

GOVERNMENT OF BOMBAY



REPORT
ON THE
DIETARY STUDIES
IN
INDUSTRIAL CANTEENS IN BOMBAY STATE
(1950—56)

By

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APPENDIX A

An Introductory Circular Letter

Tel. No. 60132.

No.

Department of Nutrition,
C/o Haffkine Institute,
Parel, Bombay 12,

195

To

Dear Sir,

The question of feeding the worker in industries has been engaging the attention of this Department for the past four years. With this object in view, the Department has studied the working of various canteens in cities of Bombay and Ahmedabad.

It is now widely realised that, apart from satisfactory working conditions, the health and working capacity of the worker largely depends on sufficient and well-balanced food. Your effort in providing hot meal to the worker at the canteen is indeed a step in the right direction.

A number of diet surveys conducted among the labour class population have revealed a general shortage of 'protective' foods. These foods not only afford the worker protection from disease but also help in promoting his efficiency. Other facilities concerning canteen-feeding also require attention. As a matter of fact, some of the local employers of labour have been requesting us, now and again, to give them advice on the planning of satisfactory diets on scientific basis. If you are interested in the advice of this Department, I shall be glad to depute one of my trained Senior Nutritionists (Kumari S. S. Corley) to visit your canteen on any working day suitable to you.

Yours faithfully,

(Sd.) M. V. RADHAKRISHNA RAO,

M.B., B.S., Ph.D., B.M.S.(I),

Assistant Director, I/C
Department of Nutrition,
Government of Bombay.

APPENDIX B

DEPARTMENT OF NUTRITION, GOVERNMENT OF BOMBAY

Statement showing the total daily sale of foodstuffs at the "tea and snacks" canteen, on ten consecutive working days (dated: from _____ to _____)

Name and Address of the Canteen—

Total No. of employees—

Name of foodstuffs	1st day	2nd day	3rd day	4th day	5th day	6th day	7th day	8th day	9th day	10th day	Selling price per item	Approximate weight per item	Remarks
Tea .. (Cups)													
Coffee .. (Cups)													
Aerated water (No.)													
Bottles.													
Cakes .. (No.)													
"Nankhatais" .. (No.)													
Bread .. (No.)													
"Chivda" .. (Pkts.)													
"Sev and Papdi" (Pkts.)													
"Ganthia" .. (Pkts.)													
"Bhajias" .. (Pkts.)													
"Batata-vada" .. (No.)													
"Ladoos" .. (No.)													
"Mysore pak" .. (No.)													
"Puries" .. (No.)													
"Chapaties" .. (No.)													
"Suki Bhaji" .. (No.)													
"Patal Bhaji" .. (No.)													
Other preparations ..													

To be filled in and returned to:—

The Assistant Director,
In-charge Department of Nutrition,
C/o Haffkine Institute, Parel, Bombay 12.

Signature—

Designation—

Date—

APPENDIX C

DEPARTMENT OF NUTRITION, GOVERNMENT OF BOMBAY

Statement showing the total daily issue of foodstuffs for the full-meal served at the canteen on ten consecutive working days

(Date : From _____ to _____)

Name of the Canteen :

Address :

Total number of employees :

Name of foodstuff	1st day	2nd day	3rd day	4th day	5th day	6th day	7th day	8th day	9th day	10th day	Remarks
Rice .. Lbs.											
Wheat .. Lbs.											
Other cereals* .. Lbs.											
Pulses* .. Lbs.											
Leafy vegetables* Lbs.											
Root vegetables* Lbs.											
Other vegetables* Lbs.											
Fruits*											

Sugar and Jaggery Lbs.
Vegetable oils/fats Lbs.
Ghee and butter Lbs.
Milk, curds, etc. Lbs.
Meat and Fish .. Lbs.
Eggs .. No.
Other foods
Number of meals served daily.

•Please give names in detail.

APPENDIX C—cont.
THE MENU FOR TEN CONSECUTIVE WORKING DAYS

	Serving Time	1st day	2nd day	3rd day	4th day	5th day	6th day	7th day	8th day	9th day	10th day
Mid-day meal ..											
Evening meal ..											

To be filled in and returned to—

The Assistant Director,
 In-charge Department of Nutrition,
 C/o Haffkine Institute, Parel, Bombay 12.

Signature :
 Designation :
 Date :

APPENDIX D

List of Industrial Canteens Studied

Greater Bombay.

1. Air India Ltd.
2. Allied Chemicals Ltd.
3. Bombay Dyeing Textile Mills Ltd.
4. B. E. S. T. Bombay Central Depot.
5. B. E. S. T. Colaba Depot.
6. B. E. S. T. Kingsway Depot.
7. Bombay Glass Works, Ltd.
8. Bombay Port Trust Alexandra Docks.
9. Bombay Port Trust Workshop.
10. Bombay Talkies Ltd.
11. Bombay Telephone Co., Ltd.
12. Boots Pure Drug Co., Ltd.
13. Bradbury Mills Ltd.
14. Britania Biscuit Co., Ltd.
15. Burmah-Shell Oil Co.
16. Burmah-Shell Refineries Ltd.
17. Burmah-Shell Refineries, Ltd. (Staff Canteen).
18. Central Railway Printing Press.
19. Central Railway Matunga Workshop.
20. Central Railway, V. T.
21. Century Mills Co., Ltd.
22. Collins and Company.
23. Corn Products Co., Ltd.
24. Crown Spinning and Manufacturing Co., Ltd.
25. Devidayal Metal Industries, Ltd.
26. Eastern Wooden Mills, Ltd.
27. Edward Textile Mills, Ltd.
28. Empire Dyeing Co., Ltd.
29. Firestone Tyre and Rubber Co., Ltd.
30. Garlick and Co., Ltd.
31. Geoffry Manners Co., Ltd.
32. Glaxo Laboratories, Ltd.
33. Godrej Boyce Co., Ltd.
34. Godrej Soaps Co., Ltd.
35. Golden Tobacco Co., Ltd.
36. Hind Cycles Co., Ltd.
37. Hindustan Mills Co., Ltd.

APPENDIX D—*cont.*

38. India Govt. Mint.
39. India United Mills Ltd., No. 1.
40. India United Mills Ltd., No. 2 and 3.
41. India United Mills Ltd., No. 4.
42. India United Mills Ltd., No. 5.
43. Indian Hume Pipe Co., Ltd.
44. Indian Manufacturing Co., Ltd.
45. Indian Naval Dockyard.
46. Indian Standard Metal Industries, Ltd.
47. Jasmine Mills, Ltd.
48. Jayanand Khira and Co. (Private), Ltd.
49. Kaiser-i-hind Mills, Ltd.
50. Kamala Mills, Ltd.
51. Kamani Metals and Alloys Co., Ltd.
52. Khatau Makanji Mills Co., Ltd.
53. Khatau Makanji Mills Co., Ltd. (Staff Canteen).
54. Kohinoor Mills Co., Ltd.
55. Lever Brothers India, Ltd.
56. Mazagaon Dock (Workshop).
57. Metal Box Co. of India.
58. Mukund Iron and Steel Works.
59. Mukund Iron and Steel (Kurla) Works.
60. Office of the Controller of Telegraphs.
61. Ordnance Depot.
62. Oriental Metal Pressing Co., Ltd.
63. Premier Automobiles, Ltd.
64. Pure Drinks, Ltd.
65. Pure Products and Madhu Canning Co
66. Raptakos Brett and Co., Ltd.
67. Seksaria Cotton Mills, Ltd.
68. Shree Ram Mills, Ltd.
69. Shree Ram Mills Ltd., (Staff Canteen).
70. Standard Vacuum Oil Co., Ltd. (Mazgaon).
71. Standard Vacuum Oil Co., Ltd. (Sewri).
72. State Transport Depot (Tardeo).
73. Swastik Oil Mills, Ltd.
74. Swadeshi Mills Co., Ltd.
75. Tata Oil Mills Co., Ltd.
76. Tata (Textile) Mills Co., Ltd.
77. Times of India Co., Ltd.
78. Tobacco Manufacturing Co., Ltd.

APPENDIX D—cont.

- 79. Volkart Brothers.
- 80. Western India Mills Co., Ltd.
- 81. Western Railway Carriage Workshop.

Ahmedabad District

- 82. Ahmedabad Advance Mills Co., Ltd.
- 83. Ahmedabad Jayabharat Mills Co., Ltd.
- 84. Arvind Mills, Ltd.
- 85. Calico Mills Co., Ltd.
- 86. Jupiter Spinning, Weaving Co., Ltd.
- 87. New Commercial Mills Co., Ltd.
- 88. Rohit Mills, Ltd.
- 89. Shorrock Spinning, Manufacturing Co., Ltd.
- 90. Shri Ambica Mills Ltd.

Baroda District

- 91. Jyoti Ltd. (Manufacturers and Engineers), Baroda
- 92. New India Industries Ltd., Baroda.
- 93. Western Railway Workshop, Pratapnagar.

Poona District

- 94. Ammunition Factory, Kirkee.
- 95. High Explosives Factory, Kirkee.
- 96. Vehicle Depot, Dehu Road.

Sholapur District

- 97. Jam Shree Ranjitsinghji Mills Ltd., Sholapur.
- 98. Lakshmi Cotton Manufacturing Co., Ltd., Sholapur.
- 99. Lokmanya Mills Ltd., Barsi.

Thana District

- 100. Asbestos Cements Co., Ltd., Mulund.
- 101. CIBA Pharma Co., Ltd., Bhandup.
- 102. Shangrila Food Products Co., Ltd., Bhandup.

Mehsana District

- 103. Bharat Vijay Mills Ltd., Kalol.
- 104. Nav Jivan Mills Ltd., Kalol.

Nasik District

- 105. India Security Press.

East Khandesh District

- 106. Khandesh Spinning and Weaving Co., Ltd., Jalgaon.

West Khandesh District

- 107. New Pratap Spinning and Weaving Co., Ltd., Dhulia.

Kolhapur District

- 108. Shree Shahu Chhatrapati Mills, Ltd.

APPENDIX E

Nutritious Snacks recommended for Industrial Canteens

1. *Missi chapati or Puri*—

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

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

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

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

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

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

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

3. *Dahi vada*—

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

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

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

4. *Batata vada*—

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

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

5. *Onion bhajia*—

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

6. *Pachadi* (vegetable salad with curds)—

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

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

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

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

7. *Tomato omelet*—

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

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

8. *Vegetable sandwiches*—

Ingredients.—Baker's bread 14 ozs.; tomatoes $\frac{1}{2}$ lb.; grated coconut 2 ozs.; lettuce or cabbage leaves 2 ozs.; chillies and salt to taste.

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

9. *Upama*—

Ingredients.—Semolina or *wari* 1 lb.; potatoes $\frac{1}{4}$ lb.; brinjals $\frac{1}{4}$ lb.; onion 2 ozs.; oil 1 oz. Salt, chillies, *haldi*, *dhana-jecra*, to taste.

Method.—Peel and cut the vegetables into cubes. Fry the semolina or *wari* in oil on slow fire. Add the vegetables, salt and condiments to the semolina or *wari*. Stir well, adding sufficient hot water to cook.

10. *Chiki*—

Ingredients.—Groundnuts 1 lb.; jaggery $\frac{3}{4}$ lb.; *rajgira* $\frac{1}{4}$ lb. and white *til* 1 oz.

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

APPENDIX F
Details of "full meals" served at different price levels

Composition of meals in Ozs.

S. No.	Name of Industry	Composition of meals in Ozs.								
		Cereals	Pulses	Leafy vegetables	Non-leafy vegetables	Fruits	Sugar and gur	Oil and ghee	Milk	Fleshy food
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)
<i>I.—Details of 'full meal' served at annas 3 per plate.</i>										
51	Khatau M. Mills	2.0	1.0	0.5	3.5	0.25
<i>II.—Details of 'full meal' served at annas 4 per plate.</i>										
1	Air India.. .. .	3.2	1.0	..	2.6	0.4
20	Century Mills	4.5	1.5	..	2.2	0.5	0.2	0.6	0.8	..
35	Hind Cycles	4.5	2.4	0.8	0.8	1.0
49	Kamala Mills	5.9	1.1	0.3	2.2	0.7
105	India Security Press	7.0	1.3	2.0	2.0	..	0.5	0.5
<i>III.—Details of 'full meal' served at annas 5 per plate.</i>										
6	B. E. S. T. Kingsway Depot	5.7	0.4	0.1	1.3	0.3	..	1.3
37	India Government Mint	4.5	1.8	..	4.0	0.4	0.1	0.7
45	Indian Standard Metal	4.6	2.2	0.4	3.4	..	0.1	0.6
50	Kamani Metals	3.8	1.0	..	8.7	..	0.1	1.0
76	Tata Textile Mills	3.3	0.8	0.5	4.7	0.7	..	0.6	2.1	..

Nutrient analysis of meals

S. No.	Name of Industry	Proteins		Fats	Carbo-hydrates	Minerals		Vitamins			Calories
		Total	Animal			Ca.	Fe.	A	B1	C	
		(g)	(g)	(g)	(g)	(g)	(mg)	(I.U.)	(I.U.)	(mg)	(21)
(1)	(2)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)
<i>I.—Details of 'full meal' served at annas 3 per plate.</i>											
51	Khatau M. Mills	14.6	..	8.3	72.4	0.15	7.0	966	132	30	422
<i>II.—Details of 'full meal' served at annas 4 per plate.</i>											
1	Air India.. .. .	16.7	..	11.5	90.8	0.10	7.0	235	151	16	534
20	Century Mills	24.1	1.0	20.1	140.4	0.18	8.9	298	181	13	839
35	Hind Cycles	30.2	..	29.9	136.3	0.21	13.5	1,224	256	21	935
49	Kamala Mills	23.9	..	22.7	154.4	0.13	9.3	618	193	19	918
105	India Security Press	34.5	..	25.1	179.4	0.36	28.4	3,538	389	52	1,081
<i>III.—Details of 'full meal' served at annas 5 per plate.</i>											
6	B. E. S. T. Kingsway Depot	26.0	9.3	11.2	121.0	0.06	8.0	203	149	11	689
37	India Government Mint	26.3	..	22.3	140.7	0.16	11.8	269	293	26	869
45	Indian Standard Metal	29.0	..	15.1	148.0	0.19	11.7	294	208	30	880
50	Kamani Metals	22.7	..	30.2	126.0	0.21	10.2	701	252	53	866
76	Tata Textile Mills	20.1	0.5	18.6	103.6	0.24	9.5	1,048	182	46	662

APPENDIX F—cont.

Composition of meals in Ozs.

S. No.	Name of Industry	Composition of meals in Ozs.									
		Cereals	Pulses	Leafy vegetables	Non-leafy vegetables	Fruits	Sugar and gur	Oil and ghee	Milk	Fleshy food	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	
<i>IV.—Details of 'full meal' served at annas 6 per plate.</i>											
3	Bombay Dyeing Textile Mill	3.3	2.0	0.7	5.1	..	0.1	0.8	1.0	..	
5	B. E. S. T. Colaba Depot	4.0	1.2	..	3.1	0.5	
6	B. E. S. T. Kingsway Depot	6.1	0.4	1.1	6.7	0.7	..	3.8	
12	Boots Pure Drug Co.	2.9	1.1	..	3.7	0.6	
12	Do.	2.9	1.1	..	2.3	0.6	..	0.8	
15	Burmah Shell Refinery (Workers)	6.0	1.5	0.25	5.0	1.5	
15	Do. do.	6.0	..	0.25	5.0	1.5	..	2.0	
16	Burmah Shell Refinery (Clerical Staff)	5.6	1.3	0.25	5.0	1.8	..	(Beef)	
16	Do. do.	5.6	..	0.25	5.0	1.5	..	2.0	
23	Crown S. and W. M. Co., Ltd.	4.7	2.1	..	4.1	..	0.1	0.4	..	(Beef)	
24	Devidayal Metal Industry	3.6	1.3	0.3	2.0	0.6	
25	Eastern Woollen Mills	3.0	1.3	..	2.5	0.9	
29	Garlick and Co., Ltd.	3.8	1.4	..	5.9	..	0.5	0.9	
32	Godrej Boyce and Co.	3.7	1.4	..	3.8	1.0	0.5	1.0	
38	India United Mills, 1	5.6	1.4	0.3	5.0	..	0.1	1.0	0.6	..	
39	India United Mills, 2 and 3	6.6	1.3	..	3.5	0.2	3.0	..	
40	India United Mills, 4	3.8	3.1	..	5.6	..	0.2	2.1	3.9	..	

S. No.	Name of Industry	Nutrient analysis of meals										
		Proteins		Fats	Carbo- hydrates	Minerals		Vitamins			Calories	
		Total (g)	Animal (g)			Ca. (g)	Fe. (mg)	A (I.U.)	B1 (I.U.)	C (mg)		
(1)	(2)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	
	<i>IV.—Details of 'full meal' served at annas 6 per plate.</i>											
3	Bombay Dyeing Textile Mill	28.4	1.3	26.6	123.5	0.29	12.2	1,318	205	46	847	
5	B. E. S. T. Colaba Depot	20.4	..	16.9	114.7	0.13	8.3	361	193	18	693	
6	B. E. S. T. Kingsway Depot	45.0	23.6	25.4	168.7	0.12	9.4	847	253	87	1,084	
12	Boots Pure Drug Co.	16.3	..	18.1	91.3	0.11	6.7	285	126	21	593	
12	Do.	19.7	4.2	20.7	87.5	0.12	6.9	1,481	132	13	615	
15	Burmah Shell Refinery (Workers)	28.8	..	44.5	170.8	0.23	11.5	727	260	32	1,198	
15	Do. .. dq.	31.9	12.8	45.3	146.0	0.18	9.2	695	247	32	1,120	
16	Do. (Clerical Staff)	26.1	..	52.2	159.4	0.22	10.5	706	234	32	1,212	
16	Do. .. do.	30.6	12.8	45.1	137.9	0.17	8.6	683	227	32	1,080	
23	Crown S. and W. M. Co., Ltd.	27.4	..	14.8	153.2	0.20	12.9	328	185	24	856	
24	Devidayal Metal Industry	19.3	..	18.4	106.8	0.13	7.6	602	147	18	670	
25	Eastern Woollen Mills	18.6	..	26.8	91.0	0.11	7.0	218	159	16	680	
29	Garlick and Co., Ltd.	22.8	..	25.9	132.5	0.16	10.6	371	184	38	855	
32	Godrej Boyce and Co.	24.0	..	30.6	129.7	0.17	10.5	1,803	160	14	890	
38	India United Mills, 1	28.8	0.7	31.5	161.3	0.23	12.6	866	277	37	1,043	
39	India United Mills, 2 and 3	33.3	3.2	9.6	172.3	0.27	12.2	309	304	24	909	
40	India United Mills, 4	38.8	4.4	65.0	155.3	0.42	12.9	496	265	37	1,361	

APPENDIX F—cont.

S. No.	Name of Industry	Composition of meals in Ozs.								
		Cereals	Pulses	Leafy vegetables	Non-leafy vegetables	Fruits	Sugar and gur	Oil and ghee	Milk	Fleshy food
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)
<i>IV.—Details of 'full meal' served at annas 6 per plate</i>										
42	Indian Hume Pipe	5.2	1.5	..	3.2	0.7	0.5	..
46	Jasmine Mills, Ltd.	5.8	1.8	..	2.7	0.6
47	Jayanand Khira and Co.	4.8	1.8	0.5	3.5	0.1	0.1	1.1	1.1	..
55	Mazagaon Dock	4.1	1.2	0.7	1.4	..	0.2	0.8	0.5	..
56	Metal Box Co.	4.6	1.4	..	3.6	0.5	..	0.8	..	0.5
57	Mukund Iron and Steel Work.. .. .	4.6	1.7	0.6	4.5	..	0.3	1.0
	Do. do. , Kurla	3.3	1.0	1.2	1.8	..	0.6	1.0
	Ordnance Depot	7.5	1.4	1.1	2.5	0.8
60	Do.	7.5	1.4	1.1	0.5	0.8	..	2.7
62	Premier Automobile	5.0	1.5	..	2.3	..	0.1	0.8	0.1	..
70	Standard Vacuum Oil, Mazagaon	4.9	1.2	0.9	3.5	..	0.1	0.8	1.4	..
71	Do. , Sewari	4.4	1.3	..	3.1	..	0.2	1.0	3.0	..
72	State Transport Depot	5.6	1.4	1.0	3.1	0.3
73	Swastik Oil Co.	6.0	1.2	0.2	3.5	..	0.1	0.5
77	Times of India Press	3.9	2.4	..	3.3	1.5
80	Western India Mills, Ltd.	4.1	1.6	1.8	2.9	0.1
95	High Explosives.. .. .	5.1	1.0	..	3.0	0.5

Nutrient Analyses of meals

S. No.	Name of Industry	Nutrient Analyses of meals										
		Proteins		Fats (g)	Carbo-hydrates (g)	Minerals		Vitamins			Calories	
		Total (g)	Animal (g)			Ca. (g)	Fe. (mg)	A (I.U.)	BI (I.U.)	C (mg)		
(1)	(2)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	
<i>IV.—Details of 'full meal' served at annas 6 per plate</i>												
42	Indian Hume Pipe	27.5	0.6	22.1	139.8	0.17	11.2	251	252	22	868	
46	Jasmine Mills, Ltd.	27.8	..	18.6	159.5	0.14	11.3	222	258	26	917	
47	Jayanand Khira and Co.	28.0	1.3	34.7	151.7	0.26	11.7	993	189	34	1,031	
55	Mazagaon Dock	21.3	0.6	25.1	117.1	0.18	10.2	1,053	177	24	780	
56	Metal Box Co.	26.2	2.4	26.4	139.1	0.17	9.4	417	215	27	899	
57	Mukund Iron and Steel Work.. .. .	26.1	..	30.6	154.6	0.15	11.7	1,075	264	48	999	
58	Do. do., Kurla	17.7	..	29.9	110.6	0.14	10.8	1,196	206	49	782	
60	Ordnance Depot	32.3	..	25.3	191.1	0.22	14.9	1,607	284	40	1,121	
60	Do.	45.2	14.3	34.7	187.3	0.29	16.2	4,105	325	28	1,243	
62	Premier Automobile	25.4	0.1	25.9	139.5	0.15	11.6	343	238	12	893	
70	Standard Vacuum Oil, Mazagaon	25.8	1.6	25.7	141.5	0.27	13.4	1,444	217	41	901	
71	Do. do., Sewari	29.9	8.6	29.9	129.2	0.44	8.4	299	195	20	906	
72	State Transport Depot	28.4	..	12.2	153.8	0.23	13.6	1,561	263	40	838	
73	Swastik Oil Co.	26.0	..	16.2	158.5	0.16	11.4	443	223	27	884	
77	Times of India Press	28.5	..	45.2	133.7	0.14	9.7	233	218	24	1,056	
80	Western India Mills, Ltd.	23.7	..	6.3	125.5	0.25	14.9	2,672	221	75	653	
95	High Explosives.. .. .	22.4	..	16.0	129.9	0.11	9.8	197	213	30	753	

APPENDIX F—cont.

Composition of meals in Ozs.

S. No.	Name of Industry	Composition of meals in Ozs.									
		Cereals	Pulses	Leafy vegetables	Non-leafy vegetables	Fruits	Sugar and gur	Oil and ghee	Milk	Fleshy food	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	
<i>IV.—Details of 'full meal' served at annas 6 per plate</i>											
96	Vehicle Depot	5.0	1.5	..	4.0	1.0	
100	Asbestos Cements, Ltd.	2.6	1.4	..	1.1	0.2	2.3	..	
102	Shangrila Food Products	3.1	0.2	0.6	6.0	1.2	..	0.9	..	0.9	
102	Do.	3.1	0.2	0.6	8.6	1.2	..	0.9	
<i>V.—Details of meals served at annas 7 per plate.</i>											
6	B. E. S. T. Kingsway Depot	5.6	2.0	0.7	7.2	0.7	
44	Indian Naval Dockyard	4.0	1.0	1.0	3.0	1.0	
66	Raptakos, Brett and Co.	3.3	0.9	0.3	9.6	0.9	3.5	..	
75	Tata Oil Mills, Ltd.	4.2	1.7	1.3	4.9	1.4	
75	Do.	4.2	0.8	..	1.4	1.4	..	2.0	
81	Western Railway Carr. Workshop	5.9	1.9	..	4.1	0.8	
105	India Security Press	7.0	1.3	2.0	2.0	..	0.5	0.6	3.0	..	

S. No.	Name of Industry	Nutrient analysis of meals										Calories
		Proteins		Fats (g)	Carbo- hydrates (g)	Minerals		Vitamins				
		Total (g)	Animal (g)			Ca. (g)	Fe. (mg)	A (I.U.)	B1 (I.U.)	C (mg)		
(1)	(2)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	
<i>IV.—Details of 'full meal' served at annas 6 per plate</i>												
96	Vehicle Depot	25.4	..	30.2	144.3	0.15	9.7	495	236	36	951	
100	Asbestos Cements Ltd.	19.4	1.9	8.7	83.3	0.15	6.0	182	121	7	491	
102	Shangrila Food Products	20.8	4.3	30.3	95.0	0.23	10.2	2,094	138	62	736	
102	Do.	18.2	..	27.1	100.2	0.22	10.7	2,055	144	80	717	
<i>V.—Details of meals served at annas 7 per plate.</i>												
6	B. E. S. T. Kingsway Depot	29.2	..	22.6	188.5	0.15	11.5	580	233	71	1,074	
44	Indian Naval Dockyard	18.7	..	29.4	118.8	0.18	9.3	1,543	133	37	815	
66	Raptakos, Brett and Co.	26.7	4.2	31.6	113.5	0.43	12.9	1,344	145	67	846	
75	Tata Oil Mills, Ltd.	27.1	..	41.7	136.5	0.28	14.6	1,949	267	49	1,030	
75	Do.	30.9	10.7	47.9	111.5	0.19	10.0	308	240	7	1,001	
81	Western Railway Carr. Workshop	31.2	..	25.1	168.6	0.16	12.3	257	272	24	1,025	
105	India Security Press	35.3	3.6	25.4	198.2	0.50	19.2	3,395	311	52	1,163	

APPENDIX F—cont.

Composition of meals in Ozs.

S. No.	Name of Industry	Cereals	Pulses	Leafy vegetables	Non-leafy vegetables	Fruits	Sugar and gur	Oil and ghee	Milk	Fleshy food
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)
<i>VI.—Details of meals served at annas 8 per plate.</i>										
1	Air India, Ltd.	4.8	2.2	..	2.7	0.8	4.0	..
1	Do.	4.8	1.5	..	2.8	1.1	..	3.2
2	Allied Chemicals, Ltd.	5.4	0.6	..	3.0	0.6	3.0	..
5	B. E. S. T. Colaba Depot	4.0	0.2	..	3.9	0.9	..	1.6
15	Burmah Shell Refinery (Workers)	6.0	..	0.25	5.0	1.5	..	2.0
16	Do. (Clerical Staff)	5.6	..	0.25	5.0	1.5	..	2.0
19	Central Railway, V. T.	3.5	1.8	..	4.8	1.0	3.0	..
28	Firestone Tyre and Rubber	4.0	0.8	1.0	4.2	1.5
30	Geoffery Manners Co.	4.9	0.9	1.0	3.7	2.6	..	0.9
35	Hind Cycle, Ltd.	3.4	1.2	2.0	3.1	0.3	0.3	1.0	2.0	..
44	Indian Naval Dockyard	4.0	0.3	0.8	2.2	1.0	..	3.0
61	Oriental Metal Press Works	5.4	1.8	..	5.2	..	0.2	0.9	1.9	..
79	Volkart Bros.	4.3	2.6	..	3.2	1.0	1.3	..
84	Arvind Mills, Ltd.	7.2	3.3	1.2	4.7	0.4	0.7	1.8	0.3	..
85	Calico Mills, Ltd.	4.0	2.2	0.2	6.1	0.9	0.8	1.0	0.3	..
94	Ammunition Factory	4.9	1.7	0.2	2.2	..	0.1	0.5	1.0	..
101	CIBA Pharma, Ltd.	6.2	1.8	..	5.0	0.7