

	Articles of Diet	Labouring	Non-Labouring
For Morning Meal			
(i)	Atta	120 gm	90 gm
(ii)	Gur	30 gm	30 gm
(iii)	Tea-leaf	3 gm	3 gm
(iv)	Milk	20 ml	20 ml
(v)	Sugar	10 Gm	10 Gm
For Mid-day & Evening Meals (combined)			
(vi)	Rice	600 Gm	540 gm
(vii)	Dal	120 gm	120 gm
(viii)	Vegetables (including Potato)	330 gm	330 gm
(ix)	Mustard Oil	20 ml	20 ml
(x)	Salt	20 gm	20 gm
(xi)	Onion	10 gm	10 gm
(xii)	Turmeric	2 gm	2 gm
(xiii)	Corriander	1 gm	1 gm
(xiv)	Chillies (Dry)	2 gm	1 gm
(xv)	Lemon or Tamarind (when Lemon is not available)	½ No. 10 gm	½ No. 10 gm
As additional Item (in two meals a week)			
(xvi)	Non-Vegetarian		
	(a) Fish/Meat or Egg	110gm 2 Nos	110gm 2 Nos
	(b) Potato	30 gm	30 gm
	(c) M/oil	5 ml	5 ml
	(d) Salt	5 gm	5 gm
	(e) Onion	5 gm	5 gm
	(f) Turmeric	1 gm	1 gm
	(g) Corriander	1 gm	1 gm
	(h) Chillies (Dry)	½ gm	½ gm
(xvii)	Vegetarian		
	(a) Milk or Curd	250 ml 200 gm	250 ml 200 gm
	(b) Sugar	20 gm	20 gm

Fig. 1: Diet Scale for C-Division Convicts and 2nd Class Undertrials in Assam's correctional homes: (Assam Prison Headquarters)