

APPENDIX-III

**Calorie intake of children in the age group of
1-12 years in those two villages**

Sl. No.	Rice& Products	Kilo. Cal.	Wheat& Products	Kilo. Cal.	Other Cereals	Kilo. Cal.	Pulses	Kilo. Cal.	Potato	Kilo. Cal.
1	220	748	45	157.5	-	-	25	87.5	60	49.45
2	260	884	20	70	-	-	13	45.5	45	37.08
3	70	238	-	-	9	31.5	7	24.5	30	24.72
4	170	578	65	227.5	-	-	40	140	48	39.56
5	10	34	-	-	40	140	4	14	-	-
6	275	935	-	-	-	-	11	38.5	55	45.32
7	310	1054	60	210	-	-	50	175	40	32.96
8	170	578	125	437.5	-	-	60	210	45	37.08
9	110	374	60	210	-	-	35	122.5	20	16.48
10	-	-	-	-	60	210	7	24.5	-	-
11	320	1088	35	122.5	-	-	38	133	52	42.85
12	290	986	28	98	-	-	27	94.5	48	39.55
13	225	765	22	77	-	-	22	77	28	23.07
14	50	170	20	70	35	122.5	12	42	5	4.12
15	80	272	15	52.5	-	-	8	28	13	10.712
16	355	1207	105	367.5	-	-	18	63	48	39.56
17	278	945.2	-	-	-	-	12	42	29	23.896
18	380	1292	61	213.5	-	-	28	98	46	37.904
19	368	1251.2	54	189	-	-	19	66.5	43	35.432
20	277	941.8	83	290.5	-	-	11	38.5	38	31.312
21	90	306	21	73.5	-	-	7	24.5	11	9.064
22	298	1013.2	37	129.5	-	-	21	73.5	32	26.368
23	276	938.4	39	136.5	-	-	16	56	36	29.664
24	268	911.2	38	133	-	-	14	49	34	28.016
25	145	493	22	77	-	-	11	38.5	19	15.656
26	248	843.2	37	129.5	-	-	27	94.5	58	47.792
27	60	204	32	112	55	192.5	15	52.5	35	28.84
28	330	1122	30	105	-	-	50	175	50	41.2
29	275	935	-	-	-	-	7	24.5	48	39.56
30	400	1360	-	-	-	-	30	105	70	57.68

31	350	1190	35	122.5	-	-	38	133	52	42.85
32	310	1054	28	98	-	-	22	77	55	45.32
33	240	816	100	350	-	-	50	175	30	24.72
34	230	782	85	297.5	-	-	35	122.5	50	41.2
35	220	748	80	280	-	-	25	87.5	25	20.5
36	50	170	40	140	50	175	10	35	20	16.48
37	315	1071	-	-	-	-	30	105	40	32.96
38	180	612	20	70	-	-	35	122.5	45	37.08
39	62	210.8	-	-	56	196	12	42	22	18.12
40	-	-	-	-	-	-	-	-	-	-
41	280	952	80	280	-	-	38	133	55	45.32
42	320	1088	38	133	-	-	32	112	45	37.08
43	65	221	-	-	40	140	9	31.5	25	20.6
44	-	-	-	-	-	-	-	-	-	-
45	310	1054	65	227.5	-	-	55	192.5	45	37.08
46	220	748	21	73.5	-	-	22	77	29	23.89
47	200	680	20	70	-	-	20	70	28	23.07
48	185	629	20	70	-	-	15	52.5	25	20.6
49	110	374	15	52.5	8	28	15	52.5	20	16.48
50	-	-	-	-	-	-	-	-	-	-
51	315	1071	70	245	-	-	58	203	48	39.56
52	295	833	35	122.5	-	-	22	77	38	31.312
53	312	1060.8	68	238	-	-	57	199.5	45	37.08
54	180	612	90	315	-	-	60	210	48	39.55
55	178	605.2	85	297.5	-	-	55	192.5	50	41.2
56	12	40.8	6	21	-	-	14	49	5	4.12
57	350	1190	40	140	-	-	40	140	52	42.85
58	387	1315.8	-	-	-	-	32	112	29	23.896
59	372	12648	-	-	-	-	28	98	29	23.896
60	270	918	68	238	-	-	42	147	62	51.08
61	265	901	72	252	-	-	42	147	60	49.44
62	415	1411	-	-	-	-	13	45.5	48	39.55
63	235	799	-	-	-	-	7	24.5	31	25.54
64	345	1173	60	210	-	-	21	73.5	55	45.32
65	230	782	30	105	-	-	9	31.5	28	23.07

66	-	-	-	-	60	210	8	28	-	-
67	260	884	16	56	-	-	11	38.5	19	15.65
68	420	1428	-	-	-	-	25	87.5	45	37.08
69	310	1054	-	-	-	-	7	24.5	22	18.128
70	245	833	22	77	-	-	11	38.5	16	13.184
71	-	-	-	-	-	-	-	-	-	-
72	405	1377	-	-	-	-	14	49	22	18.128
73	100	340	-	-	20	70	8	27	11	9.064
74	420	1428	20	70	-	-	12	42	38	31.312
75	265	901	10	35	-	-	8	28	22	18.128
76	260	884	8	28	-	-	7	24.5	18	14.832
77	440	1496	-	-	-	-	14	49	42	34.608
78	405	1377	-	-	-	-	9	31.5	33	27.192
79	105	357	42	147	37	129.5	10	35	22	18.12
80	90	306	-	-	6	21	6	21	7	5.768
81	420	1428	67	234.5	6	21	18	63	21	17.304

Sl. No.	Leafy Veg.	Kilo. Cal.	Other Veg.	Kilo Cal.	Milk	Kilo Cal.	Egg	Kilo Cal.	Fish	Kilo Cal.
1	70	28	20	7.2	120	84	6	10.8	40	27.6
2	145	58	27	9.72	70	49	11	19.8	80	55.2
3	55	22	19	6.84	220	154	3	5.4	60	41.4
4	65	12	35	12.6	280	196	-	-	15	10.35
5	-	-	15	5.4	1100	770	-	-	-	-
6	125	50	30	10.8	90	63	9	16.2	70	48.3
7	90	36	60	21.6	450	315	7	12.6	25	17.25
8	15	6	115	41.4	290	203	12	21.6	35	24.15
9	11	4.4	60	21.6	750	525	8	14.4	18	12.42
10	-	-	25	9	1200	840	-	-	-	-
11	95	38	45	16.2	210	147	6	10.8	27	18.63
12	88	35.2	39	14.04	180	126	4	7.2	19	13.11
13	75	30	32	11.52	60	42	3	5.4	22	15.18
14	-	-	28	10.08	800	560	-	-	-	-
15	48	19.2	7	2.52	425	297.5	-	-	8	5.52
16	148	59.2	21	7.56	-	-	9	16.2	72	49.68
17	98	39.2	17	6.12	-	-	-	-	41	28.29
18	88	35.2	27	9.72	127	88.9	13	23.4	69	47.61
19	86	34.4	21	7.56	97	67.9	8	14.4	62	42.78
20	92	36.8	20	7.2	75	52.5	-	-	38	26.22
21	7	2.8	9	3.24	750	525	-	-	-	-
22	72	28.8	23	8.28	428	299.6	-	-	32	22.08
23	102	40.8	18	6.48	108	75.6	3	5.4	21	14.49
24	68	27.2	18	6.48	207	144.9	3	5.4	18	12.42
25	27	10.8	18	6.48	235	164.5	2	3.6	12	8.28
26	62	24.8	32	11.52	180	126	12	21.6	27	18.63
27	45	18	28	10.08	300	210	3	5.4	13	8.97
28	160	64	50	18	270	189	3	5.4	80	55.2
29	125	50	30	10.8	80	56	9	16.2	65	44.85
30	120	48	20	7.2	100	70	-	-	50	34.5
31	125	50	45	16.2	230	161	8	14.4	35	24.15
32	110	44	40	14.4	120	84	9	16.2	60	41.4

33	20	8	100	36	300	210	10	18	50	34.5
34	15	6	60	21.6	250	175	7	12.6	30	20.7
35	13	5.2	50	18	240	168	6	10.8	25	17.25
36	10	4	30	10.8	230	161	4	7.2	12	8.28
37	98	39.2	52	18.72	200	140	5	9	40	27.6
38	80	32	42	15.12	275	192.5	2	3.6	12	8.28
39	12	48	32	11.52	262	183.4	4	7.2	15	10.35
40	-	-	-	-	-	-	-	-	-	-
41	120	48	45	16.2	230	161	7	12.6	35	24.15
42	85	34	60	21.6	225	157.5	6	10.8	42	28.98
43	45	18	30	10.8	250	175	2	3.6	14	9.66
44	-	-	-	-	-	-	-	-	-	-
45	80	32	65	23.4	150	105	8	14.4	30	20.7
46	72	28.8	32	11.52	150	105	5	9	19	13.11
47	62	24.8	32	11.52	205	143.5	4	7.2	18	12.42
48	45	18	30	10.8	255	178.5	4	7.2	15	10.35
49	35	14	25	8.28	500	350	2	3.6	10	6.9
50	-	-	-	-	-	-	-	-	-	-
51	75	30	75	27	200	140	9	16.2	34	23.46
52	85	34	30	10.8	300	210	5	9	30	20.7
53	70	28	80	28.8	200	140	10	18	30	20.7
54	25	10	120	43.2	350	245	15	23	40	27.6
55	23	9.2	120	43.2	300	210	19	25.2	38	26.2
56	-	-	30	10.8	1000	700	-	-	-	-
57	120	48	42	15.12	200	140	7	12.6	30	20.7
58	109	43.6	28	10.08	-	-	3	5.4	42	28.98
59	102	40.8	27	9.72	-	-	3	5.4	42	28.98
60	50	22.4	78	28.08	125	87.5	8	14.4	47	32.43
61	42	16.8	65	23.4	150	10.5	8	14.4	47	32.43
62	65	66	39	14.04	-	-	-	-	58	40.02
63	87	34.8	22	7.92	-	-	-	-	42	28.98
64	125	50	19	6.84	40	28	17	30.6	42	28.98
65	45	18	17	6.12	180	126	9	16.2	25	17.25
66	-	-	18	6.48	1250	875	-	-	-	-
67	25	10	22	7.92	75	52.5	2	3.6	16	11.04

68	82	32.8	38	13.68	80	56	8	14.4	35	24.15
69	68	27.2	18	6.48	60	42	4	7.2	22	15.18
70	36	14.4	10	3.6	70	49	3	5.4	21	14.49
71	-	-	-	-	-	-	-	-	-	-
72	120	48	22	7.92	-	-	3	5.4	37	25.53
73	23	9.2	14	5.04	220	154	2	3.6	16	11.04
74	125	50	18	6.48	-	-	7	12.6	47	32.43
75	75	30	12	4.32	70	49	3	5.4	33	22.77
76	45	18	10	3.6	80	56	3	5.4	25	17.25
77	110	44	36	12.96	40	28	9	16.2	56	38.64
78	80	32	28	10.08	60	42	5	9	34	23.46
79	25	10	32	11.52	550	38.5	10	18	17	11.73
80	12	4.8	8	2.88	275	192.5	2	3.6	12	8.28
81	45	18	18	6.48	55	38.5	11	19.8	42	28.98

Sl. No.	Meat	Kilo Cal.	Edible Oil	Kilo Cal.	Sugar, Gur.etc.	Kilo Cal.	Fruits	Kilo Cal.	Total
1	-	-	8	72	25	97.5	30	10.8	1380.35
2	10	7	11	99	35	136.5	90	32.4	1503.2
3	-	-	6	54	60	234	25	9	845.36
4	-	-	9	81	50	195	45	16.2	1503.21
5	-	-	1	9	30	117	5	1.8	1091.2
6	7	4.9	18	162	28	98	65	23.4	1495.42
7	9	6.3	17	153	21	81.9	35	12.6	2128.21
8	15	10.5	14	126	22	85.8	55	19.8	1800.83
9	8	5.6	11	99	27	105.3	37	13.32	1524.02
10	-	-	2	18	35	136.5	7	2.52	1240.5
11	6	4.2	22	198	20	78	12	4.32	1901.5
12	5	3.5	18	162	23	89.7	11	3.96	1672.76
13	7	4.9	17	153	27	105.3	15	5.4	1314.7
14	-	-	3	27	38	148.2	9	3.24	1157.14
15	-	-	4	36	19	74.1	11	3.96	802.012
16	12	8.4	12	108	17	66.3	29	10.44	2002.84
17	-	-	9	81	13	50.7	17	6.12	1222.526
18	16	11.2	11	99	21	81.9	29	10.44	2048.774
19	11	7.7	11	39	23	89.7	23	8.28	1913.852
20	-	-	13	117	19	74.1	18	6.48	1622.412
21	-	-	2	18	16	62.4	3	1.08	1025.584
22	9	6.3	14	126	18	70.2	12	4.32	1808.148
23	7	4.9	9	81	14	54.6	18	6.48	1450.314
24	7	4.9	9	81	18	70.2	15	5.4	1479.116
25	-	-	6	54	26	101.4	9	3.24	976.456
26	11	7.7	13	117	17	66.3	29	10.44	1518.982
27	5	3.5	6	54	50	195	35	12.6	1107.39
28	7	4.9	15	135	20	78	90	32.4	2025.6
29	7	4.9	18	162	28	98	65	23.4	1465.21
30	-	-	10	90	20	78	100	36	1892.25
31	15	10.5	14	126	30	117	120	43.2	2050.8
32	7	4.9	15	135	35	136.5	65	23.4	1774.2
33	20	14	20	180	30	117	100	36	2019.22

34	10	7	19	171	28	109.2	75	27	1793.3
35	8	5.6	18	162	25	97.5	45	16.2	1636.65
36	-	-	6	54	60	238	50	18	1033.76
37	-	-	20	180	32	124.8	48	17.28	1765.56
38	-	-	10	90	40	156	40	14.4	1353.48
39	2	1.4	9	81	56	218.4	52	18.72	1003.71
40	-	-	-	-	-	-	-	-	-
41	15	10.5	24	126	32	124.8	120	43.2	1976.77
42	8	5.6	18	162	25	97.5	40	14.4	1902.46
43	-	-	8	72	50	195	60	21.6	918.76
44	-	-	-	-	-	-	-	-	-
45	9	6.3	18	162	30	117	70	25.2	2017.08
46	6	4.2	13	117	30	117	45	16.2	1344.226
47	5	3.5	10	90	35	136.5	45	16.2	1305.71
48	5	3.5	9	81	40	156	37	13.32	1250.77
49	2	1.4	6	54	50	195	35	12.6	1169.26
50	-	-	-	-	-	-	-	-	-
51	10	7	20	180	35	136.5	75	27	2145.72
52	3	2.1	18	162	25	97.5	20	7.2	1417.112
53	5	3.5	15	135	20	78	60	21.6	2008.98
54	20	14	20	180	20	78	50	18	1815.352
55	20	14	15	135	35	136.5	65	23.4	1759.12
56	-	-	1	9	29	113.1	9	3.24	1231.06
57	15	10.5	17	153	35	136.5	120	43.2	2092.47
58	9	6.3	16	144	17	66.3	72	25.92	1782.276
59	9	6.3	16	144	21	81.9	62	22.32	1726.016
60	14	9.8	18	162	23	89.7	32	11.52	1811.91
61	12	8.4	16	144	27	105.3	21	7.56	1806.73
62	-	-	12	108	13	50.7	45	16.2	1791.01
63	-	-	12	108	13	50.7	32	11.52	1090.96
64	19	13.3	14	126	43	167.7	32	11.52	2004.76
65	8	5.6	9	81	47	183.3	24	8.64	1403.68
66	-	-	1	9	40	156	9	3.24	1287.72
67	3	2.1	13	117	35	136.5	10	3.6	1338.41

68	7	4.9	14	126	28	109.2	45	16.2	1949.91
69	3	2.1	8	72	19	74.1	32	11.52	1354.408
70	3	2.1	7	63	27	105.3	18	6.48	1225.454
71	-	-	-	-	-	-	-	-	-
72	6	4.2	11	99	29	113.1	42	15.12	1762.398
73	-	-	7	63	48	187.2	22	7.92	887.064
74	11	7.7	8	72	18	70.2	26	9.36	1832.082
75	8	5.6	7	63	22	85.8	18	6.48	1254.498
76	4	2.8	6	54	26	101.4	12	4.32	1214.102
77	16	11.2	12	108	28	109.2	24	8.64	1956.448
78	8	5.6	8	72	18	70.2	12	4.32	1704.352
79	2	1.4	7	63	48	187.2	22	7.92	1382.39
80	-	-	4	36	58	226.2	17	6.12	834.148
81	12	8.4	13	117	27	105.3	8	2.88	2109.144

218153