



Government of Bombay

Report on the Institutional Diets

IN

Bombay State

(1945-50)

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REPORT ON THE INSTITUTIONAL DIET (1945-50)

INTRODUCTION.

1. Bombay State has been deficient in food and has necessarily to import large quantities of foodgrains every year. During the last World War II, the free flow of imports dried up and arose the necessity for the Government to take up the responsibility of feeding the people. The system of rationing of foodgrains was introduced in 1943. The general shortage of food throughout the country had led the people believe that the foodgrains supplied by the Government had affected the health of the people. About the same time, there was an outbreak of skin diseases and peculiar type of ulcers ('tropical ulcers') in one of the Districts of the State. On investigation, it was found that malnutrition was an important predisposing cause. This drew the attention of the Government to the public health aspects of nutrition and a Nutrition Committee was formed in September 1944. A Nutrition Section (Civil Supplies Department) came into existence in 1944.

2. In 1945, two Lady Dietitians (now called Senior Nutritionists) were appointed. Their main duty was to study and advise on feeding programme in Government and Government-aided institutions when such advice was sought. Later on, in 1947, two more Lady Dietitians were appointed. These four Senior Nutritionists had studied more than 600 diets in nearly 350 institutions, spread over 19 districts of the then Province of Bombay, during the five years 1945-50. The present report is a compilation of these diets and will, therefore, give a very good picture of the dietary conditions in the State.

3. The figures indicate the type of food that was being given to the children in their teens, in the various types of residential institutions. The groups of young individuals, covered in the study, were in the growing periods of their life and needed qualitatively better type of foods than adults. The food values of the diets in terms of physiological nutrients would convey to the reader whether these children maintaining their nourishment from such type of diets are likely to grow into future citizens, healthy and physically fit.

METHOD OF STUDY.

4. The following procedure was adopted for the study of the institutional diets by the Nutrition Section.

5. Letters, informing the date of visit, the purpose of visit and diet study, with forms to keep the dietary records of ten consecutive days, were sent to the authorities of the institutions sufficiently in advance.

6. During the visit to an institution, information on the following lines was collected :—

(i) Nature of the institution, housing conditions (particularly the dining hall, kitchen, stores) and, if possible, the financial stability of the institution.

For the dietary studies, the institutions were visited by Kumari S. S. Corley, Shrimati V. Wagle, Kumari M. S. Kotnis and Shrimati S. Udas, the four Senior Nutritionists of the Department. The statistical analysis of the data was carried out by Shrimati K. Lotlikar, Statistician in the Department.

- (ii) Number of inmates, their ages, sex and activity.
- (iii) Number of meals per day and the type of menu.
- (iv) Expenses on food, establishment charges and economic status of inmates.
- (v) Methods of cooking, storage condition, etc.
- (vi) General information on the dietary habits, market conditions, etc.
- (vii) Dietary data—the schedule that was sent in advance (filled up).

7. Taking into consideration the number of inmates, their ages and sex, the ten days' dietary data was then deduced to the average consumption of food, per consumption unit per day. This was then analysed for the proximate principles, calories, vitamins and minerals. The food composition tables used in this connection are those given in the Health Bulletin No. 23, 1941.

8. After the investigation and study, observations and recommendations were given to the institutions concerned in a letter of recommendation.

9. Repeat visits were paid to the institutions to understand the difficulties on the part of the authorities in implementing the recommendations and try to solve them. In the Report, the dietary and other data of only the last visit has been taken into account.

10. Most of the information collected during the study of the institutional diets has been incorporated in the tables given in Appendix. The economic condition has been graded as well-to-do or rich, middle class, lower middle class and poor. The Senior Nutritionists, when they visited the place, could judge the economic condition of the inmates.

11. The places visited are in most cases urban; very few institutions in the rural areas have been visited for the study of their diets.

12. The cereals and sugar were rationed for most of the period of survey. For a brief period in 1948 cereals and sugar were decontrolled in some parts. Some rise in consumption of cereals was noted in some institutions. But the number of institutions visited during this period is very small and no conclusive remarks can be made from the results of these studies.

13. The average daily intake of each type of food in ounces by each hypothetical adult male, known commonly as 'consumption unit' in each of the institutions surveyed has been calculated from the ten days' dietary data that was supplied by the authorities in the form provided by the Department. The reliance to be placed on these figures, not found by actual weighing, may be questioned. At the same time, it may be noted that in big institutions foodstuffs are generally taken after weighing and, therefore, will not be appreciably different from those quoted.

14. The number of consumption units in each institution has been estimated on the basis of the table of caloric coefficients suggested in the Health Bulletin No. 23, for men, women and children of different ages. The arithmetic mean of average intake per consumption unit of each institution comprising a group has been given in the Tables.

15. The nutrient analysis of each diet per consumption unit per day was undertaken for the purpose of study. In the tables these are also included. During the earlier years of study, the estimation used to be approximate and phosphorus was not estimated at all. For this reason, in many places there may be blanks for phosphorus and in a few cases of animal proteins.

16. The total number of institutions visited during the five years is 352. The number of messes attached to these institutions is 454. The distribution of the institutions and messes in the various Districts is shown in Table I. It will be seen from this table that Bombay, Poona and Dharwar together make 50 per cent. of the messes. The rest are divided in other districts from 1 per cent. to 6 per cent.

17. The institutions can be classified into nine groups on the basis of occupation of the inmates. The number of institutions and messes falling into these groups are shown in Table II.

18. School and college hostels together, make nearly half the number of messes. College hostel messes alone are 25 per cent. and school hostels, 21 per cent.

19. Next comes Backward Class Hostels, 15 per cent. Training College Hostels, 12 per cent. and Certified Schools, 8 per cent. The rest 19 per cent. are private boardings, special schools for physically handicapped, training centres and orphanages.

20. The total number of inmates of all the hostels is 21,053 boys and 6,706 girls; and the total number of consumption units considered in this report is 24,873.3. The maximum being the one from Greater Bombay being 6,336.2 and next, Poona District with 5,467.4 units. Tables III and IV give the distribution of inmates, according to sex in the various Districts and in the various types of institutions, respectively. These tables also show the number of consumption units.

CLASSIFICATION OF FOODSTUFFS.

21. Foodstuffs are broadly divided into cereals, pulses, nuts and oilseeds, vegetables, fruits, milk and milk products, fleshy foods and condiments and spices.

TABLE I.

Statement showing the distribution of institutions and messes attached to these institutions in the 19 districts.

District.	No. of Institutions visited.	No. of Messes.	Percentage.
Greater Bombay ...	66	93	20
Ahmedabad ...	17	26	6
Kaira ...	15	25	6
Broach ...	8	9	2
Panch Mahals ...	4	4	1
Surat ...	17	21	5
Thana ...	10	10	2
Ahmednagar ...	17	18	4
East Khandesh ...	15	15	3
West Khandesh ...	11	11	2
Nasik ...	13	14	3
Poona ...	58	88	19
Satara ...	15	15	3
Sholapur ...	16	17	4
Kolaba ...	1	1
Belgaum ...	13	15	3
Bijapur ...	11	12	3
Dharwar ...	30	44	10
Kanara ...	4	4	1
Ratnagiri ...	11	12	3
Total ...	352	454	100

TABLE II.

Statement showing the distribution of institutions and messes according to the type of institutions.

Type of Institution.	No. of Institutions.	No. of Messes.	Percentage.
Primary and Secondary School Hostels.	86	95	21
College Hostels ...	39	113	25
Private Boardings ...	29	29	6
Primary Teachers' Training Colleges.	48	56	12
Special Schools ...	11	11	3
Certified Schools ...	30	37	8
Backward Class Hostels ...	68	68	15
Training Centres ...	27	28	6
Orphanages ...	14	17	4
Total ...	352	454	100

TABLE III.

Statement showing the distribution of number of inmates in the institutions and the consumption units according to Districts.

District.	Male.	Female.	Total.	Number of consumption units.
Greater Bombay ...	4,776	2,894	7,670	6,336.2
Ahmedabad ...	867	333	1,200	1,067.0
Kaira ...	1,541	215	1,756	1,077.0
Broach ...	326	82	408	360.0
Panch Mahals ...	71	184	255	204.4
Surat ...	992	160	1,152	1,076.1
Thana ...	549	1	550	532.6
Ahmednagar ...	786	315	1,101	1,013.2
East Khandesh ...	549	75	624	595.1
West Khandesh ...	711	78	789	760.9
Nasik ...	808	212	1,110	1,029.0
Poona ...	4,798	1,210	6,008	5,467.4
Satara ...	910	255	1,165	1,025.3
Sholapur ...	464	136	600	520.2
Kolaba ...	60	60	60.0
Belgaum ...	513	92	605	580.8
Bijapur ...	459	26	485	475.8
Dharwar ...	1,501	314	1,815	1,721.7
Kanara ...	66	77	143	119.6
Ratnagiri ...	216	47	263	240.5
Total ...	21,053	6,706	27,759	24,873.3

TABLE IV.

Statement showing the distribution of number of inmates of the institutions and the consumption units according to the type of institutions.

Type of Institution.	Male.	Female.	Total.	Number of consumption units.
Primary & Secondary School Hostels ...	4,916	2,250	7,166	6,182.5
College Hostels ...	5,591	221	5,812	5,767.4
Private Boardings ...	1,127	473	1,600	1,442.7
Primary Teachers' Training Colleges ...	2,455	1,102	3,557	3,317.2
Special Schools ...	339	235	574	481.0
Certified Schools ...	2,848	1,311	4,159	3,271.6
Backward Class Hostels ...	1,611	449	2,060	1,868.3
Training Centres ...	1,674	21	1,695	1,680.7
Orphanages ...	492	644	1,136	861.9
Total ...	21,053	6,706	27,759	24,873.3

CEREALS.

22. Cereals form the basic food of the people of this State, and the food situation which has arisen during the war has emphasized their importance. The Province of Bombay has always been a deficient province in cereals and was importing rice from Burma. The gap caused by cessation of rice imports has been partially filled by imports of wheat.

23. The main cereal grains consumed in Bombay State are rice, wheat, *jowar* and *bajra*. Owing to rationing, other cereals like milo, maize, barley were also consumed and in some parts the non-rationed cereals and millets like *Kodra*, *Bawto*, *Ragi*, *Wari*, etc. were used to supplement the cereal ration. In many cases the deficit of cereals was made up by consumption of more pulses.

24. The four regions in which Bombay State has been divided for the purpose of this study show different trends in favour of these cereals.

25. Bombay, a cosmopolitan city shows consumption of all cereals but more inclined towards rice and wheat. The Gujarat region shows favour to wheat although rice and other cereals are also consumed. Northern parts of Maharashtra definitely show a greater trend towards other cereals like *jowar* and *bajra*. Bijapur in Karnatak is also in favour of other cereals. Ratnagiri and Kanara are definitely rice eating Districts, but owing to rationing system; the intake of rice is restricted.

26. The maximum consumption of cereals was 31.2 ozs. per C. U. per day, while the minimum was 5.5 ozs. per C. U. per day. It has been generally observed that the consumption of cereals is on the lower level in high economic groups like school and college hostels and on the higher level in lower economic groups like certified schools, backward class hostels and Training Centres. The intake of cereals due to rationing system was restricted to 16 ozs. in 1945-46 and later on, to 12 ozs. per head per day. Full quota of cereals was issued for children above the age of six. The cereals issued through Rationing included rice, wheat, *maida*, *jowar*, *bajra*, milo, maize and barley. The diets examined during the period, therefore, include these cereals except in some cases where only rice and wheat grains were used even at the cost of forfeiting other grains.

27. The average consumption of cereals is 13.5 ozs. per C. U. per day. Average rice consumption is 3.7 ozs. per C. U. per day and was consumed in 407 messes out of 433 which gave values for consumption of individual cereals.

28. The average consumption of wheat was 4.1 ozs. per C. U. per day and was consumed in 306 messes which gave values for individual consumption of cereals.

29. The average consumption of other cereals was 5.7 ozs. per C. U. per day and was consumed in 327 out of 432 messes which gave values for individual consumption of cereals.

30. Ordinarily, water in which rice has been cooked is thrown away but amongst certain groups of population the rice water is not rejected.

31. Wheat flour is made into unleavened bread or *chapatis*. Those who can afford the cost, smear hot *chapatis* with ghee before eating them. Bread is also used in some messes on Western style and by some section of students for breakfast.

32. Other cereals like *jowar*, *bajra*, etc. are eaten in the form of *bhakar* prepared from the flour.

PULSES.

33. In Bombay State pulses have a definite place in the diets of the people. Except a few non-vegetarian messes on European style, there are no messes without consumption of pulses.

34. In the vegetarian messes with low intake of milk, pulses are the only sources of proteins. The pulses commonly consumed in this State are *tur*, *chana*, *mung*, *masur*, *maliki*, *chawli*, *wal* and peas.

35. The intake of pulses varied from 0.1 to 12.7 ozs. per C. U. per day. In some cases, they were taken as supplement to cereals. The consumption of pulses was more in certified schools where they supplemented cereals by pulses.

36. On the whole, the consumption of pulses was satisfactory as the average intake is 3.0 ozs. per C. U. per day, just the quantity recommended by the Nutrition Advisory Committee of the Indian Council of Medical Research. Only six messes did not consume pulses.

37. The pulses are ordinarily consumed in the form of thick or thin gruel depending on the taste and food habits of the inmates. Some of the pulses are often cooked in different kinds of dishes, mainly as snacks.

VEGETABLES.

38. The intake of vegetables on the whole is not very satisfactory except in college messes with the exception of leafy vegetables. The average intake of leafy vegetables is only 1.0 oz per C. U. per day, whereas the recommended quantity is 4.0 ozs. per C. U. per day. Leafy vegetables are consumed to a greater extent in Maharashtra than in other regions, although the consumption is not satisfactory. Leafy vegetables are the main sources of vitamin A in the poor vegetarian diets, as milk is not afforded by them. Though prices are not so high and are available in plenty, in season, these are not consumed by the inmates. With college and school students, a strong notion prevails that leafy vegetables are an inferior variety of vegetables suitable only as cattle fodder and protested against authorities, that the latter were economising by serving cheap vegetables. Cabbage and coriander leaves (eaten in small quantities as condiment) were the only exceptions observed.

39. Leafy vegetables generally available are *chauli*, *mula* leaves, *methi*, lettuce, *alu* leaves, amaranth, bengal gram leaves, *kardai*, *shepu*, *ambadi*, *math*, etc.

40. As regards the intake of other non-leafy vegetables including roots and tubers, it has been found that the average intake is satisfactory in so far as the quantity is up to the recommended level. All varieties of seasonal vegetables are consumed, the total intake largely depending upon the economic status. Inmates of orphanages and backward class hostels consumed about 4-6 ozs. or even less, while college students consumed from 12 to 16 ozs. per C. U. per day.

41. The root vegetables commonly used are potatoes, onions, *suran*, beet-root and carrots. In some parts, sweet potatoes and yams and other wild type of tubers are also consumed. Average intake of root vegetables is 2.4 ozs. per C. U. per day.

42. In the interior parts of Districts, owing to climatic conditions, the fresh vegetables are sometimes not available and are substituted by pulses in summer months.

43. The other fresh vegetables, available in Bombay State are brinjals, beans, tomatoes, ladies fingers, green plantains, cucumber, drumsticks, gourds, etc.

44. Cities like Bombay, Poona, Ahmedabad, etc. have advantage that they get vegetables and fruits in plenty and more varieties, though a little costlier than in the Districts, where only those that are grown can be consumed.

FRUITS.

45. Fruits generally add to the vitamin and mineral contents of the diet. The recommended intake of fruits is 3 ozs. per C. U. per day. On the whole, the intake of fruits is not satisfactory. Fruits are generally not so cheap except a few seasonal fruits and hence the inclusion of this foodstuff is not possible for the institutions in the lower economic groups. But even in other groups like school and college hostels and private boardings the intake is not satisfactory. In orphanages, although the financial position is not so good, fruits are included in the diets as these are mostly for young children and the missionary authorities are conscious of the importance of fruits in their diets.

46. In cities, many varieties of fruits are available, whereas in District places only those that are grown locally are available. The commonly available fruits are bananas, sour lime, *mosambi*, *chicku*, guavas, *bor*, *papayyas*, figs, oranges, wood-apple, pomegranate, *jambul*, *karwand*, mangoes, etc. In season some fruits are available cheap and in plenty.

47. Out of 454 messes, only 188 provided fruits in their diets. The average intake was 0.8 oz. per C. U. per day for the State while the median value is 0. The maximum intake was 10 ozs. per C. U. per day.

SUGAR AND JAGGERY.

48. Sugar and related products are used mainly as sweetening agents. They thus increase the palatability of food and also contribute to the energy value of the diet. It has been found the intake of these foods increase with the increase in income. This position, however, changed after the second world war. With the onset of food shortage and introduction of rationing, the intake of sugar was very much restricted. That is why the figures do not give any trend of the dietary habits.

49. The recommended level of intake is 2.0 ozs. per C. U. per day. The average intake is, therefore, not satisfactory, being only 1.1 ozs. per C.U. per day. Only 49 messes did not provide these foodstuffs in their diets. However, some inmates take tea and other snacks which include these foodstuffs, outside the mess. The maximum value of the intake was 6.5 ozs. per C. U. per day. Backward Class Hostels have the lowest intake, the average being only 0.6 ozs. per C. U. per day. Of the Districts, Nasik showed the lowest consumption, the average being 0.5 ozs. per C. U. per day.

OILS AND FATS.

50. Oils and fats are generally used for cooking and flavouring the food. As much of this as possible could be butter and ghee. As butter and ghee are costlier, more vegetable oils are used. The commonest oil used in Bombay State is sweet oil or groundnut oil. Coconut oil and *kardai* oil are used in some Districts. The recommended level is 2.0 ozs. per C. U. per day. The average intake of vegetable oils is 1.2 oz. per C. U. per day and that of butter and ghee is 0.3 oz. per C. U. per day. The intake is more in college hostels and also in Gujarat Districts. The maximum intake of vegetable oil is 6.4 ozs. per C. U. per day. The median value is 0.9 oz. per C. U. per day. The maximum value for butter and ghee is 2.2 ozs. per C. U. per day and the median value is 0. Out of 454 messes, only 199 include butter and ghee in their diets.

51. With the introduction of hydrogenated vegetable fat, it has been noticed that the same is used as a spread over *chapatis* in many places. Many times it goes under the name of ghee.

MILK AND MILK PRODUCTS.

52. The requirement of an adult has been placed at 10 ozs. per day. This is not satisfactory as this quantity does not yield sufficient quantity of animal proteins. It has, however, a practical value, taking into consideration the availability of the foodstuff to the people.

53. The average intake of milk is 5.5 ozs. per C. U. per day. Out of the 454 messes, 377 included milk in their diets, and the median value of milk intake is 4.0 ozs. per C. U. per day. Maximum intake is 36.6 ozs. per C. U. per day. College messes and orphanages provide reasonably good amount though not up to the recommended level.

54. Greater Bombay, Ahmedabad, Kaira, Poona, Satara and Belgaum have been reasonably good in this respect. Ahmednagar, East Khandesh, West Khandesh, Nasik, Kanara and Kolaba are definitely poor in respect of their intake of milk.

55. Backward Class Hostels, Primary Teachers' Training Colleges, Certified Schools cannot provide milk to their inmates in sufficient quantities owing to their financial condition.

56. Milk is certainly popular. Next to milk *dahi* or curd is a favourite item, in the diet. It is a common practice to dilute the curd into drinks so that it may be partaken by many people in the form of buttermilk.

FLESHY FOODS (FISH, MEAT ETC.) AND EGGS.

57. These foodstuffs are excellent sources of proteins of high biological value and good source of vitamin B2 group. Egg is rich in vitamin A and is the only natural foodstuff, besides milk fat, supplying appreciable amount of vitamin D.

58. Many of the diets are vegetarian for the sake of convenience although some of the inmates are mixed eaters. Schools, backward class hostels and orphanages have a greater proportion of non-vegetarian messes. The Districts of Gujarat have proportionally more vegetarian messes.

59. The average intake of fish and meat is 0.8 oz. per C. U. per day, and that of egg is 0.1 oz. only. The average figures, however, for daily intake per C. U. do not indicate the size of helping either in the messes or for any of the days because these foods have been consumed by certain messes and that also on certain days only. Thus, a calculation of the average has reduced the quantity of actual intake per C. U. beyond recognition.

OTHER FOODS.

60. In other foods, have been included foods like nuts, *neera*, and some snacks etc.

NUTRIENTS.

61. Foodstuffs in general contain proteins, fats, carbohydrates, vitamins and mineral salts. Proteins, fats and carbohydrates are often termed proximate principles and they provide the energy for life. Vitamins and mineral salts do not supply energy but they play an important part in the physiological functions of the body. A well balanced diet not only contains these in sufficient quantities but also in correct proportions.

62. The nutrient analysis of the diets is given in the appendix at the end. The nutrients that have been given are proteins, fats, carbohydrates, calcium, phosphorus, iron, vitamins A, B1, and C, and Calories. Phosphorus is not given in many cases as this was not estimated in the earlier years of the study. In the diets that were studied in the beginning, approximate values were

taken in estimation of the nutrients. But to all practical purposes, these nutrient analyses give full idea of the deficiencies or otherwise of the diets. No averages, therefore, have been calculated. The diets have been marked as deficient in particular nutrient, normal or above normal in the nutrient content. The total number of messes deficient in particular nutrient have been given and the nutrients may be ranked in the descending order according to the proportion of messes, found to contain the nutrient below the normal range.

Total messes 454.

			No. of messes deficient in the particular nutrient.	Percentage.
Animal proteins	378	83
Proteins	255	56
Calcium	255	56
Vitamin A	242	53
Fats	228	50
Calories	189	42
Vitamin C	118	26
Carbohydrates	102	22
Vitamin B1	18	4
Iron	17	4

PROTEINS.

63. Proteins play an important part in ensuring the quality of a diet. Animal foods such as meat, fish and eggs or milk, pulses and nuts are the main sources of protein and in our discussion on foodstuffs, we have found the diets to be poor in these foodstuffs except pulses. Pulses too are not taken in adequate quantities in all the messes. In a sense, they may be stated to be one of the most important of the food factors; they supply building material for the body and make good the loss of tissue which is incurred during the complicated physiological processes which maintain life.

64. Of the 454 messes, 255 i.e. 56 per cent. were below the normal level in its protein content; 110 messes had diets with adequate protein content and 89 messes had diets with protein content above the normal requirements.

ANIMAL PROTEINS.

65. Some animal proteins are essential during growth and it is desirable that in growing periods it should form a good proportion of the total proteins. This proportion may with advantage be one third; preferably, it should not be less than one-fifth. The normal range has been taken as 20-30 gms.

The best source of animal protein for growing children is milk. Diets for growing children which do not contain a fair proportion of animal protein, cannot be regarded as satisfactory and from this point of view 83 per cent. of the diets are unsatisfactory. Out of the 454 messes, 378 had diets with below normal content of animal protein; only 34 diets provided normal requirements of animal protein and 42 diets had above normal content. Thus, it is seen that only 76 diets has satisfactory animal protein content.

FATS.

66. Like protein, fat is a necessary ingredient of a diet. Fat is of value to the body in a number of ways, and as diet low in animal fat is often deficient in certain important vitamins of fat soluble group. Fat is a concentrated source of energy. It was found that 228 diets i.e. 50 per cent. have a fat content below the normal range. The remaining 50 per cent. were found to have either normal (65 messes i.e. 15 per cent.) or above normal values (161 messes 35 per cent.). Most of the messes having above normal values for fat are college hostel messes where the consumption of oils and fats is high.

67. *Carbohydrates*.—Carbohydrates may be considered as the body's chief source of energy. Food grains and root vegetables are largely composed of starch i.e. carbohydrates. The carbohydrates are a necessary constituent of a diet; but when they are present in excessive amounts, as is generally the case with Indian dietary, the diet becomes ill-balanced. Out of the 454 messes studied, 244 i.e. 54 per cent. had carbohydrates in excess. Only in 24 per cent. of the messes the diets provided normal amount of carbohydrates and in 22 per cent. of the messes the diets provided below normal amount of carbohydrates.

68. *Calcium and Phosphorus*.—Calcium is found abundently in milk, including skimmed milk, cheese and leafy vegetables. Cereals contain fair amounts of this mineral. Rice is relatively poor in calcium and there is evidence that insufficiency in calcium is one of the most important defects of the rice eaters' diet. Children need relatively more calcium and other minerals to meet the needs of the growing bones.

69. Unlike calcium, which is not richly supplied in foods, phosphorus is so wide spread that at one time it was thought that deficiency of this mineral could not exist. From 70 to 80 per cent. of phosphorus used by the body is used in combination with calcium. A calcium adequate diet is rarely inadequate in phosphorus and hence in earlier years of study this nutrient was not estimated. However, as the diets are adequate in cereals and pulses which are fairly rich in phosphorus, they are adequate in phosphorus content. But the real problem is retention of phosphorus in the body. If phosphorus is to be held efficiently in the body, calcium must be generously supplied in the diet.

70. Out of the 454 messes, 255 (56 per cent.) have been found to have diets inadequate in calcium, 148 (33 per cent.) have adequate intake and only 51 (11 per cent.) have above normal intake of this important mineral.

IRON.

71. The amount of iron present in the body is very small, but it has a very important function to perform. Iron is essential for blood formation. A well balanced diet for a growing child or an adult should contain about 20-30 mgs. of iron. The diets studied during the five years in Bombay State, however, show that the diets are generally adequate in respect of this nutrient. Out of 454 diets, only 17 diets were found to have a below normal intake. 265 diets had the content above 30 mgs. and 172 diets had iron content between 20-30 mgs.

VITAMIN A.

72. Vitamin A is present in some animal fats like butter and ghee, in whole milk, curds, egg yolk, liver, fish, etc. In the vegetable kingdom a precursor of vitamin A exists as carotene. Leafy vegetables and ripe fruits are rich in carotene. Root vegetables are poor in this respect, the only exception being carrot which is a good source of carotene. The daily requirements of an adult are in the neighbourhood of 3000-4000 I. Us. of vitamin A.

73. Out of the 454 messes, 242 have vitamin A, rather vitamin A and carotene contents of the diet below normal requirement of 3000-4000 I. Us. 79 messes provided diets with adequate content of vitamin A and its precursor. Only in 133 messes, the diets contained vitamin A and its precursor above the normal requirements. It may be noted here that as the milk consumption is low, a greater part of vitamin A is in the form of its precursor, primarily from leafy vegetables.

VITAMIN B1.

74. Vitamin B1 is an important member of the B group of vitamins. It is known as thiamine. It is concerned in the proper utilisation of carbohydrates; in the absence of adequate amounts of this vitamin, full utilisation of sugars and starches for energy is retarded. The thiamine requirements of an individual are dependent on many factors, chiefly the composition of the diet. In a very rough way the thiamine needs of school children and adults living on ordinary diets in normal circumstances may be estimated at about 333 I. U. or 1 mg. per day. If the diet contains a variety of cereals, the diet is generally adequate in this respect. Most of the diets contain adequate amounts of this vitamin due to sufficient intake of cereals and pulses. Out of 454 diets, only 18 i.e. 4 per cent. contained vitamin B1 in inadequate quantities.

VITAMIN C.

75. Vitamin C is usually found in fresh fruits and vegetables, particularly the green leafy varieties. Fresh meat and milk contain little vitamin C. Pulses and cereal grains in the dry form do not normally contain vitamin C. When sprouted, vitamin C is formed in the grain. *Amla* is a very rich source of vitamin C.

76. Vitamin C is sensitive to heat and loss occurs on cooking. Nevertheless, the inclusion of a few ounces of fresh fruits and leafy and other vegetables in a diet will ensure that its vitamin C content is satisfactory.

77. Out of the 454 diets, vitamin C content of 238 i.e. 52 per cent. is above the normal requirement i.e. above the range 40–50 mg. ; 98 i.e. 22 per cent. have normal content and only 118 i.e. 26 per cent. have vitamin C content below the normal requirement. But actually the position is not so satisfactory, for in calculating the vitamin C content, no account has been taken of the vitamin C lost by drying, shredding, cooking and reheating.

CALORIES.

78. Lastly comes calories—energy value of the diets. The energy required for the basal metabolism and for muscular activity are supplied through food. Ensuring both sufficiency and quality are naturally the most desirable ; but question of enough food should take precedence over quality and other considerations. Taking 2400–2800 calories as the normal range of energy requirements, the diets were found to be unsatisfactory in 189 cases i.e. 42 per cent. of the total diets. 115 diets supplied more than sufficient calories and 150 supplied the normal requirement.

79. Tables in the appendix give the division of diets in three groups—above normal, normal and below normal for each nutrient according to Districts and types of institutions.

80. Most of the diets have been found to be unsatisfactory from the point of view of their nutritive value and adequacy. The diets are inadequate in important nutrients for growth, like protein, animal proteins, calcium and vitamin A.

QUANTITATIVE INTERPRETATION OF THE FINDINGS.

81. Out of the 454 messes visited during the five years 1945–50, 294 are vegetarian messes and 160 are non-vegetarian messes. Some of the messes are vegetarian only because of convenience ; while some simply cannot afford to give non-vegetarian food.

82. The number of messes for boys and men is 338 ; for girls and women 95 and in addition there are 21 ' co-educational ' messes. (Table VIII).

83. The number of messes for boys is thus nearly 3 to 4 times those for girls. The proportion of vegetarian to non-vegetarian messes for boys is nearly 2 : 1, while that for girls is 1 : 1. In the mixed messes also the proportion is 1 : 1.

84. The average figures for intake of each class of foodstuff have been worked out to compare with the corresponding standard for a balanced diet recommended by the Nutrition Advisory Committee of the Indian Council of Medical Research in November 1944.

85. Table V gives the recommended levels of intake for each class of foodstuffs, and the figures for average intake with their respective standard deviations. As the range of variability in the intake figures for each of the

foodstuffs was considerable, the figures for "median" have also been included in the table. Maximum and minimum values of the intake have also been shown. However, except for cereals, the minimum values of intake for all the foodstuffs are zero.

86. The magnitude of the standard deviations in the case of most of the items was found to be large compared to their respective arithmetic means, if not appreciably higher. Such a phenomenon, therefore, detracts from the value of the average or arithmetic mean much of its degree of precision and ordinarily imposes a limitation on such averages being accepted on their face value. But the reasons for the smallness of the mean and the extensive range of variability are not difficult to explain. The only exception is cereals where the variability has undoubtedly been controlled by the rationing system.

87. In the case of protective foods like fruits, fish, meat and eggs, there were many institutions which did not include these items in their diets and in case of oils and fats, vegetables and milk, the variability is large because of economic factors. In institutions like college hostel messes, the consumption was even higher than the recommended level of intake, very high values in some cases; in institutions like Backward Class hostels and Certified Schools the consumption was negligible.

88. It would be noticed that the consumption figure for pulses was just the amount recommended by the Nutrition Advisory Committee, Indian Council of Medical Research, and that for other vegetables was slightly above the recommended level.

89. The average consumption for all other items was below the recommended level of intake. The average figures of consumption for cereals and root vegetables were undoubtedly below the desired level but not as low as compared to the rest of the foodstuffs in the diet.

90. Table VI shows the differential consumption of foodstuffs in the messes. The messes have been divided into—

- (1) Those *not* consuming particular foodstuffs,
- (2) Those consuming particular foodstuffs with the average intake below the desired level, and
- (3) Those consuming particular foodstuffs up to the desired level or above.

91. It would be noticed that fish and meat, eggs and fruits are not consumed in a great majority of the messes. In one-third of the messes, leafy vegetables were not included. Root vegetables, sugar and jaggery and milk were not included in 10–20 per cent. of messes. Pulses were not included in the diets of only six non-vegetarian messes and oils and fats were not included in the diets of a few poor institutions.

92. Of those including particular foodstuffs in their diet, majority were in the group below desired level for all the items except cereals and other vegetables. The number of messes in the "desired level and above" group for

pulses was also not so bad. Only one-third messes included root vegetables and oils and fats up to the desired level and above. The main protective foods like leafy vegetables, fruits and fleshy foods were, however, consumed in adequate quantities in less than even one-tenth of the messes. Milk and sugar and jaggery were consumed in adequate amounts in less than two-fifth of the messes.

93. Table VII shows the differential content of the nutrients in the diet of the messes studied. The messes have been divided into three groups—

- (1) The dietary content of a particular nutrient *below* the normal range,
- (2) The dietary content of a particular nutrient *within* the normal range, and
- (3) The dietary content of a particular nutrient *above* the normal range.

94. From the above, it appears, that the majority of the diets are deficient in the nutrients like animal proteins, total proteins, fat and vitamin A. The caloric values of the diets were less than the normal requirement in two-fifth of the messes. Carbohydrates and vitamin C are inadequate in only one-fourth of the messes and iron and vitamin B1 are inadequate in only 4 per cent. of the messes.

TABLE V.

Statement showing the recommended standards and actual figures of intake of food-stuffs in the State of Bombay.

Classes of foodstuffs.	Recommend- ed intake in ozs.	Actual intake in ounces.							
		Mean.	Standard deviation.	Median.	Maximum.	Minimum.			
Cereals { Rice ... Wheat ...	14	3.7	13.5	3.4	21.2	31.2	5.5		
		4.1		4.2				12.4	17.8
		5.7		3.88				5.1	26.5
Other cereals	...	5.7	3.88	5.1	26.5		
Pulses	3	3.0	1.80	2.7	12.7		
Leafy vegetables	4	1.0	1.16	0.8	8.3		
Root vegetables	3	2.4	2.36	1.5	17.6		
Other vegetables	3	3.8	3.23	3.0	16.6		
Fruits	3	0.8	1.46	0	10.0		
Sugar and Jaggery	2	1.1	0.82	1.0	6.0		
Vegetable oils and fats	2	1.2	1.06	0.9	6.4		
Butter and Ghee		0.3	0.51	0	2.2		
Milk	10	5.5	5.52	4.0	36.6		
Fish and Meat	3	0.8	1.02	0	13.0		
Eggs	One (1.5)	0.1	0.39	0	3.5		
Other foods	...	0.3	0.93	0	14.9		

TABLE VI.

Differential consumption of foodstuffs in the messes.

Classes of foodstuff.	No. of messes not including particular foodstuff in their diets.		No. of messes including particular foodstuff in their diets.			
			Below desired level.		To desired level and above.	
	No.	Percentage.	No.	Percentage.	No.	Percentage.
Cereals (454) ...	0	0	195	43	259	50
Pulses (454) ...	6	1	248	55	200	44
Leafy vegetables (421) ...	131	31	277	66	13	3
Root vegetables (343) ...	45	13	201	59	97	28
Other vegetables (344) ...	27	8	144	42	173	50
Fruits (454) ...	266	59	154	34	34	7
Sugar and Jaggery (454) ...	49	11	340	75	65	14
Oils and fats (454) ...	6	1	306	68	142	31
Milk (454) ...	77	17	296	65	81	18
Fish and Meat (454) ...	308	68	94	21	52	11
Eggs (454) ...	403	89	33	7	18	4

TABLE VII.

Differential dietary content of particular nutrient in the messes.

Nutrient.	Number of messes with dietary content of nutrient.					
	Above normal.		Normal.		Below normal.	
	No.	Per cent.	No.	Per cent.	No.	Per cent.
Proteins ...	80	20	110	24	255	56
Animal proteins. ...	42	9	34	8	378	83
Fats ...	161	35	65	15	228	50
Carbohydrates ...	244	54	108	24	102	22
Calcium ...	51	11	148	33	255	56
Iron ...	265	58	172	38	17	4
Vitamin A ...	133	29	79	18	242	53
Vitamin B1 ...	160	35	276	61	18	4
Vitamin C ...	238	52	98	22	118	26
Calories ...	115	25	150	33	189	42

TABLE VIII.

Statement showing the distribution of messes according to the dietary habits and the sex of the inmates.

	Vegetarian.	Non-vegetarian.	Total	Remarks.
Male ...	233	105	338	
Female ..	50	45	95	
Mixed ..	11	10	21	
Total ...	294	160	454	

TABLE IX.

Statement showing the distribution of messes according to vegetarian, non-vegetarian and sex in the various Districts.

District.	Vegetarian.				Non-vegetarian.				Total.			
	Male.	Fe- male.	Mix- ed.	Total.	Male.	Fe- male.	Mix- ed.	Total.	Male	Fe- male.	Mix- ed.	Total.
Greater Bom- bay.	33	13	2	48	23	19	3	45	56	32	5	93
Ahmedabad.	19	5	1	25	1	1	20	5	1	26
Kaira ...	22	22	...	3	...	3	22	3	...	25
Broach ...	6	6	2	1	...	3*	8	1	...	9
Panch Mahals.	3	3	...	1	...	1	3	1	...	4
Surat ...	15	1	1	17	3	1	...	4	18	2	1	21
Thana ...	4	4	6	6	10	10
Ahmednagar.	7	1	...	8	6	4	...	10†	13	5	...	18
East Khan- desh.	7	2	...	9	6	6‡	13	2	...	15
West Khan- desh.	6	3	...	9	2	2*	8	3	...	11
Nasik ...	10	1	...	11	2	1	...	3	12	2	...	14
Poona ...	41	10	4	55	23	7	3	33	64	17	7	88
Satara ...	6	1	1	8	4	1	2	7	10	2	3	15
Sholapur ...	5	2	...	7	6	3	1	10	11	5	1	17
Kolaba ...	1	1	1	1
Belgaum ...	7	1	1	9	5	1	...	6*	12	2	1	15
Bijapur ...	10	1	...	11	1	1	11	1	...	12
Dharwar ...	24	7	1	32	10	2	...	12	34	9	1	44
Kanara ...	1	1	1	1	1	3	2	1	1	4
Ratnagiri ...	6	2	...	8	4	4	10	2	...	12
Total ...	223	50	11	294	105	45	10	160	338	95	21	454

*Diet of one mess did not contain any non-vegetarian food during the ten days' period of study.

†Diets of two messes did not contain any non-vegetarian food during the ten days' period of study.

‡Diets of three messes did not contain any non-vegetarian food during the ten days' period of study.

TABLE X.

Statement showing the distribution of messes according to the dietary habits and sex of inmates in the various types of institutions.

Type of Institution.	Vegetarian.				Non-vegetarian.				Total.			
	Male.	Female.	Mixed.	Total.	Male.	Female.	Mixed.	Total.	Male.	Female.	Mixed.	Total.
I	32	2	3	37	35	20	3	58	67	22	6	95
II	88	4	1	93	20	20	108	4	...	112
III	15	4	...	19	4	6	...	10	19	10	...	29
IV	30	11	1	42	8	6	...	14	38	17	1	56
V	5	...	1	6	1	3	1	5	6	3	2	11
VI	14	8	3	25	7	4	1	12	21	12	4	37
VII	30	16	1	47	21	21	51	16	1	68
VIII	19	1	...	20	7	...	1	8	26	1	1	28
	...	4	1	5	2	6	4	12	2	10	5	17
Total	234	50	11	295	104	45	10	159	338	95	21	454

TRENDS OF DIETARY HABITS (DISTRICTWISE).

95. The food situation and the dietary conditions of a place are determined by the dietary habits, occupation and the economic status of the population group, as also the crops grown locally. During the course of five years, 19 districts of the Province were visited as has already been stated. These may be grouped as under on the basis of crops, food situation and dietary habits :—

- I. *Bombay*.—Greater Bombay and suburban places.
- II. *Gujarat*.—Ahmedabad, Kaira, Broach, Panch Mahals, Surat and Thana.
- III. *Maharashtra*.—Ahmednagar, East Khandesh, West Khandesh, Nasik, Poona, Satara, Sholapur and Kolaba.
- IV. *Karnatak-Konkan*.—Belgaum, Bijapur, Dharwar, Kanara and Ratnagiri.

I. BOMBAY.

96. Bombay is the principal city of the State. People from all the Districts come and settle here either for work or business. It is also a place where there are many educational institutions and many students from all over the State come for education. As such, the dietary habits studied in the institutions are varied. In college hostels, where there were sufficient number of students, there were various messes on club system like Maharashtrian, Gujarati, etc.

97. Sixty-six institutions in Bombay were visited and the diets of 93 messes attached to these institutions were studied. The majority of these messes were college and school hostel messes.

98. The main cereals consumed by the people are rice and wheat. Although other cereals and millets like *jowar*, *bajra*, barley, etc., were issued as a part of the total ration, only 32 out of 93 messes were utilising these cereals.

99. All varieties of pulses, grown in the State, are available and are consumed. The most common pulses included in the daily diet are *tur* and *chana*—*tur* as a liquid *dal* preparation eaten with rice and *chapati* and *chana* flour in various preparations like *bhajiya*, *shev*, *ganthiya*, etc. The consumption of pulses is satisfactory, though not up to the standard. Only two non-vegetarian messes did not use pulses in the daily dietary.

100. All varieties of leafy, root and other non-leafy vegetables are available in Bombay, although not very cheap. However, leafy vegetables like amaranth, *mula* leaves, *methi* and other varieties are cheaper compared to other vegetables. Of the root vegetables, potatoes and onions are common. Carrots, beet-root, sweet-potatoes are also used. The other vegetables like, *farasbi*, *gawar*, *bhendi*, cabbage, cauliflower, green peas, etc., are available in plenty and cheap *only in season*. As in case of other surveys, here also it is observed that the consumption of these depend largely on the economic condition of the people.

101. Fruits like bananas, mangoes, sour lime, *mosambi*, *chiku*, *kakdi*, guava, etc., are available ; some in season and others, all the year round. Bananas are the most popular, being the cheapest. Sour lime is also used in many diets, daily. Other varieties of fruits like apple, pears etc. are also available, but they are not so cheap. The consumption of fruits depends on the economic condition of the institutions. Cheap seasonal fruits are consumed in some of the institutions, mainly, school and college hostel messes and orphanages. Out of the 93 messes, only 55 could provide fruits to their inmates.

102. Sugar was controlled and rationed during the period of study. Jaggery, though available, was not so cheap. The intake of these articles was,

therefore, very much restricted. Hence, the figures for sugar and jaggery do not give indication as to be dietary habits of the people as far as these foodstuffs are concerned.

103. Groundnut oil is popular in this area of the State. Coconut oil is also used in some cases along with groundnut oil. Hydrogenated oils (various brands of *vanaspati*) have become popular and in many cases are used in place of ghee. Pure ghee is also available and is consumed by certain sects of people. Adulteration of ghee, however, is also common. Butter is used as a spread on bread; however, this practice is confined to the upper middle class and in institutions like college and school hostel messes. Vegetable oils are, of course, used for cooking purposes and are rarely consumed in raw state except in pickles, chutneys, etc.

104. The problem of getting milk is not so difficult in Bombay except for its high cost. Bombay has the unique advantage of getting better quality milk, bottled milk, both fresh whole milk and 'toned' milk, through the Government distributing centres. However, the consumption depends on the economic condition of the inmates.

105. Fish, meat and eggs are available throughout the year, and fish is quite cheap in certain seasons. But the cost is high for some institutions. Some messes do not provide these articles for the sake of convenience and there are some sects of students who are vegetarian due to religion.

106. It has been observed that even in Bombay, where foodstuffs are available easily, consumption of *protective foods* like fruits, milk, etc., is not satisfactory.

107. Generally, two principal meals are taken during the day, one at mid-morning or noon and the other in the evening. Tea, coffee or milk in the morning and afternoon, with or without snacks forms the daily programme of dietary, in this part. The meals generally consist of rice, wheat, *chapati* or bread, vegetables and *dal* or meat or fish curry, with pickles, *rajads* or *chutncy*, etc., for those who can afford these accessories. In many well-to-do messes, Sunday is observed as a feast day, providing some sweet dish for the morning meal and omitting the evening meal.

II. GUJARAT.

108. The Districts included in this region of the State are Ahmedabad, Kaira, Broach, Panch Mahals, Surat and Thana. This forms the northern part of the State. The main cereal grains of this region are wheat, *bajra*, *jowar* and rice. Owing to the system of rationing, however, other grains like maize and barley were also consumed. The major part of cereal consumption is wheat and rice. A non-rationed cereal known as *kodra* is fairly well grown in some parts of this region and when the ration quota of cereals is found inadequate, the diet is supplemented by *kodra* from which *bhakar* is prepared.

TABLE XI.

Statement showing the average diets of the institutions in the four regions in Bombay State, with the average diet of Bombay State and the diet recommended by Indian Council of Medical Research.

Foodstuffs.		Recom- mended by Indian Council of Medical Research.	Bombay State.	Greater Bombay.	Gujarat.	Maha- rashtra.	Karnatak- Konkan.
Rice	3.7	5.0	3.4	2.6	4.8
Wheat	...	14	4.1	6.5	5.3	3.5	1.4
Other cereals	5.7	1.1	4.3	7.5	8.9
Pulses	...	3	3.0	2.5	3.5	2.8	3.1
Leafy vegetables	...	4	1.0	0.9	0.8	1.2	1.5
Root vegetables	...	3	2.4	3.9	3.5	1.8	1.5
Other vegetables	...	3	3.8	3.6	5.5	3.4	3.2
Fruits	...	3	0.8	1.5	0.7	0.7	0.3
Sugar and Jaggery	...	2	1.1	1.5	1.1	1.1	1.0
Vegetable oils and fats	...	2	1.2	1.4	1.8	1.2	0.6
Butter and ghee	0.3	0.5	0.5	0.1	0.4
Milk	...	10	5.5	6.2	6.5	4.8	5.1
Fish and Meat	...	3	0.8	1.7	0.3	0.8	0.6
Eggs	...	1.5	0.1	0.2	...	0.2	0.01
Other foods	0.3	0.2	0.3	0.4	0.4

109. Of the six Districts, Broach and especially Panch Mahals are usually the deficit areas. During the period of survey, parts of the Panch Mahals District were declared as 'famine area' and food supplies and vitamin tablets were rushed to this District. Thana District is far and wide, surrounding the Greater Bombay Area. But the regions covered under this study belong to the west coast composing the Bordi and Umbergaon talukas and Bhivandi on the other side. Rice is the staple grain here, while ragi is also grown.

110. Pulses are grown, though not so widely. Those commonly grown and consumed are *chana*, *tur*, *masur*, *mung*. These are generally consumed as liquid *dal* and also as *kathol* (whole pulse taken as vegetable).

111. The general supply and consumption of vegetables is fairly good, except in summer months. Owing to extreme heat, fresh vegetables are scarce and expensive. Vegetables available in plenty in season are *methi*, cabbage, onions, potatoes, beet-root, brinjals, cauliflower, tomatoes and pumpkins. Among the fruits, the guavas, *bor*, melon, *papayyas* are cheap and well consumed.

112. Milk is available in plenty in these Districts and is comparatively cheaper in some of them. The consumption is also more than in other Districts. The Anand Milk Dairy which supplies milk to Bombay City, is situated in Keira. In this District, even poor economic groups take milk daily.

113. As in Bombay, sugar and jaggery were consumed under the restrictions of rationing.

114. Sweet oil is the oil of choice of these people also. The consumption is more in these Districts owing to their dietary habits. Oil is required in considerable quantities for cooking purposes. Preparations of *puries* also need more ghee or *vanaspati*. Ghee is usually present in the daily diet.

115. The people of this region usually take a vegetarian diet except the Broach and part of Surat District, which have a population of Parsees, who consume fair amount of meat.

116. The two principal meals of the day compose of rice, wheat—*chapati* or *puri*, vegetables and *dal* for the day meal and *bajri* or *jowar bhakari*, vegetables and milk for the evening meal. In summer months, when vegetables are scarce pulses are used in preparation like *Kathol*. Vegetable oils and butter-ghee are used in liberal amounts more in economically well-to-do institutions like college hostels.

117. Seventy-one institutions with 95 messes attached to them were visited and the diets studied.

MAHARASHTRA.

118. This region includes the Districts of Ahmednagar, East Khandesh, West Khandesh, Nasik, Poona, Satara, Sholapur and Kolaba. The people in this region are mixed eaters and the emphasis is on the millet and not so much on rice as in the coastal region. In northern parts of Maharashtra, wheat and *jowar* are preferred, whereas in the southern parts, *bajra* is preferred.

Northern Maharashtra.

119. This includes the four northern Districts of Ahmednagar, East Khandesh, West Khandesh, and Nasik. All the four cereals viz. *jowar*, *bajara*, wheat and rice are consumed in varying quantities in these Districts. During the period of decontrol in 1948, the prices of cereals were high. Maize is grown in some parts and is consumed when tender and also used for parching (*lahri*).

120. A mixed variety of pulses are used and their intake is usually high when fresh vegetables are expensive in some cases. The main pulses are *tur*, *chana*, *mung*, *matki*, and *wal*; of these *matki* and *wal* are often sprouted. In some places it was noticed a common practice to mix *jowar* and *udid* flour for *bhakar* (50 per cent. each).

121. There is scarcity of water in Ahmednagar and West Khandesh and to some extent in other two regions also. Vegetables are, therefore, not very cheap. Those available are, *math*, *alu* leaves, *chawli*, onions, sweet potatoes, gurods, etc. The season for vegetables is from October to February. Brinjals and tomatoes are common in Ahmednagar. *Ambadi*, *kardai*, *chakwat* and *methi* are leafy vegetables obtained cheap in season in this District.

122. In East Khandesh carrots are grown in plenty, but very few people know the nutritive value of this and think that it is food for the horses.

123. Fruits are available cheap only in season. Guavas, berries, bananas, water melon are the fruits grown in these Districts. Bananas are available in plenty and sometimes used as a supplement to cereal ration. In East Khandesh oranges and *mosambis* are also grown.

124. Oil used for cooking purposes is sweet oil. Butter and ghee are consumed by only those who can afford them.

125. Milk is not so easily available and poor people cannot afford it. Milk was found scanty in the dietary of the people.

126. Groundnuts are also grown in some parts and consumption of this foodstuff is also common.

Southern Maharashtra.

127. This includes Poona, Satara, Sholapur and Kolaba. Poona and Satara have a similar climatic condition and crop yield. Both the Districts have irrigated areas and a good number of wells by which there is not much water shortage as in other Districts of Maharashtra and Karanatak. Agriculture is advanced in these Districts compared to other Districts. Occupation of the people is mostly agriculture. The land is fertile and people can grow enough for their requirements.

128. *Bajra* is the staple grain of Poona, while *jowar* of Satara. A little rice is grown in Satara. As in Ahmednagar, Maize is grown and eaten when tender. A few grains are allowed to ripen and are used for *lahi*.

129. Pulses like *chana*, *tur*, *mung*, *udid*, peas (white and black) and horsegram are grown in these Districts. A fair amount of pulses was noticed in the diet of the people.

130. Leafy vegetables like *mula*, *chavli*, *palak*, *kardai*, *ambadi*, *chakrat*, *alu*, onion leaves are available, one or the other, throughout the year. In season these are the cheapest vegetables.

131. The Districts grow various types of vegetables, both Indian and English, throughout the year, as there is a fair supply of water for cultivation. Best type of brinjals are grown in these Districts and are available all the year round. A heavy crop of tomatoes is obtained here.

132. Potatoes are grown in these Districts and even the poor people have a lot of potatoes in season when the crop is collected.

133. Satara is known for sweet limes and Poona for oranges and figs. Guavas, wood-apple and sourlimes are common in both the Districts. Pomegranates and bullocks-heart are grown in Satara and are within the reach of poor in season.

134. Both the Districts grow sugar-cane and produce a fair amount of gur. There are sugar factories in both the Districts. Cane-juice stalls are common in these Districts even in villages, which is not seen in other Districts. The consumption of these foods, however, was directly dependent on the economic condition of the people.

135. Groundnuts and *kardai* are grown in these Districts for oil. These oils are used in cookery by all people. Groundnuts, *karale*, *til* are used freely in cookery, which is a speciality of cookery of these Districts.

136. Milk, ghee, curds and buttermilk are regular food items of the dietary of these Districts. However, the intake depends on the economic condition of the people.

137. Among the fleshy foods, mutton is commonly used. No fish is found in the dietary of the people. People have a liking for mutton and feasts have mutton preparations invariably except among Brahmins and Jains.

138. Sholapur, like Ahmednagar is a drier District of Maharashtra. Its dietary is, however, influenced by Karnatak to which it is adjacent. There is generally water shortage and is often declared as a scarcity area. Multi-vitamins tablets were given to children below 14 years by Government when it was declared as scarcity area during the period of study.

139. The staple cereal is *jowar*. *Jowar bhakar* and groundnut chutney forms the meal of a poor family in Sholapur.

140. *Chana*, *tur*, *mung* and *udid* are grown and are consumed in this District. Very few vegetables are available in summer. October to February is the season for vegetables. Brinjal and tomatoes are common and other vegetables are also grown in season.

141. Milk is scanty in the dietary of these people. In Sholapur, fleshy foods are less popular amounting to indifference.

142. In Kolaba, only one institution was visited. Unlike other Districts of Maharashtra, staple cereal of this District is rice. Bananas and water-melons are grown in plenty.

143. Hundred and forty-six institutions with 179 messes attached to them were visited and the diets studied.

KARNATAK-KONKAN.

144. Belgaum, Bijapur and Dharwar form a group of Districts called Karnatak, while Ratnagiri and Kanara form another group called Konkan.

145. Of the three Districts of Karnatak, Bijapur is drier than the other two; and Belgaum and Dharwar have similar food and dietary conditions. They have similar climatic conditions and crop yield. The soil is fertile and more than one crop can be grown in one and the same soil. Generally two crops are grown. Fairly large amounts of commercial crops like cotton, timber, tobacco, are grown and hence people are financially better than those of Maharashtra and Konkan.

146. The staple crop is *jowar* and wheat to a certain extent. Belgaum grows a little rice as well.

147. *Chana* and *tur* are grown in fair amounts and these pulses are exported. Besides, *urid*, *mung*, horse gram, peas (white and black), are grown in these Districts and there was a fair intake of pulses in the diet of the people.

148. Markets are full with vegetables and fruits, cheaper than many other Districts visited. Vegetables are in plenty and cheap from August to March. Amaranth, *alu*, *chawli*, Bengal-gram leaves, *mula*, *methi*, *kardai*, *shepu* are the leafy vegetables available. All English and Indian vegetables are grown here and are cheap in season.

149. These Districts grow a type of pumpkin-shaped big-sized chillies which are used as vegetables. Besides, a big crop of red chillies is obtained in these Districts. They are known as best chillies all over the State and have a great demand. Dharwar chillies are known as *Byadgi* chillies and Belgaum chillies as *Sankeshwar* chillies.

150. Onions, carrots and sweet potatoes are grown in these Districts and are common in the diet. Potatoes are imported and hence expensive and are thus not found in the diets of the poor institutions.

151. These Districts have two seasons of guavas; this is the cheapest fruit in season and all can afford it. A rich crop of tomatoes comes in these Districts.

152. Tender grams and sugar cane are available for about 6 months of the year which poor people can afford to buy.

153. Tamarind has a wild growth in these Districts. Tamarind trees are seen for miles and miles on both the sides of the roads, and give plenty of tamarind. It is used in cookery in these Districts by all, whereas in the Districts of Maharashtra and Konkan it is used by a particular class of people alone. Green tamarind is used for *chutney* and pickles and some other preparations which are the specialities of these Districts.

154. *Anla* is commonly used for various preparations in daily diets and as preserves.

155. Though *gur* is produced in these Districts, it is not used in cookery as much as in Maharashtra.

156. Sweet oil is used in cookery by all. Butter as such is not used in cookery except in the institutions where cooking is of western type. Pure ghee, however, was used by all in their meals.

157. The best type of milk was available at 3 lbs. per rupee. Milk being cheap, intake of milk was fair in the institutions except Backward Class Hostels.

158. A general dislike for non-vegetarian food among the Hindoos was noticed. Even in Backward Class Hostels, non-vegetarian food was not consumed.

159. Groundnuts are grown in both the Districts and are used for oil. It is not commonly used in cookery as in Maharashtra.

160. Maize is grown and consumed when tender ; it is also used for *lahi*.

161. It was observed that people have hot and spicy foods in these Districts.

162. Bijapur—The most common cereals are *jowar*, wheat and *bajra*.

163. *Palak*, *methi*, beans, ladies fingers, potatoes, bananas, etc. are used but the intake is very low for want of enough supply and low economic condition. Low intake of vegetables and fruits is compensated by a high intake of pulses and cereals.

164. Supply of milk is scanty, and prices high especially in summer, due to shortage of fodder.

165. Intake of fleshy foods is very low, the majority of the population being vegetarian.

166. Sweet oil and *kardai* oil are commonly used in cookery.

KONKAN.

167. The two Districts, Kanara and Ratnagiri of this region, form the coastal line and have different dietary habits from those of *ghats*. They have similar climatic condition.

168. These are rice growing areas and naturally rice is the staple grain of the Districts. Both these Districts are deficit Districts. Ratnagiri grows rice enough for 5 months and Karwar for 10 months.

169. These Districts have two principal meals of rice and for breakfast have *pej*, a sort of rice gruel. The purpose of this *pej* or gruel is to give fulness with very little of rice, out of economy. Parboiled rice is used for this *pej*. Arrowroot, *kachar*, *thaliflour* are produced and used for *conjee* by the poor people.

170. In Ratnagiri, millets like *nachani*, *sava*, *wari*, etc. are used.

171. Meals in both the Districts consist of rice and pulses and sometimes vegetables. Vegetarians, who are small in number, have milk in addition, and major portion of the population which is non-vegetarian have fish.

172. In Ratnagiri, *chawli*, *val* and peas are popular. *Chawli* and *val* are grown locally. Sprouting of pulses is common in this District. Red gram is imported. *Khesari dal* is used in this District in place of gram *dal*, for it is cheaper and suits well certain preparations.

173. Kanara grows *mung*, *udid* and *kuleeth*. *Kuleeth* is not generally used in human diets, only *Kuleeth* soup is consumed by people. Soups of pulses seem to be popular with this District.

174. There is general shortage of vegetables in both the Districts. Indian vegetables are grown in rainy seasons. In Ratnagiri, *tindora*, snake gourd and drumsticks are the vegetables commonly available.

175. Amaranth and *mula* are the common leafy vegetables. In Karwar, an ever green creeper known as *mayalu* supplies leafy vegetables all the year round.

176. Sweet potatoes and *suran* are grown in both the Districts. Karwar grows various types of roots, tubers and yams. Potatoes are imported and are expensive.

177. In absence of vegetables, people of Ratnagiri use more of whole pulse *usal* in place of vegetables and it was found common in their dietary.

178. Karwar uses less popular vegetables like bread fruit, plantain, stems of various plants including plantain tree, wild leaves, wild type of cucumbers and so on.

179. Both the Districts have a fair crop of mangoes and cashew fruit. Wild fruits like *jambul*, *karvand* also are available in season. Karwar has a large yield of bananas. Various preparations of bananas are found in the dietary of Karwari, which are uncommon in other Districts.

180. In both the Districts, coconut oil is used. No oil is used in cooking vegetables and *dals* except for seasoning. Karwar especially does not know the use of sweet oil.

181. Ghee is supposed to be an article of luxury in these Districts.

182. Milk in both Districts is scarce. However, vegetarians always have a little milk or buttermilk in their diets.

183. Fish is found more in Karwar dietary than in Ratnagiri as fish from Ratnagiri is exported to Bombay. In Ratnagiri, fish is used more during the rainy season when curing is stopped and sea route for export is closed. Fisher folk in Karwar subsist on fish alone in certain seasons.

184. Coconuts are grown in both the Districts. Coconut and coconut juice is used in cookery. It is a common belief among the people that they must have milk or coconut juice in their food to resist the ill-effects of hot climate of the place.

TABLE XII.
Statement showing average intake of foodstuffs in ozs. per consumption unit, for each District.

Foodstuffs.	Greater Bombay.	Gujarat.					Maharashtra.					
		Ahmedabad	Kaira.	Broach.	Panch Mahals.	Surat.	Thana.	Ahmed- nagar.	East- Khandesh	West- Khandesh.	Nasik.	
Rice ...	5.02	2.57	3.00	3.28	5.55	3.80	5.28	1.30	2.43	1.39	2.51	
Wheat ...	6.49	4.81	6.39	4.64	2.43	6.77	2.01	1.68	1.91	4.74	2.26	
Other cereals ...	1.05	4.50	3.99	6.42	6.75	2.90	6.99	13.38	10.05	9.41	10.80	
Total cereals ...	12.56	11.88	13.38	12.97	14.73	13.47	14.28	16.36	14.39	15.64	15.57	
Pulses ...	2.48	3.16	3.97	3.40	3.13	3.53	3.56	2.21	3.31	2.89	2.48	
Leafy vegetables ...	0.85	1.75	0.36	0.57	0.13	0.12	0.88	1.16	1.96	0.38	0.90	
Root vegetables ...	3.88	4.21	3.92	5.30	5.23	2.77	2.18	0.82	1.59	0.79	1.90	
Other vegetables ...	3.55	6.38	5.60			5.55	2.38	2.11	2.54	1.60	1.97	
Fruits ...	1.40	1.40	0.52	0.33	...	0.35	0.36	0.03	0.74	0.07	0.43	
Sugar and Jaggery ...	1.48	1.26	1.15	0.88	0.73	1.02	0.83	0.54	0.62	0.81	0.47	
Vegetable oils and fats ...	1.36	1.96	1.95	0.81	1.08	2.15	0.97	0.43	0.91	0.91	0.93	
Butter and ghee ...	0.54	0.49	0.69	0.33	0.33	0.45	0.15	0.06	0.08	...	0.11	
Milk ...	6.19	7.54	8.47	3.98	3.13	5.17	4.91	1.74	2.02	0.62	1.96	
Fish & meat ...	1.66	0.02	0.11	0.11	0.15	0.48	0.98	0.30	0.25	0.04	0.35	
Eggs ...	0.21	0.01	...	0.02	
Other foods ...	0.21	0.10	...	0.12	0.03	0.43	1.25	0.56	0.38	0.19	0.31	

TABLE XII—*contd.*

Foodstuff.	Maharashtra— <i>contd.</i>										Average diet all mess.
	Poona.	Satara.	Sholapur.	Kolaba.	Belgaum.	Bijapur.	Dharwar.	Kanara.	Ratnagiri.		
Rice ...	3·23	2·39	1·71	4·50	6·46	1·93	3·87	6·55	7·88	3·69	
Wheat ...	4·08	3·90	3·40	0·60	2·60	0·38	1·14	0·80	2·00	4·10	
Other cereals ...	4·90	7·07	8·80	6·80	7·97	17·84	8·24	4·83	4·52	5·72	
Total cereals ...	12·21	13·36	13·91	11·90	17·03	20·15	13·25	12·18	14·40	13·51	
Pulses ...	3·16	1·87	2·50	5·00	2·77	2·99	3·54	2·08	2·67	2·97	
Leafy vegetables ...	1·09	1·66	1·95	2·40	1·43	0·58	1·83	0·27	1·58	1·01	
Root vegetables ...	2·31	1·86	0·51	1·40	1·27	0·68	1·74	0·20	1·48	2·36	
Other vegetables ...	4·41	2·62	3·53	1·40	2·81	2·28	3·98	2·40	1·91	3·77	
Fruits ...	0·99	0·73	0·51	...	0·65	0·09	0·27	0·25	...	0·78	
Sugar and Jaggery ...	1·39	1·23	0·85	1·20	1·13	0·57	1·07	0·83	0·72	1·13	
Vegetable oils and fats ...	1·67	0·87	0·69	0·80	0·60	0·49	0·61	0·25	0·68	1·24	
Butter & Ghee ...	0·14	0·21	0·07	0·60	0·55	0·50	0·47	0·13	0·13	0·34	
Milk ...	6·88	6·01	3·38	0·70	7·63	4·67	4·79	2·75	4·31	5·48	
Fish & Meat ...	1·20	1·05	0·70	...	0·73	0·03	0·03	1·78	0·77	0·84	
Eggs ...	0·25	0·35	0·03	...	Negligible	...	0·01	0·20	...	0·11	
Other foods ...	0·10	1·16	0·53	...	0·13	...	0·39	0·30	0·93	0·31	

TABLE XIII.

Statement showing the number of messes in the various Districts according to the type of the institution.

District.	Type of institution.										
	I	II	III	IV	V	VI	VII	VIII	IX	Total.	
Greater Bombay	...	25	28	10	2	5	12	3	1	7	93
Ahmedabad	1	11	...	3	1	4	6	26
Kaira	7	12	...	2	1	...	2	1	...	25
Broach	3	...	2	1	1	1	1	9
Panch Mahals	...	2	1	1	4
Surat	5	7	1	2	2	1	2	...	1	21
Thana	3	...	1	3	3	...	10
Ahmednagar	5	...	5	3	...	1	3	1	...	18
East Khandesh	1	4	3	7	15
West Khandesh	...	1	...	1	2	3	4	...	11
Nasik	3	2	...	3	5	1	...	14
Poona	22	33	2	11	1	4	5	4	6	88
Satara	7	...	2	3	...	1	...	2	...	15
Sholapur	2	2	2	2	...	4	2	1	2	17
Kolaba	1	1
Belgaum	1	3	...	3	...	1	6	1	...	15
Bijapur	1	2	...	1	4	4	...	12
Dharwar	2	11	...	8	...	7	11	4	1	44
Kanara	1	1	...	1	...	1	...	4
Ratnagiri	4	1	...	3	4	12
Total ...	95	113	29	56	11	37	68	28	17	454	

- (i) Primary and Secondary School Hostels.
(ii) College Hostels.
(iii) Private Boardings.
(iv) Primary Teachers' Training Colleges.
(v) Special Schools.
(vi) Certified Schools.
(vii) Backward Class Hostels.
(viii) Training Centres.
(ix) Orphanages.

TRENDS OF DIETARY HABITS (INSTITUTIONWISE).

185. The 352 institutions visited, with 454 messes attached to them, have been classified into nine convenient groups according to the nature of the institution, as shown below :—

- (i) Primary and Secondary School Hostels
- (ii) College Hostels.
- (iii) Private Boardings.
- (iv) Primary Teachers' Training Colleges.
- (v) Special Schools.
- (vi) Certified schools.
- (vii) Backward Class Hostels.
- (viii) Training Centres.
- (ix) Orphanages.

186. Table XIII shows the number of messes in the various districts according to the type of institution.

(i) PRIMARY AND SECONDARY SCHOOL HOSTELS.

187. Ninety-five messes attached to 83 school hostels were studied in this group. The schools were European, English Teaching, Anglo-Vernacular and Vernacular:

188. These schools maintained buildings and in practically all cases the buildings were owned by the school authorities. Government institutions had the usual well-built and spacious buildings. The hostels were generally managed by the school authorities, to whom a monthly allowance for the lodging and boarding was paid by the inmates. The fees charged for food alone ranged from Rs. 8 to Rs. 40 per head per month, the average being about Rs. 18 to Rs. 20. With this wide variation in the food cost is seen a corresponding wide variation in the food intake, though the inmates belong to the same age group and lead similar active life.

189. The day's feeding was generally of two patterns, either the European or the Indian. The number of feeds and the time for principal meals also varied. Boardings adopting the Indian style generally had two meals one at about 10 a.m. and the other at about 6-30 p.m. With a light meal of tea, coffee or milk preparation with a sandwich or snacks at about 2 p.m. Number of feeds varied from 2 to 6—from 2 meals in the poor schools to 4 meals plus morning tea and bed time milk in certain schools.

190. In this particular type of institutions, it was found that the defects in the diets were more due to lack of resources rather than to ignorance.

191. Out of the 95 messes studied in this group, 67 are for boys, 22 for girls and 6 are mixed messes. Thirty-seven are vegetarian and the remaining 58 are non-vegetarian. This is the only type of institution where the percentage of non-vegetarian messes is as high as 61 per cent. Also, of the total 160 non-vegetarian messes 58 i.e. 36 per cent. are school hostel messes.

192. The average intake of all the foodstuffs except root vegetables are below the recommended levels. They are however, not so low as in other types of institutions, except college hostel messes.

(ii) COLLEGE HOSTEL MESSSES.

193. The diets of 113 messes attached to 39 college hostels were studied. These messes were either run departmentally or on contract basis and they were more often controlled and managed by a representative body of the students.

194. Both, the system of feeding and the hours of feeding at these colleges varied considerably; not only from one college to the other but also from one mess to another in the same college. If one mess provided two meals, the second provided two meals with breakfast, while the third provided two meals and tea or tea with snacks, prepared from cereals and pulses.

195. This group had the largest number of messes. Most of the college hostels have building of their own, specially designed for hostel purposes. The inmates are comfortably housed in furnished rooms. The students are charged rent Rs. 40 to Rs. 60 per term.

196. Hygienic condition of the place was found always good. This group was found most irregular in their food habits. The time for principal meals was between 9 and 12 in the morning and 6-30 to 9-30 in the evening. Their meals consisted of rice, *chapatis*, *dal*, vegetables, curds, ghee, *chutney* or salad, etc.

197. Out of the 113 messes, 108 are for male students, 4 for ladies and one is mixed. There are only 20 non-vegetarian messes in this group.

198. The average intakes of foodstuffs in this group were fairly satisfactory. These types of institutions need guidance in planning of their diets rather than any financial aid, as in other types of institutions.

(iii) PRIVATE BOARDINGS.

199. These were generally run by private bodies. Under this group, 29 institutions were visited. Some of these get Government aid, but are managed by private trust or social workers, to facilitate opportunities for children of the rural areas who migrate to urban areas for high school and college education. The expenses range from Rs. 23 to Rs. 100 per month in these boardings.

200. The institutions are well housed and some of them have the best accommodation. Various facilities like tennis, badminton courts, library, telephone, etc., were provided in some of the boarding houses. The boarders had no hand in the management.

201. The meals varied from 2 to 5; two principal meals, breakfast and tea twice in paying boardings and two principal meals only in free boardings. A considerable wastage was noticed in the richer institutions of this group.

202. The average intakes of foodstuffs are fairly satisfactory, being nearly of the same order as those for school messes.

203. The dietary habits and food intake of these three groups are better than the remaining groups, mostly because of financial position and to some extent, inmates come from better social environments.

204. The average values of food intake for each type of institution are given in Table XIV.

205. It will be seen from this, that the average values of food intake for the three types of institutions are very nearly on the same level except for other vegetables and milk where the values are higher in case of college hostel messes.

206. *Cereals.*—The consumption of cereals, though not upto the recommended level, is fairly satisfactory in these types of institutions. The average values being of the order of 11–13 ozs. Rice and wheat are preferred to other cereals. Rice was not consumed in one or two institutions, from each of these groups. Wheat was not consumed in 12 school hostel messes, 8 college hostel messes and 2 private boardings. While 35 school hostel messes, 54 college hostel messes and only 4 private boardings did not include other cereals in their diets.

207. *Pulses.*—Pulses were consumed in almost all the messes except in one or two non-vegetarian messes from each group. Average intake is 2.4 ozs. per head per day for school hostels and private boardings and 3.0 ozs. per head per day for college hostel messes.

208. *Vegetables.*—Intake of leafy vegetables is not very satisfactory, the average value is about one ounce for all the three types of institutions. The intakes of root vegetables and other vegetables are satisfactory being very nearly 3 ounces per head per day. In college hostels the value for intake of other vegetables is as high as 6.9 ozs. per head per day.

209. *Fruits.*—Average values for the intake of fruits are not very satisfactory being 1.2 oz. and 1.1 oz. per head, per day, for school and college hostel messes and only 0.5 oz. in private boardings. In all other types of institutions except orphanages, the intake of fruits is still lower.

210. *Sugar and Jaggery.*—The average consumption of sugar and jaggery is between 1.2 to 1.4 ozs. per c.u. per day for these institutions. A few of the messes do not provide tea, hence was no consumption recorded in some of the messes. However, most of the students took tea outside.

211. *Oils and Fats.*—Average intakes of oils and fats are fairly satisfactory in these institutions; in college hostel messes it is even slightly more than the recommended level.

212. *Butter and Ghee.*—The consumption of butter and ghee was not common in all the institutions. However, the average value is satisfactory (0.5 to 0.6 per c.u. per day), compared to the other types of institutions.

213. *Milk and Milk Products*.—Average intake of milk are 5.9, 9.6 and 4.9 ozs. per c.u. per day in the school hostels, college hostels, and private boardings respectively ; and are much better than those in other types of institutions except for orphanages. Only 9 school messes, 7 college messes and 6 private boardings did not include milk in their diet.

214. *Fish, Meat and Eggs*.—Are included only in the non-vegetarian diets and the average values, on the whole are not very satisfactory.

(iv) PRIMARY TEACHERS' TRAINING COLLEGES.

215. The training colleges for primary teachers are either Government run institutions or Government aided, managed by private bodies. In the case of Government run training colleges the pupil teachers received either full pay on deputation or stipend valued at Rs. 15 per mensem. Thus, the expenditure was found to be limited to Rs. 15 per mensem to suit the stipendary student. These teachers have also to maintain their families ; hence one finds restrictions on their food budgets, more so in the case of private institutions.

216. It was common to find that only two principal meals were provided. In a few messes a cup of tea with some snack like *shev*, or *chivda* was provided. The cost of the meals ranged from Rs. 15 to Rs. 20 per mensem. The meals are given between 9-10 in the morning and 6-7 in the evening. Rice, *bhakar*, or *chapati*, *dal* and vegetables are given.

217. Government institutions have their own buildings and better accommodation. As these trainees teachers are adults, the hostels were generally managed by themselves.

218. The diet is generally balanced though not sufficient for the teachers. Diets of training colleges for women were found better than those of men, for they can spend more on food, as they have less encumbrances on them and their food requirements are less. The average diet has low values for protective foods like vegetables, fruits, milk and even foodstuffs like sugar, jaggery and oil.

219. Fifty-six messes attached to 48 training colleges were studied. Of these, 38 are for men, 17 for women and only one mess is mixed.

220. Forty-two messes provide vegetarian diet, and 14 provide non-vegetarian diet.

(v) SPECIAL SCHOOLS.

221. These include institutions offering special training for physically handicapped, such as the schools for the blind, deaf and dumb. Some of the sanskrit language schools are also included here. The institutions are run by social organizations with the aid of public funds. The expenditure on food is observed to be between Rs. 7 to Rs. 15 per mensem,

222. The housing conditions were fairly good, except in a very few cases. Two principal meals generally consisting of rice, *dal*, vegetables and *bhakar* were served and a third course was given at mid-day, consisting of tea with snacks.

223. Only 11 messes have been studied in this group, of which 6 are for boys, 3 for girls and 2 are mixed. Six messes are vegetarian and five are non-vegetarian.

224. The average intakes of cereals, pulses, other vegetables and to some extent sugar and jaggery are satisfactory, while the intakes of protective foods are inadequate.

(vi) CERTIFIED SCHOOLS,

225. These are correctional schools, for juvenile offenders run by Government as well as private bodies. Government pays per capita allowance from Rs. 13 to Rs. 18 per month for maintenance. Some of the institutions are primarily private orphanages but since they admit the juvenile offenders, they are recognised as certified schools.

226. Altogether 30 institutions with 37 messes attached to them were visited. Most of the inmates are of school age, yet this group is considered separately on the energy requirement basis, as these are mostly industrial schools. Many of the institutions have their own buildings but almost all schools are crowded.

227. Two principal meals and a small third meal generally *conjee* of cereals were given. The meals consisted of rice and *dal* with vegetables (*dal* and vegetables cooked together) or *chapatis* and *dal* or vegetables. The *conjee* was made with cereal, milk and sugar on some days of the week and with cereal and salt on the remaining days. All household work was done by inmates themselves.

228. These being industrial schools and boys being adolescents, their requirements were of the moderately active workers. But, they were not allowed the labourers' additional quota of cereals. The problem was of satisfaction of bulk hunger and a higher intake of pulses was noticed in these schools.

229. Out of 37 messes, 21 are for boys, 12 for girls and 4 are mixed. Twenty-five messes are vegetarian and 12 non-vegetarian.

230. The average diet is not satisfactory and has a low intake of protective foods.

(vii) BACKWARD CLASS HOSTELS.

231. These institutions are run to provide educational facilities to the boys and girls of the communities, declared as backward class communities by Government. These hostels are run mostly by private bodies or individuals. The Government gives a capitation grant up to Rs. 13 per mensem for boys and Rs. 18 per mensem for girls.

232. These children are mostly from the lowest strata of the society. Boarding and lodging are given free by the hostel. Government arranges for free tuition and books.

233. Housing conditions in these hostels are not satisfactory. Nearly 50 per cent. of the backward class hostels are housed in temporary or dilapidated structures and in all cases far away from the habitation. The hygienic conditions are not satisfactory as the inmates are not particular about them.

234. The diet of the inmates was generally *bhakar* and watery *dal*; vegetables were substituted for *dal* once or twice a week. Meat was also taken occasionally. Only two principal meals were generally given except in Government run and a few other hostels, where *conjee* was given in the morning in place of tea. The morning meal was at 10 and evening meal at 6 after coming from school. The food expenses range from Rs. 5 to Rs. 18 per mensem.

235. Out of 68 messes, only 21 were non-vegetarians primarily because of economic condition and only 17 included non-vegetarian food during the period of study.

236. In this group, 51 messes were for boys, 16 for girls and only one was mixed.

237. The diet is most unsatisfactory compared to diets of all other groups. The cereal consumption is high and protective foods consumption very low.

238. It has been observed that in poorer institutions, diets are simple in menus and monotonous.

(viii) TRAINING CENTRES.

239. The institutions included under this group are for those doing physical exertion for acquiring the training, such as Agricultural training centres, police messes, etc. These are all Government aided institutions and in all cases the inmates received a stipend of Rs. 15 to Rs. 20 per mensem along with free tuition.

240. Government provides free living accommodation and with regard to the food budget, Government also bears the cost of establishment charges. The stipendary help, therefore, is a contribution to the food expenses. The cost on food falls within Rs. 18.

241. Hygienic condition at all the institutions was satisfactory.

242. In all cases, two principal meals consisted of *bhakar*, *bhaji*, rice, *dal*, buttermilk and sometimes fruits were served; a third course was given in some of the institutions.

243. The total number of training centres is 27 with 28 messes attached to them.

244. Of 28 messes in this group, 26 are for boys, 1 for girls and 1 mixed ; 21 messes gave vegetarian and 6 messes gave non-vegetarian food.

245. The diet is slightly better than that of Backward Class Hostels and is much similar to that of Primary Teachers' Training College hostels except in its cereal intake, which is higher as it should be.

(ix) ORPHANAGES.

246. The group includes private orphanages and rescue homes. These are chiefly run by private bodies, missionary societies, ladies organisations, etc. These get Government aid and depend mostly on charities. All these institutions have satisfactory accommodation and hygienic conditions. Cooking and household duties are done by the servants in the houses for foundlings, by servants helped by orphans in orphanages and by the inmates in rescue homes.

247. They are given mostly two meals, one between 10 and 12 in the morning and other at 6 in the evening. *Conjee* is given in the morning. A few of the rescue houses give tea in place of *conjee*, but in no case was solid food given between the two meals. Bread, *dal* and occasionally vegetables were their common diets. However, consumption of milk and fruits was fairly good compared to other types of institutions in this economic group.

248. Fourteen orphanages with 17 messes attached to them were visited. Out of the 17 messes, 2 are for boys, 10 for girls and 5 are mixed. Five messes provided vegetarian food and 12 provide non-vegetarian food.

249. The last six groups of institutions, now considered, belong to the lower economic group compared to the first three groups (Nos. i to iii) discussed earlier. The inmates get only two principal meals supplemented in some institutions by *conjee* or tea in the morning. The average diet have lower values for protective food intake, while the cereal and pulse consumptions are satisfactory.

250. *Cereals*.—The cereal consumption in all these groups, except the Primary Teachers' Training College messes, is higher than that of the other three groups (school and college hostels and private boardings). The cereal consumption value for the Primary Teachers' Training College messes is on the same level of the three groups mentioned above.

251. All varieties of cereals are consumed. The consumption of other cereals is more than rice and wheat in all, except special schools and orphanages.

252. *Pulses.*—The consumption of pulses is above the recommended level except in Backward Class Hostels, where it is only slightly less (2·8 ozs.). In certified schools, where cereals are supplemented by pulses to satisfy bulk hunger it is as high as 4·3 ozs. per C.U. per day.

253. *Vegetables.*—The average intake of leafy vegetables vary from 0·4 to 1·3 oz. per C.U. per day. Backward Class Hostels and Certified schools consume fairly good amounts and the average figures are comparable even to the intake in better types of institutions like school and college hostels and private boardings.

254. The average intake of root vegetables are between 0·9 and 1·6 ozs. per C.U. per day, and are, therefore, not very satisfactory.

255. The average intake of other vegetables are satisfactory in all the groups, except in Backward Class Hostels (1·9 ozs.).

256. *Fruits.*—Except orphanages, the consumption of fruits is very low being of the order of 0·2 to 0·4 oz. per C.U. per day. In orphanages, the intake of fruits is maximum (1·4 oz. per C.U. per day). However, it is only about 1/2 the recommended level. This is mostly because the orphanages are generally run by missionaries and the inmates in many cases are young children.

257. *Sugar and Jaggery.*—The average consumption of sugar and jaggery varies from 0·6 to 0·7 oz. per C.U. per day and is, therefore, below the recommended level in all the cases. The highest average value is 1·7 ozs. per C.U. per day for the special schools and lowest 0·6 oz. per C.U. per day for the Backward Class Hostels.

258. *Oils and Fats.*—The vegetable oils and fats including butter and ghee are not consumed to a satisfactory level in these groups. It is lowest in certified schools and Backward Class Hostels, the values being only 0·7 oz. per C.U. per day. In other types of institutions of this economic groups it is between 0·9 to 1·3 oz. per C.U. per day. Very few of the messes include butter and ghee in the diets owing to their high cost.

259. *Milk and Milk Products.*—The consumption of milk is fairly satisfactory in orphanages (8·0 ozs.). In special schools and Training centres, the consumption is 4·5 ozs. per C.U. per day, whereas in Primary Teachers' Training Colleges, Certified Schools and Backward Class Hostels, it is very low.

260. *Fish, Meat and Eggs.*—The consumption of fish and meat is not very satisfactory. The average values for the intake are all below 0·5 oz. per C.U. per day, except in the case of orphanages where the value is 1·3 ozs. per C.U. per day. The average intake of eggs in Primary Teachers' Training Colleges is 0·03 oz. and in orphanages 0·12 oz. per C.U. per day, in all others, the intakes are negligibly small.

261. The average intake of other foods like nuts and oil seeds, etc. and snacks are from 0·2 oz. to 0·5 oz. per C.U. per day.

TABLE XIV.

Statement showing average intake of group of messes according to the type of institutions.

	School Hostels.	College Hostels.	Private Boardings.	Primary Teachers Training Colleges.	Special Schools.	Certified Schools.	Backward Class Hostels.	Training Centres.	Orphanages.	Average diet of all messes.
Rice	4.40	3.52	2.74	3.45	4.64	4.23	3.27	2.74	4.24	3.69
Wheat	4.58	5.19	4.40	2.78	4.94	4.26	2.32	2.85	5.88	4.10
Other cereals	4.19	2.79	5.58	0.42	4.66	6.09	10.42	10.63	5.23	5.72
Total cereals	13.17	11.60	12.72	12.66	14.24	14.58	16.01	16.22	15.35	13.51
Pulses	2.35	3.01	2.39	3.21	3.46	4.29	2.76	3.36	3.37	2.97
Leafy vegetables	0.05	1.20	1.32	0.95	0.98	1.32	1.15	0.81	0.44	1.01
Root Vegetables	2.05	3.68	2.49	1.61	1.00	1.42	0.91	1.16	1.32	2.36
Other vegetables	2.43	6.94	3.32	2.72	3.76	3.37	1.93	2.81	2.92	3.77
Fruits	1.23	1.14	0.53	0.43	0.24	0.29	0.31	0.39	1.37	0.78
Sugary and Jaggery... ..	1.24	1.41	1.25	0.94	1.65	1.11	0.59	0.89	1.30	1.13
Vegetable oils and fats.	1.15	2.26	1.14	0.84	1.11	0.67	0.61	0.88	0.78	1.24
Butter and ghee	0.48	0.60	0.45	0.25	0.19	0.02	0.06	0.20	0.12	0.34
Milk	5.04	9.61	4.87	2.88	4.53	3.24	1.48	4.59	7.06	5.48
Fish and Meat	2.06	0.70	1.03	0.25	0.47	0.46	0.24	0.18	1.26	0.84
Eggs	0.23	0.18	0.13	0.03	Negligible	...	Negligible	...	0.12	0.11
Other foods	0.51	0.07	0.38	0.42	0.48	0.41	0.29	0.20	0.26	0.31

SUMMARY.

During the five years 1945-50, 352 institutions, with 454 messes attached to them were visited and diets studied in detail, by four Lady field workers of the Department of Nutrition, Government of Bombay.

Out of the 454 messes, 338 are for boys and men, 95 messes for girls and women and 21, co-educational messes.

The institutions are spread over 19 Districts of the then Bombay Province and have been classified into 9 groups according to the occupation of the inmates. The majority of the messes studied are from the College and School Hostels. Bombay, Poona and Dharwar, together have nearly 50 per cent. of the messes.

The majority of the messes (65 per cent.) serve vegetarian food. But this does not necessarily reflect the food habits of the inmates of the messes, for some of the messes serve vegetarian food out of convenience of the management and in some due to the financial limitation of the institution.

The diets have been found to be generally deficient in, protective foods, like milk, fresh vegetables and fruits, fleshy foods; as also in dietary fats. The diets of college and school hostels have been found to be better than the other institutions which are financially not so better off.

While in the lower economic group, the diets were found to be inadequate both in quantity and quality, even in the groups who could afford to spend (i.e. school and college students), the diets were unsatisfactory qualitatively, sometimes taking more than necessary.

The Districts of Gujarat show better consumption of milk than other Districts. The average consumption of fats in college hostel messes (2.9 oz.) is more than the recommended level, while in all other groups, it is less than the recommended level.

CONCLUSIONS.

The diets that have been studied have a bearing on our national health. The various tables indicate the type of food that was being given to the children and adolescents in their teens, in the various types of residential institutions spread throughout 19 Districts of Bombay Province. The groups of young individuals covered in the study, were in the growing period of their life and needed qualitatively better type of diets than adults.

All children in the institutions, whether these are under State or Private management, should receive as balanced a diet as possible. The diets studied are generally deficient in 'protective foods' and, in few cases, all the nutrients. While the provision of a fully satisfactory diet, including milk, may often be impossible owing to insufficient funds, institutional diets can usually be improved by making better use of the available resources. This involves some interest in, and knowledge of, nutrition and dietetics on the part of those responsible for the management of institutional feeding.

One of the duties of the Public Health Nutrition Sections of the State Governments should be the provision of advice about diet in institutions which include institutions for adolescents, students' hostels, reformatory jails, etc., as well as children's boarding schools. The Department of Nutrition, Bombay, has, during the five years 1945-50, studied the diets of 454 messes (nearly 600 diets, which includes dietary data collected during repeat visits), recommended diets to suit the economic condition of the institutions and helped in many cases by solving practical difficulties of individual institutions. Some basic knowledge of nutrition is essential for a person in charge of residential institutions, so as to make the best use of the available resources and to improve the dietary conditions in the institutions. In addition, increase in financial help to institutions like Primary Teachers' Training Colleges, Certified Schools, Backward Class Hostels, etc., with a proper check to see that the money is properly spent on food of the inmates, is also necessary.

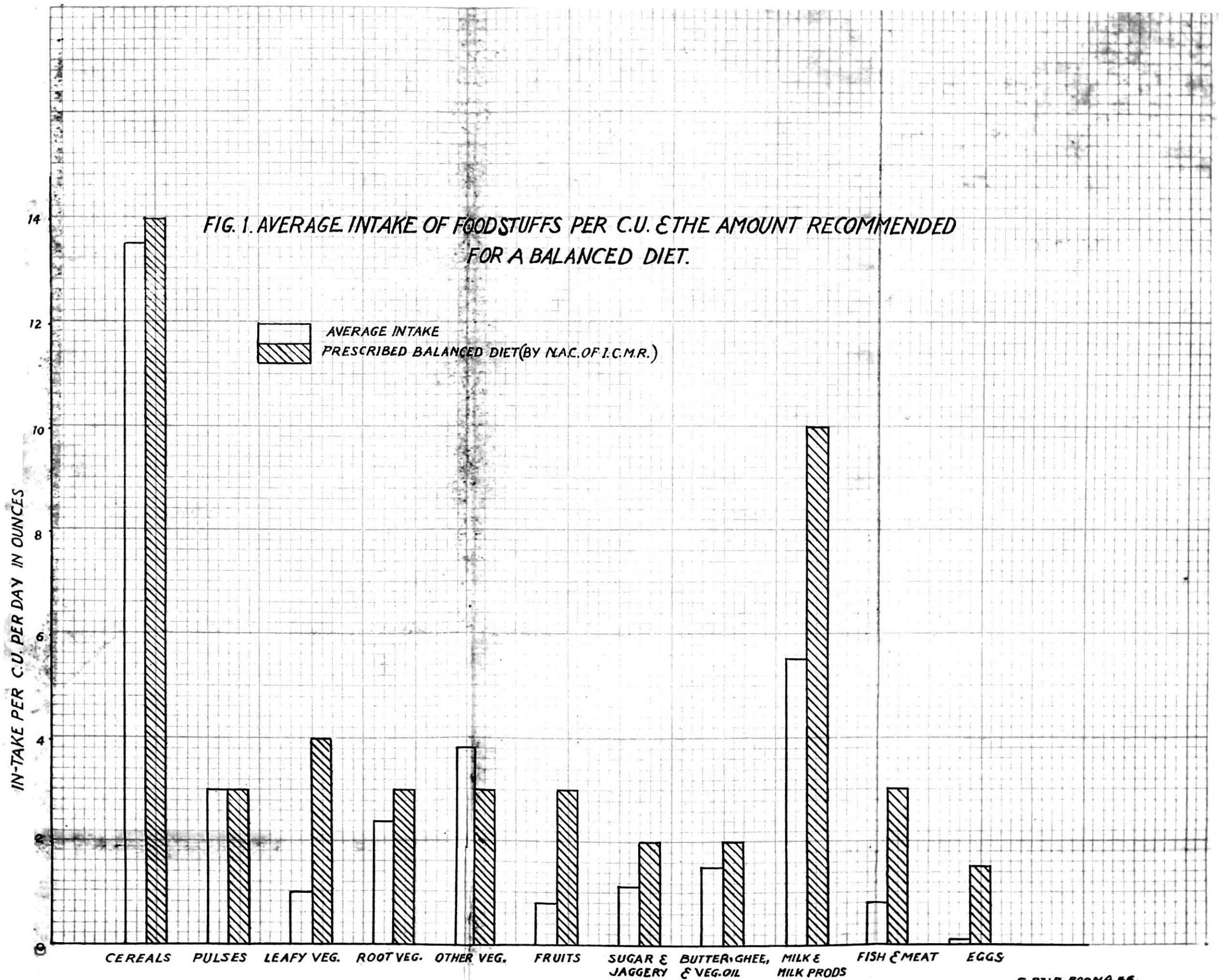
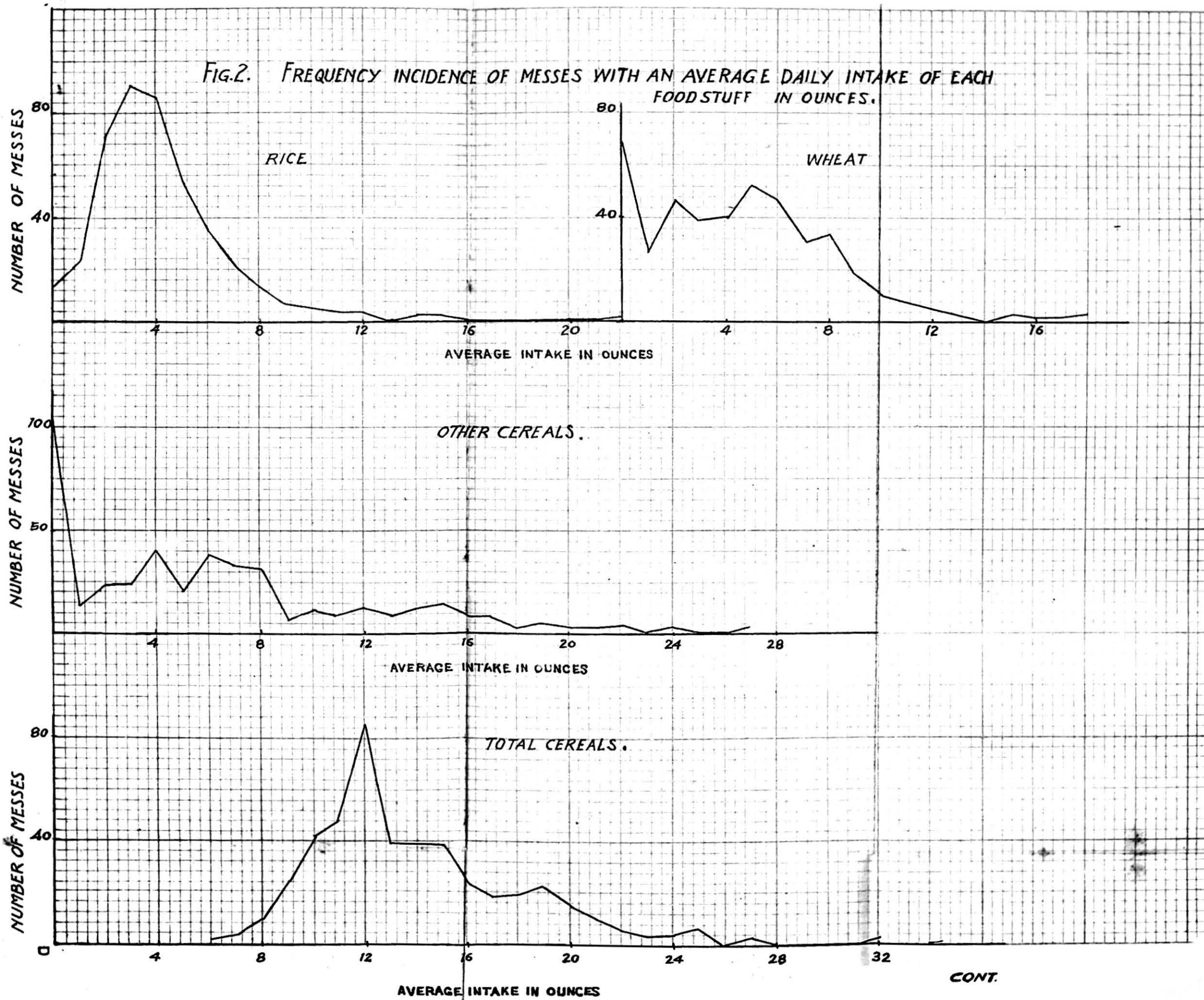
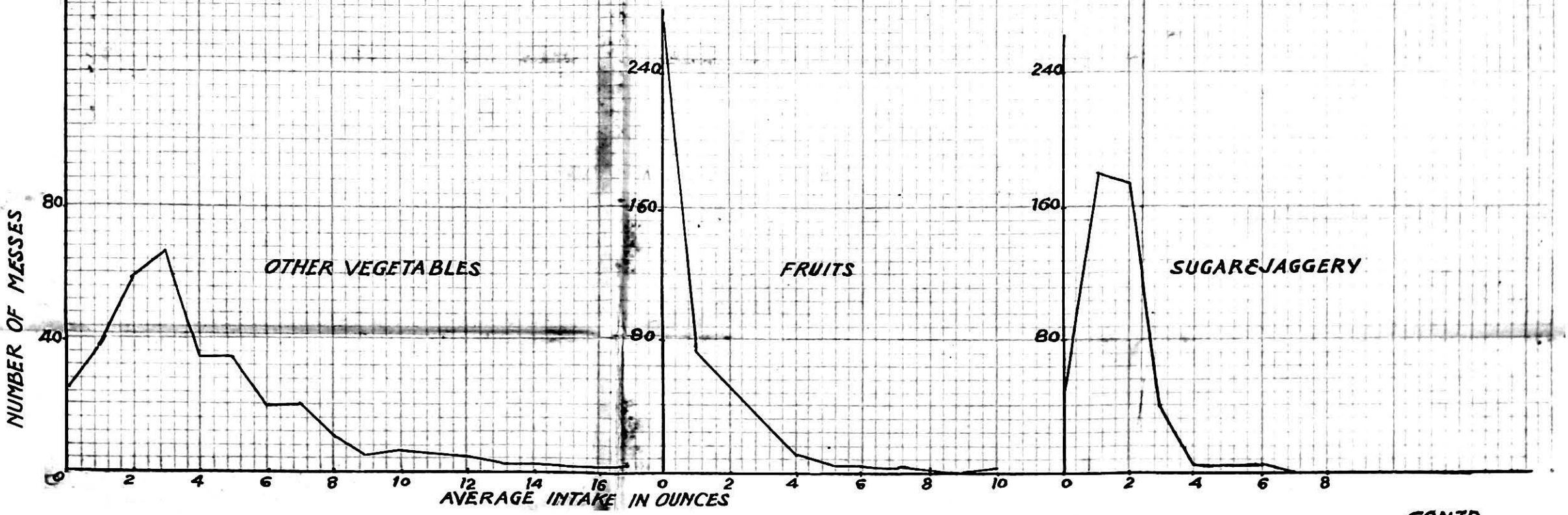
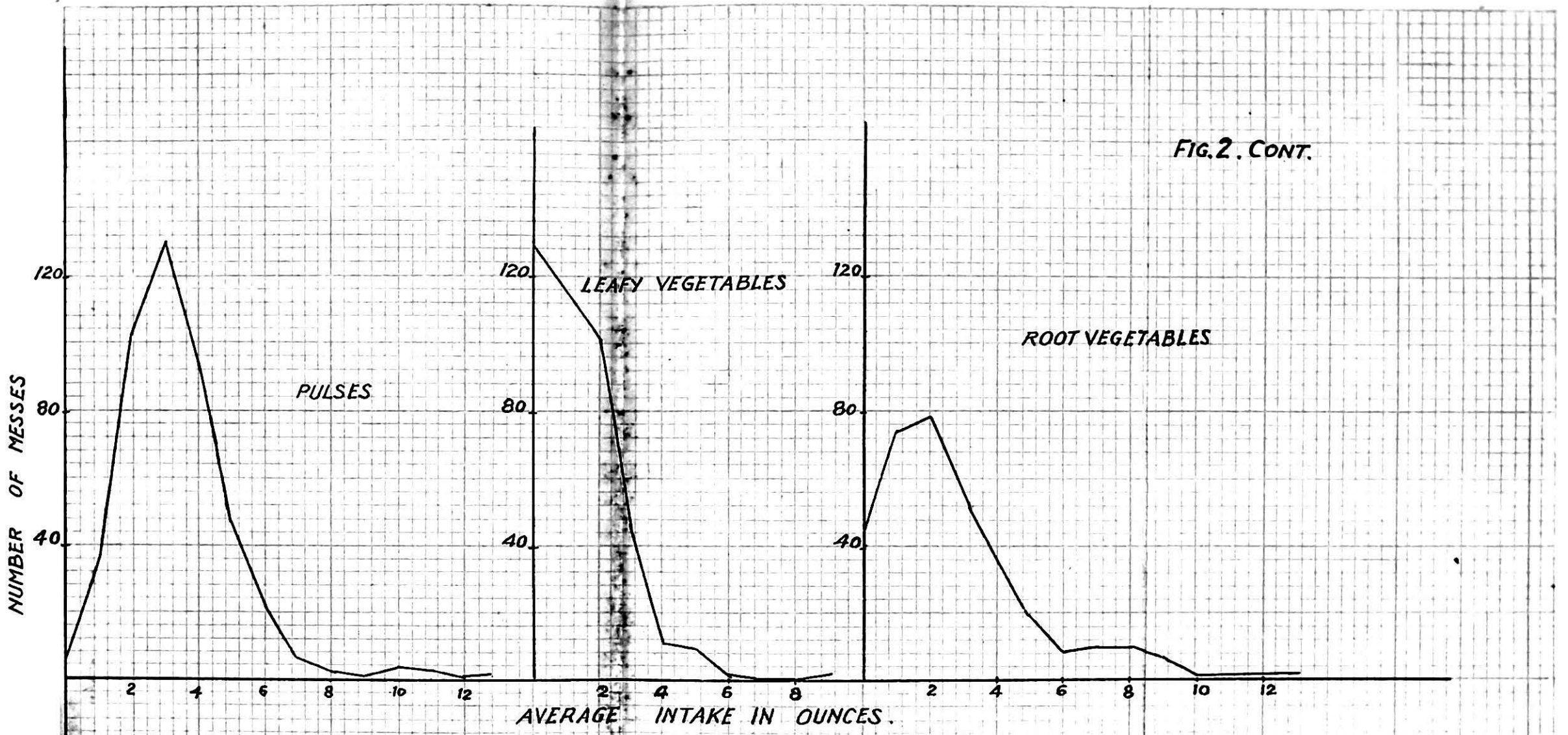


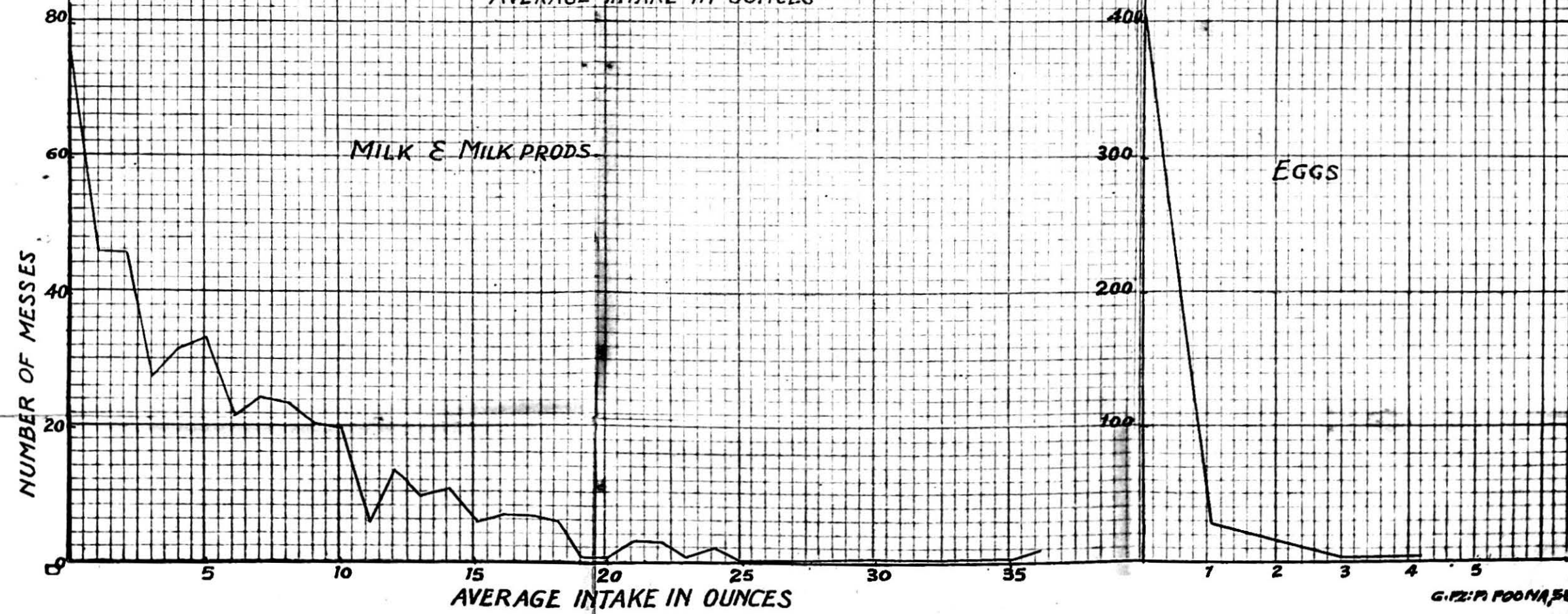
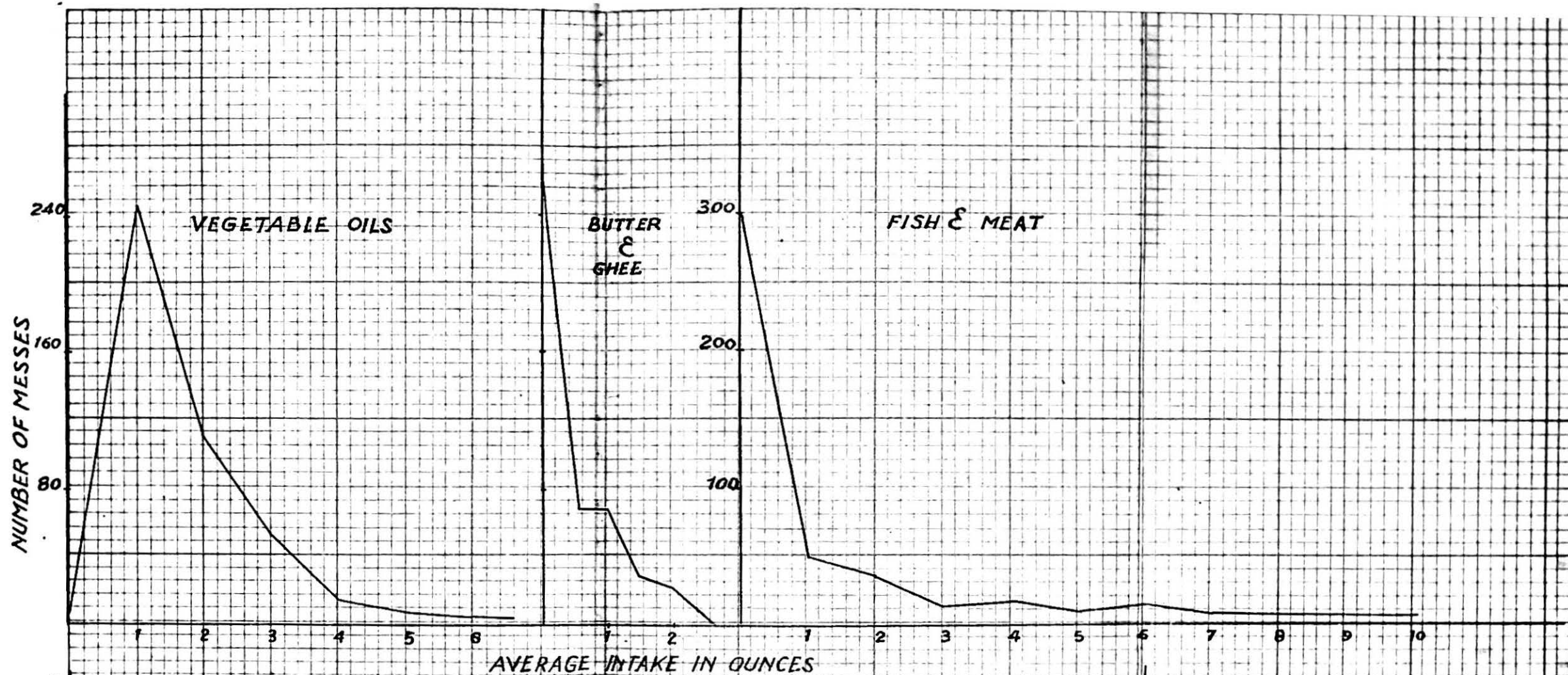
FIG.2. FREQUENCY INCIDENCE OF MESSES WITH AN AVERAGE DAILY INTAKE OF EACH FOODSTUFF IN OUNCES.

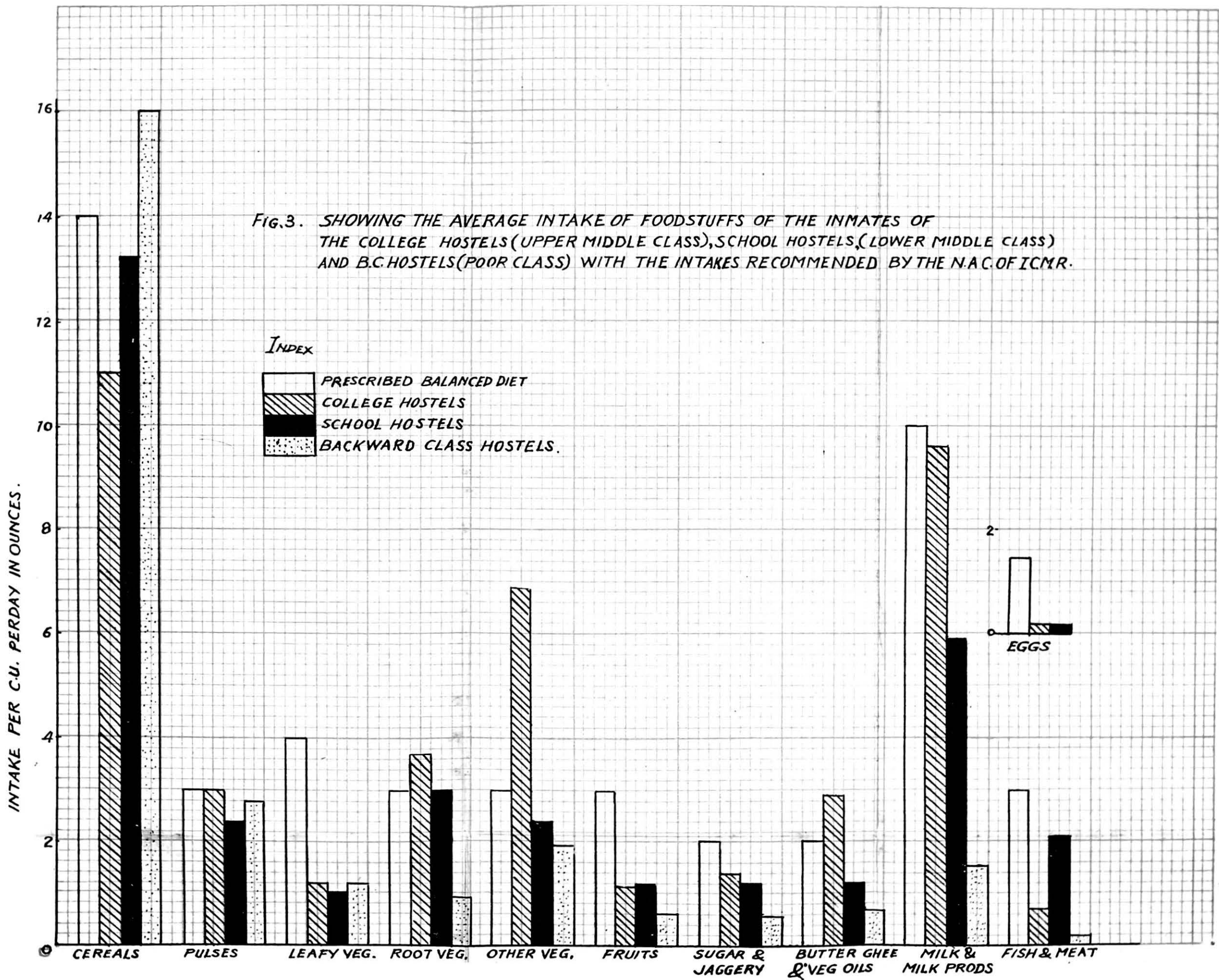


CONT.

FIG. 2. CONT.







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

A.
Bombay State (1945-50).

5	6	7	8	9
St. Columba High School, Gamdevi, Bombay.	Hume High School, Bombay.	Cathedral Boys School, Bombay.	Cathedral Girls School, Bombay.	Wilson High School, Bombay.
Urban.	Urban.	Urban.	Urban.	Urban.
Rationed.	Rationed.	Rationed.	Rationed.	Rationed.
12-7-46	17-7-46	24-7-46	26-7-46	29-7-46
.....	18	21	17
52	12
39.0	29.4	18.0	8.4	15.3
above 6	above 6	above 14	above 8	above 6
Vegetarian.	Mixed.	Mixed.	Mixed.	Mixed.
Rs. 25 p. m.	Rs. 18 p. m.	Rs. 17 p. m.	Rs. 44 p. m.	Rs. 14 p. m.
Lower middle class.		Upper middle class.		Lower middle class.
8.1	4.0	6.7	0.7	1.0
8.0	12.4	6.7	10.0	5.5
4.0	2.4	0.1	0.4
1.0	3.2	0.5	1.0
3.1	1.1	1.1	8.3	5.1
2.3	2.8	8.9	2.2	1.4
1.1	2.2	0.2	5.0
0.8	1.0	1.7	1.3	1.4
1.1	1.7	1.8	1.1	1.1
0.4	1.2	2.0	0.7	0.8
3.7	0.6	2.0	4.1	5.7
0.4	9.3	8.9	9.1
.....	1.1	2.3
0.7	0.6	0.5	0.3	0.1
79.8	94.2	73.5	97.8	89.9
7.0	12.0	12.4	53.0	63.3
68.1	83.0	74.3	96.0	110.4
487.8	536.4	410.0	375.5	270.4
0.70	0.90	0.55	1.20	1.20
43.5
729	41.7	26.4	33.0	25.4
2604	967	485	411	340
44	3473	630	6217	3784
2883	43	93	44	84
11	12	11	14	14
22	23	26	31	41
67	65	63	55	45
745	1944	113	2651	63

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*	Rs. 8	Rs. 27*	Rs. 35	Rs. 25	Rs. 15	Rs. 35	Rs. 20
p. m.	p. m.	p. m.	p. m.	p. m.	p. m.	p. m.	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							
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	Vog.	Vog.	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	04-5	04-5	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 Parve 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 ...	Female ...	Male ...	Female ...	Male ...	Female ...
9. Total No. of C. Us. ...	54.0	26.0	16.0	31.0	52.0	
10. Age—range in Years.	above 13.	Adults ...	Above 6	Above 6 ...	Above 14.	
11. Vegetarian/Mixed eater.	Veg. ...	Veg. ...	Mixed ...	Mixed ...	Veg. ...	
12. Approximate cost on Food.		Rs. 22 p.m.	Rs. 14 p.m.	Rs. 14 p.m.		
13. Economic Status ...	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 Meat	3.3	0.4	
(xiv) Eggs	
(xv) Other foods	0.6	0.7	1.3	
15. Nutrient Analysis—						
(i) Total (in g.) Proteins.	67.0	58.8	97.8	70.0	84.0	
(ii) Animal (in g.) Proteins.	3.3	6.3	26.7	3.9	1.9	
(iii) Fats (in g.)	66.0	70.0	42.2	47.1	94.1	
(iv) Carbo- (in g.) hydrates.	421.0	356.3	454.4	470.0	508.4	
(v) Calcium (in g.)	0.50	0.76	0.80	0.40	0.66	
(vi) Phospho- (in g.) rous.	1.6	2.1	
(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. 8 p.m.	...	Rs. 18 p.m.	Rs. 15 p.m.	...
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	0.6	5.0
(viii) Fruits		0.6
(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	0.0	
(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. per 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	... Govern- ment Urdu Training College.	P. T. Train- ing Colle- ge for men.	Mahalaxmi Training College for Women	School for deaf males.	D. P. A.'s Remand Home.	Mallipu- tram Womet.
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
(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. Female	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. Daily Food intake per C. U.—(in ozs.)					
(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. Nutrient Analysis—					
(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. Distribution of Calories—					
(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 Anleshwar.	Methodists Training College Godhra.	School for Practical Arts Anleshwar.	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	...	{ 4.6	1.9	{ 7.0	2.6	1.0
(vii) Other vegetables.	7.1	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 Sarvajanic law College, Surat.						Sir. K. P. College of Commerce.
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 Proteins (in g.)	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	483
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	Foor	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	1·8	3·0	...	1·6	0·7	...	1·3
3·7	2·1	...	1·3	0·4	2·5	2·4	2·0	6·0
5·0	2·1	...	2·6	1·0
0·3	0·4	...	0·9	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	...	0·9	...	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	{ Male 67 Female	{ Male Female 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 School 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	108·0	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 School, Maharashtra.	College 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/RuralUrban.....			
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	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...	Rs. 40 p.m.	Rs. 45...	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) Carbohydrates (")	...	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 Club. Union
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	42

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	...	13.7	13.1	3.0	2.7
(ii) Wheat	...			3.0	2.7
(iii) Other cereals	...			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 visit24-12-46.....	18-1-46
8. Total No. of inmates				
Male		34	27	76
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 Settle- ment 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.	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.	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.) teins	122.9	116.2	86.1	109.1
(ii) Animal (") Proteins	0.5	0.8	11.0	17.5
(iii) Fats (")	35.1	66.2	23.7	76.0
(iv) Carbohyd- (") rates.	511.9	517.2	337.1	425.7
(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- (") tes.	71	66	71	62

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.	
.....Urban.....				Rural.	
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, Yerand, Children.	Yerand, 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 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.	Ra. 38 p.m.	Ra. 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			
(iv) Pulses	1.2	1.3	1.8			0.5
(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			
(vii) Other vegetables			
(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

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.	Karnatak Muslim.	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	93.3
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	2605	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	Government Training College 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	...	Ra. 15	...	Ra. 14 to Ra. 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 0.9 0.9 0.3 3.8 1.1 1.0
..... 41.0 58.2 59.2 66.6 3.1 56.1 435.9 75.6 10.4 54.1 367.5
8.0 269.0 0.2 0.9 19.0 362 449 10 1317	11.3 381.9 0.2 1.2 26.9 514 31 14 1870	15.3 368.6 0.2 1.4 33.1 758 611 11 1840	0.8 1.7 36.6 2031 596 29 2514	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. Daily Food Intake C. U. (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. Nutrient Analysis—				
(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. Distribution of Calories—				
(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) 53 ...	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 (12) 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 catiang...	... 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 oipa 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"	... Coconia indica	... Kundree Tondale	... Gela
43. Knol-khol	... Brassica oleracea caulorapae	... 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	... Citrus decumana	... Chakatra	... Chakkota	... Papnas	Papnus
77 "Seetha pazhan" or custard apple.	... Anona sqamosa	Seethapala	... Shita phal
78 Zizyphus	... Zizuphus jujuba	... Ber	... Yelachi	... Bor	... Bor
79 Lettuce	... Laetuca sativa	... Salad	Salat