1.2	1.3	1.6	
0.1	0.9	0.3	
1.0	1.8	0.9	2.9	4.9	
.....	
.....	1.7	0.9	2.0	1.3	
0.4	0.6	0.2	0.5	
.....	1.9	
.....	0.7	20.5	7.2	
0.5	Negligible.	
.....	Negligible.	
.....	0.7	
63.8	77.4	87.4	87.9	68.0	
2.6	0.9	Negligible.	24.6	8.7	
23.6	36.5	16.2	74.1	77.8	
404.2	452.5	546.2	483.0	386.0	
0.4	0.4	0.4	1.5	0.8	
.....	1.3	2.3	1.4	
36.2	35.0	44.9	32.6	33.7	
2796	2777	3387	1709	7504	
625	712	846	562	572	
35	45	36	29	62	
2034	2491	2680	2950	2496	
12	13	13	12	10	
10	13	6	23	28	
78	78	82	65	63	

APPENDIX
Institutional Diets,

1. District	... Bijapur.			
2. Type of Institution	... College Hostel.	Training College.	Backward	
3. Serial Number	... 298(a) 298(b)	299	300	
4. Name and Address	... Basweshwar College, Bagalkot.	Government Training College for men, Bija- pur.	Harijan Kanya Mandir, Bijapur.	
5. Urban/RuralUrban.....			
6. Rationed/non-rationed cereals (at the time of the study).No Rationing of Cereals.....			
7. Date of visit	... 14-7-48 ...	10-7-48 ...	6-7-48 ...	
8. Total No. of inmates	Male	60	64	
	Female	
9. Total No. of C. Us.	60.0	60.0	64.0	
10. Age-range in yearsAdults..... 6 to 14 years and above			
11. Vegetarian/Mixed eater.Vegetarian.....			
12. Approximate cost of food.	Rs. 30 per mensem.	Rs. 12-Rs. 15 per mensem.	Rs. 10-Rs. 12 per mensem.	
13. Economic Status	... Middle class.Poor.....		
14. Daily Food intake per C.U. (in ozs)—				
(i) Rice	4.0	4.0	3.0	
(ii) Wheat	0.8	0.9	0.5	
(iii) Other cereals	18.2	16.3	15.0	
(iv) Pulses	3.3	5.2	3.0	
(v) Leafy vegetables	4.0	6.6	3.8	
(vi) Root vegetables				0.4
(vii) Other vegetables				0.6
(viii) Fruits	0.8	
(ix) Sugar and Jaggery	1.7	1.1	0.6	
(x) Vegetable oil/fats	0.6	1.1	0.6	
(xi) Butter and Ghee	1.0	1.5	
(xii) Milk, curds, etc.	13.9	12.0	2.2	
(xiii) Fish and meat	
(xiv) Eggs	
(xv) Other foods	
15. Nutrient Analysis—				
(i) Total proteins (in g.)	105.4	110.0	75.6	
(ii) Animal " (")	16.9	14.6	1.8	
(iii) Fats (")	91.0	115.2	30.1	
(iv) Carbo-hydrates (")	628.0	608.0	478.8	
(v) Calcium (")	1.3	1.2	0.5	
(vi) Phosphorus (")	2.4	2.4	1.7	
(vii) Iron (in mg.)	51.0	54.2	43.7	
(viii) Vitamin (in I. U.)	4324	5115	3106	
(ix) Vitamin B1 (")	886	921	746	
(x) Vitamin C (in mg.)	34	46	41	
(xi) Calories	3752	3912	2492	
16. Distribution of calories—				
(i) Proteins (in P. C.)	11	11	12	
(ii) Fats (")	22	27	11	
(iii) Carbo-hydrates. (")	67	63	77	
			80	

A—contd.

Bombay State (1945-50)—contd.

Class Hostels			Training Centres.	
301	302	303	304	305
Harijan Student Bording Home, Bijapur.	Lamani Board- ing House, Bijapur.	B. C. Hostel, Bagalkot.	Government Agricultural School, Bijapur.	Lokashala II year Hostel, Bijapur.
URBAN				
..... No. rationing of cereals				
7-7-48	12-7-48	16-7-48	8-7-48	8-7-48
80	16	23	20	40
—	—	—	—	—
...
76.5	16.0	23.0	20.0	40.0
6 to 14 years above 14 years and above				
..... Mixed Vegetarian				
Rs. 10-Rs. 12 per mensem.		Rs. 14 per mensem.	Rs. 16-Rs. 20 per mensem.	Rs. 15 per mensem.
..... Poor Middle class.				
.....	1.1	4.0	1.6
.....
23.1	20.8	23.3	16.8	10.5
0.9	3.9	5.3	3.2	2.0
0.2	0.8	0.5	0.7
0.1	0.2	0.7	1.8	0.2
1.8	0.6	1.6	5.8	1.2
.....
.....	0.3	0.8	0.2
0.2	0.6	0.4	0.8	0.4
.....	1.2	0.4
.....	0.6	8.0	4.8
.....	0.3
.....
.....
74.3	87.7	108.3	92.1	52.1
.....	1.8	0.5	9.7	4.8
18.0	31.3	27.5	87.6	37.2
503.6	502.9	621.5	548.5	301.6
0.3	0.4	0.6	0.9	0.4
1.9	1.9	2.4	2.1	1.2
44.1	50.0	60.2	48.0	25.8
1347	2040	2248	2340	978
808	868	1078	861	466
22	21	34	36	2
2473	2643	3166	3350	1750
12	13	14	11	12
7	11	8	24	19
81	76	78	65	69

APPENDIX
Institutional Diets,

1. District	...	Dharwar.			
2. Type of Institution	...	Traing Centres.		High Schools..	
3. Serial Number	...	306	307	308	309
4. Name and Address	...	Loka Shala III Year Hostel, Bijapur.	Agricultural School, Bagalkot.	Anglo-U r d u High School, Hubli.	Convent High School, Hubli.
5. Urban/Rural	Urban.....			
6. Rationed/non-rationed cereals (at the time of the study).	Non-rationed.....		Rationed.....	
7. Date of visit	...	8-7-48	15-7-48	27-1-47	18-2-47
8. Total No. of inmates	Male	31	43	15	40
	Female
9. Total No. of C. Us.	...	31.0	43.0	15.0	32.0
10. Age-range in years.....	14 yrs. and above.....			6-14 and above.
11. Vegetarian/Mixed eater.	Vegetarian.....			Mixed.
12. Approximate cost of food.	Rs. 14 per mensem.	Rs. 15-Rs. 16 per mensem.	Rs. 8-Rs. 9 per mensem.	Rs. 40 per mensem.
13. Economic Status	Poor			M. and L. M. Class.
14. Daily Food intake per C. U. (in ozs.)					
(i) Rice	...	2.0	3.2	1.8
(ii) Wheat	8.7
(iii) Other cereals	...	14.5	21.4	3.7
(iv) Pulses	...	3.0	2.8	2.2
(v) Leafy vegetables	1.0	2.2	1.2
(vi) Root vegetables	...	0.8	1.0	1.4	1.2
(vii) Other vegetables.	...	3.1	2.4	2.0	2.5
(viii) Fruits	...	0.3	0.4
(ix) Sugar and Jaggery	...	0.5	0.3	1.0	1.2
(x) Vegetable oils/fats.	...	0.5	0.3	1.0	4.1
(xi) Butter and Ghee.	0.9	1.3
(xii) Milk, curds, etc.	...	4.1	1.9	0.7	10.0
(xiii) Fish and meat	5.2
(xiv) Eggs
(xv) Other foods
15. Nutrient Analysis—					
(i) Total Proteins(in g.)	...	70.1	84.1	57.0	58.2
(ii) Animal Pr. (")	...	3.3	1.5	0.6	38.0
(iii) Fats (")	...	27.4	23.0	38.0	187.7
(iv) Carbohydrates(")	...	421.4	517.5	321.0	178.1
(v) Calcium (")	...	0.4	0.5	0.5	1.0
(vi) Phosphorus(")	...	1.5	1.9	1.0
(vii) Iron (in mg.)	...	36.8	51.0	32.0	17.6
(viii) Vitamin (in I. U.)	...	1234	2816	5038	2857
(ix) Vitamin B1 (")	...	699	859	663	346
(x) Vitamin C (in mg.)	...	5	46	117	55
(xi) Calories	...	2212	2612	1879	2763
16. Distribution of Calories—					
(i) Proteins (in P. C.)	...	13	13	12	8
(ii) Fats (")	...	11	8	19	64
(iii) Carbo- hydrates.	...	76	79	69	26

A—contd.

Bombay State (1945-50)—contd..

College Hostels				
310	311	312(a)	312(b)	312(c).
Jagadguru Gangadhar College of Commerce.	College of Agriculture.	Muslim. Karnatak	College, Christian. Club.	Dharwar, Brothers.
Urban				
Rationed.....				
.....18-1-50.....				
48	117	13	22	27
...
48.0	117.0	13.0	22.0	27.0
.....Adults.....				
Vegetarian.		Mixed.	Vegetarian.	
Rs. 41 per mensem.	Rs. 40 per mensem.	Rs. 35 per mensem.	Rs. 40 per mensem.	Rs. 33 per mensem.
Middle and upper middle class				
5.5	3.8	3.8	3.4	3.2
3.8	1.3
2.7	5.4	7.7	7.0	6.8
2.2	4.2	2.0	4.4
1.3	4.3	0.7	2.0	2.2
2.0	1.6	2.1	1.4	6.0
3.8	2.0	4.2	4.0	14.0
2.3	1.0	3.0
1.2	1.0	1.4	1.4
0.8	1.3	0.8	0.8	0.8
1.5	0.5	0.8	1.6	0.8
12.0	16.2	3.1	17.0
.....	3.7	10.3
.....	0.5
.....	0.3	1.0
68.1	81.7	67.2	106.9	93.8
14.4	19.4	19.2	73.5	20.4
98.9	90.5	65.2	91.1	106.5
373.9	366.1	300.5	313.8	400.9
1.1	1.7	0.4	0.5	1.6
1.7	2.1
27.8	43.5	26.5	21.3	37.7
6086	7201	2308	4500	6615
553	492	509	416	569
189	119	62	91	204
2658	2606	2047	2505	2897
10	13	13	17	13
33	31	20	32	32
57	56	58	52	56

APPENDIX

Institutional Diets.

1. District	...	Dharwar.			
2. Type of Institution	...	College Hostels.			
3. Serial Number	...	312(d)	312(e)	312(f)	312(g)
4. Name and Address	Karnatak College, Dharwar..... Kanara Club I. Kanara Club II. Ladies Club. Lingayat Block.			
5. Urban/Rural	Urban.....	Urban.....	Urban.....	Urban.....
6. Rationed/non-rationed cereals (at the time of the study).	...	Rationed.....	Rationed.....	Rationed.....	Rationed.....
7. Date of visit	15-9-1947.....	15-9-1947.....	15-9-1947.....	15-9-1947.....
8. Total No. of inmates:	Male	35	35	...	33
	Female	37	...
9. Total No. of C. Us.	...	35.0	35.0	29.6	33.0
10. Age-range in years	Adults.....	Adults.....	Adults.....	Adults.....
11. Vegetarian/Mixed eatr.	Vegetarian.....	Vegetarian.....	Vegetarian.....	Vegetarian.....
12. Approximate cost of food.	Rs. 33 ...	Rs. 35 ...	Rs. 26 ...	Rs. 35	
	per mensem.	per mensem.	per mensem.	per mensem.	
13. Economic Status	Middle and upper middle class.....			
14. Daily Food intake per C.U. (in ozs.)—					
(i) Rice	...	3.1	3.1	4.0	2.7
(ii) Wheat
(iii) Other cereals	...	6.2	6.2	8.0	5.4
(iv) Pulses	...	2.6	4.6	2.1	5.8
(v) Leafy vegetables.	...	2.0	2.0	1.0	1.3
(vi) Root vegetables	...	2.0	4.0	2.8	2.8
(vii) Other vegetables.	...	6.6	13.4	11.6	7.3
(viii) Fruits
(ix) Sugar and Jaggery	...	0.5	1.2	1.1	1.2
(x) Vegetable oils/fats	...	0.5	0.4	1.0
(xi) Butter and Ghee.	...	1.3	1.8	1.0	0.9
(xii) Milk, curds etc.	...	17.0	22.8	1.1	19.3
(xiii) Fish and meat
(xiv) Eggs
(xv) Other foods	0.8	0.5	1.0
15. Nutrient Analysis—					
(i) Total Proteins (in g.)	60.6	98.0	66.0	94.8	
(ii) (Animal ..) (..)	20.4	27.3	10.2	23.1	
(iii) Fats (..)	99.0	128.0	85.0	92.0	
(iv) Carbohydrates (..)	306.8	392.7	384.1	363.2	
(v) Calcium (..)	1.5	1.8	0.7	1.6	
(vi) Phosphorus (..)	
(vii) Iron (in mg.)	34.3	36.3	30.0	31.4	
(viii) Vitamin A (in I. U.)	6952	6118	2803	5240	
(ix) Vitamin B ₁ (..)	453	470	573	613	
(x) Vitamin C (in mg.)	135	188	165	168	
(xi) Calories	2373	3139	2541	2633	
16. Distribution of Calories.					
(i) Proteins (in P.C)	10	13	10	14	
(ii) Fats (..)	38	37	30	31	
(iii) Carbo- hydrates. (..)	52	50	60	55	

A—contd.

Bombay State (1945-50)—contd.

Training Colleges.				
312(h)	312(i)	313	314	315(a)
Pioneer Club.	Union Club.	K. E. Boardings Training College for men.	Urdu Training College for men.	Basic Training Centre. A
Urban	Urban	Urban	Urban	Urban
Rationed	Rationed	Rationed	Non-rationed	Rationed
15-9-1947	15-9-1947	24-1-1947	12-9-1948	16-9-1947
32	30	23	70	22
—	—	—	—	—
...
32.0	30.0	23.0	70.0	22.0
Adults	Adults	Adults	Adults	Adults
Vegetarian	Vegetarian	Vegetarian	Mixed	Vegetarian
Rs. 30 per mensem.	Rs. 33 per mensem.	Rs. 15 per mensem.	Rs. 18 per mensem.	Rs. 15 per mensem.
Lower middle class			Lower middle class	
3.2	3.2	3.2	2.0	3.0
0.5	6.4
6.5	6.4	2.0	4.0	5.0
3.5	3.7	2.5	3.0	4.1
0.9	5.6	3.0	1.0	4.8
4.2	20.0	1.4	2.0	
12.5	}	1.0	2.5	}
.....		2.0	
1.5	1.0	1.0	1.3
0.9	0.5	0.5	0.5	0.6
1.8	2.0	0.3	0.4
21.1	13.0	2.5	2.0
.....	1.6
.....
.....	1.0
84.6	80.7	78.0	83.6	47.3
25.3	15.6	3.2	10.7
135.5	97.0	46.0	30.3	33.5
400.0	362.1	447.0	358.6	285.8
1.7	1.7	0.7	0.5	0.3
		1.9	1.3	
21.2	51.5	43.0	27.4	19.3
3318	1212	6271	3398	2590
424	666	837	462	411
154	282	37	122	48
3080	2633	2457	1962	1650
11	12	12	13	9
38	33	17	14	19
51	55	71	73	72

APPENDIX
Institutional Diets,

1. District	...	Dharwar.			
2. Type of Institution	...	Training Colleges for Primary Teachers.			
3. Serial Number	...	315(b)	316	317(a)	317(b)
4. Name and Address	...	Basic Training. B	Training College for women, Dharwar.	Government Training College A	B
5. Urban/Rural	...	Urban	Urban	Urban	Urban
6. Rationed/non-rationed cereals (at the time of the study).	...	Rationed	Rationed	Rationed	Rationed
7. Date of visit	...	16-9-1947	15-9-1947	16-9-47	16-9-1947
8. Total No. inmates	Male	18	...	64	66
	Female	...	85
9. Total No. of C. Us.	...	18.0	68.0	64.0	66.0
10. Age-range in years	Adults	Adults	Adults	Adults
11. Vegetarian/Mixed cater.	Vegetarian	Vegetarian	Vegetarian	Vegetarian
12. Approximate cost of food.	Ra. 15	...	Rs. 15	...	Rs. 14 to Rs. 15 per mensem.
13. Economic Status	Lower middle class			
14. Daily Food intake per C.U. (in ozs)—					
(i) Rice	...	3.0	1.7	3.2	3.0
(ii) Wheat	1.2
(iii) Other cereals	...	5.0	9.7	6.4	6.4
(iv) Pulses	...	4.1	2.6	3.4	4.0
(v) Leafy vegetables.	0.5
(vi) Root vegetables	0.5	0.4
(vii) Other vegetables.	...	4.8	3.1	8.3	2.3
(viii) Fruits
(ix) Sugar and Jaggery.	...	1.3	2.2	1.3	1.3
(x) Vegetable oils/fats.	...	0.6	0.6	0.3	0.2
(xi) Butter and Ghee.	...	0.4	0.3	0.3	0.6
(xii) Milk, curds etc.	5.5	1.1	1.5
(xiii) Fish and meat
(xiv) Eggs
(xv) Other foods
15. Nutrient Analysis—					
(i) Total Proteins (in g.)	...	47.3	73.2	49.7	54.4
(ii) Animal „ („)	6.5	1.3	1.8
(iii) Fats („)	...	33.5	45.0	25.2	32.6
(iv) Carbohydrates („)	...	285.8	389.7	308.4	297.3
(v) Calcium („)	...	0.3	0.5	0.3	0.3
(vi) Phosphorus („)
(vii) Iron (in mg.)	...	19.3	26.6	20.1	22.7
(viii) Vitamin A (in I. U.)	...	2596	1757	726	746
(ix) Vitamin B ₁ („)	...	411	545	466	535
(x) Vitamin C (in mg.)	...	48	41	33	24
(xi) Calories	...	1650	2250	1729	1716
16. Distribution of Calories.					
(i) Proteins (in P. C.)	...	12	13	11	13
(ii) Fats („)	...	28	18	13	17
(iii) Carbohydrates.	...	70	69	76	70

A—contd.

Bombay State (1945-50)—contd.

Certified Schools.				
317(c)	318(a)	318(b)	318(c)	319(a)
For men. C	Borstal School, Dharwar. Light work.	Moderate work.	Heavy work.	Remand Home for Boys.
Urban.....	Urban.....	Urban.....	Urban.....	Urban
Rationed.....	Rationed.....	Rationed.....	Rationed.....	Non-rationed.
..... 16-9-1947 25-1-1947.....	25-1-1947	25-1-1947	29-9-1948.
14		308		69
—	—
...
14.0	308.0.....	62.0
Adults.....	14 years and above.....	14 years and above.		6 to 14 Years and above.
Vegetarian.....	Mixed.....	Mixed.....	Mixed	Vegetarian.
Rs. 20 to Rs. 22 per mensem.....	Rs. 15 to 17 per mensem.
Lower middle class.....	Poor.....	Poor.....	Poor.....	Poor.....
3.2	2.8	2.8	2.8	1.8
.....	3.5	3.5	3.5
6.4	3.7	3.7	3.9	16.7
3.4	9.8	10.7	12.7	2.4
.....	4.5	4.5	4.5	1.1
0.6	2.5	2.5	2.5	0.9
2.2	2.2	2.2	2.2	1.1
.....
1.3	2.0	3.0	3.0	0.5
0.6	0.5	0.5	0.5	0.3
0.6	0.1	0.1
.....	1.3	1.3	1.3	2.9
.....	1.4	1.4	1.4
.....
.....	2.0	2.0	2.0
47.0	119.0	124.0	136.0	73.3
.....	9.0	9.0	9.0	3.5
39.3	56.0	56.0	57.0	27.6
304.5	448.0	501.0	523.0	461.0
0.3	1.0	1.0	1.0	0.5
	1.7	1.9	2.1	1.7
19.8	40.0	63.0	47.0	42.5
681	7932	7989	8115	6423
460	1047	1096	1182	716
23	102	102	102	37
1864	2963	2900	3223	2385
11	17	17	16	12
20	17	17	17	10
69	66	67	67	78

APPENDIX
-Institutional Diets,

1. District	...	Dharwar.			
2. Type of Institution	...	B.C. Hostel			B.C. Hostel
3. Serial Number	...	319(b)	320	321	322
4. Name and Address	...	Remand Home for girls.	Certified school for boys.	Certified school for girls.	Karnatak Harijan Balikashram, Hubli.
5. Urban/Rural	...	Urban	Urban	Urban	Urban
6. Rationed/non-rationed cereals (at the time of the study).		Non-rationed	Non-rationed	Non-rationed	Non-rationed
7. Date of visit	...	29-9-48	Sept. 1948.	Sept. 1948.	20-9-48
8. Total No. of inmates	Male	120
	Female	19	80	38
9. Total No. of C. Us.	...	13.3	120.0	56.0	26.0
10. Age-range in years	...	6-14 years and above.	14 and above.	6-14 years and above.	6-14 years and above.
11. Vegetarian/Mixed eater.	...	Vegetarian	Mixed	Mixed	Vegetarian
12. Approximate cost of food.	...	Rs. 15-Rs. 27 per month.	Rs. 16 per month.	Rs. 16 per month.	Rs. 13-Rs. 15 per month.
13. Economic Status	...	Poor	Poor	Poor	Poor
14. Daily Food intake per C. U. (in ozs.)—					
(i) Rice	...	2.4	6.5	9.2	4.4
(ii) Wheat	1.2	1.7
(iii) Other cereals	...	21.4	5.8	8.2	14.5
(iv) Pulses	...	3.1	2.0	2.8	2.3
(v) Leafy vegetables.	...	1.4	1.4	2.0	2.8
(vi) Root vegetables	...	1.1	0.3	0.4	0.5
(vii) Other vegetables.	...	1.4	1.4	2.0	2.8
(viii) Fruits
(ix) Sugar and jaggery.	...	0.6	0.7	1.0	1.0
(x) Vegetable oils/fats	...	0.4	0.2	0.3	0.5
(xi) Butter and Ghee.
(xii) Milk, curds, etc.	...	3.8	2.2	2.8	3.6
(xiii) Fish and meat	0.2	0.3
(xiv) Eggs
(xv) Other foods	1.3	1.8
15. Nutrient Analysis—					
(i) Total Proteins (in g.)	...	93.8	63.6	90.3	75.7
(ii) Animal „ („)	...	4.5	3.6	5.1	4.3
(iii) Fats („)	...	35.3	32.2	45.7	36.2
(iv) Carbo-hydrates(„)	...	589.8	358.2	508.6	489.6
(v) Calcium („)	...	0.7	0.5	0.7	0.8
(vi) Phosphorus(„)	...	2.3	1.3	1.9	1.7
(vii) Iron (in mg.)	...	53.3	28.6	40.6	45.5
(viii) Vitamin A (in I. U.)	...	4099	3041	4318	6229
(ix) Vitamin B ₁ („)	...	915	585	830	705
(x) Vitamin C(in mg.)	...	47	37	52	90
(xi) Calories	...	3051	1977	2807	2590
16. Distribution of calories—					
(i) Proteins (in P. C.)	...	12	13	13	12
(ii) Fats („)	...	10	14	14	12
(iii) Carbo-hydrates. („)	...	78	73	73	76

A—contd.

Bombay State (1945-50)—contd.

323	324	325	326	327
Lamani Boarding for Boys, Dhar- war.	Lamani Board- ing for Girls, Dharwar.	B. C. Hostel, Rou.	B. C. Hostel, Havori.	Government B. C. Hostel, Hubli.
Urban ...	Urban ...	Rural ...	Urban ...	Urban
Rationed ...	Rationed ...	Partial rationed...	Rationed ...	Rationed.
29-1-47 ...	29-1-47 ...	29-1-50 ...	10-1-50 ...	17-1-50
14	17	15	20
.....	13
14.0	9.1	17.0	15.0	20.0
14 years and above.	6-14 years and above.	14 years and above.	14 years and above.	14 years and above.
Vegetarian.	Vegetarian.	Vegetarian.	Mixed.	Mixed.
Rs. 8 per month.	Rs. 8 per month.	Rs. 10 per month.	Rs. 10 per month.	Rs. 22-Rs. 24 per month.
Poor ...	Poor ...	Poor ...	Poor ...	Poor
12.0 } 1.0 } 1.0 }	17.0 } 1.4 } 1.4 }	15.8 } 2.0 } 1.1 }	5.0 13.3 1.7 2.1 }	12.0 } 4.5 } 5.9 }
..... 0.1 0.1 0.2 0.5 1.6 0.6 0.9 0.9 0.3 3.8 1.1 1.0
41.0 8.0 269.0 0.2 0.9 19.0 362 449 10 1317	58.2 11.3 381.9 0.2 1.2 26.9 514 31 14 1870	59.2 15.3 366.6 0.2 1.4 33.1 758 611 11 1840	66.6 3.1 56.1 435.9 0.8 1.7 36.6 2031 596 29 2514	75.6 10.4 54.1 367.5 0.7 1.6 42.6 5682 692 76 2257
13 3 84	13 3 84	13 7 80	11 20 69	13 22 65

APPENDIX
Institutional Diets,

1. District	... Dharwar.				
2. Type of Institution	... B. C. Hostels.				
3. Serial Number	328	329	330	331	
4. Name and Address	Depressed Class Society Hostel for Boys, Dharwar.	D. C. S. Hostel for Girls, Dharwar.	B. C. Hostel, Gadag.	Gondhali Hostel, Navelgund.	
5. Urban/Rural	Urban	Urban	Urban	Urban	
6. Rationed/non-rationed cereals (at the time of the study).	Non-rationed	Rationed	Rationed	Non-rationed.	
7. Date of visit	24-9-48	14-9-47	17-9-47	September 1948	
8. Total No. of inmates	Male	17	14	8
	Female	18	2
9. Total No. of C. Us.	17.0	14.4	14.0	9.6	
10. Age-range in years	14 years and above.	6-16 years	14 years and above.	14 years and above.	
11. Vegetarian/Mixed eater.	Vegetarian	Vegetarian	Vegetarian	Vegetarian	
12. Approximate cost of food.	Rs. 22/24 per month.	Rs. 15 per month.	Rs. 10 per month.	Rs. 14 per month.	
13. Economic Status	Poor	Poor	Poor	Poor	
14. Daily Food intake per C. U.—(in ozs).					
(i) Rice	5.5	7.5	3.0	0.8	
(ii) Wheat	0.4	
(iii) Other cereals	13.9	8.7	6.0	14.8	
(iv) Pulses	2.0	2.5	3.0	0.4	
(v) Leafy vegetables.	1.0	1.2	1.2	
(vi) Root vegetables	0.5		2.0	
(vii) Other vegetables.	1.0		
(viii) Fruits	0.1	
(ix) Sugar and Jaggery	1.2	1.2	0.8	
(x) Vegetable oils/fats	0.3	0.3	0.1	0.2	
(xi) Butter and Ghee.	
(xii) Milk, curds, etc.	0.4	
(xiii) Fish and meat	
(xiv) Eggs	
(xv) Other foods	
15. Nutrient Analysis—					
(i) Total Proteins (in g.)	57.4	58.7	42.6	46.9	
(ii) Animal ,, (")	
(iii) Fats (")	18.0	14.2	12.7	13.7	
(iv) Carbohydrates (")	485.4	428.0	314.7	369.5	
(v) Calcium (")	0.4	0.2	0.2	0.3	
(vi) Phosphorus (")	1.6	0.3	
(vii) Iron (in mg.)	40.8	25.0	23.6	27.3	
(viii) Vitamin A (in I. U.)	2541	650.	562	2471	
(ix) Vitamin B ₁ (")	659	528	493	429	
(x) Vitamin C (in mg.)	32	125	27	
(xi) Calories	2333	2093	1578	1788	
16. Distribution of calories—					
(i) Proteins (in P C.)	10	11	11	11	
(ii) Fats (")	7	6	7	6	
(iii) Carbo- hydrates. (")	83	83	82	83	

A—contd.

Bombay State (1945-50)—contd.

Training Centres.					
332	333	334	335	336	
Harijan Vidyarthinilaya, Byadgi.	Kasturba Training Centre, Hubli.	Agricultural School, Devihosur.	Agricultural Training Centre, Devihosur.	Kanada Agricultural School, Devihosur.	
Urban	Urban	Rural	Rural	Rural	
Rationed.	Non-rationed.	Non-rationed.	Partial rationed.	Partial rationed.	
13-9-47	23-9-48	18-9-48	30-1-47	31-1-47	
20	82	32	41	
.....	18	
20·0	14·5	82·0	32·0	41·0	
14 years and above.	Adults	Adults	Adults	Adults	
Vegetarian	Vegetarian	Vegetarian	Vegetarian	Vegetarian	
Rs. 14 per month.	Rs. 26 per month.	Rs. 22 per month.	Rs. 20 per month.	Rs. 12 per month.	
Poor	Middle class	Middle class	Middle class	Middle class	
2·5	5·1	21·6	8·0	8·6	
.....	1·3		1·0	1·0	
12·0	16·3	6·4	14·0	15·3	
1·6	2·5	3·0	4·8	2·9	
2·0	2·7	1·2	1·7	
	0·8	3·0	1·2	1·2	
.....	6·2	1·7	
0·7	0·8	2·9	
0·2	2·3	0·8	1·0	0·2	
.....	1·1	0·6	0·6	0·6	
.....	0·8	0·8	
.....	8·8	4·0	4·0	4·0	
.....	
.....	
.....	0·5	0·4	0·4	
51·4	98·0	108·4	96·0	79·0	
.....	10·6	4·8	4·8	4·8	
15·0	65·4	43·5	64·0	58·0	
357·0	651·1	613·1	611·0	579·0	
0·2	1·3	1·0	0·6	0·5	
.....	2·9	2·2	1·8	1·9	
25·5	54·4	58·8	45·0	40·0	
2348	6837	6653	1794	890	
514	917	952	761	784	
20	122	96	20	65	
1738	3583	3277	3461	2963	
12	11	13	11	10	
8	16	12	17	18	
80	73	75	72	72	

APPENDIX

Institutional Diet,

1. District	... Dharwar.	Kanara.	Kanara.												
2. Type of institution	... School.	School.	Training College.												
3. Serial Number	... 337	338	339												
4. Name and address	... Rescue Home, Hubli.	St. Michael's Convent.	Primary Teacher Training College.												
5. Urban/Rural	... Urban.	Urban.	Urban.												
6. Rationed/ Non-rationed cereals (at the time of study).	Rationed.	Rationed.	Rationed.												
7. Date of visit	... 28-1-47	23-9-47	22-9-49												
8. Total No. of inmates.	<table border="0"> <tr> <td rowspan="2"> <table border="0"> <tr> <td>{ Male.</td> <td>.....</td> </tr> <tr> <td>{ Female.</td> <td>4</td> </tr> </table> </td> <td>.....</td> </tr> <tr> <td></td> <td>4</td> </tr> </table>	<table border="0"> <tr> <td>{ Male.</td> <td>.....</td> </tr> <tr> <td>{ Female.</td> <td>4</td> </tr> </table>	{ Male.	{ Female.	4		4	<table border="0"> <tr> <td>.....</td> </tr> <tr> <td>75</td> </tr> </table>	75	<table border="0"> <tr> <td>46</td> </tr> <tr> <td>.....</td> </tr> </table>	46
<table border="0"> <tr> <td>{ Male.</td> <td>.....</td> </tr> <tr> <td>{ Female.</td> <td>4</td> </tr> </table>	{ Male.		{ Female.	4									
	{ Male.													
{ Female.	4														
	4														
.....															
75															
46															
.....															
9. Total No. of C. Us.	... 3.2	56.0	46.0												
10. Age-range in years	... 14 years and above.	6-14 years and above.	Adults.												
11. Vegetarian/mixed eater.	Mixed.	Mixed.	Vegetarian.												
12. Approximate cost of food.	Rs. 13 p.m.	Rs. 35 p.m.	Rs. 15 p.m.												
13. Economic status	... Poor.	Middle and Lower Middle Class.	Lower Middle Class,												
14. Daily Food Intake C. U.—(in ozs).															
(i) Rice	... 5.1	7.9	5.8												
(ii) Wheat	... 5.3	2.1	0.6												
(iii) Other cereals	... 13.3	1.9	5.5												
(iv) Pulses	... 8.7	0.9	2.7												
(v) Leafy vegetables	... 1.2	0.5	0.3												
(vi) Root vegetables	... 0.4	0.4													
(vii) Other vegetables	... 1.8	2.4	3.1												
(viii) Fruits	2.0												
(ix) Sugar and jaggery.	... 1.5	1.5	1.2												
(x) Vegetable oils/fats	... 0.1	0.4	0.1												
(xi) Butter and ghee	0.5												
(xii) Milk, curds, etc.	... 0.6	5.0	2.0												
(xiii) Fish and meat	... 0.6	3.8												
(xiv) Eggs	0.8												
(xv) Other foods	... 1.2	0.5												
15. Nutrient Analysis—															
(i) Total Proteins (in g.).	125.0	70.9	51.6												
(ii) Animal Proteins (in g.)	3.7	32.1	2.4												
(iii) Fats (in g.)	57.5	50.8	20.2												
(iv) Carbohydrates (in g.).	683.7	345.0	343.9												
(v) Calcium (in g.)	0.7	0.59	0.3												
(vi) Phosphorus (in g.)	2.3												
(vii) Iron (in mg.)	62.0	20.0	21.7												
(viii) Vitamin A (in I. U.).	2837	1946	1060												
(ix) Vitamin B ₁ (in I. U.).	117	408	443												
(x) Vitamin C (in mg.).	41	35	37												
(xi) Calories	... 3787	2176	1791												
16. Distribution of Calories—															
(i) Proteins (in P. C.)	... 13	13	10												
(ii) Fats (in P. C.)	... 14	21	12												
(iii) Carbohydrates (in P. C.).	72	66	78												

A—contd.

Bombay State (1945-50)—contd.

Kanara	Kanara.	Ratnagiri.	Ratnagiri.	Ratnagiri.
Training College.	Training College.	Schools.	Schools.	Schools.
340	341	342	343	344
Remand Home.	Fishery School, Karwar.	A. G. High School, Dapoli.	Anglo-Urdu High School, Dapoli.	Makhajan High School, Makhajan.
Urban.	Urban.	Urban.	Urban.	Rural.
Rationed.	Rationed.	Rationed.	Rationed.	Non-rationed.
23-9-47	23-9-47	11-4-47	12-4-47	21-1-48
3	17	28	20	14
2
4.0	13.6	28.0	18.0	14.0
6-14 years and above.	6-14 years and above.	14 years and above.	6-14 years and above.	14 years and above.
Mixed.	Mixed.	Vegetarian.	Mixed.	Vegetarian.
Rs. 14 p.m.	Rs. 7 p.m.	Rs. 22 p.m.	Rs. 22 p.m.	Rs. 20 p.m.
Poor.	Poor.	Middle Class.	Lower Middle Class.	Lower Middle Class.
7.8	5.0	6.4	5.4	7.9
.....	0.5	3.2	5.4
7.5	4.4	3.2	10.0
2.0	2.7	4.4	1.6	3.5
.....	5.0	3.0	1.6	2.1
5.4	2.0	1.8	1.4
.....	4.7	1.3	1.0
.....
0.6	1.0	0.3	1.7
0.5	1.4	0.2	0.6
.....	0.4	0.3	0.7	0.4
4.0	7.6	9.0	9.0
2.6	0.7	1.7
.....
.....	0.7	2.2	0.5
75.0	51.2	75.7	70.0	83.7
21.3	10.3	10.8
31.2	24.4	63.3	59.2	64.4
391.2	272.4	416.3	334.4	511.2
0.16	0.22	1.3	0.9	1.0
.....	1.5
24.5	20.8	39.5	26.9	39.5
2891	443	6457	3450	5221
481	394	585	303	659
54	50	83	47	58
2150	1516	2554	2143	2959
14	12	13	11
13	23	25	19
73	65	62	70

APPENDIX

Institutional Diet,

1. District	... Ratnagiri.	Ratnagiri.	Ratnagiri.	Ratnagiri.
2. Type of institution	...	College Hostels.	Training College..	Training College.
3. Serial Number	... 345	346	347(a)	347(b)
4. Name and address	... Anglo-Urduo High School, Furus.	R. P. Gogte College, Ratnagiri.	Primary Teachers' Training College, Ratnagiri.	
5. Urban/Rural	... Rural.	Urban.	Urban.	Urban.
6. Rationed/ Non-rationed cereals (at the time of study).	Non-rationed.	Non-rationed.	Non-rationed.	Non-rationed.
7. Date of visit.	... 23-1-48	19-1-48	20-1-48	20-1-48
8. Total No. of inmates.	{ Male. 21 Female.	25	23	27
9. Total No. of C. Us.	... 21.0	25.0	23.0	27.0
10. Age-range in years.	14 years and above.	Adults.	Adults.	Adults.
11. Vegetarian / mixed eater.	Mixed.	Vegetarian.	Vegetarian.	Mixed.
12. Approximate cost of food.	Rs. 22 p.m.	Rs. 30 p.m.	Rs. 20 p.m.	Rs. 18-Rs. 20 p.m.
13. Economic status	... Middle Class.	Middle and Upper Middle Class.	Lower Middle Class.	Lower Middle Class.
14. <i>Daily Food Intake C. U.</i> (in ozs)—				
(i) Rice	... 11.9	12.0	8.3	8.3
(ii) Wheat	... 5.7	4.0	0.5	0.5
(iii) Other cereals	3.1	2.8	1.9
(iv) Pulses	... 3.5	4.0	1.8	0.5
(v) Leafy vegetables	... 2.1	1.2	1.0
(vi) Root vegetables	... 3.0	1.6	1.0
(vii) Other vegetables	... 1.0	3.9	2.0	2.2
(viii) Fruits
(ix) Sugar and jaggery	... 2.0
(x) Vegetable oil / fats	... 0.3	1.3	1.0	1.0
(xi) Butter and ghee	... 0.2
(xii) Milk, curds, etc.	... 5.0	5.1	1.0	1.0
(xiii) Fish and meat	... 2.4	2.0
(xiv) Eggs
(xv) Other foods	... 0.2	0.5
15. <i>Nutrient Analysis</i> —				
(i) Total Proteins (in g.).	87.5	85.7	44.3	45.7
(ii) Animal Proteins (in g.).	19.5	6.1	1.0	14.0
(iii) Fats (in g.)	39.0	62.3	34.7	34.3
(iv) Carbohydrates (in g.).	525.0	502.1	292.4	249.3
(v) Calcium (in g.)	0.9	0.73	0.32	0.19
(vi) Phosphorus (in g.).
(vii) Iron (in mg.)	33.0	34.2	22.4	13.5
(viii) Vitamin A (in I. U.).	4800	3253	2276	218
(ix) Vitamin B ₁ (in I. U.).	529	727	360	257
(x) Vitamin C (in mg.).	63	68	44	22
(xi) Calories	2804	2912	1659	1486
16. <i>Distribution of Calories</i> —				
(i) Proteins (in P. C.)	... 12	12	11	12
(ii) Fats (in P. C.)	... 13	19	19	21
(iii) Carbohydrates (in P. C.).	... 75	69	70	67

A—concl'd.

Bombay State (1945-50)—concl'd.

Ratnagiri.	Ratnag'ri,	Ratnagiri.	Ratnag'ri.	Ratnag'ri.
.....	B. C. Hostels.	B. C. Hostels.	B. C. Hostels.	B. C. Hostels.
348	349	350	351	352
Training College for Women, Malvan.	Devi Ramabai Ambedkar Vidyarthi Ashram.	Kunbi Chatralaya Lanja.	Maha l s a b a i Bhedkar Hind Chhatralaya, Kanakavli.	Hind Kanya Chhatralaya, Kanakavli.
Urban.	Urban.	Rural.	Rural.	Rural.
Non-rationed.	Rationed.	Non-rationed.	Non-rationed.	Non-rationed.
15-1-48	12-4-47	19-1-48	16-1-48	16-1-48
.....	11	23	28	1
32	1	14
25.0	11.0	23.5	28.0	11.0
13 years and above.	14 years and above.	6-14 years and above.	14 years and above.	6-14 years and above.
Vegetarian.	Mixed.	Vegetarian.	Vegetarian.	Vegetarian.
Rs. 20 p.m.	Rs. 8 p.m.	Rs. 10 p.m.	Rs. 13 p.m.	Rs. 15 p.m.
Middle and Lower Middle Class.	Poor.	Poor.	Poor.	Poor.
6.8	6.0	11.0	3.6	7.1
.....	2.0	2.7
7.6	4.0	7.7	7.8	6.1
2.1	1.0	2.0	4.0	3.6
1.1	2.5	1.0	2.1	1.3
2.9	1.4	1.4	1.3
2.5	4.0	0.3
.....
1.1	0.4	1.1	1.0
0.8	0.4	0.1	0.3	0.7
.....
4.4	0.7	1.5	3.4	4.0
.....	3.1
.....
1.8	3.2	2.7
64.3	62.8	62.0	92.0	81.2
5.3	10.9	1.8	8.1	4.7
63.0	18.7	12.0	56.3	68.0
408.0	282.7	444.6	419.6	406.0
0.59	0.37	0.4	0.76	0.63
.....	0.97
31.1	28.0	35.0	32.8	33.4
3325	4612	2897	5652	3290
535	360	665	872	693
55	56	50	44	33
2456	1576	2195	2553	2560
10	14	12	14	13
23	11	5	20	24
67	75	63	66	63

APPENDIX B.

TABLE I.

Statement showing the distribution of messes in the three groups according to the average intake of nutrients (Percentage distribution in brackets).

Bombay State (454 Messes).

Nutrients.	Intake of the nutrients.			Remarks.
	Above Normal.	Normal.	Below Normal.	
Proteins ...	89 (20)	110 (24)	235 (56)	
Animal Proteins ...	42 (9)	34 (8)	378 (83)	
Fats ...	161 (35)	63 (15)	228 (50)	
Carbohydrates ...	244 (54)	108 (24)	102 (22)	
Calcium ...	51 (11)	140 (33)	255 (56)	
Iron ...	265 (38)	172 (38)	17 (4)	
Vitamin A ...	133 (29)	79 (18)	242 (33)	
Vitamin B1 ...	160 (35)	276 (60)	18 (4)	
Vitamin C ...	238 (53)	98 (22)	118 (25)	
Calories ...	115 (25)	150 (33)	189 (42)	

TABLE II.

Statement showing the distribution of messes in the three groups according to the average intake of nutrients (Percentage distribution in brackets).

Greater Bombay (93 Messes):

Nutrients.	Intake of the nutrients.			Remarks.
	Above Normal.	Normal.	Below Normal.	
Proteins ...	20 (23)	26 (26)	47 (50)	
Animal Proteins ...	16 (17)	20 (22)	57 (61)	
Fats ...	42 (45)	17 (18)	34 (37)	
Carbohydrates ...	42 (45)	21 (23)	30 (32)	
Calcium ...	12 (13)	37 (40)	44 (47)	
Iron ...	43 (46)	46 (49)	4 (5)	
Vitamin A ...	25 (27)	25 (27)	43 (46)	
Vitamin B1 ...	30 (32)	57 (61)	6 (7)	
Vitamin C ...	66 (71)	17 (18)	10 (11)	
Calories ...	24 (26)	40 (43)	29 (31)	

APPENDIX B—*contd.*

TABLE III.

Statement showing the distribution of messes in the three groups according to the average intake of nutrients (Percentage distribution in brackets).

Ahmedabad (26 Messes).

Nutrients.	Intake of the nutrients.			Remarks.
	Above Normal.	Normal.	Below Normal.	
Proteins	3 (12)	2 (7)	21 (81)	
Animal Proteins	26 (100)	
Fats	14 (54)	7 (27)	5 (19)	
Carbohydrates	12 (46)	14 (54)	
Calcium	17 (65)	9 (35)	
Iron	14 (54)	12 (46)	
Vitamin A	10 (39)	6 (22)	10 (39)	
Vitamin B1	11 (42)	15 (58)	
Vitamin C	23 (89)	2 (7)	1 (4)	
Calories	6 (22)	10 (39)	10 (39)	

TABLE IV.

Statement showing the distribution of messes in the three groups according to the average intake of nutrients (Percentage distribution in brackets).

Kaira (25 Messes).

Nutrients.	Intake of the nutrients.			Remarks.
	Above Normal.	Normal.	Below Normal.	
Proteins	7 (28)	9 (36)	9 (36)	
Animal Proteins	25 (100)	
Fats	18 (72)	1 (4)	6 (24)	
Carbohydrates	17 (68)	5 (20)	3 (12)	
Calcium	4 (16)	14 (56)	7 (28)	
Iron	19 (76)	6 (24)	
Vitamin A	3 (12)	3 (12)	19 (76)	
Vitamin B1	13 (52)	12 (48)	
Vitamin C	12 (48)	4 (16)	9 (36)	
Calories	12 (48)	8 (32)	5 (20)	

APPENDIX B—contd.

TABLE V.

Statement showing the distribution of messes in the three groups according to the average intake of nutrients (Percentage distribution in brackets).

Broach (9 Messes).

Nutrients.	Intake of the nutrients.			Remarks.
	Above Normal.	Normal.	Below Normal.	
Proteins	...	1 (11)	8 (89)	
Animal Proteins	9 (100)	
Fats	0	2 (22)	7 (78)	
Carbohydrates	4 (44)	3 (33)	2 (22)	
Calcium	9 (100)	
Iron	4 (44)	5 (56)	...	
Vitamin A	1 (11)	2 (22)	6 (67)	
Vitamin B1	1 (11)	8 (89)	...	
Vitamin C	3 (33)	2 (22)	4 (44)	
Calories	...	1 (11)	8 (89)	

TABLE VI.

Statement showing the distribution of messes in the three groups according to the average intake of nutrients (Percentage distribution in brackets).

Panch Mahals (4 Messes).

Nutrients.	Intake of the nutrients.			Remarks.
	Above Normal	Normal.	Below Normal.	
Proteins	...	1 (25)	3 (75)	
Animal Proteins	4 (100)	
Fats	1 (25)	1 (25)	2 (50)	
Carbohydrates	3 (75)	1 (25)	...	
Calcium	4 (100)	
Iron	1 (25)	3 (75)	...	
Vitamin A	...	1 (25)	3 (75)	
Vitamin B1	2 (50)	2 (50)	...	
Vitamin C	2 (50)	1 (25)	1 (25)	
Calories	...	2 (50)	2 (50)	

APPENDIX B—*contd.*

TABLE VII.

Statement showing the distribution of messes in the three groups according to the average intake of nutrients (Percentage distribution in brackets).

Surat (21 Messes).

Nutrients.	Intake of the nutrients			Remarks.
	Above Normal.	Normal.	Below Normal.	
Proteins	3 (15)	7 (33)	11 (52)	
Animal Proteins	1 (5)	...	20 (95)	
Fats	11 (52)	3 (15)	7 (33)	
Carbohydrates	13 (61)	5 (24)	3 (15)	
Calcium	1 (5)	5 (24)	15 (71)	
Iron	10 (48)	11 (52)	...	
Vitamin A	2 (9)	...	19 (91)	
Vitamin B1	10 (48)	11 (52)	...	
Vitamin C	5 (24)	8 (38)	8 (38)	
Calories	7 (33)	7 (33)	7 (33)	

TABLE VIII.

Statement showing the distribution of messes in the three groups according to the average intake of nutrients (Percentage distribution in brackets).

Thana (10 Messes).

Nutrients	Intake of the nutrients			Remarks.
	Above Normal.	Normal.	Below Normal.	
Proteins	4 (40)	2 (20)	4 (40)	
Animal Proteins	1 (10)	9 (90)	
Fats	2 (20)	2 (20)	6 (60)	
Carbohydrates	7 (70)	1 (10)	2 (20)	
Calcium	1 (10)	4 (40)	5 (50)	
Iron	7 (70)	2 (20)	1 (10)	
Vitamin A	2 (20)	...	8 (80)	
Vitamin B1	3 (30)	7 (70)	...	
Vitamin C	3 (30)	2 (20)	5 (50)	
Calories	3 (30)	2 (20)	5 (50)	

APPENDIX B—*contd.*

TABLE IX.

Statement showing the distribution of messes in the three groups according to the average intake of nutrients (Percentage distribution in brackets).

Ahmednagar (18 Messes).

Nutrients.	Intake of the nutrients.			Remarks.
	Above Normal.	Normal.	Below Normal.	
Proteins	1 (6)	8 (44)	9 (50)	
Animal Proteins	18 (100)	
Fats	2 (11)	16 (89)	
Carbohydrates	13 (72)	3 (17)	2 (11)	
Calcium	2 (11)	16 (89)	
Iron	11 (61)	7 (39)	
Vitamin A	7 (39)	2 (11)	9 (50)	
Vitamin B ₁	5 (28)	13 (72)	
Vitamin C	4 (22)	6 (34)	8 (44)	
Calories	1 (6)	5 (28)	12 (66)	

TABLE X.

Statement showing the distribution of messes in the three groups according to the average intake of nutrients (Percentage distribution in brackets).

East Khandesh (15 Messes).

Nutrients.	Intake of the nutrients.			Remarks.
	Above Normal.	Normal.	Below Normal.	
Proteins	4 (26)	1 (7)	10 (67)	
Animal Proteins	15 (100)	
Fats	1 (7)	3 (20)	11 (73)	
Carbohydrates	9 (60)	3 (20)	3 (20)	
Calcium	2 (13)	13 (87)	
Iron	11 (73)	3 (20)	1 (7)	
Vitamin A	3 (20)	2 (13)	10 (67)	
Vitamin B ₁	5 (33)	9 (60)	1 (7)	
Vitamin C	5 (33)	5 (33)	5 (33)	
Calories	2 (13)	5 (33)	8 (54)	

APPENDIX B—contd.

TABLE XI.

Statement showing the distribution of messes in the three groups according to the average intake of nutrients (Percentage distribution in brackets).

West Khandesh (11 Messes).

Nutrients.	Intake of the nutrients			Remarks.
	Above Normal.	Normal.	Below Normal.	
Proteins ...	2 (18)	9 (82)	
Animal Proteins	11 (100)	
Fats	11 (100)	
Carbohydrates ...	7 (64)	1 (9)	3 (27)	
Calcium	11 (100)	
Iron ...	10 (91)	1 (9)	
Vitamin A	11 (100)	
Vitamin B ₁ ...	5 (45)	6 (55)	
Vitamin C	6 (55)	5 (45)	
Calories ...	2 (18)	3 (27)	6 (55)	

TABLE XII.

Statement showing the distribution of messes in the three groups according to the average intake of nutrients (Percentage distribution in brackets).

Nasik (14 Messes).

Nutrients.	Intake of the nutrients			Remarks.
	Above Normal.	Normal.	Below Normal.	
Proteins ...	1 (7)	6 (43)	7 (50)	
Animal Proteins	14 (100)	
Fats ...	3 (21)	11 (79)	
Carbohydrates ...	9 (64)	5 (36)	
Calcium	2 (14)	12 (86)	
Iron ...	11 (79)	3 (21)	
Vitamin A ...	3 (21)	3 (21)	8 (58)	
Vitamin B ₁ ...	7 (50)	6 (43)	1 (7)	
Vitamin C ...	4 (29)	7 (30)	3 (21)	
Calories ...	3 (21)	5 (36)	6 (43)	

APPENDIX B—contd.

TABLE XIII.

Statement showing the distribution of messes in the three groups according to the average intake of nutrients (Percentage distribution in brackets).

Poona (88 Messes).

Nutrients.	Intake of the nutrients.			Remarks.
	Above Normal.	Normal.	Below Normal.	
Proteins ...	16 (18)	20 (23)	52 (59)	
Animal Proteins ...	17 (19)	4 (5)	67 (75)	
Fats ...	41 (47)	16 (18)	31 (35)	
Carbohydrates ...	45 (51)	26 (30)	17 (19)	
Calcium ...	12 (13)	43 (49)	33 (38)	
Iron ...	47 (54)	38 (43)	3 (3)	
Vitamin A ...	27 (31)	22 (25)	39 (44)	
Vitamin B ₁ ...	28 (32)	58 (66)	2 (2)	
Vitamin C ...	59 (67)	13 (15)	16 (18)	
Calories ...	25 (28)	30 (34)	33 (38)	

TABLE XIV.

Statement showing the distribution of messes in the three groups according to the average intake of nutrients (Percentage distribution in brackets).

Satara (15 Messes).

Nutrients.	Intake of the nutrients.			Remarks.
	Above Normal.	Normal.	Below Normal.	
Proteins ...	3 (20)	2 (13)	10 (67)	
Animal Proteins ...	3 (20)	2 (13)	10 (67)	
Fats ...	5 (33)	...	10 (67)	
Carbohydrates ...	5 (33)	4 (27)	6 (40)	
Calcium ...	4 (27)	2 (13)	9 (60)	
Iron ...	8 (54)	5 (33)	2 (13)	
Vitamin A ...	9 (60)	...	6 (40)	
Vitamin B ₁ ...	5 (33)	9 (60)	1 (7)	
Vitamin C ...	10 (67)	1 (7)	4 (26)	
Calories ...	3 (20)	4 (26)	8 (54)	

APPENDIX B—contd.

TABLE XV.

Statement showing the distribution of messes in the three groups according to the average intake of nutrients (Percentage distribution in brackets).

Sholapur (17 Messes).

Nutrients.	Intake of the nutrients.			Remarks.
	Above Normal.	Normal.	Below Normal.	
Proteins	3 (18)	2 (12)	12 (70)	
Animal Proteins	1 (6)	16 (94)	
Fats	2 (12)	1 (6)	14 (82)	
Carbohydrates	7 (41)	7 (41)	3 (18)	
Calcium	1 (6)	4 (34)	12 (70)	
Iron	12 (70)	4 (24)	1 (6)	
Vitamin A	7 (41)	10 (59)	
Vitamin B ₁	4 (24)	9 (52)	4 (24)	
Vitamin C	8 (47)	3 (18)	6 (35)	
Calories	1 (6)	3 (18)	13 (76)	

TABLE XVI.

Statement showing the distribution of messes in the three groups according to the average intake of nutrients.

Kolaba (1 Mess).

Nutrients.	Intake of the nutrients.			Remarks.
	Above Normal.	Normal.	Below Normal.	
Proteins	1	
Animal Proteins	1	
Fats	1	
Carbohydrates	1	
Calcium	1	
Iron	1	
Vitamin A	1	
Vitamin B ₁	1	
Vitamin C	1	
Calories	1	

APPENDIX B—*contd.*

TABLE XVII.

Statement showing the distribution of messes in the three groups according to the average intake of nutrients (Percentage distribution in brackets).

Belgaum (15 Messes).

Nutrients.	Intake of the nutrients.			Remarks.
	Above Normal.	Normal.	Below Normal.	
Proteins ...	3 (20)	7 (47)	5 (33)	
Animal Proteins ...	1 (7)	1 (7)	13 (86)	
Fats ...	6 (40)	2 (13)	7 (47)	
Carbohydrates ...	13 (8)	1 (7)	1 (7)	
Calcium ...	6 (40)	2 (23)	7 (47)	
Iron ...	13 (87)	2 (13)	
Vitamin A ...	6 (40)	3 (20)	6 (40)	
Vitamin B ₁ ...	6 (40)	9 (60)	
Vitamin C ...	7 (47)	2 (13)	6 (40)	
Calories ...	6 (40)	5 (33)	4 (27)	

TABLE XVIII.

Statement showing the distribution of messes in the three groups according to the average intake of nutrients (Percentage distribution in brackets).

Bijapur (12 Messes).

Nutrients:	Intake of the nutrients.			Remarks.
	Above Normal.	Normal.	Below Normal.	
Proteins ...	5 (42)	3 (25)	4 (33)	
Animal Proteins	12 (100)	
Fats ...	4 (33)	8 (67)	
Carbohydrates ...	11 (92)	1 (8)	
Calcium ...	1 (8)	3 (25)	3 (67)	
Iron ...	11 (92)	1 (8)	
Vitamin A ...	3 (25)	2 (17)	7 (58)	
Vitamin B ₁ ...	10 (83)	2 (17)	
Vitamin C ...	1 (8)	3 (25)	8 (67)	
Calories ...	5 (42)	5 (42)	2 (16)	

APPENDIX B—*contd.*

TABLE XIX.

Statement showing the distribution of messes in the three groups according to the average intake of nutrients (Percentage distribution in brackets).

Dharwar (44 Messes).

Nutrients.	Intake of the nutrients.			Remarks.
	Above Normal.	Normal.	Below Normal.	
Proteins ...	13 (30)	7 (16)	24 (54)	
Animal Proteins ...	2 (5)	5 (11)	37 (84)	
Fats ...	11 (35)	3 (7)	30 (68)	
Carbohydrates ...	17 (39)	10 (22)	17 (39)	
Calcium ...	8 (18)	7 (16)	29 (66)	
Iron ...	24 (55)	16 (36)	4 (9)	
Vitamin A ...	19 (43)	3 (7)	22 (50)	
Vitamin B ₁ ...	12 (28)	31 (70)	1 (2)	
Vitamin C ...	22 (50)	7 (16)	15 (34)	
Calories ...	13 (30)	10 (22)	21 (46)	

TABLE XX.

Statement showing the distribution of messes in the three groups according to the average intake of nutrients (Percentage distribution in brackets).

Kanara (4 Messes).

Nutrients.	Intake of the nutrients.			Remarks.
	Above Normal.	Normal.	Below Normal.	
Proteins	1 (25)	3 (75)	
Animal Proteins ...	1 (25)	1 (25)	2 (50)	
Fats	4 (100)	
Carbohydrates ...	1 (25)	2 (50)	1 (25)	
Calcium	4 (100)	
Iron	4 (100)	
Vitamin A	4 (100)	
Vitamin B ₁	4 (100)	
Vitamin C	2 (50)	2 (50)	
Calories	4 (100)	

APPENDIX B—contd.

TABLE XXI.

Statement showing the distribution of messes in the three groups according to the average intake of nutrients (Percentage distribution in brackets).

Ratnagiri (12 Messes).

Nutrients.	Intake of the nutrients.			Remarks.
	Above Normal.	Normal.	Below Normal.	
Proteins	1 (8)	5 (42)	6 (50)	
Animal Proteins	12 (100)	
Fats	5 (42)	7 (58)	
Carbohydrates	8 (67)	1 (8)	3 (25)	
Calcium	1 (8)	4 (33)	7 (58)	
Iron	8 (67)	3 (25)	1 (8)	
Vitamin A	5 (42)	5 (42)	2 (16)	
Vitamin B ₁	3 (25)	7 (58)	2 (16)	
Vitamin C	3 (25)	7 (58)	2 (16)	
Calories	2 (43)	5 (42)	5 (16)	

TABLE XXII.

Statement showing the distribution of messes in the three groups according to the average intake of nutrients (Percentage distribution in brackets).

School Hostels (95 Messes).

Nutrients.	Intake of the nutrients.			Remarks.
	Above Normal.	Normal.	Below Normal.	
Proteins	20 (21)	25 (27)	50 (52)	
Animal Proteins	23 (24)	10 (10)	62 (66)	
Fats	37 (39)	15 (16)	43 (45)	
Carbohydrates	40 (42)	25 (27)	30 (31)	
Calcium	12 (13)	35 (37)	48 (50)	
Iron	47 (50)	46 (48)	2 (2)	
Vitamin A	34 (36)	17 (18)	44 (46)	
Vitamin B ₁	21 (22)	68 (72)	6 (6)	
Vitamin C	45 (47)	23 (24)	27 (29)	
Calories	17 (18)	39 (41)	39 (41)	

APPENDIX B—*contd.*

TABLE XXIII.

Statement showing the distribution of messes in the three groups according to the average intake of nutrients (Percentage distribution in brackets).

(1945-46) College Hostels (113 Messes).

Nutrients.	Intake of the nutrients.			Remarks.
	Above Normal.	Normal.	Below Normal.	
Proteins (57) 81 ...	20 (18)	30 (26)	63 (56)	
Animal Proteins (41) 61 ...	12 (11)	14 (12)	87 (77)	
Fats (77) 61 ...	94 (83)	13 (12)	6 (5)	
Carbohydrates (61) 61 ...	59 (52)	30 (26)	24 (22)	
Calcium (27) 51 ...	27 (24)	51 (54)	25 (22)	
Iron (9) 51 ...	59 (52)	51 (43)	3 (3)	
Vitamin A (20) 61 ...	35 (31)	29 (26)	49 (43)	
Vitamin B ₁ (6) 2 ...	38 (34)	75 (66)	
Vitamin C (22) 41 ...	95 (84)	10 (9)	8 (7)	
Calories (40) 52 ...	52 (46)	42 (37)	19 (17)	

TABLE XXIV.

Statement showing the distribution of messes in the three groups according to the average intake of nutrients (Percentage distribution in brackets).

Private Boardings (29 Messes).

Nutrients.	Intake of the nutrients.			Remarks.
	Above Normal.	Normal.	Below Normal.	
Proteins (24) 21 ...	4 (14)	6 (20)	19 (66)	
Animal Proteins (12) 52 ...	3 (10)	2 (7)	24 (83)	
Fats (16) 61 ...	7 (24)	11 (38)	11 (38)	
Carbohydrates (11) 4 ...	12 (41)	9 (31)	8 (28)	
Calcium (10) 71 ...	3 (10)	8 (28)	18 (62)	
Iron (1) 1 ...	19 (66)	9 (31)	1 (3)	
Vitamin A (27) 62 ...	10 (34)	5 (18)	14 (48)	
Vitamin B ₁ (1) 1 ...	11 (38)	18 (62)	
Vitamin C (22) 21 ...	15 (52)	7 (24)	7 (24)	
Calories (16) 61 ...	4 (14)	10 (34)	15 (52)	

APPENDIX B—*contd.*

TABLE XXV.

Statement showing the distribution of messes in the three groups according to the average intake of nutrients (Percentage distribution in brackets).

Primary Teachers' Training Colleges (56 Messes).

Nutrients.	Intake of the nutrients.			Remarks.
	Above Normal.	Normal.	Below Normal.	
Proteins	... 2 (3)	11 (20)	43 (77)	
Animal Proteins	... 1 (2)	55 (98)	
Fats	... 7 (12)	6 (11)	43 (77)	
Carbohydrates	... 25 (44)	21 (38)	10 (18)	
Calcium	... 1 (2)	11 (20)	44 (78)	
Iron	... 29 (52)	22 (39)	5 (9)	
Vitamin A	... 12 (21)	9 (16)	35 (63)	
Vitamin B ₁	... 11 (20)	48 (77)	2 (3)	
Vitamin C	... 20 (36)	22 (39)	14 (25)	
Calories	... 3 (5)	16 (29)	37 (66)	

TABLE XXVI.

Statement showing the distribution of messes in the three groups according to the average intake of nutrients (Percentage distribution in brackets).

Training Centres (28 Messes).

Nutrients.	Intake of the nutrients.			Remarks.
	Above Normal.	Normal.	Below Normal.	
Proteins	... 11 (39)	5 (18)	12 (43)	
Animal Proteins	1 (4)	27 (96)	
Fats	... 2 (7)	7 (25)	19 (68)	
Carbohydrates	... 22 (79)	2 (7)	4 (14)	
Calcium	... 2 (7)	8 (33)	17 (60)	
Iron	... 21 (75)	6 (21)	1 (4)	
Vitamin A	... 6 (21)	2 (7)	20 (72)	
Vitamin B ₁	... 17 (60)	10 (36)	1 (4)	
Vitamin C	... 10 (36)	6 (21)	12 (43)	
Calories	... 13 (46)	5 (18)	10 (36)	

APPENDIX B—*contd.*

TABLE XXVII.

Statement showing the distribution of messes in the three groups according to the average intake of nutrients (Percentage distribution in brackets).

Backward Class Hostels (68 Messes).

Nutrients.	Intake of the nutrients.			Remarks.
	Above Normal.	Normal.	Below Normal.	
Proteins	12 (18)	14 (20)	42 (62)	
Animal Proteins	63 (100)	
Fats	4 (6)	8 (12)	56 (82)	
Carbohydrates	46 (68)	11 (10)	11 (16)	
Calcium	8 (12)	60 (88)	
Iron	48 (71)	19 (28)	1 (1)	
Vitamin A	19 (28)	6 (9)	43 (63)	
Vitamin B ₁	29 (43)	35 (51)	4 (6)	
Vitamin C	19 (28)	14 (21)	35 (51)	
Calories	7 (10)	21 (31)	40 (59)	

TABLE XXVIII.

Statement showing the distribution of messes in the three groups according to the average intake of nutrients (Percentage distribution in brackets).

Certified Schools (37 Messes).

Nutrients.	Intake of the nutrients.			Remarks.
	Above Normal.	Normal.	Below Normal.	
Proteins	13 (35)	7 (19)	17 (46)	
Animal Proteins	2 (5)	35 (95)	
Fats	2 (5)	2 (5)	33 (90)	
Carbohydrates	20 (54)	5 (14)	12 (32)	
Calcium	12 (32)	25 (68)	
Iron	23 (62)	11 (30)	3 (8)	
Vitamin A	11 (30)	6 (15)	20 (54)	
Vitamin B ₁	19 (52)	17 (46)	1 (2)	
Vitamin C	17 (46)	10 (27)	10 (27)	
Calories	12 (32)	6 (16)	19 (52)	

APPENDIX B *concl.*

TABLE XXIX.

Statement showing the distribution of messes in the three groups according to the average intake of nutrients (Percentage distribution in brackets).

Orphanages (17 Messes).

Nutrients.	Intake of the nutrients.			Remarks.
	Above Normal.	Normal.	Below Normal.	
Proteins	5 (29)	8 (47)	4 (24)	Proteins
Animal Proteins	3 (17)	4 (24)	10 (59)	Animal Proteins
Fats	5 (29)	1 (6)	11 (65)	Fats
Carbohydrates	12 (71)	3 (17)	2 (12)	Carbohydrates
Calcium	5 (29)	1 (6)	11 (65)	Calcium
Iron	10 (59)	6 (35)	1 (6)	Iron
Vitamin A	2 (12)	3 (17)	12 (91)	Vitamin A
Vitamin B ₁	8 (47)	5 (29)	4 (24)	Vitamin B ₁
Vitamin C	10 (59)	3 (17)	4 (24)	Vitamin C
Calories	4 (24)	5 (29)	8 (47)	Calories

TABLE XXX.

Statement showing the distribution of messes in the three groups according to the average intake of nutrients (Percentage distribution in brackets).

Special Schools (11 Messes).

Nutrients.	Intake of the nutrients.			Remarks.
	Above Normal.	Normal.	Below Normal.	
Proteins	2 (18)	4 (37)	5 (45)	Proteins
Animal Proteins	1 (9)	10 (91)	Animal Proteins
Fats	3 (27)	2 (18)	6 (55)	Fats
Carbohydrates	8 (73)	2 (18)	1 (9)	Carbohydrates
Calcium	1 (9)	3 (27)	7 (64)	Calcium
Iron	9 (82)	2 (18)	Iron
Vitamin A	4 (37)	2 (18)	5 (45)	Vitamin A
Vitamin B ₁	6 (55)	5 (45)	Vitamin B ₁
Vitamin C	7 (64)	3 (27)	1 (9)	Vitamin C
Calories	3 (27)	6 (55)	2 (18)	Calories

APPENDIX C.

I. ABBREVIATION USED IN THE TEXT.

C. U.—Consumption Unit.

II. EXPLANATION OF SOME OF THE LOCAL TERMS USED IN THE TEXT.

(1) *Bhakar*.—This is prepared from either *jowar*, *bajra*, ragi or rice flour. A soft dough is made from the flour with salt added to it. The dough is kneaded and made into balls. Each ball is then rolled between the hands or in a *parat* (large plate brass) and baked first on *tava* (roasting pan) and then on lighted charcoals.

(2) *Usal* (*Marathi*) or *Kathol* (*Gujarati*).—This is a preparation of pulses used in place of vegetables. Whole pulse is sprouted or soaked overnight in water. It is then cooked with seasonings and salt, like vegetables, so as to result in a liquid vegetable preparation.

(3) *Conjee*.—This is a preparation from cereals such as ragi, wheat, sago, rice, etc. A gruel is prepared from coarse flour. Either salt or *gur* is added to it for taste. Milk, either fresh or 'toned' is sometimes added to it.

(4) *Karale* (*Khursani*).—This is an edible oil seed produced and consumed in some parts of the Bombay State.

APPENDIX D.

Foodstuffs, their Botanical names and equivalents in regional languages.

Name of foodstuffs.	Botanical name.	Hindustani.	Kanarese.	Marathi.	Gujarati.
1	2	3	4	5	6
1 Bajra or cambu	... Pennisetum typhoideum Bajra	Bajri	... Bajri
2 Cholam	... Sorghum vulgare	... Juar	... Jola	... Jwari	... Juar
3 Maize	... Sea mays	... Mukai, Makka	... Musukinu Jolu	... Muka	... Makai
4 Ragi	... Eleusine coracana	... Mandal, Okra	... Ragi	... Nachni	... Ragi, Bhav
5 Rice	... Oryz sativa	... Chawal	... Kotnuda Akki	... Tandool	... Chokah
6 Sago	Sabudana	... Sabudana
7 Talipot flour	... Caryota urens	Tad
8 Wheat, whole	... Triticum vulgare	... Gehum	... Godhi	... Gahu	... Ghau
9 Bengal gram	... Cicer arietinum	... Chana	... Kadale	... Hurbura	... Chana
10 Black gram	... Phascolous mungo	... Urd	... Bili Uddu	... Udid
11 Cow gram	... Vigna catiangu...	... Lobia Bada	... Thadaguni	... Kuleeth
12 Field bean	... Dolichos lablab	... Val	... Avare	... Walpapdi	... Walpapdi
13 Green gram	... Phaseous radiatus	... Mung	Mug	... Mag
14 Horse gram	... Doliechos biforus	... Kulthi	... Huruli	... Kuleeth	... Kuleeth
15 "Khesari"	... Lathyrus sativus	Lakh Dal	... Lakh

16	Lentil	... Lens esculenta Masur	... Masur Bele	... Masur	... Masur
17	Peas	... Pisum sativum Bada matter	... Vons batani	... Vatana	... Vatana
18	Amaranth	... Amaranthus gangeticus Lal choalai	... Yele dantu	... Math	... Dant, Rajagaro
19	Cabbage	... Brassica oleracea capitata Band gobhi	... Matje kosu	... Kobi	... Kobi
20	Coriander	... Coriandrum sativum Dhania	... Kothambari	... Kothimbir	... Kothmer
21	Curry leaves	... Murayakoenigii Gandhela	... Kari bevu	... Kadhi limb	... Mitho-limbdo
22	Drumstick	... Maringaoleifera Saijan	... Murige	... Shevaga pan	... Saragwani sheng
23	Fenugreek	... Trigonella foenumgraceum Methi Methi	... Methi
24	Mint	... Mentha viridis Paudina	... Pudina	... Pudeena
25	Beet root	... Beta vulgaris Chuquandar Beet	... Beet
26	Carrot	... Daucus carota Gajar Gajar	... Gajar
27	Colocasia	... Colocasia antiquorum Arwi	... Keahave	... Alu kanda	... Alvi
28	Onion	... Allium oopa Pyas	... Erulli	... Kanda	... Dungli
29	Potato	... Solanum tuberosum Alu	... Urula Gadda	... Batata	... Batata
30	Radish	... Raphanus sativus Muli	... Bili mullangi	... Mula	... Sefet mula
31	Sweet potato	... Ipomeea batatas Shakarquand	... Genasu	... Ratale	... Sakkaria
32	Yam	... Amorphophallus campanulatus Zamin kand	... Dodda suvarnagodda.	... Suran
33	Ash gourd	... Benincasa cerifera Potha Kohala
34	Bitter gourd	... Momordica charantia Karela	... Hagala	... Karle	... Karela
35	Brinjal	... Solanum malogena Baingan	... Badane	... Vange	... Ringna

— APPENDIX D—contd.

Name of foodstuffs.	Botanical name.	Hindustani.	Kanarese.	Marathi.	Gujarati.
1	2	3	4	5	6
36. Broad beans	... Dolichos lablab var lignosus	... Sem...	... Chappara Dalere
37. Cauliflowr	... Brassica oleracea botrytes	... Gobhi	... Hukosu	... Phool kobi	... Phul kobi
38. Cluster beans	... Cyamopsis psoraloides	... Guar ki phalli	... Gori kayi	... Govari	... Govar
39. Cucumber	... Cucumis sativus	... Kakari	... Southai kayi	... Kakari (khire)	... Kakdi
40. French beans	... Phaseolus vulgaris	... Bakla	... Huruli kayi	... Pharasbee	... French bean
41. Jack fruit	... Artocarpus integrifolia	... Kathal	... Yele Halasu	... Phanas	... Kowla Phanas
42. "Kovai"	... Cocoinia indica	... Kundree Tondale	... Gola
43. Knol-khol	... Brassica oleracea caulorape	... Kohl Rabi Knol-khol	... Naval kol
44. Ladies fingers	... Hibiscus esculentus	... Bhindi	... Bende	... Bhendi	... Bhinda
45. Mango	... Mengifera indica	... Am(keri)	... Mavina kayi	... Amba	... Keri
46. Plantain	... Musa paradisiaca	... Kele	... Balo metho	... Kele	... Kela
47. Pumpkin	... Cucurbita maxima	... Kadu	... Kumbala	... Lal bhopla	... Kohlu
48. Ridge gourd	... Luffa acutangula	... Torai	... Heetakai	... Dodka	... Turia
49. "singhara"	... Trapa bispinosa	... Singhara Shinghara	... Shingoda
50. Snake gourd	... Trichosanthes anguina Padavala	... Pudwal	... Padwal
51. Tomato	... Lycopersicon esculentum	... Vilayti baingan	... Assvru dapparu chapparu bandane	... Tomato	... Tamatu

52	Coconut	...	<i>Cocos nucifera</i>	Nariyal	...	Thengu	...	Naral	...	Nariel
53	Gingelly seeds	...	<i>Sesamum indicum</i>	Til	...	Aechellu	...	Til	...	Tal
54	Groundnut	...	<i>Arachis hypogea</i>	Moongphali	...	Kadale kayi	...	Bhui moog	...	Bhoising
55	Linseed seeds	...	<i>Linum usitatissimum</i>	Alsi	Juwas	...	Alsi
56	Mustard seeds	...	<i>Brassica juncea</i>	Rai	...	Sassave	...	Mohori	...	Rai
57	Tamarind	...	<i>Tamarindus indicus</i>	Imli	...	Hunise Hannu	...	Chinch	...	Amli
58	Apple	...	<i>Pyrus malcus</i>	Seb	...	Sebu	...	Sufurchand	...	Safarjan
59	Banana	...	<i>Musa sapientum</i>	Kela	...	Bale	...	Kele	...	Kela
60	Figs	...	<i>Ficus carica</i>	Anjeer	...	Anjura	...	Anjeer	...	Anjir
61	Grapes	...	<i>Vitis vinnifera</i>	Angur	...	Kari drakshi	...	Draksha	...	Draksha
62	Guava	...	<i>Paidium guyava</i>	Amrud	...	Seebai	...	Peru	...	Jam-phal.
63	Jack fruit	...	<i>Artocarpus integrifolia</i>	Kathal	...	Halasu	...	Phunas	...	Phanas.
64	Jambu fruit	...	<i>Syzigium jambolanum</i>	Jaman	...	Neralai	...	Jhambhool	...	Jambbu
65	"Karwanda"	...	<i>Carrisa carandas</i>	Karonda	Karwand	...	Karwanda
66	Lemon	...	<i>Citrus medica var. limonum</i>	Meetha neebu	...	Gajapimbe	...	Limbu	...	Limbu
67	Lime	...	<i>Citrus medica var. acida</i>	Neebu	...	Nimbe	...	Mosumbo	...	Kadgi limbu
68	Mango	...	<i>Mantifera indica</i>	Am (Kori)	...	Mavina kayi	...	Amba kaccha	...	Kori
69	Melon	...	<i>Citrullus vulgaris</i>	Tarbus	...	Kallangadi	...	Kalingud	...	Terbuj
70	Orango	...	<i>Citrus aurantium</i>	Narangi	...	Kithilai	...	Santra	...	Santra.
71	Peaches	...	<i>Amygdalis persica</i>	Arhu	...	Mars sebu	...	Pecch	...	Pecch
72	Pears	...	<i>Pyrus communis</i>	Naspati	Naspati	...	Naspatti

APPENDIX D—concl'd.

Name of foodstuffs.	Botanical Name.	Hindustani.	Kanarese.	Marathi.	Gujarati.
1	2	3	4	5	6
73 Pine apple ...	Ananas sativus Annanas	... Annasas	... Annanas	... Annanas
74 Plums ...	Frunus domestica
75 Pome granate ...	Punica grantum Anar	... Dalimbari	... Dalimb	... Dalamb
76 Pomeloe ...	Sitrus decumana Chakatra	... Chakkota	... Papnas	Papnus
77 "Seetha pazhan" or custard apple. ...	Anona squamosa	Seethapala	... Shita phal
78 Zizyphus ...	Zizyphus jujuba Ber	... Yelachi	... Bor	... Bor
79 Lettuce ...	Lactuca sativa Salad	Salat