



MINISTRY OF EDUCATION

READY RECKONER OF FOOD VALUES

PROTEIN, FAT AND CALORIE VALUES
OF FOODS BY STANDARD QUANTITIES
FOR THE USE OF CATERERS

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TWO SHILLINGS NET

Ready Reckoner of Food Values

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INTRODUCTION

The origin of this book is the desire expressed by some School Meals Organisers to have available for their own use and for their cooks food analysis tables for large scale catering. It is hoped that the tables will also help others who are catering in canteens, hostels and hospitals.

Most foods in general use have been included. The tables give the protein content derived wholly from animal foodstuffs as well as the total content of protein and fat and the caloric value. The animal protein figure has been included because for some time it has been customary to pay special attention to this class of protein in the dietary of growing children. Recent scientific research has, however, revised the view of the biological value of vegetable protein. It is, therefore, of interest to watch the level of intake of all types of protein. Vitamin value and mineral salt content have not been given because they vary and are affected by cooking. Flavouring extracts and condiments have been omitted because they have little or no caloric value.

Wherever possible, the analysis follows that given in the publications of the Medical Research Council "Nutritive Value of War-time Foods" (1945) and "Chemical Composition of Foods" (McCance and Widdowson, 1946). The analyses are for foods "as purchased".

Following the food analysis tables will be found a table giving the classification of fruit and vegetables according to their caloric value; and tables giving the usual sizes of packages available in this country and the content by weight of various sizes of tinned food.

I. INDEX TO READY RECKONER OF FOOD VALUES

FOODSTUFF	INDEX REFERENCE	PAGE
Apples, tinned	103	31
Apples, cooking	101	31
Apples, dried	104	31
Apples, eating	102	31
Apricots, dried	106	32
Apricots, fresh	105	32
Apricots, tinned in syrup	107	32
Bacon, back	32	15
Bacon, gammon	31	15
Bacon, sides as a whole	30	15
Bacon, streaky	33	15
Bananas	108	32
Barley, pearl, raw	1	8
Beans, baked	160	42
Beans, haricot, dried	161	42
Beans, runner, fresh	162	42
Beans, runner or stringless, tinned	163	42
Beef, corned	34	16
Beef, ribs	35	16
Beef, roasting (average)	36	16
Beef, silverside	37	16
Beef, sirloin	38	17
Beef, steak	39	17
Beef, stewing steak	40	17
Beef, top rump	41	17
Beef, topside	42	18
Beetroot, dehydrated	164	43
Beetroot, fresh	165	43
Beetroot, tinned	166	43
Biscuits, plain, mixed	2	8
Biscuits, rusks	3	8
Biscuits, sweet, mixed	4	8
Blackberries	109	32
Bread, brown	5	8
Bread, National wheatmeal	6	9
Bread, white	7	9
Brussels Sprouts	167	43
Butter	80	27
Cabbage, dehydrated	168	44
Cabbage, Savoy	169	44
Cabbage, winter	170	44
Cauliflower	171	44
Carrots, dehydrated	172	45
Carrots, fresh	173	45
Carrots, tinned	174	45
Celery, fresh	175	45
Celery, tinned	176	46
Cheese, Cheddar	81	27
Cheese, Dutch	82	27
Cheese, Gorgonzola	83	27
Cheese, processed	84	27

FOODSTUFF	INDEX REFERENCE	PAGE
Cherries, fresh	110	33
Chocolate, milk	211	54
Chocolate, plain	212	54
Cocoa	213	54
Cod, cured	63	23
Cod, fresh	62	23
Cooking fat or Lard	85	28
Cornflakes	8	9
Cornflour	9	9
Cream	86	28
Creamola	10	10
Cucumber	177	46
Currants, black	111	33
Currants, dried	113	33
Currants, red	112	33
Currant Buns	11	10
Custard Powder	9	9
Damsons	114	34
Dates	115	34
Egg, dried	88	28
Egg, whole with shell	87	28
Figs, dried	116	34
Flour, mixed grist, brown 90% extraction	12	10
Flour, mixed grist, National wheatmeal 85% extraction	13	10
Flour, mixed grist, white 70% extraction	14	10
Force Wheatflakes	15	11
Fruit Salad, tinned in syrup	117	34
Gammon (see Bacon)	31	15
Golden Syrup	214	54
Gooseberries, dessert	119	35
Gooseberries, green	118	35
Gooseberries, tinned in syrup	120	35
Grapes, black	121	35
Grapes, white	122	35
Grapefruit	123	36
Grapefruit, tinned in syrup	124	36
Grapenuts	16	11
Greengages	125	36
Haddock, cured, smoked	64	23
Haddock, fresh	62	23
Hake, fresh	65	23
Halibut, fresh	66	24
Ham or Pork, chopped	43	18
Heart	44	18
Herrings (January—August)	67	24
Herrings (September—January)	68	24
Herrings, plain, tinned	69	24
Herrings in Tomato, tinned	70	25
Honey	215	54
Jam	216	55
Jelly Cubes	217	55
Kidney	45	18
Kippers, cured	71	25
Lard	85	28

FOODSTUFF	INDEX REFERENCE	PAGE
Leeks	178	46
Lemon Curd	218	55
Lentils, dried	179	46
Lettuce	180	46
Liver, Ox	46	18
Loganberries	126	36
Luncheon Meat, tinned	47	19
Macaroni, raw	17	11
Mackerel, tinned	72	25
Margarine	89	28
Marmalade	216	55
Marrow	181	47
Melons	127	36
Milk, condensed, skimmed, sweetened	93	30
Milk, condensed, whole, sweetened	91	29
Milk, condensed, whole, unsweetened	92	29
Milk, dried skimmed	95	30
Milk dried, whole	94	30
Milk, fresh, whole	90	29
Mincemeat	219	55
Mutton, leg	48	19
Mutton, loins and chops	49	19
Mutton, middleneck and breast	50	20
Mutton, roasting (average)	51	20
Mutton, scrag end	52	20
Mutton, stewing (average)	53	20
Mustard and Cress	182	47
Oatmeal	18	11
Onions, dehydrated	183	47
Onions, fresh	184	47
Oranges	128	37
Parsley	185	48
Parsnips, dehydrated	186	48
Parsnips, fresh	187	48
Peaches, dried	130	37
Peaches, fresh	129	37
Peaches, tinned in syrup	131	37
Pears, dessert	132	37
Pears, tinned in syrup	133	38
Peas, dried	188	48
Peas, fresh	189	48
Peas, split	190	49
Peas, garden, tinned	191	49
Peas, processed, tinned	192	49
Pilchards In Tomato, tinned	74	26
Pineapple, fresh	134	38
Pineapple, tinned in syrup	135	38
Plaice	73	25
Plums, cooking	137	38
Plums, dessert	136	38
Plums, tinned in syrup	138	39
Pollack, fresh	62	23
Pork, chopped (see ham)	43	18
Pork, leg	54	21
Pork, loin	55	21

FOODSTUFF	INDEX REFERENCE	PAGE
Potatoes, dehydrated	193	49
Potatoes, new	194	50
Potatoes, old	195	50
Potatoes, powdered	196	50
Potatoes, tinned	197	50
Prunes	139	39
Rabbit	56	21
Radishes	198	51
Raisins	140	39
Raspberries	141	39
Rhubarb, dehydrated	142	40
Rhubarb, fresh	143	40
Rhubarb, tinned in syrup	144	40
Rice, polished, raw	19	12
Rice, puffed	20	12
Ryvita	21	12
Sago	22	12
Salmon, tinned	75	26
Sardines in Oil, tinned	76	26
Sausages, beef	57	21
Sausages, pork	58	22
Semolina	23	12
Soya, full fat	24	13
Spinach, fresh or tinned	199	51
Strawberries	145	40
Suet	59	22
Sugar	220	56
Sultanas	146	41
Swedes, dehydrated	200	51
Swedes, fresh or tinned	201	51
Tapioca	25	13
Tangerines	147	41
Tomatoes, fresh	202	52
Tomatoes, tinned	203	52
Tongue, beef	60	22
Tongue, tinned	61	22
Treacle, black	221	56
Turnips, dehydrated	204	52
Turnips, fresh	205	52
Turnips, tinned	206	53
Watercress	207	53
Weetabix	26	13
Wheat, Puffed	27	13
Wheat, Shredded	28	14

2. FOOD ANALYSIS TABLES

A. CEREALS AND CEREAL PRODUCTS

ITEM	Protein Grammes		Fat Grammes	Calories
	Total	Animal		
1 Barley, pearl, raw				
1 oz.	2.2			102
8 oz.	18			816
1 lb.	35			1,632
2 lb.	70			3,264
3 lb.	106			4,896
5 lb.	176			8,160
7 lb.	246			11,424
14 lb.	493			22,848
2 Biscuits, plain, mixed				
1 oz.	2		4	128
8 oz.	16		35	1,024
1 lb.	32		70	2,048
2 lb.	64		141	4,096
3 lb.	96		211	6,144
5 lb.	160		352	10,240
3 Biscuits, rusks				
1 oz.	1.7		2	116
8 oz.	14		19	928
1 lb.	27		38	1,856
2 lb.	54		77	3,712
3 lb.	82		115	5,568
5 lb.	136		192	9,280
4 Biscuits, sweet, mixed				
1 oz.	1.6		8.7	158
8 oz.	13		70	1,264
1 lb.	26		139	2,528
2 lb.	51		278	5,056
3 lb.	77		418	7,584
5 lb.	128		696	12,640
5 Bread, brown, 90% extraction				
1 oz.	2.4		0.4	70
8 oz.	19		3	560
1 lb.	38		6	1,120
2 lb.	77		13	2,240
3 lb.	115		19	3,360
5 lb.	192		32	5,600
7 lb.	269		45	7,840
14 lb.	583		90	15,680
28 lb.	1,075		179	31,360

CEREALS AND CEREAL PRODUCTS—(continued)

ITEM	Protein Grammes		Fat Grammes	Calories
	Total	Animal		
6	Bread, National wheat-meal, 85% extraction			
1 oz.	2.4		0.3	72
8 oz.	19		2	576
1 lb.	38		5	1,152
2 lb.	77		10	2,304
3 lb.	115		14	3,456
5 lb.	192		24	5,760
7 lb.	269		34	8,064
14 lb.	538		67	16,128
28 lb.	1,075		134	32,256
7	Bread, white, 70% extraction			
1 oz.	2.3		0.2	75
8 oz.	18		2	600
1 lb.	37		3	1,200
2 lb.	74		6	2,400
3 lb.	110		10	3,600
5 lb.	184		16	6,000
7 lb.	258		22	8,400
14 lb.	515		45	16,800
28 lb.	1,030		90	33,600
8	Cornflakes (packets contain 6 or 12 ozs.)			
1 oz.	1.9		0.2	104
5 oz.	10		1	520
6 oz.	11		1	624
8 oz.	15		2	832
1 lb.	30		3	1,664
2 lb.	61		6	3,328
3 lb.	91		10	4,992
5 lb.	152		16	8,320
9	Cornflour or Custard Powder			
1 oz.	0.1		0.2	100
8 oz.	0.8		1.6	800
1 lb.	2		3	1,600
2 lb.	3		6	3,200
3 lb.	5		10	4,800
5 lb.	8		16	8,000
7 lb.	11		22	11,200
14 lb.	22		45	22,400

CEREALS AND CEREAL PRODUCTS—(continued)

	ITEM	Protein Grammes		Fat Grammes	Calories
		Total	Animal		
10	Creamola				
	1 oz.	4		0.5	98
	8 oz.	32		4	784
	1 lb.	64		8	1,568
	2 lb.	128		16	3,136
	3 lb.	192		24	4,704
	5 lb.	320		40	7,840
	7 lb.	448		56	10,976
14 lb.	896		112	21,952	
11	Currant Buns				
	1 oz.	2.1		1.7	87
	1 lb.	34		27	1,392
	2 lb.	67		54	2,784
	3 lb.	101		82	4,176
	5 lb.	168		136	6,960
	7 lb.	235		190	9,744
	14 lb.	471		381	19,488
28 lb.	941		762	38,976	
12	Flour, mixed grist, brown, 90% extraction				
	1 oz.	3.3		0.5	98
	8 oz.	26		4	784
	1 lb.	53		8	1,568
	3 lb.	158		24	4,704
	5 lb.	264		40	7,840
	7 lb.	370		56	10,976
	14 lb.	739		112	21,952
	28 lb.	1,478		224	43,904
	56 lb.	2,957		448	87,808
112 lb.	5,914		896	175,616	
13	Flour, mixed grist, National wheatmeal, 85% extraction				
	1 oz.	3.3		0.5	99
	8 oz.	26		4	792
	1 lb.	53		8	1,584
	3 lb.	158		24	4,752
	5 lb.	264		40	7,920
	7 lb.	370		56	11,088
	14 lb.	739		112	22,176
	28 lb.	1,478		224	44,352
	56 lb.	2,957		448	88,704
112 lb.	5,914		896	177,408	
14	Flour, mixed grist, white, 70% extraction				
	1 oz.	3.1		0.3	100
	8 oz.	25		2	800
	1 lb.	50		5	1,600

CEREALS AND CEREAL PRODUCTS—(continued)

ITEM	Protein Grammes		Fat Grammes	Calories
	Total	Animal		
Flour, mixed grist, white, 70% extraction—(contd.)				
3 lb.	149		14	4,800
5 lb.	248		24	8,000
7 lb.	347		34	11,200
14 lb.	694		67	22,400
28 lb.	1,389		134	44,800
56 lb.	2,778		269	89,600
112 lb.	5,555		538	179,200
15 Force (Wheatflakes) (packet contains 8 oz.)				
1 oz.	2.6		0.5	105
8 oz.	21		4	840
1 lb.	42		8	1,680
2 lb.	83		16	3,360
3 lb.	125		24	5,040
5 lb.	208		40	8,400
7 lb.	291		56	11,760
14 lb.	582		112	23,520
16 Grapenuts (packet contains 12 oz.)				
1 oz.	3.3		0.9	102
8 oz.	26		7	816
1 lb.	53		14	1,632
2 lb.	106		29	3,264
3 lb.	158		43	4,896
5 lb.	264		72	8,160
17 Macaroni, raw				
1 oz.	3.3		0.4	100
8 oz.	26		3	800
1 lb.	53		6	1,600
2 lb.	106		13	3,200
3 lb.	158		19	4,800
5 lb.	264		32	8,000
7 lb.	370		45	11,200
14 lb.	739		90	22,400
28 lb.	1,478		179	44,800
56 lb.	2,957		358	89,600
18 Oatmeal (coarse, medium, fine), raw				
1 oz.	3.4		2.5	115
8 oz.	27		20	920
1 lb.	54		40	1,840
3 lb.	163		120	5,520
5 lb.	272		200	9,200
7 lb.	381		280	12,880
14 lb.	762		560	25,760
28 lb.	1,523		1,120	51,520

CEREALS AND CEREAL PRODUCTS—(continued)

	ITEM	Protein Grammes		Fat Grammes	Calories
		Total	Animal		
19	Rice, polished, raw				
	1 oz.	1.8		0.3	102
	8 oz.	14		2	816
	1 lb.	29		5	1,632
	3 lb.	86		14	4,896
	5 lb.	144		24	8,160
	7 lb.	202		34	11,424
	14 lb.	403		67	22,848
	28 lb.	806		134	45,696
56 lb.	1,613		269	91,392	
20	Rice, puffed				
	1 oz.	1.9		0.1	102
	5 oz.	10		0.5	510
	6 oz.	11		0.6	612
	8 oz.	15		0.8	816
	1 lb.	30		1.6	1,632
	2 lb.	61		3	3,264
	3 lb.	91		5	4,896
	5 lb.	152		8	8,160
7 lb.	213		11	11,424	
21	Ryvita				
	1 oz.	1.9		0.6	106
	8 oz.	15		5	848
	1 lb.	30		10	1,696
	2 lb.	61		19	3,392
	3 lb.	91		29	5,088
5 lb.	152		48	8,480	
22	Sago				
	1 oz.	0.1		0.1	101
	8 oz.	0.8		0.8	808
	1 lb.	2		2	1,616
	2 lb.	3		3	3,232
	3 lb.	5		5	4,848
	5 lb.	8		8	8,080
	7 lb.	11		11	11,312
	14 lb.	22		22	22,624
	28 lb.	45		45	45,248
56 lb.	90		90	90,496	
23	Semolina				
	1 oz.	3		0.5	100
	8 oz.	24		4	800
	1 lb.	48		8	1,600
	2 lb.	96		16	3,200
	3 lb.	144		24	4,800
	5 lb.	240		40	8,000
7 lb.	336		56	11,200	

CEREALS AND CEREAL PRODUCTS—¹(continued)

ITEM	Protein Grammes		Fat Grammes	Calories
	Total	Animal		
Semolina—(continued)				
14 lb.	672		112	22,400
28 lb.	1,344		224	44,800
56 lb.	2,688		448	89,600
24 Soya, full fat				
1 oz.	11.5		6.7	123
8 oz.	92		54	984
1 lb.	184		107	1,968
2 lb.	368		214	3,936
3 lb.	552		322	5,904
5 lb.	920		536	9,840
25 Tapioca				
1 oz.	0.1			102
8 oz.	0.8			816
1 lb.	2			1,632
2 lb.	3			3,264
3 lb.	5			4,896
5 lb.	8			8,160
7 lb.	11			11,424
14 lb.	22			22,848
28 lb.	45			45,696
56 lb.	90			91,392
26 Weetabix (packet contains 12 biscuits, weight variable)				
1 oz.	4.5		0.5	102.6
5 oz.	23		2	513
6 oz.	27		3	616
8 oz.	36		4	821
1 lb.	72		8	1,642
2 lb.	144		16	3,284
3 lb.	216		25	4,926
5 lb.	360		41	8,210
7 lb.	504		58	11,494
27 Wheat, Puffed (packet contains 8 oz.)				
1 oz.	3.9		0.7	97
8 oz.	31		6	776
1 lb.	62		11	1,552
2 lb.	125		22	3,104
3 lb.	187		34	4,656
5 lb.	312		56	7,760
7 lb.	437		78	10,864
14 lb.	847		157	21,728

CEREALS AND CEREAL PRODUCTS—(continued)

28

ITEM	Protein Grammes		Fat Grammes	Calories
	Total	Animal		
Wheat, Shredded (packet contains 12 oz.)				
1 oz.	2.8		0.8	103
8 oz.	22		6	824
1 lb.	45		13	1,648
2 lb.	90		26	3,296
3 lb.	134		38	4,944
5 lb.	224		64	8,240

B. MEAT AND MEAT PRODUCTS

	ITEM	Protein Grammes		Fat Grammes	Calories
		Total	Animal		
30	Bacon, sides as a whole				
	1 oz.	2.8	2.8	11.2	112
	8 oz.	22	22	90	896
	1 lb.	45	45	179	1,792
	2 lb.	90	90	358	3,584
	3 lb.	134	134	538	5,376
	5 lb.	224	224	896	8,960
	7 lb.	314	314	1,254	12,544
	14 lb.	627	627	2,509	25,088
28 lb.	1,254	1,254	5,018	50,176	
56 lb.	2,509	2,509	10,035	100,352	
31	Bacon, gammon				
	1 oz.	3.9	3.9	7.2	80
	8 oz.	31	31	58	640
	1 lb.	62	62	115	1,280
	2 lb.	125	125	230	2,560
	3 lb.	187	187	346	3,840
	5 lb.	312	312	576	6,400
	7 lb.	437	437	806	8,960
	14 lb.	874	874	1,613	17,920
28 lb.	1,747	1,747	3,226	35,840	
56 lb.	3,494	3,494	6,451	71,680	
32	Bacon, back				
	1 oz.	3.2	3.2	10	103
	8 oz.	26	26	80	824
	1 lb.	51	51	160	1,648
	2 lb.	102	102	320	3,296
	3 lb.	154	154	480	4,944
	5 lb.	256	256	800	8,240
	7 lb.	358	358	1,120	11,536
	14 lb.	717	717	2,240	23,072
28 lb.	1,434	1,434	4,480	46,144	
56 lb.	2,867	2,867	8,960	92,288	
33	Bacon, streaky				
	1 oz.	2.2	2.2	13.4	129
	8 oz.	18	18	107	1,032
	1 lb.	35	35	214	2,064
	2 lb.	70	70	429	4,128
	3 lb.	106	106	643	6,192
	5 lb.	176	176	1,072	10,320
	7 lb.	246	246	1,501	14,448
	14 lb.	493	493	3,002	28,896
28 lb.	986	986	6,003	57,792	
56 lb.	1,971	1,971	12,006	115,584	

MEAT AND MEAT PRODUCTS—(continued)

	ITEM	Protein Grammes		Fat Grammes	Calories
		Total	Animal		
34	Beef, corned				
	1 oz.	7.1	7.1	4.5	69
	8 oz.	57	57	36	552
	1 lb.	114	114	72	1,104
	2 lb.	227	227	144	2,208
	3 lb.	341	341	216	3,312
	5 lb.	568	568	360	5,520
	7 lb.	795	795	504	7,728
	14 lb.	1,590	1,590	1,008	15,456
	28 lb.	3,181	3,181	2,016	30,912
	56 lb.	6,362	6,362	4,032	61,824
112 lb.	12,723	12,723	8,064	123,648	
35	Beef, ribs				
	1 oz.	3.3	3.3	7.8	83
	8 oz.	26	26	62	664
	1 lb.	53	53	125	1,328
	2 lb.	106	106	250	2,656
	3 lb.	158	158	374	3,984
	5 lb.	264	264	624	6,640
	7 lb.	370	370	874	9,296
	14 lb.	739	739	1,747	18,592
	28 lb.	1,478	1,478	3,494	37,184
	56 lb.	2,957	2,957	6,989	74,368
112 lb.	5,914	5,914	13,978	148,736	
36	Beef, roasting (average)				
	1 oz.	4.2	4.2	6	70
	8 oz.	34	34	48	560
	1 lb.	67	67	96	1,120
	2 lb.	134	134	192	2,240
	3 lb.	202	202	288	3,360
	5 lb.	336	336	480	5,600
	7 lb.	470	470	672	7,840
	14 lb.	941	941	1,344	15,680
	28 lb.	1,882	1,882	2,688	31,360
	56 lb.	3,763	3,763	5,376	62,720
112 lb.	7,526	7,526	10,752	125,440	
37	Beef, silverside				
	1 oz.	3.9	3.9	4.4	55
	8 oz.	31	31	35	440
	1 lb.	62	62	70	880
	2 lb.	125	125	141	1,760
	3 lb.	187	187	211	2,640
	5 lb.	312	312	352	4,400
	7 lb.	437	437	493	6,160
	14 lb.	874	874	986	12,320
	28 lb.	1,747	1,747	1,971	24,640
	56 lb.	3,494	3,494	3,942	49,280
112 lb.	6,989	6,989	7,885	98,560	

MEAT AND MEAT PRODUCTS—(continued)

	ITEM	Protein Grammes		Fat Grammes	Calories
		Total	Animal		
38	Beef, sirloin				
	1 oz.	3.9	3.9	5.6	66
	8 oz.	31	31	45	528
	1 lb.	62	62	90	1,056
	2 lb.	125	125	179	2,112
	3 lb.	187	187	269	3,168
	5 lb.	312	312	448	5,280
	7 lb.	437	437	627	7,392
	14 lb.	874	874	1,254	14,784
	28 lb.	1,747	1,747	2,509	29,568
56 lb.	3,494	3,494	5,018	59,136	
112 lb.	6,989	6,989	10,035	118,272	
39	Beef, steak				
	1 oz.	4	4	8.2	90
	8 oz.	32	32	66	720
	1 lb.	64	64	131	1,440
	2 lb.	128	128	262	2,880
	3 lb.	192	192	394	4,320
	5 lb.	320	320	656	7,200
	7 lb.	448	448	918	10,080
	14 lb.	896	896	1,837	20,160
	28 lb.	1,792	1,792	3,674	40,320
56 lb.	3,584	3,584	7,347	80,640	
112 lb.	7,168	7,168	14,694	161,280	
40	Beef, stewing steak				
	1 oz.	4.8	4.8	4.5	60
	8 oz.	38	38	36	480
	1 lb.	77	77	72	960
	2 lb.	154	154	144	1,920
	3 lb.	230	230	216	2,880
	5 lb.	384	384	360	4,800
	7 lb.	538	538	504	6,720
	14 lb.	1,075	1,075	1,008	13,440
	28 lb.	2,150	2,150	2,016	26,880
56 lb.	4,301	4,301	4,032	53,760	
112 lb.	8,602	8,602	8,064	107,520	
41	Beef, top rump				
	1 oz.	4.7	4.7	5.2	66
	8 oz.	38	38	42	528
	1 lb.	75	75	83	1,056
	2 lb.	150	150	166	2,112
	3 lb.	226	226	250	3,168
	5 lb.	376	376	416	5,280
	7 lb.	526	526	582	7,392
	14 lb.	1,053	1,053	1,165	14,784
	28 lb.	2,106	2,106	2,330	29,568
56 lb.	4,211	4,211	4,659	59,136	
112 lb.	8,422	8,422	9,318	118,272	

MEAT AND MEAT PRODUCTS—(continued)

	ITEM	Protein Grammes		Fat Grammes	Calories
		Total	Animal		
42	Beef, topside				
	1 oz.	4.8	4.8	5.4	68
	8 oz.	38	38	43	544
	1 lb.	77	77	86	1,088
	2 lb.	154	154	173	2,176
	3 lb.	230	230	259	3,264
	5 lb.	384	384	432	5,440
	7 lb.	538	538	605	7,616
	14 lb.	1,075	1,075	1,210	15,232
	28 lb.	2,150	2,150	2,419	30,464
56 lb.	4,301	4,301	4,838	60,928	
112 lb.	8,602	8,602	9,677	121,856	
43	Ham or Pork, chopped				
	1 oz.	4.3	4.3	8.5	97
	1 lb.	69	69	136	1,552
	2 lb.	138	138	272	3,104
	3 lb.	206	206	408	4,656
	5 lb.	344	344	680	7,760
	7 lb.	482	482	952	10,864
	14 lb.	963	963	1,904	21,728
28 lb.	1,926	1,926	3,808	43,456	
44	Heart				
	1 oz.	4.5	4.5	3.1	46
	8 oz.	36	36	25	368
	1 lb.	72	72	50	736
	2 lb.	144	144	99	1,472
	3 lb.	216	216	149	2,208
	5 lb.	360	360	248	3,680
	7 lb.	504	504	347	5,152
14 lb.	1,008	1,008	694	10,304	
28 lb.	2,016	2,016	1,389	20,608	
45	Kidney				
	1 oz.	4.5	4.5	2	36
	8 oz.	36	36	16	288
	1 lb.	72	72	32	576
	2 lb.	144	144	64	1,152
	3 lb.	216	216	96	1,728
	5 lb.	360	360	160	2,880
	7 lb.	504	504	224	4,032
14 lb.	1,008	1,008	448	8,064	
46	Liver, ox				
	1 oz.	4.8	4.8	1.7	40
	8 oz.	38	38	14	320
	1 lb.	77	77	27	640
	2 lb.	154	154	54	1,280
	3 lb.	230	230	82	1,920

MEAT AND MEAT PRODUCTS—(continued)

ITEM	Protein Grammes		Fat Grammes	Calories
	Total	Animal		
Liver, ox—(continued)				
5 lb.	384	384	136	3,200
7 lb.	538	538	190	4,480
14 lb.	1,075	1,075	381	8,960
28 lb.	2,150	2,150	762	17,920
47 Luncheon meat, tinned				
1 oz.	4.3	4.3	6	71
8 oz.	34	34	48	568
1 lb.	69	69	96	1,136
2 lb.	138	138	192	2,272
3 lb.	206	206	288	3,408
5 lb.	344	344	480	5,680
7 lb.	482	482	672	7,952
14 lb.	963	963	1,344	15,904
28 lb.	1,926	1,926	2,688	31,808
56 lb.	3,853	3,853	5,376	63,616
48 Mutton, leg				
1 oz.	3.9	3.9	4.6	57
8 oz.	31	31	37	456
1 lb.	62	62	74	912
2 lb.	125	125	147	1,824
3 lb.	187	187	221	2,736
5 lb.	312	312	368	4,560
7 lb.	437	437	515	7,296
14 lb.	874	874	1,030	12,768
28 lb.	1,747	1,747	2,061	25,536
56 lb.	3,494	3,494	4,122	51,072
112 lb.	6,989	6,989	8,243	102,144
49 Mutton, loins and chops				
1 oz.	3.7	3.7	7.3	81
8 oz.	30	30	58	648
1 lb.	59	59	117	1,296
2 lb.	118	118	234	2,592
3 lb.	178	178	350	3,888
5 lb.	296	296	584	6,480
7 lb.	414	414	818	9,072
14 lb.	829	829	1,635	18,144
28 lb.	1,658	1,658	3,270	36,288
56 lb.	3,315	3,315	6,541	72,576
112 lb.	6,630	6,630	13,082	145,152

MEAT AND MEAT PRODUCTS—(continued)

	ITEM	Protein Grammes		Fat Grammes	Calories
		Total	Animal		
50	Mutton, middleneck and breast				
	1 oz.	2.9	2.9	9.2	94
	8 oz.	23	23	74	752
	1 lb.	46	46	147	1,504
	2 lb.	93	93	294	3,008
	3 lb.	139	139	442	4,512
	5 lb.	232	232	736	7,520
	7 lb.	325	325	1,030	10,528
	14 lb.	650	650	2,061	21,056
	28 lb.	1,299	1,299	4,122	42,112
	56 lb.	2,598	2,598	8,243	84,224
112 lb.	5,197	5,197	16,486	168,448	
51	Mutton, roasting (average)				
	1 oz.	3.6	3.6	5.9	67
	8 oz.	29	29	47	536
	1 lb.	58	58	94	1,072
	2 lb.	115	115	189	2,144
	3 lb.	173	173	283	3,216
	5 lb.	288	288	472	5,360
	7 lb.	403	403	661	7,504
	14 lb.	806	806	1,322	15,008
	28 lb.	1,613	1,613	2,643	30,016
	56 lb.	3,226	3,226	5,286	60,032
112 lb.	6,451	6,451	10,573	120,064	
52	Mutton, scrag end				
	1 oz.	3.6	3.6	4.3	53
	8 oz.	29	29	34	424
	1 lb.	58	58	69	848
	2 lb.	115	115	138	1,696
	3 lb.	173	173	206	2,544
	5 lb.	288	288	344	4,240
	7 lb.	403	403	482	5,936
	14 lb.	806	806	963	11,872
	28 lb.	1,613	1,613	1,926	23,744
	56 lb.	3,226	3,226	3,853	47,488
112 lb.	6,451	6,451	7,706	94,976	
53	Mutton, stewing (average)				
	1 oz.	3.3	3.3	6.7	73
	8 oz.	26	26	54	584
	1 lb.	53	53	107	1,168
	2 lb.	106	106	214	2,336
	3 lb.	158	158	322	3,504
	5 lb.	264	264	536	5,840
	7 lb.	370	370	750	8,176
14 lb.	739	739	1,501	16,352	

MEAT AND MEAT PRODUCTS—(continued)

ITEM	Protein Grammes		Fat Grammes	Calories
	Total	Animal		
Mutton, stewing (average) (continued)				
28 lb.	1,478	1,478	3,002	32,704
56 lb.	2,957	2,957	6,003	65,408
112 lb.	5,914	5,914	12,006	130,816
54 Pork, leg				
1 oz.	3.6	3.6	6	68
8 oz.	29	29	48	544
1 lb.	58	58	96	1,088
2 lb.	115	115	192	2,176
3 lb.	173	173	288	3,264
5 lb.	288	288	480	5,440
7 lb.	403	403	672	7,616
14 lb.	806	806	1,344	15,232
28 lb.	1,613	1,613	2,688	30,464
56 lb.	3,226	3,226	5,376	60,928
55 Pork, loin				
1 oz.	3.1	3.1	11.1	112
8 oz.	25	25	89	896
1 lb.	50	50	177	1,792
2 lb.	99	99	355	3,584
3 lb.	149	149	533	5,376
5 lb.	248	248	888	8,960
7 lb.	347	347	1,243	12,544
14 lb.	694	694	2,486	25,088
28 lb.	1,389	1,389	4,972	50,176
56 lb.	2,778	2,778	9,947	100,352
56 Rabbit (skinned and gutted)				
1 oz.	4.7	4.7	1.4	31
8 oz.	38	38	11	248
1 lb.	75	75	22	496
2 lb.	150	150	45	992
3 lb.	226	226	67	1,488
5 lb.	376	376	112	2,480
7 lb.	526	526	157	3,472
14 lb.	1,053	1,053	314	6,944
28 lb.	2,106	2,106	627	13,888
57 Sausages, beef				
1 oz.	3.3	3.3	3.7	61
8 oz.	26	26	30	488
1 lb.	53	53	59	976
2 lb.	106	106	118	1,952
3 lb.	158	158	178	2,928
5 lb.	264	264	296	4,880
7 lb.	370	370	414	6,832
14 lb.	739	739	829	13,664

MEAT AND MEAT PRODUCTS—(continued)

	ITEM	Protein Grammes		Fat Grammes	Calories
		Total	Animal		
58	Sausages, pork				
	1 oz.	3	3	5.1	73
	8 oz.	24	24	41	584
	1 lb.	48	48	82	1,168
	2 lb.	96	96	163	2,336
	3 lb.	144	144	245	3,504
	5 lb.	240	240	408	5,840
	7 lb.	336	336	571	8,176
14 lb.	672	672	1,142	16,352	
59	Suet				
	1 oz.	0.3	0.3	28.1	262
	8 oz.	2	2	225	2,096
	1 lb.	5	5	450	4,192
	2 lb.	10	10	899	8,384
	3 lb.	14	14	1,349	12,576
	5 lb.	24	24	2,248	20,960
	7 lb.	34	34	3,147	29,344
14 lb.	67	67	6,294	58,688	
28 lb.	134	134	12,589	117,376	
60	Tongue, beef				
	1 oz.	4	4	1.9	33
	8 oz.	32	32	15	264
	1 lb.	64	64	30	528
	2 lb.	128	128	61	1,056
	3 lb.	192	192	91	1,584
	5 lb.	320	320	152	2,640
	7 lb.	448	448	213	3,696
14 lb.	896	896	426	7,392	
61	Tongue, tinned				
	1 oz.	5.4	5.4	5.7	73
	8 oz.	43	43	46	584
	1 lb.	86	86	91	1,168
	2 lb.	173	173	182	2,336
	3 lb.	259	259	274	3,504
	5 lb.	432	432	456	5,840
7 lb.	605	605	638	8,176	

C. FISH

ITEM	Protein Grammes		Fat Grammes	Calories
	Total	Animal		
62 Cod, Haddock, or Pollack, fresh				
1 oz. 	3	3	0.1	13
8 oz. 	24	24	0.8	104
1 lb. 	48	48	1.6	208
2 lb. 	96	96	3	416
3 lb. 	144	144	5	624
5 lb. 	240	240	8	1,040
7 lb. 	336	336	11	1,456
14 lb. 	672	672	22	2,912
28 lb. 	1,344	1,344	45	5,824
56 lb. 	2,688	2,688	90	11,648
63 Cod, cured, wet or salt				
1 oz. 	3.4	3.4	0.1	15
8 oz. 	27	27	0.8	120
1 lb. 	54	54	1.6	240
2 lb. 	109	109	3	480
3 lb. 	163	163	5	720
5 lb. 	272	272	8	1,200
7 lb. 	381	381	11	1,680
14 lb. 	762	762	22	3,360
28 lb. 	1,523	1,523	45	6,720
56 lb. 	3,046	3,046	90	13,440
64 Haddock, cured, smoked				
1 oz. 	2.8	2.8	0.1	12
8 oz. 	22	22	0.8	96
1 lb. 	45	45	1.6	192
2 lb. 	90	90	3	384
3 lb. 	134	134	5	576
5 lb. 	224	224	8	960
7 lb. 	314	314	11	1,344
14 lb. 	627	627	22	2,688
28 lb. 	1,254	1,254	45	5,376
56 lb. 	2,509	2,509	90	10,752
65 Hake, fresh				
1 oz. 	3.2	3.2	0.6	18
8 oz. 	26	26	4.8	144
1 lb. 	51	51	10	288
2 lb. 	102	102	19	576
3 lb. 	154	154	29	864
5 lb. 	256	256	48	1,440
7 lb. 	358	358	67	2,016
14 lb. 	717	717	134	4,032
28 lb. 	1,434	1,434	269	8,064
56 lb. 	2,867	2,867	538	16,128

FISH—(continued)

	ITEM	Protein Grammes		Fat Grammes	Calories
		Total	Animal		
66	Halibut, fresh				
	1 oz.	2.5	2.5	0.8	17
	8 oz.	20	20	6.4	136
	1 lb.	40	40	13	272
	2 lb.	80	80	26	544
	3 lb.	120	120	38	816
	5 lb.	200	200	64	1,360
	7 lb.	280	280	90	1,904
	14 lb.	560	560	179	3,808
	28 lb.	1,120	1,120	358	7,616
	56 lb.	2,240	2,240	717	15,232
67	Herrings (January–August)				
	1 oz.	3	3	2.8	37
	8 oz.	24	24	22	296
	1 lb.	48	48	45	592
	2 lb.	96	96	90	1,184
	3 lb.	144	144	134	1,776
	5 lb.	240	240	224	2,960
	7 lb.	336	336	314	4,144
	14 lb.	672	672	627	8,288
	28 lb.	1,344	1,344	1,254	16,576
	56 lb.	2,688	2,688	2,509	33,152
68	Herrings (September–January)				
	1 oz.	2.7	2.7	1.4	23
	8 oz.	22	22	11	184
	1 lb.	43	43	22	368
	2 lb.	86	86	49	736
	3 lb.	130	130	67	1,104
	5 lb.	216	216	112	1,840
	7 lb.	302	302	157	2,576
	14 lb.	605	605	314	5,152
	28 lb.	1,210	1,210	627	10,304
	56 lb.	2,419	2,419	1,254	20,608
69	Herrings, plain, tinned				
	1 oz.	6	6	3.4	55
	4 oz.	24	24	14	220
	5 oz.	30	30	17	275
	6 oz.	36	36	20	330
	8 oz.	48	48	27	440
	1 lb.	96	96	54	880
	2 lb.	192	192	109	1,760
	3 lb.	288	288	163	2,640
	5 lb.	480	480	272	4,400
7 lb.	672	672	381	6,160	
14 lb.	1,344	1,344	762	12,320	
28 lb.	2,688	2,688	1,523	24,640	

FISH—(continued)

ITEM	Protein Grammes		Fat Grammes	Calories
	Total	Animal		
70 Herrings in Tomato, tinned				
1 oz.	4.5	4.5	2.8	43
4 oz.	18	18	11	172
5 oz.	23	23	14	215
6 oz.	27	27	17	258
8 oz.	36	36	22	344
1 lb.	72	72	45	688
2 lb.	144	144	90	1,376
3 lb.	216	216	134	2,064
5 lb.	360	360	224	3,440
7 lb.	504	504	314	4,816
14 lb.	1,008	1,008	627	9,632
28 lb.	2,016	2,016	1,254	19,264
71 Kippers, cured				
1 oz.	3.2	3.2	2.7	37
8 oz.	26	26	22	296
1 lb.	51	51	43	592
2 lb.	102	102	86	1,184
3 lb.	154	154	130	1,776
5 lb.	256	256	216	2,960
7 lb.	358	358	302	4,144
14 lb.	717	717	605	8,288
28 lb.	1,434	1,434	1,210	16,576
56 lb.	2,867	2,867	2,419	33,152
72 Mackerel, tinned				
1 oz.	6.5	6.5	2.3	47
4 oz.	26	26	9.2	188
5 oz.	33	33	12	235
6 oz.	39	39	14	282
8 oz.	52	52	18	376
1 lb.	104	104	37	752
2 lb.	208	208	74	1,504
3 lb.	312	312	110	2,256
5 lb.	520	520	184	3,760
7 lb.	728	728	258	5,264
14 lb.	1,456	1,456	515	10,528
28 lb.	2,912	2,912	1,030	21,056
73 Plaice				
1 oz.	2.3	2.3	0.3	12
8 oz.	18	18	2.4	96
1 lb.	37	37	4.8	192
2 lb.	74	74	9.6	384
3 lb.	110	110	14	576
5 lb.	184	184	24	960
7 lb.	258	258	34	1,344
14 lb.	515	515	67	2,688
28 lb.	1,030	1,030	134	5,376
56 lb.	2,061	2,061	269	10,752

FISH—(continued)

	ITEM	Protein Grammes		Fat Grammes	Calories
		Total	Animal		
74	Pilchards in Tomato, tinned				
	1 oz.	4.5	4.5	4.3	57
	4 oz.	18	18	17	228
	5 oz.	23	23	22	285
	6 oz.	27	27	26	342
	8 oz.	36	36	34	456
	1 lb.	72	72	69	912
	2 lb.	144	144	138	1,824
	3 lb.	216	216	206	2,736
	5 lb.	360	360	344	4,560
	7 lb.	504	504	482	6,384
14 lb.	1,008	1,008	963	12,768	
28 lb.	2,016	2,016	1,926	25,536	
75	Salmon (with bones), tinned				
	1 oz.	5.7	5.7	2.8	48
	4 oz.	23	23	11	192
	5 oz.	29	29	14	240
	6 oz.	34	34	17	288
	8 oz.	46	46	22	384
	1 lb.	91	91	45	768
	2 lb.	182	182	90	1,536
	3 lb.	274	274	134	2,304
	5 lb.	456	456	224	3,840
	7 lb.	638	638	314	5,376
14 lb.	1,277	1,277	627	10,752	
28 lb.	2,554	2,554	1,254	21,504	
76	Sardines in Oil, tinned				
	1 oz.	5.7	5.7	6.8	84
	4 oz.	23	23	27	336
	5 oz.	29	29	34	420
	6 oz.	34	34	41	504
	8 oz.	46	46	54	672
	1 lb.	91	91	109	1,344
	2 lb.	162	162	218	2,688
	3 lb.	274	274	326	4,032
	5 lb.	456	456	544	6,720
	7 lb.	638	638	762	9,408
14 lb.	1,277	1,277	1,523	18,816	
28 lb.	2,554	2,554	3,046	37,632	

D. FATS AND DAIRY PRODUCTS

	ITEM	Protein Grammes		Fat Grammes	Calories
		Total	Animal		
80	Butter				
	1 oz.			24.2	226
	8 oz.			194	1,808
	1 lb.			387	3,616
	2 lb.			774	7,232
	3 lb.			1,162	10,848
	5 lb.			1,936	18,080
	7 lb.			2,710	25,312
81	Cheese, Cheddar				
	1 oz.	7.1	7.1	9.8	120
	8 oz.	57	57	78	960
	1 lb.	114	114	157	1,920
	2 lb.	227	227	314	3,840
	3 lb.	341	341	470	5,760
	5 lb.	568	568	784	9,600
	7 lb.	795	795	1,098	13,440
	14 lb.	1,590	1,590	2,195	26,880
	28 lb.	3,181	3,181	4,390	53,760
	56 lb.	6,362	6,362	8,781	107,520
82	Cheese, Dutch				
	1 oz.	8	8	4.8	77
	8 oz.	64	64	38	616
	1 lb.	128	128	77	1,232
	2 lb.	256	256	154	2,464
	3 lb.	384	384	230	3,696
	5 lb.	640	640	384	6,160
	7 lb.	896	896	538	8,624
	14 lb.	1,792	1,792	1,075	17,248
83	Cheese, Gorgonzola				
	1 oz.	7.1	7.1	8.8	112
	8 oz.	57	57	70	896
	1 lb.	114	114	141	1,792
	2 lb.	227	227	282	3,584
	5 lb.	568	568	704	8,960
84	Cheese, processed (packet)				
	1 oz.	6.4	6.4	8.5	106
	8 oz.	51	51	68	848
	1 lb.	102	102	136	1,696
	2 lb.	205	205	272	3,392
	3 lb.	307	307	408	5,088
	5 lb.	512	512	680	8,480
	7 lb.	717	717	952	11,872
	14 lb.	1,434	1,434	1,904	23,744

FATS AND DAIRY PRODUCTS—(continued)

	ITEM	Protein Grammes		Fat Grammes	Calories
		Total	Animal		
85	Cooking Fat or Lard				
	1 oz.			28.1	262
	8 oz.			225	2,096
	1 lb.			450	4,192
	2 lb.			899	8,384
	3 lb.			1,349	12,576
	5 lb.			2,248	20,960
	7 lb.			3,147	29,344
	14 lb.			6,294	58,688
28 lb.			12,589	117,376	
56 lb.			25,178	234,752	
86	Cream				
	1 oz.	0.5	0.5	11.9	115
	2 oz.	1	1	24	230
	3 oz.	1.5	1.5	36	345
	5 oz.	2.5	2.5	60	575
	7 oz.	3.5	3.5	83	805
	8 oz.	4	4	95	920
	12 oz.	6	6	143	1,380
	20 oz.	10	10	238	2,300
87	Egg, whole with shell (2 oz. or 1 egg)				
	1 egg	6.8	6.8	7	92
	6 eggs	41	41	42	552
	1 doz.	82	82	84	1,104
	2 doz.	165	165	168	2,208
	3 doz.	245	245	252	3,312
5 doz.	408	408	420	5,520	
88	Egg, dried				
	1 oz.	12.3	12.3	12.3	165
	4 oz.	49	49	49	660
	6 oz.	74	74	74	990
	10 oz.	123	123	123	1,650
	1 lb.	197	197	197	2,640
	2 lb.	394	394	394	5,280
	3 lb.	590	590	590	7,920
	5 lb.	984	984	984	13,200
7 lb.	1,378	1,378	1,378	18,480	
89	Margarine				
	1 oz.	0.1		24.2	226
	8 oz.	0.8		194	1,808
	1 lb.	1.6		387	3,616
	2 lb.	3		774	7,232
	3 lb.	5		1,162	10,848
	5 lb.	8		1,936	18,080
7 lb.	11		2,710	25,312	

FATS AND DAIRY PRODUCTS—(continued)

ITEM	Protein Grammes		Fat Grammes	Calories
	Total	Animal		
Margarine—(continued)				
14 lb.	22		5,421	50,624
28 lb.	45		10,842	101,248
56 lb.	90		21,683	202,496
112 lb.	179		43,366	404,992
Milk, fresh, whole				
1 oz.	0.9	0.9	1.1	19
1 pt. (20 oz.)	18	18	22	380
2 pts.	36	36	44	760
3 pts.	54	54	66	1,140
4 pts.	72	72	88	1,520
5 pts.	90	90	110	1,900
6 pts.	108	108	132	2,280
7 pts.	126	126	154	2,660
1 gal.	144	144	176	3,040
2 gals.	288	288	352	6,080
3 gals.	432	432	528	9,120
5 gals.	720	720	880	15,200
Milk, condensed, whole, sweetened (contents of Tin 14 oz.=1½ pints fresh milk)				
1 oz.	2.3	2.3	3.4	100
2 oz.	5	5	7	200
3 oz.	7	7	10	300
5 oz.	12	12	17	500
7 oz.	16	16	24	700
8 oz.	18	18	27	800
11 oz.	25	25	37	1,100
12 oz.	28	28	41	1,200
13 oz.	30	30	44	1,300
15 oz.	35	35	51	1,500
1 lb.	37	37	54	1,600
Milk, condensed, whole, unsweetened (contents of Tin 14½ or 16 oz.=2 pints fresh milk)				
1 oz.	2.2	2.2	2.4	44
2 oz.	4	4.4	5	88
3 oz.	7	6.6	7	132
5 oz.	11	11	12	220
7 oz.	15	15	17	308
8 oz.	18	18	19	352
11 oz.	24	24	26	484
12 oz.	26	26	29	528
13 oz.	29	29	31	572
15 oz.	33	33	36	660
1 lb.	35	35	38	704

FATS AND DAIRY PRODUCTS—(continued)

	ITEM	Protein Grammes		Fat Grammes	Calories
		Total	Animal		
93	Milk, condensed, skimmed, sweetened (contents of Tin 12 oz.=1½ pints fresh milk)				
	1 oz.	2.8	2.8	0.1	76
	2 oz.	6	6	0.2	152
	3 oz.	8	8	0.3	228
	5 oz.	14	14	0.5	380
	7 oz.	20	20	0.7	532
	8 oz.	22	22	0.8	608
	11 oz.	31	31	1.1	836
	12 oz.	34	34	1.2	912
	13 oz.	36	36	1.3	988
	15 oz.	42	42	1.5	1,140
1 lb.	45	45	1.6	1,216	
94	Milk, dried, whole				
	1 oz.	7.5	7.5	8.4	150
	8 oz.	60	60	67	1,200
	1 lb.	120	120	134	2,400
	2 lb.	240	240	268	4,800
	3 lb.	360	360	402	7,200
	5 lb.	600	600	670	12,000
	7 lb.	840	840	938	16,800
	14 lb.	1,680	1,680	1,876	33,600
	28 lb.	3,360	3,360	3,752	67,200
	56 lb.	6,720	6,720	7,504	134,400
112 lb.	13,440	13,440	15,008	268,800	
95	Milk, dried, skimmed				
	1 oz.	9.7	9.7	0.1	93
	8 oz.	78	78	0.8	744
	1 lb.	155	155	2	1,488
	2 lb.	310	310	3	2,976
	3 lb.	466	466	5	4,464
	5 lb.	776	776	8	7,440
	7 lb.	1,086	1,086	11	10,416
	14 lb.	2,173	2,173	22	20,832
	28 lb.	4,346	4,346	45	41,664
	56 lb.	8,691	8,691	90	83,328
112 lb.	17,382	17,382	179	166,656	

E. FRUIT

	ITEM	Protein Grammes		Fat Grammes	Calories	
		Total	Animal			
101	Apples, cooking					
	1 oz.	0.1	8
	8 oz.	0.8	64
	1 lb.	2	128
	2 lb.	3	256
	3 lb.	5	384
	5 lb.	8	640
	7 lb.	11	896
	14 lb.	22	1,792
	28 lb.	45	3,584
	56 lb.	90	7,168
112 lb.	179	14,336	
102	Apples, eating					
	1 oz.	0.1	10
	8 oz.	0.8	80
	1 lb.	2	160
	2 lb.	3	320
	3 lb.	5	480
	5 lb.	8	800
	7 lb.	11	1,120
	14 lb.	22	2,240
	28 lb.	45	4,480
	56 lb.	90	8,960
112 lb.	179	17,920	
103	Apples, tinned					
	1 oz.	0.1	10
	8 oz.	0.8	80
	1 lb.	2	160
	2 lb.	3	320
	3 lb.	5	480
	5 lb.	8	800
	7 lb.	11	1,120
	14 lb.	22	2,240
	28 lb.	45	4,480
	56 lb.	90	8,960
104	Apples, dried					
	1 oz.	0.6	52
	8 oz.	5	416
	1 lb.	10	832
	2 lb.	19	1,664
	3 lb.	29	2,496
	5 lb.	48	4,160
	7 lb.	67	5,824
	14 lb.	134	11,648
	28 lb.	269	23,296
	56 lb.	538	46,592

FRUIT—(continued)

	ITEM	Protein Grammes		Fat Grammes	Calories
		Total	Animal		
105	Apricots, fresh				
	1 oz.	0.2			7
	8 oz.	2			56
	1 lb.	3			112
	2 lb.	6			224
	3 lb.	10			336
	5 lb.	16			560
	7 lb.	22			784
14 lb.	45			1,568	
106	Apricots, dried				
	1 oz.	1.4			50
	8 oz.	11			400
	1 lb.	22			800
	2 lb.	45			1,600
	3 lb.	67			2,400
	5 lb.	112			4,000
	7 lb.	157			5,600
	14 lb.	314			11,200
	28 lb.	627			22,400
56 lb.	1,254			44,800	
107	Apricots, tinned in syrup				
	1 oz.	0.1			14
	8 oz.	0.8			112
	1 lb.	2			224
	2 lb.	3			448
	3 lb.	5			672
	5 lb.	8			1,120
	7 lb.	11			1,568
	14 lb.	22			3,136
	28 lb.	45			6,272
108	Bananas				
	1 oz.	0.2			13
	8 oz.	2			104
	1 lb.	3			208
	2 lb.	6			416
	3 lb.	10			624
	5 lb.	16			1,040
	7 lb.	22			1,456
	14 lb.	45			2,912
	28 lb.	90			5,824
56 lb.	179			11,648	
109	Blackberries				
	1 oz.	0.4			8
	8 oz.	3			64
	1 lb.	6			128
2 lb.	13			256	

FRUIT—(continued)

ITEM	Protein Grammes		Fat Grammes	Calories
	Total	Animal		
Blackberries—(continued)				
3 lb.	19			384
5 lb.	32			640
7 lb.	45			896
14 lb.	90			1,792
28 lb.	179			3,584
110 Cherries, fresh				
1 oz.	0.1			11
8 oz.	0.8			88
1 lb.	2			176
2 lb.	3			352
3 lb.	5			528
5 lb.	8			880
7 lb.	11			1,232
14 lb.	22			2,464
28 lb.	45			4,928
111 Currants, black				
1 oz.	0.3			8
8 oz.	2			64
1 lb.	5			128
2 lb.	10			256
3 lb.	14			384
5 lb.	24			640
7 lb.	34			896
14 lb.	67			1,792
28 lb.	134			3,584
112 Currants, red				
1 oz.	0.3			6
8 oz.	2			48
1 lb.	5			96
2 lb.	10			192
3 lb.	14			288
5 lb.	24			480
7 lb.	34			672
14 lb.	67			1,344
28 lb.	134			2,688
113 Currants, dried				
1 oz.	0.5			66
8 oz.	4			528
1 lb.	8			1,056
2 lb.	16			2,112
3 lb.	24			3,168
5 lb.	40			5,280
7 lb.	56			7,392
14 lb.	112			14,784
28 lb.	224			29,568

FRUIT—(continued)

	ITEM	Protein Grammes		Fat Grammes	Calories
		Total	Animal		
114	Damsons				
	1 oz.	0.1			9
	8 oz.	0.8			72
	1 lb.	2			144
	2 lb.	3			288
	3 lb.	5			432
	5 lb.	8			720
	7 lb.	11			1,008
	14 lb.	22			2,016
	28 lb.	45			4,032
56 lb.	90			8,064	
115	Dates				
	1 oz.	0.5			58
	8 oz.	4			464
	1 lb.	8			928
	2 lb.	16			1,856
	3 lb.	24			2,784
	5 lb.	40			4,640
	7 lb.	56			6,496
	14 lb.	112			12,992
	28 lb.	224			25,984
56 lb.	448			51,968	
116	Figs, dried				
	1 oz.	1			58
	8 oz.	8			464
	1 lb.	16			928
	2 lb.	32			1,856
	3 lb.	48			2,784
	5 lb.	80			4,640
	7 lb.	112			6,496
	14 lb.	224			12,992
	28 lb.	448			25,984
56 lb.	896			51,968	
117	Fruit Salad, tinned in syrup				
	1 oz.	0.1			20
	8 oz.	0.8			160
	1 lb.	2			320
	2 lb.	3			640
	3 lb.	5			960
	5 lb.	8			1,600
	7 lb.	11			2,240
	14 lb.	22			4,480
	28 lb.	45			8,960
56 lb.	90			17,920	

FRUIT—(continued)

	ITEM	Protein Grammes		Fat Grammes	Calories
		Total	Animal		
118	Gooseberries, green				
	1 oz.	0.3			5
	8 oz.	2			40
	1 lb.	5			80
	2 lb.	10			160
	3 lb.	14			240
	5 lb.	24			400
	7 lb.	34			560
	14 lb.	67			1,120
28 lb.	134			2,240	
56 lb.	269			4,480	
119	Gooseberries, dessert				
	1 oz.	0.2			10
	8 oz.	2			80
	1 lb.	3			160
	2 lb.	6			320
	3 lb.	10			480
	5 lb.	16			800
	7 lb.	22			1,120
	14 lb.	45			2,240
28 lb.	90			4,480	
120	Gooseberries, tinned in syrup				
	1 oz.	0.2			18
	8 oz.	2			144
	1 lb.	3			288
	2 lb.	6			576
	3 lb.	10			864
	5 lb.	16			1,440
	7 lb.	22			2,016
	14 lb.	45			4,032
28 lb.	90			8,064	
56 lb.	179			16,128	
121	Grapes, black				
	1 oz.	0.1			14
	8 oz.	0.8			112
	1 lb.	2			448
	2 lb.	3			448
	3 lb.	5			672
5 lb.	8			1,120	
122	Grapes, white				
	1 oz.	0.1			15
	8 oz.	0.8			120
	1 lb.	2			240
	2 lb.	3			480
	3 lb.	5			720
5 lb.	8			1,200	

FRUIT—(continued)

	ITEM	Protein Grammes		Fat Grammes	Calories
		Total	Animal		
123	Grapefruit (whole fruit)				
	1 oz.	0.1			3
	8 oz.	0.8			24
	1 lb.	2			48
	2 lb.	3			96
	3 lb.	5			144
	5 lb.	8			240
	7 lb.	11			336
14 lb.	22			672	
	28 lb.	45			1,344
124	Grapefruit, tinned in syrup				
	1 oz.	0.1			15
	8 oz.	0.8			120
	1 lb.	2			240
	2 lb.	3			480
	3 lb.	5			720
	5 lb.	8			1,200
	7 lb.	11			1,680
14 lb.	22			3,360	
125	Greengages				
	1 oz.	0.2			12
	8 oz.	2			96
	1 lb.	3			192
	2 lb.	6			384
	3 lb.	10			576
	5 lb.	16			960
	7 lb.	22			1,344
14 lb.	45			2,688	
126	Loganberries				
	1 oz.	0.3			5
	8 oz.	2			40
	1 lb.	5			80
	2 lb.	10			160
	3 lb.	14			240
	5 lb.	24			400
	7 lb.	34			560
14 lb.	67			1,120	
127	Melons in skins				
	1 oz.	0.3			4
	8 oz.	2			33
	1 lb.	5			66
	2 lb.	10			131
	3 lb.	14			197
	5 lb.	24			328
	7 lb.	34			459
14 lb.	67			918	

FRUIT—(continued)

	ITEM	Protein Grammes		Fat Grammes	Calories
		Total	Animal		
128	Oranges				
	1 oz.	0.2			7
	8 oz.	2			56
	1 lb.	3			112
	2 lb.	6			224
	3 lb.	10			336
	5 lb.	16			560
	7 lb.	22			784
	14 lb.	45			1,568
28 lb.	90			3,136	
56 lb.	179			6,272	
129	Peaches, fresh				
	1 oz.	0.1			8
	8 oz.	0.8			64
	1 lb.	2			128
	2 lb.	3			256
	3 lb.	5			384
	5 lb.	8			640
7 lb.	11			896	
130	Peaches, dried				
	1 oz.	1			61
	8 oz.	8			488
	1 lb.	16			976
	2 lb.	32			1,952
	3 lb.	48			2,928
	5 lb.	80			4,880
	7 lb.	112			6,832
14 lb.	224			13,664	
28 lb.	448			27,328	
131	Peaches, tinned in syrup				
	1 oz.	0.1			16
	8 oz.	0.8			128
	1 lb.	2			256
	2 lb.	3			512
	3 lb.	5			768
	5 lb.	8			1,280
7 lb.	11			1,792	
132	Pears, dessert				
	1 oz.	0.1			8
	8 oz.	0.8			64
	1 lb.	2			128
	2 lb.	3			256
	3 lb.	5			384
	5 lb.	8			640
	7 lb.	11			896
	14 lb.	22			1,792
28 lb.	45			3,584	
56 lb.	90			7,168	

FRUIT—(continued)

	ITEM	Protein Grammes		Fat Grammes	Calories	
		Total	Animal			
133	Pears, tinned in syrup					
	1 oz.	0.1	15
	8 oz.	0.8	120
	1 lb.	2	240
	2 lb.	3	480
	3 lb.	5	720
	5 lb.	8	1,200
	7 lb.	11	1,680
	14 lb.	22	3,360
28 lb.	45	6,720	
134	Pineapple, fresh					
	1 oz.	0.1	6
	8 oz.	0.8	48
	1 lb.	2	96
	2 lb.	3	192
	3 lb.	5	288
	5 lb.	8	480
	7 lb.	11	672
135	Pineapple, tinned in syrup					
	1 oz.	0.1	20
	8 oz.	0.8	160
	1 lb.	2	320
	2 lb.	3	640
	3 lb.	5	960
	5 lb.	8	1,600
	7 lb.	11	2,240
14 lb.	22	4,480	
136	Plums, dessert					
	1 oz.	0.2	10
	8 oz.	2	80
	1 lb.	3	160
	2 lb.	6	320
	3 lb.	10	480
	5 lb.	16	800
	7 lb.	22	1,120
	14 lb.	45	2,240
	28 lb.	90	4,480
56 lb.	179	8,960	
137	Plums, cooking					
	1 oz.	0.2	7
	8 oz.	2	56
	1 lb.	3	112
	2 lb.	6	224
	3 lb.	10	336
	5 lb.	16	560

FRUIT—(continued)

ITEM	Protein Grammes		Fat Grammes	Calories
	Total	Animal		
Plums, cooking—(continued)				
7 lb.	22			784
14 lb.	45			1,568
28 lb.	90			3,136
56 lb.	179			6,272
Plums, tinned in syrup				
1 oz.	0.1			19
8 oz.	0.8			152
1 lb.	2			304
2 lb.	3			608
3 lb.	5			912
5 lb.	8			1,520
7 lb.	11			2,128
14 lb.	22			4,256
28 lb.	45			8,512
56 lb.	90			17,024
Prunes				
1 oz.	0.6			37
8 oz.	5			296
1 lb.	10			592
2 lb.	19			1,184
3 lb.	29			1,776
5 lb.	48			2,960
7 lb.	67			4,144
14 lb.	134			8,288
28 lb.	269			16,576
56 lb.	538			33,152
Raisins				
1 oz.	0.3			62
8 oz.	2			496
1 lb.	5			992
2 lb.	10			1,984
3 lb.	14			3,976
5 lb.	24			4,960
7 lb.	33			6,944
14 lb.	67			13,888
28 lb.	134			27,776
Raspberries				
1 oz.	0.3			7
8 oz.	2			56
1 lb.	5			112
2 lb.	10			224
3 lb.	14			336
5 lb.	24			560
7 lb.	33			784
14 lb.	67			1,568

FRUIT—(continued)

	ITEM	Protein Grammes		Fat Grammes	Calories
		Total	Animal		
142	Rhubarb, dehydrated				
	1 oz.	22
	8 oz.	178
	1 lb.	357
	2 lb.	714
	3 lb.	1,070
	5 lb.	1,784
	7 lb.	2,498
	14 lb.	4,995
28 lb.	9,990	
143	Rhubarb, fresh				
	1 oz.	1
	8 oz.	8
	1 lb.	16
	2 lb.	32
	3 lb.	48
	5 lb.	80
	7 lb.	112
	14 lb.	224
28 lb.	448	
56 lb.	896	
144	Rhubarb, tinned in syrup				
	1 oz.	17
	8 oz.	136
	1 lb.	272
	2 lb.	544
	3 lb.	816
	5 lb.	1,360
	7 lb.	1,904
	14 lb.	3,808
28 lb.	7,616	
145	Strawberries				
	1 oz.	7
	8 oz.	56
	1 lb.	112
	2 lb.	224
	3 lb.	336
	5 lb.	560
7 lb.	784	

FRUIT—(continued)

	ITEM	Protein Grammes		Fat Grammes	Calories
		Total	Animal		
146	Sultanas				
	1 oz.	0.5			68
	8 oz.	4			544
	1 lb.	8			1,088
	2 lb.	16			2,176
	3 lb.	24			3,264
	5 lb.	40			5,440
	7 lb.	56			7,616
	14 lb.	112			15,232
28 lb.	224			30,464	
147	Tangerines				
	1 oz.	0.2			7
	8 oz.	2			56
	1 lb.	3			112
	2 lb.	6			224
	3 lb.	10			336
	5 lb.	16			560
	7 lb.	22			784
	14 lb.	45			1,568
28 lb.	90			3,136	

F. VEGETABLES

	ITEM	Protein Grammes		Fat Grammes	Calories
		Total	Animal		
160	Beans, baked				
	1 oz.	1.7			25
	8 oz.	14			200
	1 lb.	27			400
	2 lb.	54			800
	3 lb.	82			1,200
	5 lb.	136			2,000
	7 lb.	190			2,800
	14 lb.	381			5,600
28 lb.	762			11,200	
161	Beans, haricot, dried				
	1 oz.	6.1			71
	8 oz.	49			568
	1 lb.	98			1,136
	2 lb.	195			2,272
	3 lb.	293			3,408
	5 lb.	488			5,680
	7 lb.	683			7,952
	14 lb.	1,366			15,904
28 lb.	2,733			31,808	
56 lb.	5,466			63,616	
162	Beans, runner, fresh				
	1 oz.	0.2			3
	8 oz.	2			24
	1 lb.	3			48
	2 lb.	6			96
	3 lb.	10			144
	5 lb.	16			240
	7 lb.	22			336
	14 lb.	45			672
	28 lb.	90			1,344
56 lb.	179			2,688	
112 lb.	358			5,376	
163	*Beans, runner or stringless, tinned				
	1 oz.	0.2			3
	8 oz.	2			24
	1 lb.	3			48
	2 lb.	6			96
	3 lb.	10			144
	5 lb.	16			240
	7 lb.	22			336
	14 lb.	45			672
	28 lb.	90			1,344
56 lb.	179			2,688	

*Excluding liquor

VEGETABLES—(continued)

ITEM	Protein Grammes		Fat Grammes	Calories
	Total	Animal		
164 Beetroot, dehydrated				
1 oz.	2.7			22
8 oz.	22			178
1 lb.	44			357
2 lb.	88			714
3 lb.	132			1,070
5 lb.	219			1,784
7 lb.	307			2,498
14 lb.	614			4,992
28 lb.	1,228			9,990
165 Beetroot, fresh				
1 oz.	0.3			7
8 oz.	2			56
1 lb.	5			112
2 lb.	10			224
3 lb.	14			336
5 lb.	24			560
7 lb.	34			784
14 lb.	67			1,568
28 lb.	134			3,136
56 lb.	269			6,272
166 *Beetroot, tinned				
1 oz.	0.4			8
8 oz.	3			64
1 lb.	6			128
2 lb.	13			256
3 lb.	19			384
5 lb.	32			640
7 lb.	45			896
14 lb.	90			1,792
28 lb.	179			3,584
56 lb.	358			7,168
167 Brussels Sprouts				
1 oz.	0.9			7
8 oz.	7			56
1 lb.	14			112
2 lb.	29			224
3 lb.	43			336
5 lb.	72			560
7 lb.	101			784
14 lb.	202			1,568
28 lb.	403			3,136
56 lb.	806			6,272
112 lb.	1,612			12,544

*Excluding liquor

VEGETABLES—(continued)

	ITEM	Protein Grammes		Fat Grammes	Calories
		Total	Animal		
168	Cabbage, dehydrated				
	1 oz.	4.9			55
	8 oz.	39			437
	1 lb.	78			874
	2 lb.	152			1,747
	3 lb.	233			2,621
	5 lb.	388			4,368
	7 lb.	543			6,115
	14 lb.	1,068			12,230
28 lb.	2,173			24,460	
169	Cabbage, Savoy				
	1 oz.	0.9			7
	8 oz.	7			56
	1 lb.	14			112
	2 lb.	29			224
	3 lb.	43			336
	5 lb.	72			560
	7 lb.	102			784
	14 lb.	201			1,568
	28 lb.	403			3,136
	56 lb.	806			6,272
112 lb.	1,612			12,544	
170	Cabbage, winter				
	1 oz.	0.8			12
	8 oz.	6			96
	1 lb.	13			192
	2 lb.	26			384
	3 lb.	38			576
	5 lb.	64			960
	7 lb.	90			1,344
	14 lb.	179			2,688
	28 lb.	358			5,376
	56 lb.	717			10,752
112 lb.	1,434			21,504	
171	Cauliflower				
	1 oz.	0.5			4
	8 oz.	4			32
	1 lb.	8			64
	2 lb.	16			128
	3 lb.	24			192
	5 lb.	40			320
	7 lb.	56			448
	14 lb.	112			896
	28 lb.	224			1,792
	56 lb.	448			3,584
112 lb.	896			7,168	

VEGETABLES—(continued)

	ITEM	Protein Grammes		Fat Grammes	Calories
		Total	Animal		
172	Carrots, dehydrated				
	1 oz.	2.8			66
	8 oz.	22			526
	1 lb.	44			1,053
	2 lb.	88			2,106
	3 lb.	132			3,158
	5 lb.	221			5,264
	7 lb.	309			7,370
	14 lb.	618			14,739
28 lb.	1,237			29,478	
173	Carrots, fresh				
	1 oz.	0.2			6
	8 oz.	2			48
	1 lb.	3			96
	2 lb.	6			192
	3 lb.	10			288
	5 lb.	16			480
	7 lb.	22			672
	14 lb.	45			1,344
	28 lb.	90			2,688
56 lb.	179			5,376	
112 lb.	358			10,752	
174	*Carrots, tinned				
	1 oz.	0.1			2
	8 oz.	0.8			16
	1 lb.	2			32
	2 lb.	3			64
	3 lb.	5			96
	5 lb.	8			160
	7 lb.	11			224
	14 lb.	22			448
28 lb.	45			896	
56 lb.	96			1,792	
175	Celery, fresh				
	1 oz.	0.2			2
	8 oz.	2			16
	1 lb.	3			32
	2 lb.	6			64
	3 lb.	10			96
	5 lb.	16			160
	7 lb.	22			224
	14 lb.	45			448
28 lb.	90			896	

*Excluding liquor

VEGETABLES—(continued)

	ITEM	Protein Grammes		Fat Grammes	Calories
		Total	Animal		
176	Celery, tinned				
	1 oz.	0.1			1
	8 oz.	0.8			8
	1 lb.	2			16
	2 lb.	3			32
	3 lb.	5			48
	5 lb.	8			80
	7 lb.	11			112
14 lb.	22			224	
177	Cucumber				
	1 oz.	0.1			2
	8 oz.	0.8			16
	1 lb.	2			32
	2 lb.	3			64
	3 lb.	5			96
	5 lb.	8			160
	7 lb.	11			224
178	Leeks				
	1 oz.	0.4			4
	8 oz.	3			32
	1 lb.	6			64
	2 lb.	13			128
	3 lb.	19			192
	5 lb.	32			320
	7 lb.	45			448
	14 lb.	90			896
	28 lb.	179			1,792
56 lb.	358			3,584	
179	Lentils, dried				
	1 oz.	6.8			82
	8 oz.	54			656
	1 lb.	109			1,312
	2 lb.	218			2,624
	3 lb.	326			3,936
	5 lb.	544			6,560
	7 lb.	762			9,184
	14 lb.	1,523			18,368
	28 lb.	3,046			36,736
56 lb.	6,093			73,472	
180	Lettuce				
	1 oz.	0.3			3
	8 oz.	2			24
	1 lb.	5			48
	2 lb.	10			96
	3 lb.	14			144
	5 lb.	24			240
	7 lb.	34			336

VEGETABLES—(continued)

	ITEM	Protein Grammes		Fat Grammes	Calories
		Total	Animal		
	Lettuce—(continued)				
	14 lb.	67			672
	28 lb.	134			1,344
	56 lb.	269			2,688
181	Marrow				
	1 oz.	0.1			3
	8 oz.	0.8			24
	1 lb.	2			48
	2 lb.	3			96
	3 lb.	5			144
	5 lb.	8			240
	7 lb.	11			336
	14 lb.	22			672
	28 lb.	45			1,344
	56 lb.	90			2,688
182	Mustard and Cress				
	1 oz.	0.5			3
	8 oz.	4			24
	1 lb.	8			48
	2 lb.	16			96
	3 lb.	24			144
	5 lb.	40			240
	7 lb.	56			336
183	Onions, dehydrated				
	1 oz.	3.1			80
	8 oz.	25			638
	1 lb.	50			1,277
	2 lb.	101			2,554
	3 lb.	151			3,830
	5 lb.	251			6,384
	7 lb.	352			8,938
	14 lb.	703			17,875
	28 lb.	1,407			35,750
184	Onions, fresh				
	1 oz.	0.3			6
	8 oz.	2			48
	1 lb.	5			96
	2 lb.	10			192
	3 lb.	14			288
	5 lb.	24			480
	7 lb.	34			672
	14 lb.	67			1,344
	28 lb.	134			2,688
	56 lb.	269			5,376
	112 lb.	538			10,752

VEGETABLES—(continued)

	ITEM	Protein Grammes		Fat Grammes	Calories
		Total	Animal		
185	Parsley				
	1 oz.	1.5			6
	8 oz.	12			48
	1 lb.	24			96
	2 lb.	48			192
	3 lb.	72			288
	5 lb.	120			480
	7 lb.	168			672
14 lb.	336			1,344	
186	Parsnips, dehydrated				
	1 oz.	2.1			56
	8 oz.	17			450
	1 lb.	34			901
	2 lb.	69			1,802
	3 lb.	103			2,702
	5 lb.	171			4,504
	7 lb.	240			6,306
14 lb.	479			12,611	
28 lb.	959			25,222	
187	Parsnips, fresh				
	1 oz.	0.3			9
	8 oz.	2			72
	1 lb.	5			144
	2 lb.	10			288
	3 lb.	14			432
	5 lb.	24			720
	7 lb.	34			1,008
	14 lb.	67			2,016
	28 lb.	134			4,032
56 lb.	269			8,064	
112 lb.	538			16,128	
188	Peas, dried				
	1 oz.	7			85
	8 oz.	56			680
	1 lb.	112			1,360
	2 lb.	224			2,720
	3 lb.	336			4,080
	5 lb.	560			6,800
	7 lb.	784			9,520
	14 lb.	1,568			19,040
28 lb.	3,136			38,080	
56 lb.	6,272			76,160	
189	Peas, fresh				
	1 oz.	0.7			7
	8 oz.6			56
	1 lb.	11			112
	2 lb.	22			224
3 lb.	34			336	

VEGETABLES—(continued)

ITEM	Protein Grammes		Fat Grammes	Calories
	Total	Animal		
Peas, fresh—(continued)				
5 lb.	56			560
7 lb.	78			784
14 lb.	157			1,568
28 lb.	314			3,136
56 lb.	627			6,272
190 Peas, split				
1 oz.	6.3			83
8 oz.	50			664
1 lb.	101			1,328
2 lb.	202			2,656
3 lb.	302			3,984
5 lb.	504			6,640
7 lb.	706			9,296
14 lb.	1,411			18,592
28 lb.	2,822			37,184
56 lb.	5,645			74,368
191 *Peas, garden, tinned				
1 oz.	1.3			12
8 oz.	10			96
1 lb.	21			192
2 lb.	42			384
3 lb.	62			576
5 lb.	104			960
7 lb.	146			1,344
14 lb.	291			2,688
28 lb.	582			5,376
192 *Peas, processed, tinned				
1 oz.	2			26
8 oz.	16			208
1 lb.	32			416
2 lb.	64			832
3 lb.	96			1,248
5 lb.	160			2,080
7 lb.	224			2,912
14 lb.	448			5,824
28 lb.	896			11,648
193 Potatoes, dehydrated				
1 oz.	2.5			51
8 oz.	20			406
1 lb.	40			812
2 lb.	80			1,624
3 lb.	120			2,436
5 lb.	200			4,060
7 lb.	280			5,684
14 lb.	560			11,368
28 lb.	1,120			22,736

*Excluding liquor

VEGETABLES—(continued)

	ITEM	Protein Grammes		Fat Grammes	Calories
		Total	Animal		
194	Potatoes, new				
	1 oz.	0.5			19
	1 lb.	8			304
	2 lb.	16			608
	5 lb.	40			1,520
	7 lb.	56			2,128
	10 lb.	80			3,040
	14 lb.	112			4,256
	28 lb.	224			8,512
	50 lb.	400			15,200
	56 lb.	448			17,024
	100 lb.	800			30,400
	1 cwt.	896			34,048
	3 cwt.	2,688			102,144
	5 cwt.	4,480			170,240
195	Potatoes, old				
	1 oz.	0.4			16
	1 lb.	6			256
	2 lb.	13			512
	5 lb.	32			1,280
	7 lb.	45			1,792
	10 lb.	64			2,560
	14 lb.	90			3,584
	28 lb.	179			7,168
	50 lb.	320			12,800
	56 lb.	358			14,336
	100 lb.	640			25,600
	1 cwt.	717			28,672
	3 cwt.	2,150			86,016
	5 cwt.	3,584			143,360
196	Potatoes, powdered				
	1 oz.	1.3			58
	8 oz.	10			464
	1 lb.	21			928
	2 lb.	42			1,856
	3 lb.	62			2,784
	5 lb.	104			4,640
	7 lb.	146			6,496
	14 lb.	291			12,992
197	*Potatoes, tinned				
	1 oz.	0.5			18
	1 lb.	8			288
	2 lb.	16			576
	3 lb.	24			864
	5 lb.	40			1,440

*Excluding liquor

VEGETABLES—(continued)

ITEM	Protein Grammes		Fat Grammes	Calories
	Total	Animal		
*Potatoes, tinned— (continued)				
7 lb.	56			2,016
14 lb.	112			4,032
28 lb.	224			8,064
56 lb.	448			16,128
198 Radishes				
1 oz.	0.1			2
8 oz.	0.8			16
1 lb.	2			32
2 lb.	3			64
3 lb.	5			96
5 lb.	8			160
7 lb.	11			224
14 lb.	22			448
199 *Spinach, fresh or tinned				
1 oz.	0.6			4
1 lb.	10			64
2 lb.	19			128
3 lb.	29			192
5 lb.	48			320
7 lb.	67			448
14 lb.	134			896
28 lb.	269			1,792
56 lb.	538			3,584
200 Swedes, dehydrated				
1 oz.	2.8			45
8 oz.	22			358
1 lb.	44			717
2 lb.	88			1,434
3 lb.	133			2,150
5 lb.	221			3,584
7 lb.	309			5,018
14 lb.	618			10,035
28 lb.	1,237			20,070
201 *Swedes, fresh or tinned				
1 oz.	0.2			4
1 lb.	3			64
2 lb.	6			128
3 lb.	10			192
5 lb.	16			320
7 lb.	22			448
14 lb.	45			896
28 lb.	90			1,792
56 lb.	179			3,584
112 lb.	358			7,168

*Excluding liquor

VEGETABLES—(continued)

	ITEM	Protein Grammes		Fat Grammes	Calories
		Total	Animal		
202	Tomatoes, fresh				
	1 oz.	0.2			3
	1 lb.	3			48
	2 lb.	6			96
	3 lb.	10			144
	5 lb.	16			240
	7 lb.	22			336
	14 lb.	45			672
	28 lb.	90			1,344
56 lb.	179			2,688	
203	Tomatoes, tinned				
	1 oz.	0.3			4
	1 lb.	5			64
	2 lb.	10			128
	3 lb.	14			192
	5 lb.	24			320
	7 lb.	34			448
	14 lb.	67			896
	28 lb.	134			1,792
204	Turnips, dehydrated				
	1 oz.	2.9			46
	8 oz.	23			364
	1 lb.	46			728
	2 lb.	91			1,456
	3 lb.	137			2,184
	5 lb.	228			3,640
	7 lb.	319			5,096
	14 lb.	638			10,192
28 lb.	1,277			20,384	
205	Turnips, fresh				
	1 oz.	0.1			3
	1 lb.	2			48
	2 lb.	3			96
	3 lb.	5			144
	5 lb.	8			240
	7 lb.	11			336
	14 lb.	22			672
	28 lb.	45			1,254
	56 lb.	90			2,688
112 lb.	179			5,376	

VEGETABLES—(continued)

	ITEM	Protein Grammes		Fat Grammes	Calories	
		Total	Animal			
206	*Turnips, tinned—					
	1 oz.	0.1	2
	1 lb.	2	32
	2 lb.	3	64
	3 lb.	5	96
	5 lb.	8	160
	7 lb.	11	224
	14 lb.	22	448
28 lb.	45	896	
207	Watercress					
	1 oz.	0.7	3
	1 lb.	11	48
	2 lb.	22	96
	3 lb.	34	144
	5 lb.	56	240
	7 lb.	78	336

*Excluding liquor

G. MISCELLANEOUS

	ITEM	Protein Grammes		Fat Grammes	Calories
		Total	Animal		
211	Chocolate, milk				
	1 oz.	2.5	0.9	10.7	167
	8 oz.	20	7	86	1,336
	1 lb.	40	14	171	2,672
	2 lb.	80	29	342	5,344
	3 lb.	120	43	514	8,016
	5 lb.	200	72	856	13,360
7 lb.	280	101	1,198	18,704	
212	Chocolate, plain				
	1 oz.	1.6		10	155
	8 oz.	13		80	1,240
	1 lb.	26		160	2,480
	2 lb.	51		320	4,960
	3 lb.	77		480	7,440
	5 lb.	128		800	12,400
7 lb.	179		1,120	17,360	
213	Cocoa				
	1 oz.	5.8		6.6	128
	8 oz.	46		53	1,024
	1 lb.	93		106	2,048
	2 lb.	186		211	4,096
	3 lb.	278		317	6,144
	5 lb.	464		528	10,240
7 lb.	650		739	14,336	
14 lb.	1,299		1,478	28,672	
214	Golden Syrup				
	1 oz.	0.1			81
	8 oz.	0.8			648
	1 lb.	1.6			1,296
	2 lb.	3			2,592
	3 lb.	5			3,888
	5 lb.	8			6,480
	7 lb.	11			9,072
14 lb.	22			18,144	
28 lb.	45			36,288	
215	Honey				
	1 oz.	0.1			82
	8 oz.	0.8			656
	1 lb.	1.6			1,312
	2 lb.	3			2,624
	3 lb.	5			3,936
	5 lb.	8			6,560
7 lb.	11			9,184	

MISCELLANEOUS—(continued)

	ITEM	Protein Grammes		Fat Grammes	Calories
		Total	Animal		
216	Jam or Marmalade				
	1 oz.	0.1			74
	1 lb.	1.6			1,184
	2 lb.	3			2,368
	3 lb.	5			3,552
	5 lb.	8			5,920
	7 lb.	11			8,288
	14 lb.	22			16,576
217	Jelly Cubes (packet weighs 5½ oz.)				
	1 oz.	1.7			73
	8 oz.	14			504
	1 lb.	27			1,168
	2 lb.	54			2,336
	3 lb.	82			3,504
	5 lb.	136			5,840
	7 lb.	190			8,176
218	Lemon Curd				
	1 oz.	0.9		3.9	86
	8 oz.	7		31	688
	1 lb.	14		62	1,376
	2 lb.	29		125	2,752
	3 lb.	43		187	4,128
	5 lb.	72		312	6,880
	7 lb.	101		437	9,632
219	Mincemeat				
	1 oz.	0.2		0.9	37
	8 oz.	1.6		7.2	296
	1 lb.	3		14	592
	2 lb.	6		29	1,184
	3 lb.	10		43	1,776
	5 lb.	16		72	2,960
	7 lb.	22		101	4,144

MISCELLANEOUS—(continued)

	ITEM				Protein Grammes		Fat Grammes	Calories
					Total	Animal		
220	Sugar							
	1 oz.				112
	8 oz.				896
	1 lb.				1,792
	2 lb.				3,584
	3 lb.				5,376
	5 lb.				8,960
	7 lb.				12,544
	14 lb.				25,088
	28 lb.				50,176
	56 lb.				100,352
	112 lb.				200,704
221	Treacle, Black							
	1 oz.	0.3			70
	8 oz.	2			260
	1 lb.	5			1,120
	2 lb.	10			2,240
	3 lb.	14			3,360
	5 lb.	24			5,600
	7 lb.	34			7,840
	14 lb.	67			15,680
	28 lb.	134			31,360

3. CLASSIFICATION BY CALORIC VALUE OF FRUIT AND VEGETABLES

CALORIC VALUE PER OUNCE

1 Calorie per oz.

Rhubarb
Celery, tinned

2 Calories per oz.

Carrots, tinned
Celery, fresh
Cucumber Radishes
Turnips, tinned

3 Calories per oz.

Grapefruit, fresh
Beans, runner, tinned
Beans, runner, fresh
Lettuce Marrow
Tomatoes, fresh Turnips
Watercress

4 Calories per oz.

Cauliflower Leeks
Spinach, tinned and fresh
Swedes, tinned and fresh
Tomatoes, tinned

5 Calories per oz.

Gooseberries, green
Loganberries
Beans, broad

6 Calories per oz.

Currants, red
Pineapple, fresh
Carrots, fresh
Onions Parsley

7 Calories per oz.

Apricots
Oranges
Plums, cooking
Raspberries
Strawberries
Beetroot, fresh
Brussels Sprouts
Cabbage, Savoy
Peas, fresh

8 Calories per oz.

Apples, cooking
Blackberries
Black Currants Peaches
Pears, dessert
Beetroot, tinned

9 Calories per oz.

Damsons
Parsnips

10 Calories per oz.

Apples, dessert
Apples, tinned
Gooseberries, dessert
Plums, dessert

11 Calories per oz.

Cherries

12 Calories per oz.

Greengages
Cabbage, winter
Peas, garden, tinned

13 Calories per oz.

Bananas

14 Calories per oz.

Apricots, tinned

15 Calories per oz.

Grapefruit, tinned
Grapes, white
Pears, tinned

16 Calories per oz.

Peaches, tinned
Potatoes

17 Calories per oz.

Rhubarb, tinned

18 Calories per oz.

Damsons, tinned
Gooseberries, tinned
Loganberries, tinned
Strawberries, tinned
Potatoes, tinned

19 Calories per oz.

Blackberries, tinned
Cherries, tinned
Currants, Black, tinned
Plums, tinned
Raspberries, tinned

20 Calories per oz.

Greengages, tinned
Pineapple, tinned

25 Calories per oz.

Baked Beans

26 Calories per oz.

Peas, processed

4. CONTENTS OF NORMAL PACKAGES

Beans, Butter	100 lb. or 1 cwt. bags
Beans, Haricot	100 lb. or 1 cwt. bags
Breakfast Cereals	
Force	8 oz. per packet
Puffed Wheat	8 oz. per packet
Cornflakes	{ 6 oz. per packet
	{ 12 oz. per packet
Grapenuts	12 oz. per packet
Shredded Wheat	12 oz. per packet
Flour	1½ cwt. sacks
Jelly cubes	5½ oz. packet
Lentils	7 lb., 14 lb., 28 lb., 56 lb. and 112 lb. bags
Oatmeal	56 lb. or 1½ cwt. bags
Peas, Marrowfat	1 cwt. sacks
Peas, Split	7 lb. or 1 cwt. bags
Rice, whole	130 lb. bags
Rice, ground	1¼ cwt. bags
Sago	1¼ cwt. sacks
Semolina	1¼ cwt. sacks
Sugar, Castor	28 lb. or 1 cwt. bags
Sugar, Demerara	28 lb. or 1 cwt. bags
Sugar, Granulated	1 or 2 cwt. bags
Tapioca	180 lb. bags
Dried Fruit	
Apple rings	50 lb. boxes
Apricots	25 lb. boxes
Currants	56 lb. and 60 lb. boxes
Dates	48 lb., 70 lb. and 72 lb. boxes
Figs	28 lb. bags, 56 lb. boxes (vari- able)
Peaches	25 lb. boxes
Pears	28 lb. boxes
Prunes	25 lb., 28 lb. and 30 lb. boxes
Raisins	25 lb., 56 lb. and 60 lb. boxes
Sultanas	56 lb. and 60 lb. boxes
Fruit and Vegetables	
Apples, dessert	36 or 40 lb. to case
Apples, cooking	40 lb. to case
Cabbage	56 lb. bags
Carrots	56 lb. bags
Celery	12 heads per box
Onions	28 lb., 56 lb. and 1 cwt. bags
Parsnips	40 lb. and 56 lb. bags
Peas	36 lb. bags
Potatoes	1 cwt. sacks
Brussels Sprouts	{ 20 lb. nets, 40 lb. and 56 lb. bags 28-36 lb. to half bag
Swedes	56 lb. sacks
Turnips	56 lb. sacks

TOTAL WEIGHT OF CONTENTS OF TINS

Corned Beef

12 oz.
6 lb.

Luncheon Meat

10½ oz. 2½ lb.
11½ oz. 3 lb.
12 oz. 4 lb.
1 lb. 6 lb.
1½ lb.

Tinned Salmon, Pilchards

Small size = 5 or 6 ozs.
¼s flat = ¼ lb.
½s flat = ½ lb.
1s flat = 1 lb.
1s tall = 1 lb.

Baked Beans

A1 = 10 oz.
A1 Tall = 16 oz.
A2 or 2 = 20 oz.
A2½ or 2½ = 24 oz.
Large size = 32 oz.

Tinned Fruit

	A1 Tall	A2	A2½	A10
	oz.	oz.	oz.	oz.
Apples, S.P.	—	—	—	97
Apples, in syrup	—	18-6	28-5	100
Apricots, standard	17	20	29	106
Gooseberries	17-8	21-1	31	—
Grapefruit	—	20	—	105
Peaches, standard	16	20	29	106
Pears, standard	16	20	29	105
Pineapple, syrup	—	20	29-30	107-112
Plums	—	21-3	31-4	100
Rhubarb	—	20-6	30-3	100
Fruit Salad, choice	—	20	30	108

Tinned Vegetables

	A1	A1 Tall	A2	A2½
	oz.	oz.	oz.	oz.
Celery	—	—	20-2	29-3
Stringless Beans	—	—	19-5	29
Beetroot	—	16-9	20-3	29-7
Carrots	10-8	16-4	20-2	29-3
Peas, garden	11	16-7	20-3	29-7
Peas, processed	10-9	16-2	20	29-3
Potatoes	—	—	20-2	30-4
Swedes	—	—	19-7	29
Turnips	—	—	19-8	29
Tomatoes, in brine	—	—	19-6	—
Tomatoes, solid pack	—	—	19	28

Tinned Vegetables Excluding liquor

	A1	A1 Tall	A2	A2½
	oz.	oz.	oz.	oz.
Celery	—	—	12-4	19-1
Stringless Beans	—	—	11-5	16
Beetroot	—	11-3	14-2	20-1
Carrots	7-2	10-8	12-8	18-9
Peas, garden	7	10-8	13	19-8
Peas, processed	7-4	11-1	13-4	19-4
Potatoes	—	—	13	20-3
Swedes	—	—	12-5	18-2
Turnips	—	—	12-7	18-5
Tomatoes, in brine	—	—	10	—