

SUPPLY OF SCALE OF DIET PRESCRIBED FOR PRISONERS

| Sl. No. | Name of Articles | Scale per Diet (Per Prisoner) | Scale per day for One Prisoner |
|---------|---------------------------|----------------------------------|-----------------------------------|
| 01 | Rice | 250 Gms | 500 Gms |
| 02 | Atta | 245 Gms | 490 Gms |
| 03 | Potato / Green Vegetables | 233 Gms | 466 Gms |
| 04 | Masur Dal | 130 Gms | 260 Gms |
| 05 | Iodized Salt | 029 Gms | 058 Gms |
| 06 | Mustard Oil | 018 Gms | 036 Gms |
| 07 | Chillies | 005 Gms | 010 Gms |
| 08 | Spices | 005 Gms | 010 Gms |
| 09 | Onion | 004 Gms | 008 Gms |
| 10 | Turmeric Powder | 003 Gms | 006 Gms |
| 11 | C.T.C. Tea | 004 Gms | 008 Gms |
| 12 | Milk Powder | 014 Gms | 028 Gms |
| 13 | Sugar | 014 Gms | 028 Gms |
| 14 | Flattened Rice (Chewra) | 087 Gms | As Breakfast |
| 15 | Jaggery (Goor) | 014 Gms | As Breakfast |
| 16 | J.K. Soap | 01 Nos. | Per Sunday |
| 17 | Carbolic Soap | 01 Nos. (Small Size) | Per Month |
| 18 | Meat | 072 Gms | Twice a Month |