

**Ready reckoner of food value : protein, fat and calorie values of foods by standard quantities for the use of caterers.**

**Contributors**

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# READY RECKONER OF FOOD VALUES

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

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# READY RECKONER OF FOOD VALUES

Protein, Fat and Calorie Values  
of Foods by Standard Quantities  
for the Use of Caterers

LONDON  
HER MAJESTY'S STATIONERY OFFICE  
1964



DEPARTMENT OF EDUCATION  
AND SCIENCE  
TECHNICAL LABORATORY  
SERIES NO  
READY RECKONER  
OF FOOD VALUES

Protein, Fat and Calorie Values  
of Foods by Standard Quantities

First published - - - - 1951  
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Third edition - - - - 1964

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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.

In the original edition of this publication (June 1951) the analyses of food were taken, where possible, from the publications of the Medical Research Council "Nutritive Value of Wartime Foods" (1945) and "Chemical Composition of Foods" (McCance and Widdowson, 1946). This revised edition takes account of the analyses given in the latest Medical Research Council publication, "The Composition of Foods 1960".

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.



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## 2. FOOD ANALYSIS TABLES

### A. CEREALS AND CEREAL PRODUCTS

	ITEM	Protein Grammes		Fat Grammes	Calories
		Total	Animal		
<b>1</b>	<b>Barley, pearl, raw</b>				
	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
<b>2</b>	<b>Biscuits, plain, mixed</b>				
	1 oz. ... ..	2.1		3.8	123
	8 oz. ... ..	17		30	984
	1 lb. ... ..	34		61	1,968
	2 lb. ... ..	67		122	3,936
	3 lb. ... ..	101		182	5,904
	5 lb. ... ..	168		304	9,840
<b>3</b>	<b>Biscuits, rusks</b>				
	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
<b>4</b>	<b>Biscuits, sweet, mixed</b>				
	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
<b>5</b>	<b>Bread, brown</b>				
	1 oz. ... ..	2.5		0.6	68
	8 oz. ... ..	20		5	544
	1 lb. ... ..	40		10	1,088
	2 lb. ... ..	80		19	2,176
	3 lb. ... ..	120		29	3,264
	5 lb. ... ..	200		48	5,440
	7 lb. ... ..	280		67	7,616
	14 lb. ... ..	560		134	15,232
	28 lb. ... ..	1,120		269	30,464



**CEREALS AND CEREAL PRODUCTS—(continued)**

ITEM	Protein Grammes		Fat Grammes	Calories
	Total	Animal		
<b>6 Bread, white, large loaves</b>				
1 oz. ... ..	2.2		0.4	69
8 oz. ... ..	18		3	552
1 lb. ... ..	35		6	1,104
2 lb. ... ..	70		13	2,208
3 lb. ... ..	106		19	3,312
5 lb. ... ..	176		32	5,520
7 lb. ... ..	246		45	7,728
14 lb. ... ..	493		90	15,456
28 lb. ... ..	986		179	30,912
<b>7 Bread, white, small loaves</b>				
1 oz. ... ..	2.4		0.5	72
8 oz. ... ..	19		4	576
1 lb. ... ..	38		8	1,152
2 lb. ... ..	77		16	2,304
3 lb. ... ..	115		24	3,456
5 lb. ... ..	192		40	5,760
7 lb. ... ..	269		56	8,064
14 lb. ... ..	538		112	16,128
28 lb. ... ..	1,075		224	32,256
<b>8 Cornflakes (packets contain 6 or 12 oz.)</b>				
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
<b>9 Cornflour or Custard Powder</b>				
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		
<b>10</b>	<b>Creamola</b>				
	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
<b>11</b>	<b>Currant Buns</b>				
	1 oz. ... ..	2.1		2.2	87
	1 lb. ... ..	34		35	1,392
	2 lb. ... ..	67		70	2,784
	3 lb. ... ..	101		106	4,176
	5 lb. ... ..	168		176	6,960
	7 lb. ... ..	235		246	9,744
	14 lb. ... ..	471		493	19,488
	28 lb. ... ..	941		980	38,976
<b>12</b>	<b>Flour, Brown</b>				
	1 oz. ... ..	3.6		0.4	94
	8 oz. ... ..	29		3	752
	1 lb. ... ..	58		6	1,504
	3 lb. ... ..	173		19	4,512
	5 lb. ... ..	288		32	7,520
	7 lb. ... ..	403		45	10,528
	14 lb. ... ..	806		90	21,056
	28 lb. ... ..	1,613		179	42,112
	56 lb. ... ..	3,226		358	84,224
	112 lb. ... ..	6,451		717	168,448
	140 lb. ... ..	8,064		896	210,560
<b>13</b>	<b>Flour, white, breadmaking</b>				
	1 oz. ... ..	3.3		0.3	100
	8 oz. ... ..	26		2	800
	1 lb. ... ..	53		5	1,600
	3 lb. ... ..	158		14	4,800
	5 lb. ... ..	264		24	8,000
	7 lb. ... ..	370		34	11,200
	14 lb. ... ..	739		67	22,400
	28 lb. ... ..	1,478		134	44,800
	56 lb. ... ..	2,957		269	89,600
	112 lb. ... ..	5,914		538	179,200
	140 lb. ... ..	7,392		672	224,000



**CEREALS AND CEREAL PRODUCTS—(continued)**

ITEM	Protein Grammes		Fat Grammes	Calories
	Total	Animal		
<b>14 Flour, white, culinary</b>				
1 oz. ... ..	2.8		0.3	99
8 oz. ... ..	22.0		2	792
1 lb. ... ..	45.0		5	1,584
3 lb. ... ..	134.0		14	4,752
5 lb. ... ..	224		24	7,920
7 lb. ... ..	314		34	11,088
14 lb. ... ..	627		67	22,176
28 lb. ... ..	1,254		134	44,352
56 lb. ... ..	2,509		269	88,704
112 lb. ... ..	5,018		538	177,408
140 lb. ... ..	6,272		672	221,760
<b>15 Flour, wholemeal</b>				
1 oz. ... ..	3.4		0.5	90
8 oz. ... ..	27		4	720
1 lb. ... ..	54		8	1,440
3 lb. ... ..	163		24	4,320
5 lb. ... ..	272		40	7,200
7 lb. ... ..	381		56	10,080
14 lb. ... ..	762		112	20,160
28 lb. ... ..	1,523		224	40,320
56 lb. ... ..	3,046		448	80,640
112 lb. ... ..	6,093		896	161,280
140 lb. ... ..	7,616		1,120	201,600
<b>16 Force (Wheatflakes) (packet contains 8 oz.)</b>				
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
<b>17 Grapenuts (packet contains 12 oz.)</b>				
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



**CEREALS AND CEREAL PRODUCTS—(continued)**

	ITEM				Protein Grammes		Fat Grammes	Calories
					Total	Animal		
<b>18</b>	<b>Macaroni, raw</b>							
	1 oz.	...	...	...	3.1		0.6	102
	8 oz.	...	...	...	24		5	816
	1 lb.	...	...	...	48		10	1,632
	2 lb.	...	...	...	96		19	3,264
	3 lb.	...	...	...	144		29	4,896
	5 lb.	...	...	...	240		48	8,160
	7 lb.	...	...	...	336		67	11,424
	14 lb.	...	...	...	672		134	22,848
	28 lb.	...	...	...	1,344		269	45,696
	56 lb.	...	...	...	2,688		538	91,392
<b>19</b>	<b>Oatmeal (coarse, medium, fine), raw</b>							
	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
<b>20</b>	<b>Rice, crispies</b>							
	1 oz.	...	...	...	1.6		0.3	100
	5 oz.	...	...	...	8		2	500
	6 oz.	...	...	...	10		2	600
	8 oz.	...	...	...	13		2	800
	1 lb.	...	...	...	26		5	1,600
	2 lb.	...	...	...	51		10	3,200
	3 lb.	...	...	...	77		14	4,800
	5 lb.	...	...	...	128		24	8,000
	7 lb.	...	...	...	180		33	11,200
<b>21</b>	<b>Rice, polished, raw</b>							
	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

**CEREALS AND CEREAL PRODUCTS—continued)**

	ITEM				Protein Grammes		Fat Grammes	Calories
					Total	Animal		
<b>22</b>	<b>Ryvita</b>							
	1 oz.	...	...	...	2.6		0.6	98
	8 oz.	...	...	...	21		5	784
	1 lb.	...	...	...	42		10	1,568
	2 lb.	...	...	...	83		19	3,136
	3 lb.	...	...	...	125		29	4,704
	5 lb.	...	...	...	208		48	7,840
<b>23</b>	<b>Sago</b>							
	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
<b>24</b>	<b>Semolina</b>							
	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
	14 lb.	...	...	...	672		112	22,400
	28 lb.	...	...	...	1,344		224	44,800
	56 lb.	...	...	...	2,688		448	89,600
<b>25</b>	<b>Soya, full fat</b>							
	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
<b>26</b>	<b>Tapioca</b>							
	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



**CEREALS AND CEREAL PRODUCTS—(continued)**

	ITEM	Protein Grammes		Fat Grammes	Calories
		Total	Animal		
<b>27</b>	<b>Weetabix</b> (packet contains 12 biscuits, weight variable)				
	1 oz. ... ..	3.1		0.5	100
	5 oz. ... ..	16		2	500
	6 oz. ... ..	19		3	600
	8 oz. ... ..	25		4	800
	1 lb. ... ..	50		8	1,600
	2 lb. ... ..	99		16	3,200
	3 lb. ... ..	149		25	4,800
	5 lb. ... ..	248		41	8,000
	7 lb. ... ..	347		58	11,200
<b>28</b>	<b>Wheat, Puffed</b> (packet contains 8 oz.)				
	1 oz. ... ..	4.0		0.6	102
	8 oz. ... ..	32		5	816
	1 lb. ... ..	64		10	1,632
	2 lb. ... ..	128		19	3,264
	3 lb. ... ..	192		29	4,896
	5 lb. ... ..	320		48	8,160
	7 lb. ... ..	448		67	11,424
	14 lb. ... ..	896		134	22,848
<b>29</b>	<b>Wheat, Shredded</b> (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		
<b>30</b>	<b>Bacon, fore-end</b>				
	1 oz. ... ..	4.2	4.2	9.0	101
	8 oz. ... ..	34	34	72	808
	1 lb. ... ..	67	67	144	1,616
	2 lb. ... ..	134	134	288	3,232
	3 lb. ... ..	202	202	432	4,848
	5 lb. ... ..	336	336	720	8,080
	7 lb. ... ..	470	470	1,008	11,312
	14 lb. ... ..	941	941	2,016	22,624
	28 lb. ... ..	1,882	1,882	4,032	45,248
	56 lb. ... ..	3,763	3,763	8,064	90,496
<b>31</b>	<b>Bacon, gammon</b>				
	1 oz. ... ..	4.3	4.3	8.0	92
	8 oz. ... ..	34	34	64	736
	1 lb. ... ..	69	69	128	1,472
	2 lb. ... ..	138	138	256	2,944
	3 lb. ... ..	206	206	384	4,416
	5 lb. ... ..	344	344	640	7,360
	7 lb. ... ..	482	482	896	10,304
	14 lb. ... ..	963	963	1,792	20,608
	28 lb. ... ..	1,926	1,926	3,584	41,216
	56 lb. ... ..	3,853	3,853	7,168	82,432
<b>32</b>	<b>Bacon, middle</b>				
	1 oz. ... ..	3.7	3.7	12.7	133
	8 oz. ... ..	30	30	102	1,064
	1 lb. ... ..	59	59	203	2,128
	2 lb. ... ..	118	118	406	4,256
	3 lb. ... ..	178	178	610	6,384
	5 lb. ... ..	296	296	1,016	10,640
	7 lb. ... ..	414	414	1,422	14,896
	14 lb. ... ..	829	829	2,845	29,792
	28 lb. ... ..	1,658	1,658	5,690	59,584
	56 lb. ... ..	3,315	3,315	11,379	119,168
<b>33</b>	<b>Beef, brisket</b>				
	1 oz. ... ..	3.7	3.7	10.8	116
	8 oz. ... ..	30	30	86	925
	1 lb. ... ..	59	59	173	1,850
	2 lb. ... ..	118	118	346	3,699
	3 lb. ... ..	177	177	519	5,549
	5 lb. ... ..	295	295	865	9,248
	7 lb. ... ..	413	413	1,211	12,947
	14 lb. ... ..	826	826	2,422	25,894
	28 lb. ... ..	1,652	1,652	4,844	51,789
	56 lb. ... ..	3,304	3,304	9,688	103,578
	112 lb. ... ..	6,608	6,608	19,376	207,155

**MEAT AND MEAT PRODUCTS—(continued)**

	ITEM				Protein Grammes		Fat Grammes	Calories
					Total	Animal		
<b>34</b>	<b>Beef, corned</b>							
	1 oz.	...	...	...	6.3	6.3	4.3	66
	8 oz.	...	...	...	50	50	34	528
	1 lb.	...	...	...	101	101	69	1,056
	2 lb.	...	...	...	202	202	138	2,112
	3 lb.	...	...	...	302	302	206	3,168
	5 lb.	...	...	...	504	504	344	5,280
	7 lb.	...	...	...	706	706	482	7,392
	14 lb.	...	...	...	1,411	1,411	963	14,784
	28 lb.	...	...	...	2,822	2,822	1,926	29,568
	56 lb.	...	...	...	5,645	5,645	3,853	59,136
	112 lb.	...	...	...	11,290	11,290	7,706	118,272
<b>35</b>	<b>Beef, ribs</b>							
<b>(a)</b>	1 oz.	...	...	...	3.3	3.3	7.8	86
	8 oz.	...	...	...	26	26	62	688
	1 lb.	...	...	...	53	53	125	1,376
	2 lb.	...	...	...	106	106	250	2,752
	3 lb.	...	...	...	158	158	374	4,128
	5 lb.	...	...	...	264	264	624	6,880
	7 lb.	...	...	...	370	370	874	9,632
	14 lb.	...	...	...	739	739	1,747	19,264
	28 lb.	...	...	...	1,478	1,478	3,494	38,528
	56 lb.	...	...	...	2,957	2,957	6,989	77,056
	112 lb.	...	...	...	5,914	5,914	13,978	154,112
<b>35</b>	<b>Beef, ribs, boneless</b>							
<b>(b)</b>	1 oz.	...	...	...	4	4	9.4	104
	8 oz.	...	...	...	32	32	75	830
	1 lb.	...	...	...	64	64	150	1,661
	2 lb.	...	...	...	128	128	300	3,322
	3 lb.	...	...	...	192	192	450	4,982
	5 lb.	...	...	...	320	320	750	8,304
	7 lb.	...	...	...	448	448	1,050	11,626
	14 lb.	...	...	...	896	896	2,100	23,251
	28 lb.	...	...	...	1,792	1,792	4,200	46,502
	56 lb.	...	...	...	3,584	3,584	8,400	93,005
	112 lb.	...	...	...	7,168	7,168	16,800	186,009
<b>36</b>	<b>Beef, roasting (average)</b>							
	1 oz.	...	...	...	4.2	4.2	6	73
	8 oz.	...	...	...	34	34	48	584
	1 lb.	...	...	...	67	67	96	1,168
	2 lb.	...	...	...	134	134	192	2,336
	3 lb.	...	...	...	202	202	288	3,504
	5 lb.	...	...	...	336	336	480	5,840
	7 lb.	...	...	...	470	470	672	8,176
	14 lb.	...	...	...	941	941	1,344	16,352
	28 lb.	...	...	...	1,882	1,882	2,688	32,704
	56 lb.	...	...	...	3,763	3,763	5,376	65,408
	112 lb.	...	...	...	7,526	7,526	10,752	130,816



**MEAT AND MEAT PRODUCTS—(continued)**

	ITEM	Protein Grammes		Fat Grammes	Calories
		Total	Animal		
<b>37</b>	<b>Beef, silverside</b>				
	1 oz. ... ..	3.9	3.9	4.4	57
	8 oz. ... ..	31	31	35	455
	1 lb. ... ..	62	62	70	910
	2 lb. ... ..	125	125	141	1,821
	3 lb. ... ..	187	187	211	2,731
	5 lb. ... ..	312	312	352	4,552
	7 lb. ... ..	437	437	493	6,373
	14 lb. ... ..	874	874	986	12,746
	28 lb. ... ..	1,747	1,747	1,971	25,491
	56 lb. ... ..	3,494	3,494	3,942	50,982
	112 lb. ... ..	6,989	6,989	7,885	101,965
<b>38</b>	<b>Beef, sirloin</b>				
<b>(a)</b>	1 oz. ... ..	3.9	3.9	5.6	68
	8 oz. ... ..	31	31	45	544
	1 lb. ... ..	62	62	90	1,088
	2 lb. ... ..	125	125	179	2,176
	3 lb. ... ..	187	187	269	3,264
	5 lb. ... ..	312	312	448	5,440
	7 lb. ... ..	437	437	627	7,616
	14 lb. ... ..	874	874	1,254	15,232
	28 lb. ... ..	1,747	1,747	2,509	30,464
	56 lb. ... ..	3,494	3,494	5,018	60,928
	112 lb. ... ..	6,989	6,989	10,035	121,856
<b>38</b>	<b>Beef, sirloin, boneless</b>				
<b>(b)</b>	1 oz. ... ..	4.5	4.5	6.5	79
	8 oz. ... ..	36	36	52	631
	1 lb. ... ..	72	72	104	1,262
	2 lb. ... ..	144	144	208	2,525
	3 lb. ... ..	216	216	312	3,787
	5 lb. ... ..	360	360	520	6,312
	7 lb. ... ..	504	504	728	8,837
	14 lb. ... ..	1,008	1,008	1,456	17,674
	28 lb. ... ..	2,016	2,016	2,912	35,347
	56 lb. ... ..	4,032	4,032	5,824	70,694
	112 lb. ... ..	8,064	8,064	11,648	141,389
<b>39</b>	<b>Beef, stewing, chuck steak</b>				
	1 oz. ... ..	4.8	4.8	4.5	62
	8 oz. ... ..	38	38	36	492
	1 lb. ... ..	77	77	72	984
	2 lb. ... ..	154	154	144	1,968
	3 lb. ... ..	230	230	216	2,952
	5 lb. ... ..	384	384	360	4,920
	7 lb. ... ..	538	538	504	6,888
	14 lb. ... ..	1,075	1,075	1,008	13,776
	28 lb. ... ..	2,150	2,150	2,016	27,552
	56 lb. ... ..	4,301	4,301	4,032	55,104
	112 lb. ... ..	8,602	8,602	8,064	110,208



**MEAT AND MEAT PRODUCTS—(continued)**

	ITEM	Protein Grammes		Fat Grammes	Calories
		Total	Animal		
<b>40</b>	<b>Beef, stewing, clod and sticking</b>				
	1 oz. ... ..	4	4	8.2	93
	8 oz. ... ..	32	32	66	744
	1 lb. ... ..	64	64	131	1,488
	2 lb. ... ..	128	128	262	2,976
	3 lb. ... ..	192	192	394	4,464
	5 lb. ... ..	320	320	656	7,440
	7 lb. ... ..	448	448	918	10,416
	14 lb. ... ..	896	896	1,837	20,832
	28 lb. ... ..	1,792	1,792	3,674	41,664
	56 lb. ... ..	3,584	3,584	7,347	83,328
	112 lb. ... ..	7,168	7,168	14,694	166,656
<b>41</b>	<b>Beef, shin, boneless</b>				
	1 oz. ... ..	5.4	5.4	2.9	49
	8 oz. ... ..	43	43	23	392
	1 lb. ... ..	86	86	46	784
	2 lb. ... ..	172	172	93	1,568
	3 lb. ... ..	260	260	139	2,352
	5 lb. ... ..	432	432	232	3,920
	7 lb. ... ..	605	605	325	5,488
	14 lb. ... ..	1,210	1,210	650	10,976
	28 lb. ... ..	2,419	2,419	1,299	21,952
	56 lb. ... ..	4,838	4,838	2,598	43,904
	112 lb. ... ..				87,808
<b>42</b>	<b>Beef, top rump</b>				
	1 oz. ... ..	4.7	4.7	5.2	68
	8 oz. ... ..	38	38	42	541
	1 lb. ... ..	75	75	83	1,082
	2 lb. ... ..	150	150	166	2,163
	3 lb. ... ..	226	226	250	3,245
	5 lb. ... ..	376	376	416	5,408
	7 lb. ... ..	526	526	582	7,571
	14 lb. ... ..	1,053	1,053	1,165	15,142
	28 lb. ... ..	2,106	2,106	2,330	30,285
	56 lb. ... ..	4,211	4,211	4,659	60,570
	112 lb. ... ..	8,422	8,422	9,318	121,139
<b>43</b>	<b>Beef, topside</b>				
	1 oz. ... ..	4.8	4.8	5.4	70
	8 oz. ... ..	38	38	43	559
	1 lb. ... ..	77	77	86	1,118
	2 lb. ... ..	154	154	173	2,237
	3 lb. ... ..	230	230	259	3,355
	5 lb. ... ..	384	384	432	5,592
	7 lb. ... ..	538	538	605	7,829
	14 lb. ... ..	1,075	1,075	1,210	15,658
	28 lb. ... ..	2,150	2,150	2,419	31,315

**MEAT AND MEAT PRODUCTS—(continued)**

	ITEM				Protein Grammes		Fat Grammes	Calories
					Total	Animal		
	<b>Beef, topside—(continued)</b>							
	56 lb.	...	...	...	4,301	4,301	4,838	62,630
	112 lb.	...	...	...	8,602	8,602	9,677	125,261
<b>44</b>	<b>Bovril</b>							
	1 oz.	...	...	...	5.1	5.1	0.2	23
	2 oz.	...	...	...	10	10	0.4	46
	3 oz.	...	...	...	15	15	0.6	69
	5 oz.	...	...	...	26	26	1	115
	7 oz.	...	...	...	36	36	1.4	161
	8 oz.	...	...	...	41	41	1.6	184
	11 oz.	...	...	...	56	56	2.2	253
	13 oz.	...	...	...	66	66	2.6	299
	1 lb.	...	...	...	82	82	3.0	368
	2 lb.	...	...	...	163	163	6	736
	3 lb.	...	...	...	245	245	9	1,104
	5 lb.	...	...	...	408	408	15	1,840
	7 lb.	...	...	...	571	571	21	2,576
<b>45</b>	<b>Dripping</b>							
	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
<b>46</b>	<b>Ham or Pork, chopped</b>							
	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
<b>47</b>	<b>Heart</b>							
	1 oz.	...	...	...	4.5	4.5	3.1	47
	8 oz.	...	...	...	36	36	25	378
	1 lb.	...	...	...	72	72	50	757
	2 lb.	...	...	...	144	144	99	1,514
	3 lb.	...	...	...	216	216	149	2,270
	5 lb.	...	...	...	360	360	248	3,784
	7 lb.	...	...	...	504	504	347	5,298
	14 lb.	...	...	...	1,008	1,008	694	10,595
	28 lb.	...	...	...	2,016	2,016	1,389	21,190



**MEAT AND MEAT PRODUCTS—(continued)**

	ITEM	Protein Grammes		Fat Grammes	Calories
		Total	Animal		
<b>48</b>	<b>Kidney</b>				
	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
<b>49</b>	<b>Liver, ox</b>				
	1 oz. ... ..	4.7	4.7	2.3	41
	8 oz. ... ..	38	38	18	328
	1 lb. ... ..	75	75	37	656
	2 lb. ... ..	150	150	74	1,312
	3 lb. ... ..	226	226	110	1,968
	5 lb. ... ..	376	376	184	3,280
	7 lb. ... ..	526	526	258	4,592
	14 lb. ... ..	1,053	1,053	515	9,184
	28 lb. ... ..	2,106	2,106	1,030	18,368
<b>50</b>	<b>Luncheon meat, tinned</b>				
	1 oz. ... ..	3.2	3.2	7.8	95
	8 oz. ... ..	26	26	62	760
	1 lb. ... ..	51	51	125	1,520
	2 lb. ... ..	102	102	250	3,040
	3 lb. ... ..	154	154	374	4,560
	5 lb. ... ..	256	256	624	7,600
	7 lb. ... ..	358	358	874	10,640
	14 lb. ... ..	717	717	1,747	21,280
	28 lb. ... ..	1,434	1,434	3,494	42,560
	56 lb. ... ..	2,867	2,867	6,989	85,120
<b>51</b>	<b>Mutton, leg</b>				
<b>(a)</b>	1 oz. ... ..	3.9	3.9	4.6	59
	8 oz. ... ..	31	31	37	470
	1 lb. ... ..	62	62	74	941
	2 lb. ... ..	125	125	147	1,882
	3 lb. ... ..	187	187	221	2,822
	5 lb. ... ..	312	312	368	4,704
	7 lb. ... ..	437	437	515	6,586
	14 lb. ... ..	874	874	1,030	13,171
	28 lb. ... ..	1,747	1,747	2,061	26,342
	56 lb. ... ..	3,494	3,494	4,122	52,685
	112 lb. ... ..	6,989	6,989	8,243	105,370
<b>51</b>	<b>Mutton, leg, boneless</b>				
<b>(b)</b>	1 oz. ... ..	4.5	4.5	5.4	69
	8 oz. ... ..	36	36	43	550
	1 lb. ... ..	72	72	86	1,099



**MEAT AND MEAT PRODUCTS—(continued)**

	ITEM				Protein Grammes		Fat Grammes	Calories
					Total	Animal		
	<b>Mutton, leg, boneless</b> (continued)							
	2 lb.	...	...	...	144	144	172	2,198
	3 lb.	...	...	...	216	216	258	3,298
	5 lb.	...	...	...	360	360	430	5,496
	7 lb.	...	...	...	504	504	602	7,694
	14 lb.	...	...	...	1,008	1,008	1,204	15,389
	28 lb.	...	...	...	2,016	2,016	2,408	30,778
	56 lb.	...	...	...	4,032	4,032	4,816	61,555
	112 lb.	...	...	...	8,064	8,064	9,632	123,110
<b>52</b>	<b>Mutton, loins and chops</b>							
<b>(a)</b>	1 oz.	...	...	...	3.7	3.7	7.3	83
	8 oz.	...	...	...	30	30	58	664
	1 lb.	...	...	...	59	59	117	1,328
	2 lb.	...	...	...	118	118	234	2,656
	3 lb.	...	...	...	178	178	350	3,984
	5 lb.	...	...	...	296	296	584	6,640
	7 lb.	...	...	...	414	414	818	9,296
	14 lb.	...	...	...	829	829	1,635	18,592
	28 lb.	...	...	...	1,658	1,658	3,270	37,184
	56 lb.	...	...	...	3,315	3,315	6,541	74,368
	112 lb.	...	...	...	6,630	6,630	13,082	148,736
<b>52</b>	<b>Mutton, loins and chops, boneless</b>							
<b>(b)</b>	1 oz.	...	...	...	4	4	8	91
	8 oz.	...	...	...	32	32	64	726
	1 lb.	...	...	...	64	64	128	1,453
	2 lb.	...	...	...	128	128	256	2,906
	3 lb.	...	...	...	192	192	384	4,358
	5 lb.	...	...	...	320	320	640	7,264
	7 lb.	...	...	...	448	448	896	10,170
	14 lb.	...	...	...	896	896	1,792	20,339
	28 lb.	...	...	...	1,792	1,792	3,584	40,678
	56 lb.	...	...	...	3,584	3,584	7,168	81,357
	112 lb.	...	...	...	7,168	7,168	14,336	162,714
<b>53</b>	<b>Mutton, middleneck and breast</b>							
	1 oz.	...	...	...	2.9	2.9	9.2	98
	8 oz.	...	...	...	23	23	74	780
	1 lb.	...	...	...	46	46	147	1,560
	2 lb.	...	...	...	93	93	294	3,120
	3 lb.	...	...	...	139	139	442	4,680
	5 lb.	...	...	...	232	232	736	7,800
	7 lb.	...	...	...	325	325	1,030	10,920
	14 lb.	...	...	...	650	650	2,061	21,840
	28 lb.	...	...	...	1,299	1,299	4,122	43,680
	56 lb.	...	...	...	2,598	2,598	8,243	87,360
	112 lb.	...	...	...	5,197	5,197	16,486	174,720

**MEAT AND MEAT PRODUCTS—(continued)**

	ITEM	Protein Grammes		Fat Grammes	Calories
		Total	Animal		
<b>54</b>	<b>Mutton, roasting (average)</b>				
	1 oz. ... ..	3.6	3.6	5.9	70
	8 oz. ... ..	29	29	47	557
	1 lb. ... ..	58	58	94	1,114
	2 lb. ... ..	115	115	189	2,227
	3 lb. ... ..	173	173	283	3,341
	5 lb. ... ..	288	288	472	5,568
	7 lb. ... ..	403	403	661	7,795
	14 lb. ... ..	806	806	1,322	15,590
	28 lb. ... ..	1,613	1,613	2,643	31,181
	56 lb. ... ..	3,226	3,226	5,286	62,362
	112 lb. ... ..	6,451	6,451	10,573	124,723
<b>55</b>	<b>Mutton, scrag end</b>				
	1 oz. ... ..	3.6	3.6	4.3	55
	8 oz. ... ..	29	29	34	438
	1 lb. ... ..	58	58	69	877
	2 lb. ... ..	115	115	138	1,754
	3 lb. ... ..	173	173	206	2,630
	5 lb. ... ..	288	288	344	4,384
	7 lb. ... ..	403	403	482	6,138
	14 lb. ... ..	806	806	963	12,275
	28 lb. ... ..	1,613	1,613	1,926	24,550
	56 lb. ... ..	3,226	3,226	3,853	49,101
	112 lb. ... ..	6,451	6,451	7,706	98,202
<b>56</b>	<b>Mutton, shoulder</b>				
<b>(a)</b>	1 oz. ... ..	3.2	3.2	7.2	80
	8 oz. ... ..	26	26	56	640
	1 lb. ... ..	51	51	111	1,280
	2 lb. ... ..	102	102	222	2,560
	3 lb. ... ..	154	154	334	3,840
	5 lb. ... ..	256	256	556	6,400
	7 lb. ... ..	358	358	778	8,960
	14 lb. ... ..	717	717	1,557	17,920
	28 lb. ... ..	1,434	1,434	3,114	35,840
	56 lb. ... ..	2,867	2,867	6,227	71,680
	112 lb. ... ..	5,734	5,734	12,454	143,360
<b>56</b>	<b>Mutton, shoulder, boneless</b>				
<b>(b)</b>	1 oz. ... ..	3.75	3.75	8.5	95
	8 oz. ... ..	30	30	68	757
	1 lb. ... ..	59	59	136	1,514
	2 lb. ... ..	118	118	272	3,027
	3 lb. ... ..	177	177	408	4,541
	5 lb. ... ..	295	295	680	7,568
	7 lb. ... ..	413	413	952	10,595
	14 lb. ... ..	826	826	1,904	21,190
	28 lb. ... ..	1,652	1,652	3,808	42,381
	56 lb. ... ..	3,304	3,304	7,616	84,762
	112 lb. ... ..	6,608	6,608	15,232	169,523



# MEAT AND MEAT PRODUCTS—(continued)

	ITEM	Protein Grammes		Fat Grammes	Calories
		Total	Animal		
<b>57</b>	<b>Mutton, stewing (average)</b>				
	1 oz. ... ..	3.3	3.3	6.7	76
	8 oz. ... ..	26	26	54	606
	1 lb. ... ..	53	53	107	1,213
	2 lb. ... ..	106	106	214	2,426
	3 lb. ... ..	158	158	322	3,638
	5 lb. ... ..	264	264	536	6,064
	7 lb. ... ..	370	370	750	8,490
	14 lb. ... ..	739	739	1,501	16,979
	28 lb. ... ..	1,478	1,478	3,002	33,958
	56 lb. ... ..	2,957	2,957	6,003	67,917
	112 lb. ... ..	5,914	5,914	12,006	135,834
<b>58</b>	<b>Oxo cubes</b>				
	1 oz. ... ..	2.7	2.7	1	33
	2 oz. ... ..	5	5	2	66
	3 oz. ... ..	8	8	3	99
	5 oz. ... ..	14	14	5	165
	7 oz. ... ..	19	19	7	231
	8 oz. ... ..	22	22	8	264
	11 oz. ... ..	30	30	11	363
	13 oz. ... ..	35	35	13	429
	1 lb. ... ..	43	43	16	528
<b>59</b>	<b>Pork, belly</b>				
	1 oz. ... ..	2.6	2.6	13.3	134
	8 oz. ... ..	21	21	106	1,075
	1 lb. ... ..	42	42	213	2,150
	2 lb. ... ..	83	83	426	4,301
	3 lb. ... ..	125	125	638	6,451
	5 lb. ... ..	208	208	1,064	10,752
	7 lb. ... ..	291	291	1,490	15,053
	14 lb. ... ..	582	582	2,979	30,106
	28 lb. ... ..	1,165	1,165	5,958	60,211
	56 lb. ... ..	2,327	2,327	11,917	120,422
<b>60</b> <b>(a)</b>	<b>Pork, leg</b>				
	1 oz. ... ..	3.6	3.6	6	71
	8 oz. ... ..	29	29	48	565
	1 lb. ... ..	58	58	96	1,130
	2 lb. ... ..	115	115	192	2,259
	3 lb. ... ..	173	173	288	3,389
	5 lb. ... ..	288	288	480	5,648
	7 lb. ... ..	403	403	672	7,907
	14 lb. ... ..	806	806	1,344	15,814
	28 lb. ... ..	1,613	1,613	2,688	31,629
	56 lb. ... ..	3,226	3,226	5,376	63,258
	112 lb. ... ..	6,452	6,452	10,752	126,515

**MEAT AND MEAT PRODUCTS—(continued)**

	ITEM	Protein Grammes		Fat Grammes	Calories
		Total	Animal		
<b>60</b>	<b>Pork, leg, boneless</b>				
<b>(b)</b>	1 oz. ... ..	4.3	4.3	7.1	84
	8 oz. ... ..	34	34	57	670
	1 lb. ... ..	69	69	114	1,339
	2 lb. ... ..	138	138	228	2,678
	3 lb. ... ..	207	207	342	4,018
	5 lb. ... ..	345	345	570	6,696
	7 lb. ... ..	483	483	798	9,374
	14 lb. ... ..	966	966	1,596	18,749
	28 lb. ... ..	1,932	1,932	3,192	37,498
	56 lb. ... ..	3,864	3,864	6,384	74,995
	112 lb. ... ..	7,728	7,728	12,768	149,990
<b>61</b>	<b>Pork, loin</b>				
<b>(a)</b>	1 oz. ... ..	3.1	3.1	11.1	116
	8 oz. ... ..	25	25	89	927
	1 lb. ... ..	50	50	177	1,854
	2 lb. ... ..	99	99	355	3,709
	3 lb. ... ..	149	149	533	5,563
	5 lb. ... ..	248	248	888	9,272
	7 lb. ... ..	347	347	1,243	12,981
	14 lb. ... ..	694	694	2,486	25,962
	28 lb. ... ..	1,389	1,389	4,972	51,923
	56 lb. ... ..	2,778	2,778	9,944	103,846
	112 lb. ... ..	5,556	5,556	19,888	207,693
<b>61</b>	<b>Pork, loin, boneless</b>				
<b>(b)</b>	1 oz. ... ..	3.35	3.35	12.2	127
	8 oz. ... ..	27	27	98	1,019
	1 lb. ... ..	54	54	195	2,038
	2 lb. ... ..	108	108	390	4,077
	3 lb. ... ..	162	162	585	6,115
	5 lb. ... ..	270	270	957	10,192
	7 lb. ... ..	378	378	1,365	14,269
	14 lb. ... ..	756	756	2,730	28,538
	28 lb. ... ..	1,512	1,512	5,460	57,075
	56 lb. ... ..	3,024	3,024	10,920	114,150
	112 lb. ... ..	6,048	6,048	21,840	228,301
<b>62</b>	<b>Pork, shoulder</b>				
<b>(a)</b>	1 oz. ... ..	3.3	3.3	6.4	73
	8 oz. ... ..	26	26	51	584
	1 lb. ... ..	53	53	102	1,168
	2 lb. ... ..	106	106	205	2,336
	3 lb. ... ..	158	158	307	3,504
	5 lb. ... ..	264	264	512	5,840



**MEAT AND MEAT PRODUCTS—(continued)**

ITEM	Protein Grammes		Fat Grammes	Calories
	Total	Animal		
<b>Pork, shoulder (continued)</b>				
7 lb. ... ..	370	370	717	8,176
14 lb. ... ..	739	739	1,434	16,352
28 lb. ... ..	1,478	1,478	2,867	32,704
56 lb. ... ..	2,957	2,957	5,734	65,408
112 lb. ... ..	5,914	5,914	11,468	130,816
<b>Pork, shoulder, boneless</b>				
1 oz. ... ..	4	4	7.7	88
8 oz. ... ..	32	32	62	704
1 lb. ... ..	64	64	123	1,408
2 lb. ... ..	128	128	246	2,816
3 lb. ... ..	192	192	369	4,224
5 lb. ... ..	320	320	615	7,040
7 lb. ... ..	448	448	861	9,856
14 lb. ... ..	896	896	1,722	19,712
28 lb. ... ..	1,792	1,792	3,444	39,424
56 lb. ... ..	3,584	3,584	6,888	78,848
112 lb. ... ..	7,168	7,168	13,776	157,696
<b>Rabbit (skinned and gutted)</b>				
1 oz. ... ..	4.7	4.7	1.4	32
8 oz. ... ..	38	38	11	258
1 lb. ... ..	75	75	22	517
2 lb. ... ..	150	150	45	1,034
3 lb. ... ..	226	226	67	1,550
5 lb. ... ..	376	376	112	2,584
7 lb. ... ..	526	526	157	3,618
14 lb. ... ..	1,053	1,053	314	7,235
28 lb. ... ..	2,106	2,106	627	14,470
<b>Sausages, beef</b>				
1 oz. ... ..	2.8	2.1	4.8	75
8 oz. ... ..	22	17	38	600
1 lb. ... ..	45	34	77	1,200
2 lb. ... ..	90	67	154	2,400
3 lb. ... ..	134	101	230	3,600
5 lb. ... ..	224	168	384	6,000
7 lb. ... ..	314	235	538	8,400
14 lb. ... ..	627	470	1,075	16,800
28 lb. ... ..	1,254	941	2,150	33,600
<b>Sausages, pork</b>				
1 oz. ... ..	2.4	2.0	8.4	101
8 oz. ... ..	19	16	67	808
1 lb. ... ..	38	32	134	1,616
2 lb. ... ..	77	64	269	3,232
3 lb. ... ..	115	96	403	4,848

**MEAT AND MEAT PRODUCTS—(continued)**

	ITEM				Protein Grammes		Fat Grammes	Calories
					Total	Animal		
66	<b>Sausages, pork (continued)</b>							
	5 lb.	...	...	...	192	160	672	8,080
	7 lb.	...	...	...	269	224	941	11,312
	14 lb.	...	...	...	538	448	1,882	22,624
	28 lb.	...	...	...	1,075	896	3,763	45,248
	<b>Suet</b>							
	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
67	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
	<b>Tongue, beef</b>							
	1 oz.	...	...	...	4	4	1.9	34
	8 oz.	...	...	...	32	32	15	273
	1 lb.	...	...	...	64	64	30	546
	2 lb.	...	...	...	128	128	61	1,091
68	3 lb.	...	...	...	192	192	91	1,637
	5 lb.	...	...	...	320	320	152	2,728
	7 lb.	...	...	...	448	448	213	3,819
	14 lb.	...	...	...	896	896	426	7,638
	<b>Tongue, tinned</b>							
	1 oz.	...	...	...	5.4	5.4	5.7	75
	8 oz.	...	...	...	43	43	46	602
	1 lb.	...	...	...	86	86	91	1,203
	2 lb.	...	...	...	173	173	182	2,406
	3 lb.	...	...	...	259	259	274	3,610
69	5 lb.	...	...	...	432	432	456	6,016
	7 lb.	...	...	...	605	605	638	8,422
	14 lb.	...	...	...	1,210	1,210	1,276	16,845
	<b>Veal, chuck</b>							
	1 oz.	...	...	...	4.5	4.5	1.5	32
	8 oz.	...	...	...	36	36	12	259
	1 lb.	...	...	...	73	73	24	518
	2 lb.	...	...	...	145	145	47	1,037
	3 lb.	...	...	...	218	218	71	1,555
	5 lb.	...	...	...	363	363	118	2,592
	7 lb.	...	...	...	509	509	165	3,629
	14 lb.	...	...	...	1,017	1,017	329	7,258
	28 lb.	...	...	...	2,034	2,034	659	14,515
	56 lb.	...	...	...	4,068	4,068	1,317	29,030



**MEAT AND MEAT PRODUCTS—(continued)**

ITEM	Protein Grammes		Fat Grammes	Calories
	Total	Animal		
<b>70 Veal pie</b>				
1 oz. ... ..	5.3	5.3	1	31
8 oz. ... ..	42	42	8	248
1 lb. ... ..	85	85	16	496
2 lb. ... ..	170	170	32	992
3 lb. ... ..	254	254	48	1,488
5 lb. ... ..	424	424	80	2,480
7 lb. ... ..	594	594	112	3,472
14 lb. ... ..	1,187	1,187	224	6,944
28 lb. ... ..	2,374	2,374	448	13,888
56 lb. ... ..	4,749	4,749	896	27,776
<b>71 Veal, shoulder</b>				
1 oz. ... ..	4.3	4.3	3.1	47
8 oz. ... ..	34	34	25	372
1 lb. ... ..	69	69	50	744
2 lb. ... ..	137	137	100	1,488
3 lb. ... ..	205	205	150	2,232
5 lb. ... ..	342	342	250	3,720
7 lb. ... ..	479	479	349	5,208
14 lb. ... ..	959	959	699	10,416
28 lb. ... ..	1,917	1,917	1,398	20,832
56 lb. ... ..	3,835	3,835	2,796	41,664

## C. FISH

	ITEM	Protein Grammes		Fat Grammes	Calories
		Total	Animal		
<b>72</b>	<b>Cod, Haddock, or Pollack, fresh steak, with bones and skin</b>				
	1 oz. ... ..	3	3	0.1	13.2
	8 oz. ... ..	24	24	0.8	106
	1 lb. ... ..	48	48	1.6	211
	2 lb. ... ..	96	96	3	422
	3 lb. ... ..	144	144	5	634
	5 lb. ... ..	240	240	8	1,056
	7 lb. ... ..	336	336	11	1,478
	14 lb. ... ..	672	672	22	2,957
	28 lb. ... ..	1,344	1,344	45	5,914
	56 lb. ... ..	2,688	2,688	90	11,827
<b>73</b>	<b>Cod, Haddock, or Pollack, fresh, filleted</b>				
	1 oz. ... ..	4.5	4.5	0.15	20
	8 oz. ... ..	36	36	1.20	160
	1 lb. ... ..	72	72	2.4	320
	2 lb. ... ..	144	144	5	640
	3 lb. ... ..	216	216	7	960
	5 lb. ... ..	360	360	12	1,600
	7 lb. ... ..	504	504	17	2,240
	14 lb. ... ..	1,008	1,008	34	4,480
	28 lb. ... ..	2,016	2,016	67	8,960
	56 lb. ... ..	4,032	4,032	134	17,920
<b>74</b>	<b>Cod, cured, wet or salt</b>				
	1 oz. ... ..	3.4	3.4	0.1	15
	8 oz. ... ..	27	27	0.8	119
	1 lb. ... ..	54	54	1.6	238
	2 lb. ... ..	109	109	3	477
	3 lb. ... ..	163	163	5	715
	5 lb. ... ..	272	272	8	1,192
	7 lb. ... ..	381	381	11	1,669
	14 lb. ... ..	762	762	22	3,338
	28 lb. ... ..	1,523	1,523	45	6,675
	56 lb. ... ..	3,046	3,046	90	13,350
<b>75</b>	<b>Haddock, cured, smoked</b>				
	1 oz. ... ..	2.8	2.8	0.1	12
	8 oz. ... ..	22	22	0.8	99
	1 lb. ... ..	45	45	1.6	198
	2 lb. ... ..	90	90	3	397
	3 lb. ... ..	134	134	5	595
	5 lb. ... ..	224	224	8	992
	7 lb. ... ..	314	314	11	1,389
	14 lb. ... ..	627	627	22	2,778
	28 lb. ... ..	1,254	1,254	45	5,555
	56 lb. ... ..	2,509	2,509	90	11,110



	ITEM	Protein Grammes		Fat Grammes	Calories
		Total	Animal		
<b>76</b>	<b>Hake, fresh, steak, with bones and skin</b>				
	1 oz. ... ..	3.2	3.2	0.6	19
	8 oz. ... ..	26	26	4.8	150
	1 lb. ... ..	51	51	10	299
	2 lb. ... ..	102	102	19	598
	3 lb. ... ..	154	154	29	898
	5 lb. ... ..	256	256	48	1,496
	7 lb. ... ..	358	358	67	2,094
	14 lb. ... ..	717	717	134	4,189
	28 lb. ... ..	1,434	1,434	269	8,378
	56 lb. ... ..	2,867	2,867	538	16,755
<b>77</b>	<b>Halibut, fresh, steak, with bones and skin</b>				
	1 oz. ... ..	2.5	2.5	0.8	18
	8 oz. ... ..	20	20	6.4	142
	1 lb. ... ..	40	40	13	283
	2 lb. ... ..	80	80	26	566
	3 lb. ... ..	120	120	38	850
	5 lb. ... ..	200	200	64	1,416
	7 lb. ... ..	280	280	90	1,982
	14 lb. ... ..	560	560	179	3,965
	28 lb. ... ..	1,120	1,120	358	7,930
	56 lb. ... ..	2,240	2,240	717	15,859
<b>78</b>	<b>Herrings</b>				
	1 oz. ... ..	3	3	2.8	38.3
	8 oz. ... ..	24	24	22	306
	1 lb. ... ..	48	48	45	613
	2 lb. ... ..	96	96	90	1,225
	3 lb. ... ..	144	144	134	1,838
	5 lb. ... ..	240	240	224	3,064
	7 lb. ... ..	336	336	314	4,290
	14 lb. ... ..	672	672	627	8,579
	28 lb. ... ..	1,344	1,344	1,254	17,158
	56 lb. ... ..	2,688	2,688	2,509	34,317
<b>79</b>	<b>Herrings in Tomato, tinned</b>				
	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

**FISH—(continued)**

	ITEM	Protein Grammes		Fat Grammes	Calories
		Total	Animal		
<b>80</b>	<b>Kippers, cured</b>				
	1 oz. ... ..	3.2	3.2	2.7	38
	8 oz. ... ..	26	26	22	306
	1 lb. ... ..	51	51	43	611
	2 lb. ... ..	102	102	86	1,222
	3 lb. ... ..	154	154	130	1,834
	5 lb. ... ..	256	256	216	3,056
	7 lb. ... ..	358	358	302	4,278
	14 lb. ... ..	717	717	605	8,557
	28 lb. ... ..	1,434	1,434	1,210	17,114
	56 lb. ... ..	2,867	2,867	2,419	34,227
<b>81</b>	<b>Mackerel, fresh</b>				
	1 oz. ... ..	2.7	2.7	1.4	24
	8 oz. ... ..	22	22	11	193
	1 lb. ... ..	43	43	22	386
	2 lb. ... ..	86	86	44	771
	3 lb. ... ..	129	129	66	1,157
	5 lb. ... ..	215	215	110	1,928
	7 lb. ... ..	301	301	154	2,699
	14 lb. ... ..	602	602	308	5,398
	28 lb. ... ..	1,204	1,204	616	10,797
	56 lb. ... ..	2,408	2,408	1,232	21,594
<b>82</b>	<b>Plaice</b>				
	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
<b>83</b>	<b>Pilchards in Tomato, tinned</b>				
	1 oz. ... ..	5.4	5.4	4.4	63
	4 oz. ... ..	22	22	18	252
	5 oz. ... ..	27	27	22	315
	6 oz. ... ..	32	32	26	378
	8 oz. ... ..	43	43	35	504
	1 lb. ... ..	86	86	70	1,008
	2 lb. ... ..	173	173	141	2,016
	3 lb. ... ..	259	259	211	3,024
	5 lb. ... ..	432	432	352	5,040
	7 lb. ... ..	605	605	493	7,056
	14 lb. ... ..	1,210	1,210	986	14,112
	28 lb. ... ..	2,419	2,419	1,971	28,224



**FISH—(continued)**

	ITEM	Protein Grammes		Fat Grammes	Calories
		Total	Animal		
<b>84</b>	<b>Salmon (with bones), tinned</b>				
	1 oz. ... ..	5.6	5.6	1.7	39
	4 oz. ... ..	22	22	7	156
	5 oz. ... ..	28	28	9	195
	6 oz. ... ..	34	34	10	234
	8 oz. ... ..	45	45	14	312
	1 lb. ... ..	90	90	27	624
	2 lb. ... ..	179	179	54	1,248
	3 lb. ... ..	269	269	82	1,872
	5 lb. ... ..	448	448	136	3,120
	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
<b>85</b>	<b>Sardines in Oil, tinned</b>				
	1 oz. ... ..	5.8	5.8	6.4	84
	4 oz. ... ..	23	23	26	336
	5 oz. ... ..	29	29	32	420
	6 oz. ... ..	35	35	38	504
	8 oz. ... ..	46	46	51	672
	1 lb. ... ..	93	93	102	1,344
	2 lb. ... ..	186	186	205	2,688
	3 lb. ... ..	278	278	307	4,032
	5 lb. ... ..	464	464	512	6,720
	7 lb. ... ..	650	650	717	9,408
	14 lb. ... ..	1,294	1,294	1,434	18,816
	28 lb. ... ..	2,598	2,598	2,867	37,632

## D. FATS AND DAIRY PRODUCTS

	ITEM				Protein Grammes		Fat Grammes	Calories
					Total	Animal		
<b>86</b>	<b>Butter</b>							
	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
<b>87</b>	<b>Cheese, Cheddar</b>							
	1 oz.	...	...	...	7.2	7.2	9.8	120
	8 oz.	...	...	...	58	58	78	960
	1 lb.	...	...	...	115	115	157	1,920
	2 lb.	...	...	...	230	230	314	3,840
	3 lb.	...	...	...	346	346	470	5,760
	5 lb.	...	...	...	576	576	784	9,600
	7 lb.	...	...	...	806	806	1,098	13,440
	14 lb.	...	...	...	1,613	1,613	2,195	26,880
	28 lb.	...	...	...	3,226	3,226	4,390	53,760
	56 lb.	...	...	...	6,451	6,451	8,781	107,520
<b>88</b>	<b>Cheese, Edam</b>							
	1 oz.	...	...	...	6.9	6.9	6.5	88
	8 oz.	...	...	...	55	55	52	704
	1 lb.	...	...	...	110	110	104	1,408
	2 lb.	...	...	...	221	221	208	2,816
	3 lb.	...	...	...	331	331	312	4,224
	5 lb.	...	...	...	552	552	520	7,040
	7 lb.	...	...	...	773	773	728	9,856
	14 lb.	...	...	...	1,546	1,546	1,456	19,712
<b>89</b>	<b>Cheese, Gorgonzola</b>							
	1 oz.	...	...	...	7.2	7.2	8.8	112
	8 oz.	...	...	...	58	58	70	896
	1 lb.	...	...	...	115	115	141	1,792
	2 lb.	...	...	...	230	230	282	3,584
	5 lb.	...	...	...	576	576	704	8,960
<b>90</b>	<b>Cheese, processed (packet)</b>							
	1 oz.	...	...	...	6.5	6.5	8.5	106
	8 oz.	...	...	...	52	52	68	848
	1 lb.	...	...	...	104	104	136	1,696
	2 lb.	...	...	...	208	208	272	3,392
	3 lb.	...	...	...	312	312	408	5,088
	5 lb.	...	...	...	520	520	680	8,480
	7 lb.	...	...	...	728	728	952	11,872
	14 lb.	...	...	...	1,456	1,456	1,904	23,744



**FATS AND DAIRY PRODUCTS—(continued)**

	ITEM	Protein Grammes		Fat Grammes	Calories
		Total	Animal		
<b>91</b>	<b>Cooking Fat or Lard</b>				
	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
<b>92</b>	<b>Cream, double</b>				
<b>(a)</b>	1 oz. ... ..	0.4	0.4	13.7	131
	2 oz. ... ..	1	1	27	262
	3 oz. ... ..	1	1	41	393
	5 oz. ... ..	2	2	69	655
	7 oz. ... ..	3	3	96	917
	8 oz. ... ..	3	3	110	1,048
	12 oz. ... ..	5	5	164	1,572
	20 oz. ... ..	8	8	274	2,620
<b>92</b>	<b>Cream, single</b>				
<b>(b)</b>	1 oz. ... ..	0.7	0.7	6	62
	2 oz. ... ..	1.4	1.4	12	124
	3 oz. ... ..	2.1	2.1	18	186
	5 oz. ... ..	4	4	30	310
	7 oz. ... ..	5	5	42	434
	8 oz. ... ..	6	6	48	496
	12 oz. ... ..	8	8	72	744
	20 oz. (1 pint) ... ..	14	14	120	1,240
<b>93</b>	<b>Egg, whole with shell (2 oz. or 1 egg)</b>				
	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
<b>94</b>	<b>Egg, dried</b>				
	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

**FATS AND DAIRY PRODUCTS—(continued)**

ITEM	Protein Grammes		Fat Grammes	Calories
	Total	Animal		
<b>95      Margarine</b>				
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
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
<b>96      Milk, fresh, whole</b>				
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
<b>97      Milk, condensed, whole, sweetened (contents of Tin 14 oz.=1<math>\frac{3}{4}</math> pints fresh milk)</b>				
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



**FATS AND DAIRY PRODUCTS—(continued)**

ITEM	Protein Grammes		Fat Grammes	Calories
	Total	Animal		
<b>98 Milk, condensed, whole, unsweetened</b> (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
<b>99 Milk, condensed, skimmed, sweetened</b> (contents of Tin 12 oz.=1⅞ 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
<b>100 Milk, dried, whole</b>				
1 oz. ... ..	7.7	7.7	8.4	150
8 oz. ... ..	62	62	67	1,200
1 lb. ... ..	123	123	134	2,400
2 lb. ... ..	246	246	268	4,800
3 lb. ... ..	370	370	402	7,200
5 lb. ... ..	616	616	670	12,000
7 lb. ... ..	862	862	938	16,800
14 lb. ... ..	1,725	1,725	1,876	33,600
28 lb. ... ..	3,450	3,450	3,752	67,200
56 lb. ... ..	6,899	6,899	7,504	134,400
112 lb. ... ..	13,798	13,798	15,008	268,800

**FATS AND DAIRY PRODUCTS—(continued)**

ITEM	Protein Grammes		Fat Grammes	Calories
	Total	Animal		
<b>101 Milk, dried, skimmed</b>				
1 oz. ... ..	9.8	9.8	0.1	93
8 oz. ... ..	78	78	0.8	744
1 lb. ... ..	157	157	2	1,488
2 lb. ... ..	314	314	3	2,976
3 lb. ... ..	470	470	5	4,464
5 lb. ... ..	784	784	8	7,440
7 lb. ... ..	1,098	1,098	11	10,416
14 lb. ... ..	2,195	2,195	22	20,832
28 lb. ... ..	4,390	4,390	45	41,664
56 lb. ... ..	8,781	8,781	90	83,328
112 lb. ... ..	17,562	17,562	179	166,656



## E. FRUIT

	ITEM				Protein Grammes		Fat Grammes	Calories
					Total	Animal		
<b>102</b>	<b>Almond E.P.</b>							
	1 oz.	...	...	...	5.8		15.2	170
	8 oz.	...	...	...	46		122	1,360
	1 lb.	...	...	...	93		243	2,720
	2 lb.	...	...	...	186		486	5,440
	3 lb.	...	...	...	278		729	8,160
	5 lb.	...	...	...	464		1,215	13,600
	7 lb.	...	...	...	650		1,701	19,040
	14 lb.	...	...	...	1,299		3,402	38,080
	28 lb.	...	...	...	2,598		6,804	76,160
<b>103</b>	<b>Apples, cooking</b>							
	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
<b>104</b>	<b>Apples, dried</b>							
	1 oz.	...	...	...	0.6			54
	8 oz.	...	...	...	5			434
	1 lb.	...	...	...	10			869
	2 lb.	...	...	...	19			1,738
	3 lb.	...	...	...	29			2,606
	5 lb.	...	...	...	48			4,344
	7 lb.	...	...	...	67			6,082
	14 lb.	...	...	...	134			12,163
	28 lb.	...	...	...	269			24,326
	56 lb.	...	...	...	538			48,653
<b>105</b>	<b>Apples, eating</b>							
	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

**FRUIT—(continued)**

	ITEM	Protein Grammes		Fat Grammes	Calories
		Total	Animal		
<b>106</b>	<b>Apples, tinned</b>				
<b>(a)</b>	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
<b>106</b>	<b>Apples, S.P.</b>				
<b>(b)</b>	1 oz. ... ..	0.1			8
	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
<b>107</b>	<b>Apricots, dried</b>				
	1 oz. ... ..	1.4			52
	8 oz. ... ..	11			416
	1 lb. ... ..	22			832
	2 lb. ... ..	45			1,664
	3 lb. ... ..	67			2,496
	5 lb. ... ..	112			4,160
	7 lb. ... ..	157			5,824
	14 lb. ... ..	314			11,648
	28 lb. ... ..	627			23,296
	56 lb. ... ..	1,254			46,592
<b>108</b>	<b>Apricots, fresh</b>				
	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
<b>109</b>	<b>Apricots, tinned in syrup</b>				
	1 oz. ... ..	0.1			17
	8 oz. ... ..	0.8			136
	1 lb. ... ..	2			272
	2 lb. ... ..	3			544



**FRUIT—(continued)**

ITEM	Protein Grammes		Fat Grammes	Calories
	Total	Animal		
<b>Apricots, tinned in syrup</b> (continued)				
3 lb. ... ..	5			816
5 lb. ... ..	8			1,360
7 lb. ... ..	11			1,904
14 lb. ... ..	22			3,808
28 lb. ... ..	45			7,616
<b>110 Apricot, pulp, tinned</b>				
1 oz. ... ..	0.2			7
1 lb. ... ..	3			112
2 lb. ... ..	6			224
3 lb. ... ..	10			336
5 lb. ... ..	16			560
7 lb. ... ..	22			780
14 lb. ... ..	45			1,568
28 lb. ... ..	90			
<b>111 Bananas</b>				
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
<b>112 Blackberries</b>				
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
<b>113 Cherries, glacé</b>				
1 oz. ... ..	0.2			60
8 oz. ... ..	2			480
1 lb. ... ..	3			960
2 lb. ... ..	6			1,920
3 lb. ... ..	10			2,880
5 lb. ... ..	16			4,800
7 lb. ... ..	22			6,720

**FRUIT—(continued)**

	ITEM				Protein Grammes		Fat Grammes	Calories
					Total	Animal		
<b>114</b>	<b>Cherries, fresh</b>							
	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
<b>115</b>	<b>Coconut, desiccated</b>							
	1 oz.	...	...	...	1.9		17.6	178
	8 oz.	...	...	...	15		141	1,424
	1 lb.	...	...	...	30		282	2,848
	2 lb.	...	...	...	61		564	5,696
	3 lb.	...	...	...	91		846	8,544
	5 lb.	...	...	...	152		1,410	14,240
	7 lb.	...	...	...	213		1,974	19,936
	14 lb.	...	...	...	426		3,948	39,872
	28 lb.	...	...	...	852		7,896	79,744
<b>116</b>	<b>Currants, black</b>							
	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
<b>117</b>	<b>Currants, dried</b>							
	1 oz.	...	...	...	0.5			69
	8 oz.	...	...	...	4			552
	1 lb.	...	...	...	8			1,104
	2 lb.	...	...	...	16			2,208
	3 lb.	...	...	...	24			3,312
	5 lb.	...	...	...	40			5,520
	7 lb.	...	...	...	56			7,728
	14 lb.	...	...	...	112			15,456
	28 lb.	...	...	...	224			30,912
<b>118</b>	<b>Currants, red</b>							
	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



**FRUIT—(continued)**

	ITEM				Protein Grammes		Fat Grammes	Calories
					Total	Animal		
119	<b>Currants, red—(continued)</b>							
	7 lb.	...	...	...	34			672
	14 lb.	...	...	...	67			1,344
	28 lb.	...	...	...	134			2,688
	<b>Damsons</b>							
	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
120	<b>Dates (without stones)</b>							
	1 oz.	...	...	...	0.6			70
	8 oz.	...	...	...	5			560
	1 lb.	...	...	...	10			1,120
	2 lb.	...	...	...	19			2,240
	3 lb.	...	...	...	29			3,360
	5 lb.	...	...	...	48			5,600
	7 lb.	...	...	...	67			7,840
	14 lb.	...	...	...	134			15,680
	28 lb.	...	...	...	269			31,360
	56 lb.	...	...	...	538			62,720
121	<b>Figs, dried</b>							
	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
122	<b>Fruit Salad, tinned in syrup</b>							
	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		
<b>123</b>	<b>Gooseberries, green</b>				
	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
<b>124</b>	<b>Gooseberries, dessert</b>				
	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
<b>125</b>	<b>Gooseberries, tinned in syrup</b>				
	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
<b>126</b>	<b>Grapes, black</b>				
	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
<b>127</b>	<b>Grapes, white</b>				
	1 oz. ... ..	0.2			17
	8 oz. ... ..	2			136
	1 lb. ... ..	3			272
	2 lb. ... ..	6			544
	3 lb. ... ..	10			816
	5 lb. ... ..	16			1,360



**FRUIT—(continued)**

	ITEM				Protein Grammes		Fat Grammes	Calories
					Total	Animal		
<b>128</b>	<b>Grapefruit (whole fruit)</b>							
	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
<b>129</b>	<b>Grapefruit, tinned in syrup</b>							
	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
<b>130</b>	<b>Greengages</b>							
	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
<b>131</b>	<b>Lemons</b>							
	1 oz.	...	...	...	0.2			4
	8 oz.	...	...	...	1.6			32
	1 lb.	...	...	...	3.2			64
	3 lb.	...	...	...	9.6			192
	5 lb.	...	...	...	16.0			320
	7 lb.	...	...	...	22.4			448
	14 lb.	...	...	...	44.8			896
<b>132</b>	<b>Loganberries</b>							
	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

**FRUIT—(continued)**

	ITEM				Protein Grammes		Fat Grammes	Calories
					Total	Animal		
<b>133</b>	<b>Mandarines, tinned</b>							
	1 oz.	...	...	...	0.1			18
	8 oz.	...	...	...	0.8			144
	1 lb.	...	...	...	2			288
	2 lb.	...	...	...	3			576
	3 lb.	...	...	...	5			864
	5 lb.	...	...	...	8			1,440
	7 lb.	...	...	...	11			2,016
<b>134</b>	<b>Melons in skins</b>							
	1 oz.	...	...	...	0.2			4
	8 oz.	...	...	...	2			33
	1 lb.	...	...	...	3			66
	2 lb.	...	...	...	6			131
	3 lb.	...	...	...	10			197
	5 lb.	...	...	...	16			328
	7 lb.	...	...	...	22			459
	14 lb.	...	...	...	45			918
<b>135</b>	<b>Oranges</b>							
	1 oz.	...	...	...	0.2			8
	8 oz.	...	...	...	2			64
	1 lb.	...	...	...	3			128
	2 lb.	...	...	...	6			256
	3 lb.	...	...	...	10			384
	5 lb.	...	...	...	16			640
	7 lb.	...	...	...	22			896
	14 lb.	...	...	...	45			1,792
	28 lb.	...	...	...	90			3,584
	56 lb.	...	...	...	179			7,168
<b>136</b>	<b>Orange juice</b>							
	1 oz.	...	...	...	0.2			11
	3 oz.	...	...	...	0.6			33
	5 oz.	...	...	...	1			55
	8 oz.	...	...	...	2			88
	$\frac{1}{2}$ pt.	...	...	...	2			110
	1 pt. (20 oz.)	...	...	...	4			220
	2 pt. (40 oz.)	...	...	...	8			440
	3 pt. (60 oz.)	...	...	...	12			660
	5 pt. (100 oz.)	...	...	...	20			1,100
	8 pt. (160 oz.)	...	...	...	32			1,760
<b>137</b>	<b>Peaches, dried</b>							
	1 oz.	...	...	...	1			61
	8 oz.	...	...	...	8			488
	1 lb.	...	...	...	16			976
	2 lb.	...	...	...	32			1,952



**FRUIT**—(continued)

ITEM	Protein Grammes		Fat Grammes	Calories
	Total	Animal		
<b>Peaches, dried (continued)</b>				
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
<b>138 Peaches, fresh</b>				
1 oz. ... ..	0.2			9
8 oz. ... ..	2			72
1 lb. ... ..	3			144
2 lb. ... ..	6			288
3 lb. ... ..	10			432
5 lb. ... ..	16			720
7 lb. ... ..	22			1,008
<b>139 (a) Peaches, tinned in syrup</b>				
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
<b>139 (b) Peaches, pulp, tinned</b>				
1 oz. ... ..	0.1			8
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. ... ..	44			3,584
<b>140 Pears, dessert</b>				
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

**FRUIT—(continued)**

	ITEM	Protein Grammes		Fat Grammes	Calories
		Total	Animal		
<b>141</b>	<b>Pears, tinned in syrup</b>				
	1 oz. ... ..	0.1			18
	8 oz. ... ..	0.8			144
	1 lb. ... ..	2			288
	2 lb. ... ..	3			576
	3 lb. ... ..	5			864
	5 lb. ... ..	8			1,440
	7 lb. ... ..	11			2,016
	14 lb. ... ..	22			4,032
	28 lb. ... ..	45			8,064
<b>142</b>	<b>Peel, mixed</b>				
	1 oz. ... ..				99
	8 oz. ... ..				794
	1 lb. ... ..				1,588
	2 lb. ... ..				3,176
	3 lb. ... ..				4,764
	5 lb. ... ..				7,940
	7 lb. ... ..				11,116
	14 lb. ... ..				22,232
	28 lb. ... ..				44,464
<b>143</b>	<b>Pineapple, fresh</b>				
	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
<b>144 (a)</b>	<b>Pineapple, tinned in syrup</b>				
	1 oz. ... ..	0.1			18
	8 oz. ... ..	0.8			144
	1 lb. ... ..	2			288
	2 lb. ... ..	3			576
	3 lb. ... ..	5			864
	5 lb. ... ..	8			1,440
	7 lb. ... ..	11			2,016
	14 lb. ... ..	22			4,032
<b>144 (b)</b>	<b>Pineapple, Pulp, tinned</b>				
	1 oz. ... ..	0.2			10
	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



**FRUIT—(continued)**

	ITEM				Protein Grammes		Fat Grammes	Calories
					Total	Animal		
<b>145</b>	<b>Plums, cooking</b>							
	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
<b>146</b>	<b>Plums, dessert</b>							
	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
<b>147</b>	<b>Plums, tinned in syrup</b>							
	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
<b>148</b>	<b>Prunes</b>							
	1 oz.	...	...	...	0.6			38
	8 oz.	...	...	...	5			304
	1 lb.	...	...	...	10			608
	2 lb.	...	...	...	19			1,216
	3 lb.	...	...	...	29			1,824
	5 lb.	...	...	...	48			3,040
	7 lb.	...	...	...	67			4,256
	14 lb.	...	...	...	134			8,512
	28 lb.	...	...	...	269			17,024
	56 lb.	...	...	...	538			34,048

**FRUIT—(continued)**

	ITEM				Protein Grammes		Fat Grammes	Calories
					Total	Animal		
<b>149</b>	<b>Raisins</b>							
	1 oz.	...	...	...	0.3			70
	8 oz.	...	...	...	2			560
	1 lb.	...	...	...	5			1,120
	2 lb.	...	...	...	10			2,240
	3 lb.	...	...	...	14			3,360
	5 lb.	...	...	...	24			5,600
	7 lb.	...	...	...	33			7,840
	14 lb.	...	...	...	67			15,680
	28 lb.	...	...	...	134			31,360
<b>150</b>	<b>Raspberries</b>							
	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
<b>151</b>	<b>Rhubarb, fresh</b>							
	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
	28 lb.	...	...	...	45			448
	56 lb.	...	...	...	90			896
<b>152</b>	<b>Rhubarb, tinned in syrup</b>							
	1 oz.	...	...	...	0.1			17
	8 oz.	...	...	...	0.8			136
	1 lb.	...	...	...	2			272
	2 lb.	...	...	...	3			544
	3 lb.	...	...	...	5			816
	5 lb.	...	...	...	8			1,360
	7 lb.	...	...	...	11			1,904
	14 lb.	...	...	...	22			3,808
	28 lb.	...	...	...	45			7,616
<b>153</b>	<b>Strawberries</b>							
	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



**FRUIT**—(continued)

	ITEM				Protein Grammes		Fat Grammes	Calories
					Total	Animal		
<b>154</b>	<b>Sultanas</b>							
	1 oz.	...	...	...	0.5			71
	8 oz.	...	...	...	4			568
	1 lb.	...	...	...	8			1,136
	2 lb.	...	...	...	16			2,272
	3 lb.	...	...	...	24			3,408
	5 lb.	...	...	...	40			5,680
	7 lb.	...	...	...	56			7,952
	14 lb.	...	...	...	112			15,904
	28 lb.	...	...	...	224			31,808
<b>155</b>	<b>Tangerines</b>							
	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		
<b>156</b>	<b>Beans, baked</b>				
	1 oz. ... ..	1.7			26
	8 oz. ... ..	14			208
	1 lb. ... ..	27			416
	2 lb. ... ..	54			832
	3 lb. ... ..	82			1,248
	5 lb. ... ..	136			2,080
	7 lb. ... ..	190			2,912
	14 lb. ... ..	381			5,824
	28 lb. ... ..	762			11,648
<b>157</b>	<b>Beans, broad</b>				
	1 oz. ... ..	0.5			5
	8 oz. ... ..	4			38
	1 lb. ... ..	8			75
	2 lb. ... ..	16			150
	3 lb. ... ..	24			226
	5 lb. ... ..	40			376
	7 lb. ... ..	56			526
	14 lb. ... ..	112			1,053
	28 lb. ... ..	224			2,106
	56 lb. ... ..	448			4,211
<b>158</b>	<b>Beans, butter, raw</b>				
	1 oz. ... ..	5.5			76
	8 oz. ... ..	44			608
	1 lb. ... ..	88			1,216
	2 lb. ... ..	176			2,432
	3 lb. ... ..	264			3,648
	5 lb. ... ..	440			6,080
	7 lb. ... ..	616			8,512
	14 lb. ... ..	1,232			17,024
	28 lb. ... ..	2,464			34,048
	56 lb. ... ..	4,928			68,096
<b>159</b>	<b>Beans, haricot, dried</b>				
	1 oz. ... ..	6.1			73
	8 oz. ... ..	49			584
	1 lb. ... ..	98			1,168
	2 lb. ... ..	195			2,336
	3 lb. ... ..	293			3,504
	5 lb. ... ..	488			5,840
	7 lb. ... ..	683			8,176
	14 lb. ... ..	1,366			16,352
	28 lb. ... ..	2,733			32,704
	56 lb. ... ..	5,466			65,408



**VEGETABLES—(continued)**

	ITEM				Protein Grammes		Fat Grammes	Calories
					Total	Animal		
<b>160</b>	<b>Beans, runner, fresh</b>							
	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
<b>161</b>	<b>*Beans, runner or stringless, tinned</b>							
	1 oz.	...	...	...	0.2			3
	8 oz.	...	...	...	2			23
	1 lb.	...	...	...	3			46
	2 lb.	...	...	...	6			93
	3 lb.	...	...	...	10			139
	5 lb.	...	...	...	16			232
	7 lb.	...	...	...	22			325
	14 lb.	...	...	...	45			650
	28 lb.	...	...	...	90			1,299
	56 lb.	...	...	...	179			2,598
<b>162</b>	<b>Beetroot, dehydrated</b>							
	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
<b>163</b>	<b>Beetroot, fresh</b>							
	1 oz.	...	...	...	0.3			7.5
	8 oz.	...	...	...	2			60
	1 lb.	...	...	...	5			120
	2 lb.	...	...	...	10			240
	3 lb.	...	...	...	14			360
	5 lb.	...	...	...	24			600
	7 lb.	...	...	...	34			840
	14 lb.	...	...	...	67			1,680
	28 lb.	...	...	...	134			3,360
	56 lb.	...	...	...	269			6,720

\*Excluding liquor

**VEGETABLES—(continued)**

	ITEM				Protein Grammes		Fat Grammes	Calories
					Total	Animal		
<b>164</b>	<b>*Beetroot, tinned</b>							
	1 oz.	...	...	...	0.4			8
	8 oz.	...	...	...	3			66
	1 lb.	...	...	...	6			133
	2 lb.	...	...	...	13			266
	3 lb.	...	...	...	19			398
	5 lb.	...	...	...	32			664
	7 lb.	...	...	...	45			930
	14 lb.	...	...	...	90			1,859
	28 lb.	...	...	...	179			3,718
	56 lb.	...	...	...	358			7,437
<b>165</b>	<b>Brussels Sprouts</b>							
	1 oz.	...	...	...	0.9			8
	8 oz.	...	...	...	7			60
	1 lb.	...	...	...	14			120
	2 lb.	...	...	...	29			240
	3 lb.	...	...	...	43			360
	5 lb.	...	...	...	72			600
	7 lb.	...	...	...	101			840
	14 lb.	...	...	...	202			1,680
	28 lb.	...	...	...	403			3,360
	56 lb.	...	...	...	806			6,720
	112 lb.	...	...	...	1,612			13,440
<b>166</b>	<b>Cabbage, dehydrated</b>							
	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
<b>167</b>	<b>Cabbage, Savoy</b>							
	1 oz.	...	...	...	0.9			5
	8 oz.	...	...	...	7			43
	1 lb.	...	...	...	14			86
	2 lb.	...	...	...	29			173
	3 lb.	...	...	...	43			259
	5 lb.	...	...	...	72			432
	7 lb.	...	...	...	102			605
	14 lb.	...	...	...	201			1,210
	28 lb.	...	...	...	403			2,419
	56 lb.	...	...	...	806			4,838
	112 lb.	...	...	...	1,612			9,677

\*Excluding liquor



**VEGETABLES—(continued)**

	ITEM				Protein Grammes		Fat Grammes	Calories
					Total	Animal		
<b>168</b>	<b>Cabbage, winter</b>							
	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
<b>169</b>	<b>Carrots, dehydrated</b>							
	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
<b>170</b>	<b>Carrots, fresh</b>							
	1 oz.	...	...	...	0.2			5.4
	8 oz.	...	...	...	2			43
	1 lb.	...	...	...	3			86
	2 lb.	...	...	...	6			173
	3 lb.	...	...	...	10			259
	5 lb.	...	...	...	16			432
	7 lb.	...	...	...	22			605
	14 lb.	...	...	...	45			1,210
	28 lb.	...	...	...	90			2,419
	56 lb.	...	...	...	179			4,838
	112 lb.	...	...	...	358			9,677
<b>171</b>	<b>*Carrots, tinned</b>							
	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

\*Excluding liquor

**VEGETABLES—(continued)**

	ITEM				Protein Grammes		Fat Grammes	Calories
					Total	Animal		
<b>172</b>	<b>Cauliflower</b>							
	1 oz.	...	...	...	0.5			4.6
	8 oz.	...	...	...	4			37
	1 lb.	...	...	...	8			74
	2 lb.	...	...	...	16			147
	3 lb.	...	...	...	24			221
	5 lb.	...	...	...	40			368
	7 lb.	...	...	...	56			515
	14 lb.	...	...	...	112			1,030
	28 lb.	...	...	...	224			2,061
	56 lb.	...	...	...	448			4,122
	112 lb.	...	...	...	896			8,243
<b>173</b>	<b>Celery, fresh</b>							
	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
<b>174</b>	<b>Celery, tinned</b>							
	1 oz.	...	...	...	0.1			1.2
	8 oz.	...	...	...	0.8			10
	1 lb.	...	...	...	2			19
	2 lb.	...	...	...	3			38
	3 lb.	...	...	...	5			58
	5 lb.	...	...	...	8			96
	7 lb.	...	...	...	11			134
	14 lb.	...	...	...	22			269
<b>175</b>	<b>Cucumber</b>							
	1 oz.	...	...	...	0.2			2
	8 oz.	...	...	...	2			14
	1 lb.	...	...	...	3			27
	2 lb.	...	...	...	6			54
	3 lb.	...	...	...	10			82
	5 lb.	...	...	...	16			136
	7 lb.	...	...	...	22			190
<b>176</b>	<b>Leeks</b>							
	1 oz.	...	...	...	0.4			4
	8 oz.	...	...	...	3			34
	1 lb.	...	...	...	6			67
	2 lb.	...	...	...	13			134
	3 lb.	...	...	...	19			202
	5 lb.	...	...	...	32			336



**VEGETABLES—(continued)**

	ITEM				Protein Grammes		Fat Grammes	Calories
					Total	Animal		
	<b>Leeks—(continued)</b>							
	7 lb.	...	...	...	45			470
	14 lb.	...	...	...	90			941
	28 lb.	...	...	...	179			1,882
	56 lb.	...	...	...	358			3,763
<b>177</b>	<b>Lentils, dried</b>							
	1 oz.	...	...	...	6.8			84
	8 oz.	...	...	...	54			672
	1 lb.	...	...	...	109			1,344
	2 lb.	...	...	...	218			2,688
	3 lb.	...	...	...	326			4,032
	5 lb.	...	...	...	544			6,720
	7 lb.	...	...	...	762			9,408
	14 lb.	...	...	...	1,523			18,816
	28 lb.	...	...	...	3,046			37,632
	56 lb.	...	...	...	6,093			75,264
<b>178</b>	<b>Lettuce</b>							
	1 oz.	...	...	...	0.3			3
	8 oz.	...	...	...	2			23
	1 lb.	...	...	...	5			46
	2 lb.	...	...	...	10			93
	3 lb.	...	...	...	14			139
	5 lb.	...	...	...	24			232
	7 lb.	...	...	...	34			325
	14 lb.	...	...	...	67			650
	28 lb.	...	...	...	134			1,299
	56 lb.	...	...	...	269			2,598
<b>179</b>	<b>Marrow</b>							
	1 oz.	...	...	...	0.1			3
	8 oz.	...	...	...	0.8			23
	1 lb.	...	...	...	2			46
	2 lb.	...	...	...	3			93
	3 lb.	...	...	...	5			139
	5 lb.	...	...	...	8			232
	7 lb.	...	...	...	11			325
	14 lb.	...	...	...	22			650
	28 lb.	...	...	...	45			1,299
	56 lb.	...	...	...	90			2,598
<b>180</b>	<b>Mustard and Cress</b>							
	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

**VEGETABLES—(continued)**

	ITEM	Protein Grammes		Fat Grammes	Calories
		Total	Animal		
<b>181</b>	<b>Onions, dehydrated</b>				
	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
<b>182</b>	<b>Onions, fresh</b>				
	1 oz. ... ..	0.3			7.0
	8 oz. ... ..	2			53
	1 lb. ... ..	5			106
	2 lb. ... ..	10			211
	3 lb. ... ..	14			317
	5 lb. ... ..	24			528
	7 lb. ... ..	34			739
	14 lb. ... ..	67			1,478
	28 lb. ... ..	134			2,957
<b>183</b>	<b>Parsley</b>				
	1 oz. ... ..	1.5			6.2
	8 oz. ... ..	12			50
	1 lb. ... ..	24			99
	2 lb. ... ..	48			198
	3 lb. ... ..	72			298
	5 lb. ... ..	120			496
	7 lb. ... ..	168			694
	14 lb. ... ..	336			1,389
<b>184</b>	<b>Parsnips, fresh</b>				
	1 oz. ... ..	0.3			9.1
	8 oz. ... ..	2			73
	1 lb. ... ..	5			146
	2 lb. ... ..	10			291
	3 lb. ... ..	14			437
	5 lb. ... ..	24			728
	7 lb. ... ..	34			1,019
	14 lb. ... ..	67			2,038
	28 lb. ... ..	134			4,077
	56 lb. ... ..	269			8,154
	112 lb. ... ..	538			16,307
<b>185</b>	<b>Peas, dried</b>				
	1 oz. ... ..	6.1			78
	8 oz. ... ..	49			624
	1 lb. ... ..	97.6			1,248
	2 lb. ... ..	195			2,496



**VEGETABLES—(continued)**

	ITEM	Protein Grammes		Fat Grammes	Calories
		Total	Animal		
	<b>Peas, dried—(continued)</b>				
	3 lb. ... ..	292			3,744
	5 lb. ... ..	488			6,240
	7 lb. ... ..	683			8,736
	14 lb. ... ..	1,366			17,472
	28 lb. ... ..	2,733			34,944
	56 lb. ... ..	5,466			69,888
<b>186</b>	<b>Peas, fresh</b>				
	1 oz. ... ..	0.7			7
	8 oz. ... ..	6			59
	1 lb. ... ..	11			118
	2 lb. ... ..	22			237
	3 lb. ... ..	34			355
	5 lb. ... ..	56			592
	7 lb. ... ..	78			829
	14 lb. ... ..	157			1,658
	28 lb. ... ..	314			3,315
	56 lb. ... ..	627			6,630
<b>187</b>	<b>Peas, split</b>				
	1 oz. ... ..	6.3			86
	8 oz. ... ..	50			688
	1 lb. ... ..	101			1,376
	2 lb. ... ..	202			2,752
	3 lb. ... ..	302			4,128
	5 lb. ... ..	504			6,880
	7 lb. ... ..	706			9,632
	14 lb. ... ..	1,411			19,264
	28 lb. ... ..	2,822			38,528
	56 lb. ... ..	5,645			77,056
<b>188</b>	<b>*Peas, garden, tinned</b>				
	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
<b>189</b>	<b>*Peas, processed, tinned</b>				
	1 oz. ... ..	2			27
	8 oz. ... ..	16			218
	1 lb. ... ..	32			437

\*Excluding liquor

**VEGETABLES—(continued)**

	ITEM				Protein Grammes		Fat Grammes	Calories
					Total	Animal		
	<b>*Peas, processed, tinned</b> (continued)							
	2 lb.	...	...	...	64			874
	3 lb.	...	...	...	96			1,310
	5 lb.	...	...	...	160			2,184
	7 lb.	...	...	...	224			3,058
	14 lb.	...	...	...	448			6,115
	28 lb.	...	...	...	896			12,230
	56 lb.	...	...	...	1,792			24,461
<b>190</b>	<b>Potato crisps</b>							
	1 oz.	...	...	...	1.7		10.2	159
	3 oz.	...	...	...	5.1		30.6	477
	5 oz.	...	...	...	8.5		51.0	795
	8 oz.	...	...	...	13.6		81.6	1,272
	1 lb.	...	...	...	27.2		163.2	2,544
	2 lb.	...	...	...	54.4		326.4	5,088
	3 lb.	...	...	...	81.6		489.6	7,632
	5 lb.	...	...	...	136.0		816	12,720
	7 lb.	...	...	...	190.4		1,142.4	17,808
	14 lb.	...	...	...	380.8		2,284.8	35,616
<b>191</b>	<b>Potato, dehydrated</b>							
	1 oz.	...	...	...	1.8			77
	8 oz.	...	...	...	14			616
	1 lb.	...	...	...	29			1,232
	2 lb.	...	...	...	58			2,464
	3 lb.	...	...	...	86			3,696
	5 lb.	...	...	...	144			6,160
	7 lb.	...	...	...	202			8,624
	14 lb.	...	...	...	403			17,248
	28 lb.	...	...	...	806			34,496
<b>192</b>	<b>Potatoes, new</b>							
	1 oz.	...	...	...	0.5			17
	1 lb.	...	...	...	8			266
	2 lb.	...	...	...	16			531
	5 lb.	...	...	...	40			1,328
	7 lb.	...	...	...	56			1,859
	10 lb.	...	...	...	80			2,656
	14 lb.	...	...	...	112			3,718
	28 lb.	...	...	...	224			7,437
	50 lb.	...	...	...	400			13,280
	56 lb.	...	...	...	448			14,876
	100 lb.	...	...	...	800			26,560
	1 cwt.	...	...	...	896			29,747
	3 cwt.	...	...	...	2,688			89,242
	5 cwt.	...	...	...	4,480			48,736

\*Excluding liquor



**VEGETABLES—(continued)**

	ITEM				Protein Grammes		Fat Grammes	Calories
					Total	Animal		
<b>193</b>	<b>Potatoes, old</b>							
	1 oz.	...	...	...	0.4			16
	1 lb.	...	...	...	6			259
	2 lb.	...	...	...	13			518
	5 lb.	...	...	...	32			1,296
	7 lb.	...	...	...	45			1,814
	10 lb.	...	...	...	64			2,592
	14 lb.	...	...	...	90			3,629
	28 lb.	...	...	...	179			7,258
	50 lb.	...	...	...	320			12,960
	56 lb.	...	...	...	358			14,515
	100 lb.	...	...	...	640			25,920
	1 cwt.	...	...	...	717			29,030
	3 cwt.	...	...	...	2,150			87,091
	5 cwt.	...	...	...	3,584			145,152
<b>194</b>	<b>Potato, Powder</b>							
	1 oz.	...	...	...	2.2			92
	8 oz.	...	...	...	18			736
	1 lb.	...	...	...	35			1,472
	2 lb.	...	...	...	70			2,944
	3 lb.	...	...	...	106			4,416
	5 lb.	...	...	...	176			7,360
	7 lb.	...	...	...	246			10,304
	14 lb.	...	...	...	493			20,608
<b>195</b>	<b>Radishes</b>							
	1 oz.	...	...	...	0.1			2.1
	8 oz.	...	...	...	0.8			17
	1 lb.	...	...	...	2			34
	2 lb.	...	...	...	3			67
	3 lb.	...	...	...	5			100
	5 lb.	...	...	...	8			168
	7 lb.	...	...	...	11			235
	14 lb.	...	...	...	22			470
<b>196</b>	<b>*Spinach, fresh or tinned</b>							
	1 oz.	...	...	...	0.6			5
	1 lb.	...	...	...	10			72
	2 lb.	...	...	...	19			144
	3 lb.	...	...	...	29			216
	5 lb.	...	...	...	48			360
	7 lb.	...	...	...	67			504
	14 lb.	...	...	...	134			1,008
	28 lb.	...	...	...	269			2,016
	56 lb.	...	...	...	538			4,032

\*Excluding liquor

**VEGETABLES—(continued)**

	ITEM	Protein Grammes		Fat Grammes	Calories
		Total	Animal		
<b>197</b>	<b>Swedes, dehydrated</b>				
	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
<b>198</b>	<b>*Swedes, fresh or tinned</b>				
	1 oz. ... ..	0.2			4
	1 lb. ... ..	3			59
	2 lb. ... ..	6			118
	3 lb. ... ..	10			178
	5 lb. ... ..	16			296
	7 lb. ... ..	22			414
	14 lb. ... ..	45			829
	28 lb. ... ..	90			1,658
	56 lb. ... ..	179			3,315
	112 lb. ... ..	358			6,630
<b>199</b>	<b>Tomatoes, fresh</b>				
	1 oz. ... ..	0.3			3
	1 lb. ... ..	5			53
	2 lb. ... ..	10			106
	3 lb. ... ..	14			158
	5 lb. ... ..	24			264
	7 lb. ... ..	34			370
	14 lb. ... ..	67			739
	28 lb. ... ..	134			1,478
	56 lb. ... ..	269			2,957
<b>200</b>	<b>Tomatoes, tinned</b>				
	1 oz. ... ..	0.3			4.1
	1 lb. ... ..	5			66
	2 lb. ... ..	10			131
	3 lb. ... ..	14			197
	5 lb. ... ..	24			328
	7 lb. ... ..	34			459
	14 lb. ... ..	67			918
	28 lb. ... ..	134			1,837
<b>201</b>	<b>Turnips, dehydrated</b>				
	1 oz. ... ..	2.9			46
	8 oz. ... ..	23			364
	1 lb. ... ..	46			728
	2 lb. ... ..	91			1,456

\*Excluding liquor



VEGETABLES—(continued)

ITEM	Protein Grammes		Fat Grammes	Calories
	Total	Animal		
<b>Turnips, dehydrated</b> (continued)				
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
<b>202 Turnips, fresh</b>				
1 oz. ... ..	0.1			3
1 lb. ... ..	2			46
2 lb. ... ..	3			93
3 lb. ... ..	5			139
5 lb. ... ..	8			232
7 lb. ... ..	11			325
14 lb. ... ..	22			650
28 lb. ... ..	45			1,299
56 lb. ... ..	90			2,598
112 lb. ... ..	179			5,197
<b>203 *Turnips, tinned</b>				
1 oz. ... ..	0.1			2.5
1 lb. ... ..	2			40
2 lb. ... ..	3			80
3 lb. ... ..	5			120
5 lb. ... ..	8			200
7 lb. ... ..	11			280
14 lb. ... ..	22			560
28 lb. ... ..	45			1,120
<b>204 Watercress</b>				
1 oz. ... ..	0.7			3.3
1 lb. ... ..	11			53
2 lb. ... ..	22			106
3 lb. ... ..	34			158
5 lb. ... ..	56			264
7 lb. ... ..	78			370

\*Excluding liquor.

## G. MISCELLANEOUS

	ITEM	Protein Grammes		Fat Grammes	Calories
		Total	Animal		
205	<b>Chocolate, milk</b>				
	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
206	<b>Chocolate, plain</b>				
	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
207	<b>Cocoa</b>				
	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
208	<b>Golden Syrup</b>				
	1 oz. ... ..	0.1			84
	8 oz. ... ..	0.8			672
	1 lb. ... ..	1.6			1,344
	2 lb. ... ..	3			2,688
	3 lb. ... ..	5			4,032
	5 lb. ... ..	8			6,720
	7 lb. ... ..	11			9,408
	14 lb. ... ..	22			18,816
	28 lb. ... ..	45			37,632
209	<b>Honey</b>				
	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		
<b>210</b>	<b>Ice Cream</b>				
	1 oz. ... ..	1.2	1.2	3.2	56
	3 oz. ... ..	3.6	3.6	9.6	168
	5 oz. ... ..	6.0	6.0	16.0	280
	8 oz. ... ..	9.6	9.6	25.6	448
	1 lb. ... ..	19.2	19.2	51.2	896
	2 lb. ... ..	38.4	38.4	102.4	1,792
	3 lb. ... ..	57.6	57.6	153.6	2,688
	5 lb. ... ..	96.0	96.0	256.0	4,480
	7 lb. ... ..	134.4	134.4	358.4	6,272
<b>211</b>	<b>Jam or Marmalade</b>				
	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
	28 lb. ... ..	45			33,152
	56 lb. ... ..	90			66,304
<b>212</b>	<b>Jelly Crystals</b>				
	1 oz. ... ..	2.4			102
	8 oz. ... ..	19			816
	1 lb. ... ..	33			1,632
	2 lb. ... ..	76			3,264
	3 lb. ... ..	114			4,896
	5 lb. ... ..	192			8,160
	7 lb. ... ..	266			11,424
<b>213</b>	<b>Jelly Cubes (packet weighs 5½ oz.)</b>				
	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
	14 lb. ... ..	301			16,352
<b>214</b>	<b>Lemon Curd</b>				
	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
	14 lb. ... ..	202		874	19,264

MISCELLANEOUS—(continued)

	ITEM	Protein Grammes		Fat Grammes	Calories
		Total	Animal		
215	<b>Marmite</b>				
	1 oz. ... ..	0.4			2
	2 oz. ... ..	1			4
	3 oz. ... ..	1			6
	5 oz. ... ..	2			10
	7 oz. ... ..	3			14
	8 oz. ... ..	3			16
	11 oz. ... ..	4			22
	13 oz. ... ..	5			26
	1 lb. ... ..	6			32
	2 lb. ... ..	13			64
	3 lb. ... ..	19			96
	5 lb. ... ..	32			160
	7 lb. ... ..	45			224
216	<b>Mincemeat</b>				
	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
217	<b>Sugar</b>				
	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
218	<b>Treacle, Black</b>				
	1 oz. ... ..	0.3			73
	8 oz. ... ..	2			584
	1 lb. ... ..	5			1,168
	2 lb. ... ..	10			2,336
	3 lb. ... ..	14			3,504
	5 lb. ... ..	24			5,840
	7 lb. ... ..	34			8,176
	14 lb. ... ..	67			16,352
	28 lb. ... ..	134			32,704



### 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.

Lemon  
Melon  
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  
Apricot pulp  
Plums, cooking  
Raspberries  
Strawberries  
Tangerines, fresh  
Beetroot, fresh  
Brussels Sprouts  
{ Cabbage  
{ Savoy  
Peas, fresh

##### 8 Calories per oz.

Apples, cooking  
Apples, tinned  
Blackberries  
Black currants  
Oranges  
Peach pulp, tinned  
Beetroot, tinned

##### 9 Calories per oz.

Damsons  
Peaches  
Pears, eating  
Parsnips

##### 10 Calories per oz.

Apples, dessert  
Apples, tinned  
Gooseberries, dessert  
Plums, dessert  
Pineapple pulp

##### 11 Calories per oz.

Cherries

##### 12 Calories per oz.

Cabbage, winter  
Peas, garden, tinned

##### 13 Calories per oz.

Bananas  
Greengages

##### 14 Calories per oz.

Grapes, black

##### 15 Calories per oz.

Grapefruit, tinned  
Grapes, white  
Pears, tinned

##### 16 Calories per oz.

Potatoes

##### 17 Calories per oz.

Apricots, tinned  
Grapes, white  
Rhubarb, tinned

##### 18 Calories per oz.

Damsons, tinned  
Gooseberries, tinned  
Loganberries, tinned  
Mandarines, tinned  
Pears, tinned  
Pineapple, tinned  
Strawberries, tinned  
Potatoes, tinned

##### 19 Calories per oz.

Blackberries, tinned  
Cherries, tinned  
Currants, black, tinned  
Peaches, tinned  
Plums, tinned  
Raspberries, tinned

##### 20 Calories per oz.

Greengages, tinned

##### 25 Calories per oz.

Baked beans

##### 26 Calories per oz.

Peas, processed

## 4. USUAL CONTENTS OF PACKAGES

### CEREALS

#### Breakfast Cereals

Cornflakes	...	...	...	8 oz., 12 oz. packets	10 lb. cartons
Frosties	...	...	...	9 oz. packets	15 lb. cartons
Grapenuts	...	...	...	12 oz. packets	
Rice Crispies	...	...	...	4½ oz., 9½ oz. packets	10 lb. cartons
Ricicles	...	...	...	9 oz. packets	14 lb. cartons
Shredded Wheat	...	...	...	12 oz. (approx.) packets	
Sugar Smacks	...	...	...	7 oz. packets	
Wheatflakes	...	...	...	8 oz. packets	

#### Pulses

Barley, Pearl	...	...	...	112 lb. bags	
Beans, Butter	...	...	...	100 lb., 112 lb. bags	
Beans, Haricot	...	...	...	100 lb., 112 lb., 168 lb., 200 lb. bags	
Blancmange	...	...	...	7 lb. bags.	
Cornflour	...	...	...	7 lb. bags	
Custard Powder	...	...	...	7 lb. bags	
Flour	...	...	...	70 lb., 140 lb. bags	
Lentils	...	...	...	7 lb., 14 lb., 28 lb., 56 lb., 112 lb. bags	
Macaroni	...	...	...	28 lb. cartons	
Oatflakes	...	...	...	56 lb. bags	
Oatmeal	...	...	...	56 lb., 140 lb. bags	
Peas, dried or split	...	...	...	7 lb., 112 lb. bags	
Rice, whole	...	...	...	100 lb., 112 lb. bags	
Rice, ground	...	...	...	140 lb. bags	
Sago	...	...	...	140 lb., 180 lb. bags	
Semolina	...	...	...	140 lb. bags	
Spaghetti	...	...	...	28 lb. boxes	
Tapioca	...	...	...	184 lb. bags	

Note.—Pulses can also be obtained in 7 lb., 14 lb., 28 lb. and 56 lb. packages.

### EGGS

Size	Weight
Large	Over 2 oz.
Standard	1⅞–2 oz.
Medium	1⅝–1⅞ oz.
Small	1¼–1⅝ oz.
Extra Small	under 1½ oz.
Second	any weight



## FRUIT

### Dried

Apple rings	...	...	...	...	50 lb. boxes
Apricots	...	...	...	...	25 lb. boxes
Cherries, glacé	...	...	...	...	11 lb. cartons
Currants	...	...	...	...	28 lb., 56 lb., 60 lb. boxes
Dates	...	...	...	...	48 lb., 70 lb., 72 lb. boxes
Figs	...	...	...	...	30 lb., 56 lb. bags
Peaches	...	...	...	...	25 lb. boxes
Pears	...	...	...	...	28 lb. boxes
Peel	...	...	...	...	20 lb. boxes
Prunes	...	...	...	...	25 lb., 28 lb., 30 lb. boxes
Raisins	...	...	...	...	25 lb., 30 lb., 56 lb., 60 lb. boxes
Sultanas	...	...	...	...	30 lb., 56 lb., 60 lb. boxes

### Fresh

Apples, cooking	...	...	...	...	40 lb. case
Apples, dessert	...	...	...	...	30 lb., 40 lb. cases

### Tinned

				A1 Tall	A2	A2½	A10
				oz.	oz.	oz.	oz.
Apples, S.P.	...	...	...	—	—	—	97
Apples in syrup	...	...	...	14	18·6	28·5	100
Apricots, standard	...	...	...	17	20	29	106
Gooseberries	...	...	...	17·8	21·1	31	105
Grapefruit	...	...	...	15	20	29	105
Peaches, standard	...	...	...	16	20	29	106
Pears, standard	...	...	...	16	20	29	105
Pineapples, syrup	...	...	...	12	20	29-30	107-112
Plums	...	...	...	14	21·3	31·4	100
Rhubarb	...	...	...	14	20·6	30·3	100
Fruit Salad, choice	...	...	...	15	20	30	108

### MEAT

Corned Beef	...	...	...	7 oz.	12 oz.	6 lb. tins	
Chopped Ham and Pork	...	...	...	7 oz.	12 oz.	tins	
Luncheon Meat	...	...	...	7 oz.	12 oz.	2 lb.	4 lb. tins

### MILK

Milk—Condensed sweetened	...	...	...	7 oz. tins	48 tins per carton
				14 oz. tins	48 tins per carton
Milk—Condensed unsweetened	...	...	...	6 oz. tins	48 tins per carton
				16 oz. tins	48 tins per carton

### SUGAR

Castor Sugar	...	...	...	...	1 lb. bags	28 bags per packet
				...	112 lb. sacks	
Cube Sugar	...	...	...	...	1 lb. bags	28 bags per packet
				...	2 lb. bags	14 bags per packet
				...	7 lb. bags	4 per carton
				...	56 lb. cartons	
Granulated Sugar	...	...	...	...	1 lb. bags	28 bags per packet
				...	2 lb. bags	14 bags per packet
				...	112 lb., 224 lb. sacks	
Syrup and Treacle	...	...	...	...	1 lb. tins	24 tins per carton
				...	2 lb. tins	12 tins per carton
				...	14 lb. tins	

## VEGETABLES

### Fresh

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 lb., 36 lb. to half bags
Swedes ...	...	...	...	...	56 lb. sacks
Turnips ...	...	...	...	...	56 lb. sacks

### Frozen

Beans, Broad ...	...	...	...	...	2½ lb., 5 lb. packs
Beans, Stringless ...	...	...	...	...	2½ lb. packs
Brussels Sprouts ...	...	...	...	...	2½ lb. packs
Carrots and Peas ...	...	...	...	...	5 lb. packs
Peas ...	...	...	...	...	2½ lb., 3 lb., 5 lb., 14 lb. packs
Vegetables, mixed (macedoine) ...	...	...	...	...	5 lb. packs

### Tinned (approx. nett content)

	A1	A1 Tall	A2	A2½	A10	5KG.
	oz.	oz.	oz.	oz.	oz.	oz.
Beetroot ...	6	11.3	14.2	20.1	64.3	—
Beans in Tomato Sauce ...	10	16	20	24	110	—
Beans, stringless ...	—	—	11.5	16	55	—
Carrots ...	7.2	10.8	12.8	18.9	60.3	—
Celery ...	—	—	12.4	19.1	60.9	—
Peas, garden ...	7	10.8	13	19.4	60	—
Peas, processed ...	7.4	11.1	13.4	19.8	61.4	—
Swedes ...	—	—	12.5	18.2	58	—
Turnips ...	—	—	12.7	18.5	58.5	—
Tomatoes ...	8	14	14	28	—	—
Tomato purée ...	5	8	15	31-35	—	176

### Contents of Tins of Biscuits

(Loose—not in packets)

(Very variable depending on individual manufacturers)

	Approx. No. of biscuits per lb.
Plain, e.g. cream crackers ...	4¾-8 lb. 52-56
Semi-sweet, e.g. osborne, petit beurre	7¼-9 lb. 60-70
Sweet—digestive ...	8¼-9 lb. 32
Shortcake ...	7¾-10 lb. 40
Chocolate—half-coated ...	5¼-8 lb. 36
Chocolate—assorted ...	6 lb. variable

## 5. TABLE OF MEASURES

Liquid	Weight
2 teaspoons ...	1 dessertspoon 28.5 grammes ... 1 ounce
2 dessertspoons ...	1 tablespoon 1 Kilogram ... 2.2 lb.
2 tablespoons ...	1 ounce 5 Kilograms ... 11 lb.
20 ounces ...	1 pint
16 ounces ...	1 American pint
35 ounces ...	1 litre





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