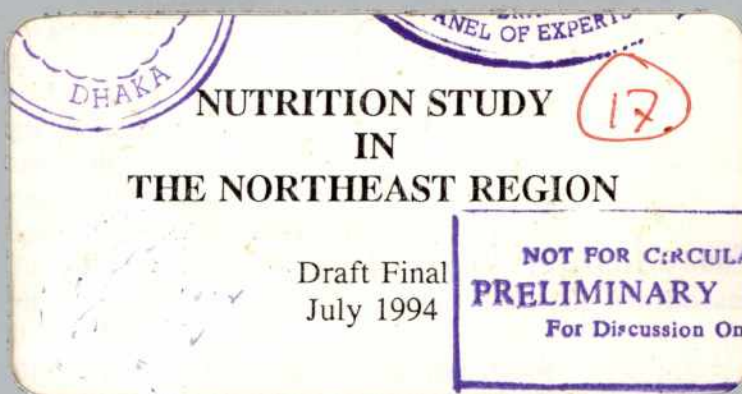


**FLOOD ACTION PLAN**  
**NORTHEAST REGIONAL WATER MANAGEMENT PROJECT**  
**(FAP 6)**

17



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Shawinigan Lavalin (1991) Inc.  
Northwest Hydraulic Consultants

in association with

Engineering and Planning Consultants Ltd.  
Bangladesh Engineering and Technological Services  
Institute For Development Education and Action  
Nature Conservation Movement

## FLOOD ACTION PLAN

### NORTHEAST REGIONAL WATER MANAGEMENT PROJECT (FAP 6)



#### NUTRITION STUDY IN THE NORTHEAST REGION

17

Draft Final  
July 1994

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**PRELIMINARY DRAFT**  
For Discussion Only.

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## Glossary of Terms

Abadi	:	Settlers from districts other than greater Sylhet.
Akhni	:	A variety of polau cooked with quality rice.
Akika	:	Traditional naming ceremony of a Muslim boy or girl.
Alur Pitha	:	Bread prepared from potato.
Aman	:	Rice grown in the monsoon (Kharif-II) season.
Anno-Prason	:	Traditional Hindu ceremony to initiate a child to eating rice.
Ashar	:	Third month of Bengali calendar year ; Mid-June to mid-July.
Ashwin	:	Sixth month of Bengali calendar year; Mid-September to mid-October
Atap	:	Non per-boiled rice.
Aus	:	Rice grown in the late dry/early monsoon (Kharif-I) season.
Baim	:	Eel fish
Basok	:	A plant.
Beel	:	Permanent water-body.
Bhusi	:	A husk.
Biruin	:	High quality rice.
Biruin Bhat	:	Rice cooked with high quality rice.
Bisra	:	Kitchen garden.
Boal	:	A fish.
Bokphul pitha	:	One kind of home-made bread.
Boro	:	Rice grown in the dry season.
Boroi	:	A winter fruit.
Brinjal	:	A dry season vegetable.
Bugli	:	Porridge prepared from germinated rice
Chaitro	:	Twelfth and last month of Bengali calendar year (Mid-March to mid-April).
Chanachur	:	A ready-made snack item prepared with pulse/lentil, nut (Badam), spices and oil.
Chanda	:	A small low price fish common in the haor region.
Chapa kola	:	A variety of banana.
Chapila	:	A small sweet water fish available all over the country including the haor region.
Chita	:	Fermented molasses.
Chittoi pitha	:	Bread prepared from rice powder.
Daler pitha	:	Bread prepared from pulse powder.
Eid-ul-Azha	:	A Muslim religious festival in which animals are sacrificed.
Eid-ul-Fitre	:	Annual Muslim religious festival observed at the end of the month of Ramadan (Fasting month).
Falgon	:	Eleventh month of the Bengali calendar year (mid-February to mid-March).
Fukol	:	A wild water fruit.
Haor	:	Saucer shaped water-body.
Hilsha	:	One of the most popular fishes in Bangladesh. Hilsha is the national fish of Bangladesh.
Icha	:	Small Shrimp.
Isubgul	:	A kind of husk used as an antidote for constipation.
Jaistha	:	Second month of Bengali calendar year (Mid-May to mid-June).
Jalmohal	:	Geographical/administrative unit of (dry season) openwater fishery habitat, such as a beel or group of beels, or a section of river or channel.
Jau	:	Porridge prepared from rice.
Jhal	:	Hot Chili.
Jorda	:	A home-made sweet delicacy.

Kali baus	:	A fresh water fish
Karala	:	A vegetable with a bitter taste.
Kartik	:	Seventh month of Bengali year (Mid-October to mid-November)
Ker	:	Unit for land measurement ( 1 ker = 0.30 Acre).
Khei	:	A wild water root.
Khoi	:	Puffed rice.
Kohl-rabi	:	Turnip.
Koi	:	A cat fish.
Magur	:	A cat fish.
Maimol	:	Muslim traditional fishermen community.
Maitta	:	Muddy oil.
Malpoa	:	A home-made sweet.
Misri	:	Crystalized sugar.
Misti kumra	:	Pumpkin
Moa	:	Small, ball-sized fancy food prepared with fried rice and molasses.
Moder Bhat	:	Cooked rice prepared with a wild fruit.
Mrigel	:	A fish
Mukhe bhat	:	Initiation ceremony allowing child to eat rice for the first time.
Mukhi kochu	:	A root vegetable.
Muri	:	Fried rice.
Nikari	:	Fish retailer.
Nimki	:	A bread made with flour, sugar, spices and oil.
Pani law	:	Gourd
Parash	:	A bean, usually cooked as a pulse (dal).
Pauruti	:	Bread prepared in Bakery.
Piran bhat	:	One kind of cooked rice
Polau	:	Rice cooked with high quality rice, spices and oil
Pora pitha	:	Home made bread.
Puli	:	Home made bread.
Puti	:	small fish.
Ruti	:	Bread prepared with flour or rice powder and roasted in a fire.
Sandesh	:	Sweetmeat.
Semai	:	Sweet Porridge.
Shab-e-barat	:	Muslim religious festival observed on the 14th of Saban (a lunar month).
Shaluk	:	Root of water lily.
Sheichor	:	Khei is called sheichor in Manu River Project
Shrabon	:	Fourth month of Bengali calendar (Mid-July to mid-August).
Shuji	:	Sweet porridge.
Singra	:	Wild water fruit.
Sthanio	:	Local.
Shujir pitha	:	Bread prepared with shuji.
Tokma	:	A seed used with sugar water to prepare a drink.
Thankuni	:	A herb.



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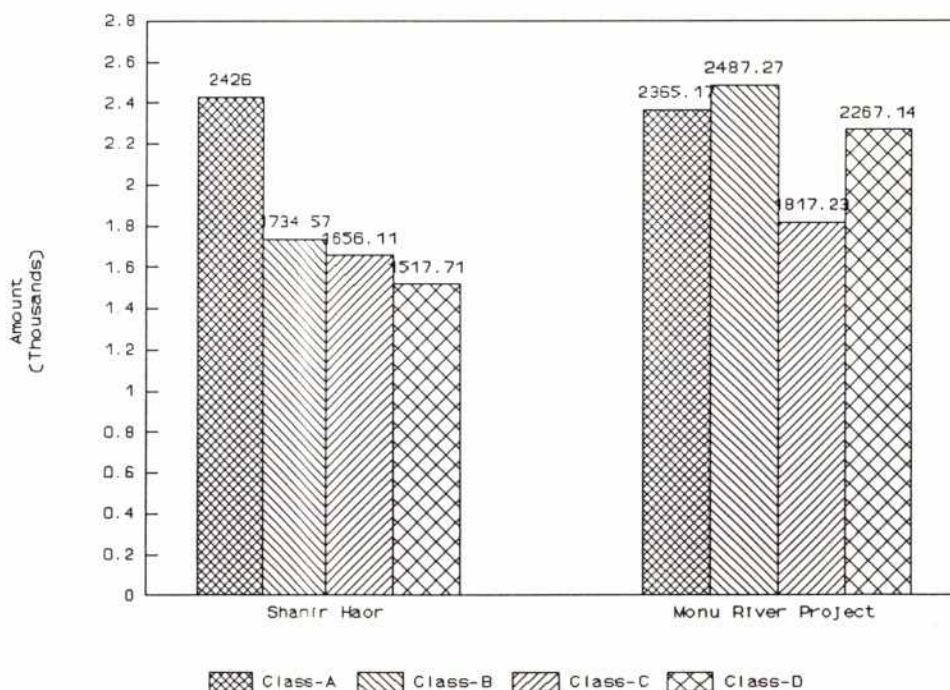
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## EXECUTIVE SUMMARY

1. In an agrarian society characterized by little economic development and a great dependency on nature, the nutrition status of its people depends heavily on agricultural production and access to food. Factors such as food prices, consumer purchasing capacity, educational levels, nutritional knowledge and consciousness, customs and beliefs, traditions and attitudes toward food types, food preparation techniques, and food distribution within the family also influence nutritional levels. In addition, the people, most of whom live below the subsistence level and are struggling simply to survive, are not economically, culturally, or educationally equipped to highly prioritize nutrition.
2. Bangladesh has experienced food production and availability deficiencies over the last two decades. In the Northeast Region the situation is further aggravated by natural disasters such as cyclones, floods, and hailstorms. Natural disasters together with uneven food grain distribution and low per capita availability of fish and vegetables explains much of the low nutritional intake of the poor population. Natural fish catches have dropped drastically over the past years and fish culture is not practiced on a commercial basis. Poor people, ignorant of the nutritional value of vegetables, consider them as inferior foodstuff.
3. The intrafamilial distribution of food in rural Bangladesh is age and gender bias. Women, including those pregnant or lactating, and children suffer most from such discrimination.

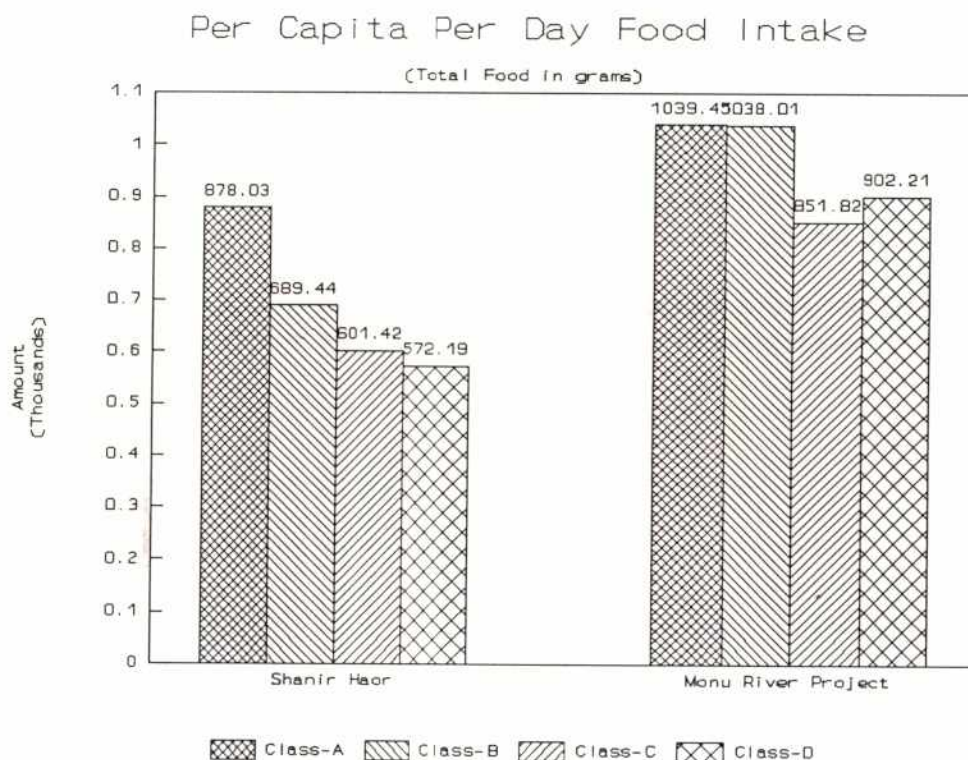
Per Capita Per Day Calory Intake



(iv)

4. A total of 80 households from six villages of two distinct areas within the northeast region were selected for the study: Shanir Haor, a partial flood control and drainage project generally affected by early flood, and Monu River Project (MRP), a full FCDI project somewhat protected from floods and populated by relatively higher income households. The selection criteria was based on the amount of land owned by the household, the number of income-earning members in the family, number of dependents, and family size. Geographic location, village access to natural resources, economic development, and social aspects also were considered when selecting the study villages.

Information was gathered through interviews, questionnaires, and observation.

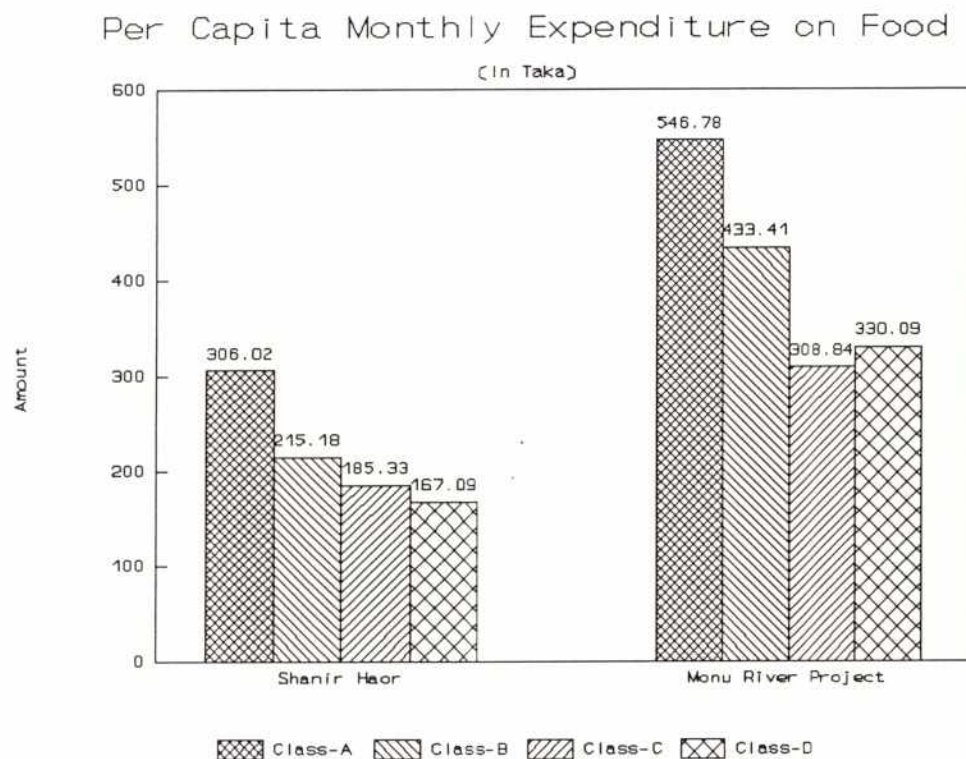


5. The study found that people in the MRP area eat more protein and vitamin-rich foods than the people of Shanir Haor (average per capita calorie intake: 2197 compared to 1720; average cereal intake: 489 compared to 454). Quantities consumed did not differ much between the areas but food expenditures per household varied substantially (average per capita monthly expenditure: Tk. 377 compared to Tk. 199). Foodstuff prices in the MRP area are much higher than in Shanir Haor.



(v)

6. The study also shows that people in the C and D categories in both areas largely depend on wild resources such as *singra* (a type of fruit found in the haors), *khei*, leafy greens, and fish as their major sources of nutrients. About 50 percent of the staple foods, including *khei* and *singra*, consumed by poor households in Shanir Haor is collected from the field, while haor-caught fish make up more than 60 percent of their total fish consumption. A large portion of vegetables consumed by the poor also comes from aquatic plants grown in the haors.



Most haor-harvested foods are collected without cost, effectively lowering the cash spent for food by category C and D households.

7. The study findings revealed that there were differences in food intake before and during floods. In general cereal and vegetable intakes were reduced during the flood for both MRP and Shanir Haor households, while fish intake increased. Cereal intake decreased by about 15 percent in Shanir Haor and by about seven percent in MRP. Fish intake increased by about 49 percent in Shanir Haor and more than doubled in MRP.

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## 1. INTRODUCTION

### 1.1 Background

In an agrarian society like Bangladesh, characterized by low economic development, nutrition is dependent upon food production and access to food. Agricultural production and policy, and natural disasters such as drought, flood, and cyclones, contribute significantly to whether the country imports or exports food, and nutritional status of the population. Food prices and consumer purchasing capacity also determine food intake patterns and nutritional levels as does the understanding that quality food is important for good health. Food habits, customs and beliefs, traditions and attitudes toward foods, food preparation, and food distribution among the family all play a role in nutrition.

Unfortunately, most Bangladeshis live below subsistence levels and devote their energy to mere survival. The idea of a balanced diet is beyond their means and the concept of nutrition beyond their understanding. However, nutritional necessities exist regardless of income, geographical location, cultural background, social status, or educational level, and, therefore, should be addressed.

### 1.2 Scope

This nutrition study was initiated through NERP in an effort to better understand the nutritional status of the people living within the FAP-6 study area.

The report focuses primarily on the dietary patterns of different socioeconomic classes in two distinct ecological areas of the Northeast Region. It is hoped that the results of this study will aid future projects aimed at reducing poverty and malnutrition in the study population.

The report is based on a year-long field investigation from December, 1992 to December, 1993 by a team of six field researchers.

### 1.3 State of Nutrition in Bangladesh

The proverb "*Machhey--Bhatey Bangali*" states that fish and rice constitute the principal diet of an average Bangladeshi. It may be the principal diet, but rice, fish, and other food deficiencies over the last two decades, and uneven food grain distributions, have led to low nutritional levels in poor households. Moreover, food production frequently is hampered by floods, cyclones, and hailstorms, especially in the Northeast region.

According to a BIDS study, per capita food intake in 1981 had dropped five percent since 1976 and 14 percent since 1964. Fisheries are one indication. Although there are innumerable rivers, canals, ponds, and low-lying areas in the country, wild fish catches have dropped drastically over the past few years.

Vegetables are the next most consumed items on the menu, but are added to the diet primarily as flavouring and variety as opposed to nutrition, and because many varieties are cheap. Eating raw vegetables is not customary. People often are ignorant of the nutritional value of vegetables and favour costly foods such as meat and milk products.



When food is distributed among families, it is the household head and bread-earners, or adult males, that get the most. Women and children normally eat less than adult males, but in many cases they are deprived of needed amounts. "In most households, food which is highly valued and somewhat scarce, such as milk, is given to small children and to men before it be given to the housewives. Even the needs of pregnant and lactating women for better quality, as well as larger quantity, of food are generally not recognized. Pregnancy gives no special entitlement to food. The nurturing role of women, which is expected to be carried out regardless of the food they eat and at the expense of their own health if need be, is most strikingly expressed during the month of Ramadhan when pregnant and breastfeeding mothers of a small baby identified as malnourished fast unfailingly."<sup>1</sup>

Dr. Nazmul Hassan found in his study on food intake patterns in rural Bangladesh that "energy deficiency ranged between 28 and 52 percent for the children and 10 percent for the mothers, while the older members of the family could fulfil 101 to 144 per cent of their requirement."<sup>2</sup>

Consequently, such attitudes and traditions have led to massive numbers of malnourished children in Bangladesh. "The vast majority of the children of this country are malnourished and the prevalence was found to be higher among rural middle class families. About 94 percent of children from six months to about six years of age were found to be suffering from first, second and third degree malnutrition. About 73 percent children of 0-4 years age group were anemic while about 19 percent children of the same age group were found to suffer from vitamin A deficient visual impairment and, as such, about 30,000 children go blind every year."<sup>3</sup>

Sometimes children are given fruit or other nutritious foods such as milk or eggs out of filial love, not because the provider is trying to provide healthy foods.

In a 1991 Nutrition News Bulletin article, Dr. Golam Mowlah and S.M. Keramat Shah stated that the nutritional status of rural Bangladeshis, which includes about 95 percent of the national work force, is characterized by:

- Widespread protein energy malnutrition.
- A lack in either amount or quality of food for the majority of the people.
- Children ages 0 to 5 years, and pregnant and lactating women as the most malnourished.
- Deficiencies of essential vitamins, minerals, and trace elements.
- Prevalence of vitamin A deficiency-caused diseases such as nutritional blindness and bitot's spot.
- Prevalence of iodine deficiency disorders and infectious diseases accompanying malnutrition.<sup>4</sup>

## 2. OBJECTIVES

In a country with such a bleak nutritional outlook, efforts to combat poverty and eradicate hunger should be considered in development studies. Under such thinking, it is appropriate that the Flood Action Plan (FAP) become acquainted with the state of nutrition and poverty while studying flood control and agricultural development.

Nutrition depends on access to and the availability of food for different socioeconomic groups in a locality. Because these dependencies as well as food production are affected by flood and other natural disasters, one of the objectives of this study is to identify the impacts of flood on nutrition in the Northeast Region. This study is expected to promote better dietary-balanced food production and address seasonal and regional nutritional imbalances. Hopefully, the results of the study will provide some insight into improving nutrition and the lives of the people living in the Northeast Region.

NERP conducted a study on food habits and dietary patterns in the region in 1992. Its purpose was to determine the nutrition status at the two selected project sites so that the area's nutritional needs would be considered in future programs. This report is based on the NERP findings.



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### 3. METHODOLOGY

Measuring nutritional levels requires using several indicators that are suggestive of the whole. One set of measures compares nutrient intake against some requirement standards. These assess nutritional status and may be classified as input-based indicators such as those dependent on dietary intakes. Another set of indicators are based on the physical manifestation of malnutrition such as anthropometry, and clinical or biochemical symptoms, and may be classified as outcome-based indicators.<sup>5</sup>

This nutritional study purposefully relied on input-based indicators because they focus on agricultural production and natural resources in relation to poverty and malnutrition. The outcome-based indicators were not considered seriously because they ultimately are the manifestation of input-based indicators. However, it was attempted to consider some of the socioeconomic and cultural aspects of nutrition through anthropological observation.

#### 3.1 Selection of Study Areas

Two distinct areas within the Northeast Region were covered under a year-round nutrition survey. Shanir Haor was selected because it is a partial flood control and drainage project generally affected by early flood, while the MRP area was selected because it is a full FCDI project and a comparatively flood-protected, higher-income area.

The study included Islampur, Nayanagar, and Fatehpur villages of Shanir Haor, and Panchgaon and Rakta villages and a slum, known as a colony, of MRP.

#### 3.2 Selection Criteria for Households and Villages

Criteria considered when selecting the study households included: land owned by the household, number of income-earning family members, number of dependents, and family size. In particular, the following specific categories were determined by household land ownership:

0 - 1 ker:	D class
1.1 - 8 ker:	C class
8.1 - 20 ker:	B class
20.1 - above:	A class

1 ker = .27 acres

Also considered when selecting the study villages were: geographic location, access to various natural resources, level of economic development, and community social aspects.

#### Characteristics of the Study Villages

##### 1) Islampur

- Located within the Shanir Haor.
- Predominantly Muslim, "*abadi*" (migrant) population.
- Primary occupations are farming and fishing.
- All nontraditional fishermen.

- Poor households are dependent upon the haor's natural resources.
- Of the 162 households in the village, 15 from four different socioeconomic classes were selected.
- Land ownership ratio of selected households: A and B: 25%, C and D: 75%.

3.3

## 2) Nayanagar

- Located in the southwest, near the deeper part of Shanir Haor.
- Predominantly Muslim, "*sthanio*" (originally local) population.
- Adversely affected by flooding and water-logging.
- Primary occupation is agriculture, but many also work as migrant labourers and nontraditional fishermen.
- Of the 59 households, 10 were selected for study.
- Land ownership ratio of selected households: A and B: 30%, C and D: 70%.

3.4

## 3) Fatehpur

- Located in the northeast, highlands of Shanir Haor.
- An old Hindu village; inhabitants belong to several castes.
- Characterized by deep water aman and winter crop cultivation.
- Literacy rate is considered high compared to other villages.
- Of the 206 households, 15 were selected.
- Land ownership ratio of selected households: A and B: 25%, C and D: 75%.

## 4) Panchgaon

- Located within the irrigated area of the MRP.
- Both Hindus and Muslims; an entire *sthanio* (local) population.
- Dependent on agriculture.
- Of the 213 households, 15 were selected.
- Land ownership ratio of selected households: A and B: 25%, C and D: 75%.

## 5) Rakta

- Located in the deeper part of the MRP.
- Population includes both Hindu and Muslim fishermen.
- Adjacent to the Kawadighi Haor. Poor households are dependent upon the haor's natural resources.
- Of the 150 households, 15 were selected.
- Land ownership ratio of selected households: A and B: 25%, C and D: 75%.

## 6) Colony

- Located in Chadnighat between the Monu dike and embankment.
- All families come from different districts. All able-bodied members of the family, men, women and children, work both inside and outside the project area.
- Of the 24 households, 10 were selected.
- No land ownership.



### 3.3 Data Collection

A structured questionnaire was designed and tested, then further developed after field trials. Forty households from the selected villages of each of the two areas were interviewed 16 times at intervals of 21 days. Each interval of 21 days was termed "one phase"; there were 16 phases. Flooding occurred during phase nine. At the start of the programme there were 258 people in Shanir Haor and 282 in the MRP area. The numbers of people in the households varied a small amount due to guests and persons leaving the home. Two teams of three female field researchers conducted the interviews. Household representatives, usually housewives, were asked how much food they consumed in the last 48 hours, price of food, and source of food. Field notes were prepared by researchers on the basis of observation and informal discussion.

### 3.4 Data Processing and Analysis

The questionnaires were edited and coded by the field researchers before the data was entered into the computer. Errors identified by validation programs were manually compared with the questionnaires two times to ensure quality. The tables were analyzed and compared with the findings of other similar studies before writing the report.

In addition, intermediate files were prepared to determine the nutrient value of certain food items and their cost. The nutritional value of indigenous foodstuffs was based on the findings of the Institute of Nutrition and Food Science, University of Dhaka.

Sample households were asked how much food was cooked and how many meals were eaten in the previous 48 hours. For simplicity, neither the leftovers from the previous day nor anticipated leftovers were taken into account. Other items eaten (cooked or uncooked) were also considered. The questionnaire did not account for age or sex discriminations in relation to food consumption, but children under 2 years were not counted as most of them are breastfed. However, food distribution among the family was observed.

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4.1



## 4. FINDINGS

Per capita/daily food intake in grams was determined as was the cost of eaten food for the sample population. Food sources also were identified. The findings showed that MRP residents eat more protein- and vitamin-rich food than the people of Shanir Haor. On the average, MRP households eat 489 grams per day of cereal while Shanir Haor residents eat 454 grams. The average calory intake for MRP residents is 2,197 per day, while it is only 1,720 for Shanir Haor residents. The study also revealed that, although quantity consumption patterns did not vary much between the areas, food prices did vary substantially. The average monthly food expenditures for Shanir Haor households is Tk. 199, while the average for MRP households is Tk. 377. This occurs because food is more expensive in the MRP area and because residents generally are more wealthy and eat more nutritious foods.

The study also shows that poorer households (C and D land ownership categories) of both areas depend significantly on haor resources such as *singra*, *khei*, leafy greens and fish as major nutrient sources.

### 4.1 Food Consumption

#### *Cereal*

Per capita staple food (rice, wheat, *khei* and *singra*) consumption by A and B land ownership category households in Shanir Haor is 575 and 500 gram/person/day respectively, compared to 441 and 515 gram/person/day respectively for the same in MRP area. Most of Shanir Haor's A and B category households are agriculturalists and, consequently, have access to and eat more rice. MRP A category households, which are situated closer to the urban area of Moulvibazar, eat less rice than their Shanir Haor counterparts, and consume more drinks and snacks.

Per capita/daily cereal consumption among C and D land ownership categories is 451 grams and 524 grams respectively in the MRP, compared to 424 grams and 415 grams respectively in Shanir Haor. In Shanir Haor, per capita/daily cereal consumption is higher in high-income earning households. In the MRP, the per capita/daily cereal consumption is lowest in the A category households and highest in the D category households, reflecting the residents' occupations. The poorer households of the MRP area can afford more cereal than their counterparts in Shanir Haor because they have higher earnings. The average per capita/daily cereal consumption for all classes, however, is almost the same for Shanir Haor (454 grams) and the MRP (489 grams).

Table 4.1: Number of Meals Eaten Per Day by Category

Category	Shanir Haor No.of Meal/Day	Manu River No.of Meal/Day
Class A	2.45	2.67
Class B	2.27	2.58
Class C	2.26	2.37
Class C	2.06	2.66



### Vegetables

Per capita/daily vegetable consumption is more than double in the MRP (218 grams) than in Shanir Haor (92 grams). Except for the D category households, vegetable consumption in Shanir Haor decreases with a decrease in socioeconomic status. The opposite is true in the MRP.

In Shanir Haor, per capita/daily vegetables consumption is 131 grams for A category households and 84 grams for both B and C category households. In the MRP area the figures are 206 grams for A category households and 237 grams for C category. These opposing socioeconomic-related trends in the two areas show that upper class Shanir Haor residents consume more meat and fish and less vegetables than their MRP counterparts. One possible explanation is that the upper-class MRP residents realize the nutritional value of vegetables.

In addition, *bisras* (kitchen gardens) in the MRP area are larger than the *bisras* in Shanir Haor. In Shanir Haor, vegetable gardens cannot be cultivated during the monsoon because *bisras* are inundated for long periods during that time. In the MRP area, however, land is high enough and protected enough to allow vegetable gardening year round. In addition, household plots are larger in MRP area than in Shanir Haor.

### Fish

Per capita/daily fish consumption in the MRP area is 1.4 to 2.7 times higher than in respective socioeconomic classes in Shanir Haor. In both areas, the per capita/daily fish consumption decreases in the lower socioeconomic classes except in C category households. The aggregate per capita/daily fish consumption in the MRP is 107 grams and 53.42 grams in Shanir Haor. The primary reason MRP households consume more fish is because they have better access to fish markets throughout the year and to fishing locations. Almost every upper and middle class household in the area has its own pond.

### Meat

Average per capita/daily meat consumption is more than two times higher in the MRP area (13.6 grams) than in Shanir Haor (6.08 grams), and the trend decreases with the lowering of socioeconomic conditions of the people except in D category households in the MRP. The consumption figures for C and D category households in Shanir Haor are 4.84 grams and 4.79 grams respectively, and 5.54 grams and 6.21 grams, respectively in the MRP. In A and B category households, however, the consumption figures for Shanir Haor are 10.12 grams and 8.20 grams, respectively, while in the MRP the figures are 39.10 grams and 19.46 grams, respectively. This comparatively higher meat intake by MRP A and B category households is expected because of their overall economic condition and proximity to urban areas.

### Fruits

Fruit is insignificant in all classes of both areas. This is partly because fruit trees do not survive through the flood period and fruit is not readily available in the area. Consumption decreases in the lower socioeconomic classes with an exception of B category households who happen to consume the most fruit in both Shanir Haor (18.46 grams) and MRP (70.59 grams). The average per capita/daily fruit consumption is 11.72 grams in Shanir Haor and 45.94 grams in MRP.

### Other Foods (Snacks and Drinks)

For survey purposes, snacks included biscuits, cakes, fried rice and breads which were consumed between major meals. MRP households consume three times the amount of snacks as Shanir Haor residents (23.89 grams and 7.59 grams, respectively), reflecting the wealth and semi-urban



characteristics of the MRP people. Also, MRP residents have greater access to market places where snacks are available. Lower socioeconomic households partake of snacks less than higher income residents in both areas, except for B category households in Shanir Haor.

The consumption of drinks follows a similar pattern as that of snacks and for the same proximity to markets reason. Intake increases in higher socioeconomic households. A, B, C and D category households in the MRP consume drinks 1.5, 2.5, 1.6, and 3.4 times more, respectively, than in corresponding classes in Shanir Haor. The average consumption of drinks in the MRP is 30.08 grams, while it is only 14.10 grams in Shanir Haor.

## 4.2 Calories

The average per capita/daily caloric intake for MRP and Shanir Haor are 2,197 and 1,720 k.cal, respectively. Calory requirements vary for different age groups and gender. The INFS recommended daily calory intake for the 40-49 years age group is 2,620 k. calories for men and 1,900 k calories for women. It is noted that the average per capita daily caloric consumption of all households in Shanir Haor's land-owning categories, except A, falls below the average recommended subsistence levels; for all households, including A, an average of 19 percent fall below the level. The percent of those falling below the subsistence level increases with a decrease in socioeconomic status: 18 percent in B category, 22 percent in C category, and 28 percent in D category. In the MRP area the story is vastly different: the average per capita/daily caloric intake is above subsistence level for all categories except C, where 14 percent fall below the level. MRP B category households have the highest average caloric intake of the sample populations at 2,487 k.cal per day, while Shanir Haor A category households have the second highest intake at 2,426 k.cal per day. The reason that Category B households have a higher intake than Category A households in MRP is that they perform more physical work. MRP Category A includes more businessmen and persons involved in non-agricultural activities.

## 4.3 Nutrients

Per capita calory and protein intake are good indicators of the population's nutritional status. This study found that calory, protein, fat, carbohydrate, calcium, and vitamin intake had a uniform downward trend that corresponded to a decrease in economic status in the Shanir Haor area. In the MRP area, fat and calcium intake showed a similar trend while intake of carotin followed an opposite trend. Intake of protein, carbohydrate, iron, and vitamin B and C, however, did not follow an economic-related trend in the MRP.

Table 4.2: Class-Wise Per Capita Per Day Consumption of different Foods (in grams)

Shanir Haor									Monu River Project							
Class	Cereal	Fish	Veg.	Meat	Drinks	Snack	Fruit	E. Oil	Cereal	Fish	Veg.	Meat	Drinks	Snack	Fruit	E. Oil
A	575.44	78.75	130.11	10.12	37.56	21.65	17.70	6.70	440.72	154.30	206.21	39.10	56.86	57.25	68.77	16.24
B	500.42	51.43	84.16	8.20	18.12	4.68	18.46	3.97	515.32	136.46	210.30	19.46	44.48	31.14	70.59	10.26
C	423.87	55.41	84.19	4.84	13.18	6.25	10.44	3.24	451.45	78.05	237.39	5.54	21.83	15.03	35.28	7.25
D	415.15	43.51	88.63	4.79	4.93	5.37	7.56	2.25	523.54	93.49	210.47	6.21	16.88	13.03	29.95	8.64
Total	454.18	53.42	91.76	6.08	14.10	7.59	11.72	3.45	488.93	107.02	217.98	13.60	30.08	23.89	45.94	9.67



Table 4.3: Class-Wise Per Day Per Capita Calory Nutrient Intake in grams/mg/mcg in Shanir Haor

Class	Water Content	Minerals	Fibre	Calory	Protein	Fat	CHO	Calcium (mg)	Iron (mg)	Carotin (mcg)	Vitamin		
											B1 (mg)	B2 (mg)	C (mg)
A	299.51	8.98	1.47	2426.00	75.02	14.30	498.83	488.72	28.67	1573.43	1.77	0.90	29.01
B	205.88	6.88	1.21	1734.57	58.37	9.79	404.35	308.65	20.19	1430.93	1.49	0.80	22.70
C	185.16	6.24	1.09	1656.11	54.16	8.52	349.89	310.64	19.81	1721.38	1.27	0.65	22.52
D	171.37	5.94	1.24	1517.71	50.77	6.49	336.86	256.39	19.88	1656.32	1.25	0.64	26.06
Wt. Aver.	198.51	6.60	1.22	1719.82	56.41	8.74	374.21	313.52	21.06	1633.19	1.37	0.71	24.71

Note: Nutritional value of the food items were calculated using conversion tables prepared by Institute of Nutrition and Food Science, University of Dhaka

Table 4.4: Class-Wise Per Day Per Capita Calory Nutrient Intake in grams/mg/mcg in Monu River Project

Class	Water Content	Minerals	Fibre	Calory	Protein	Fat	CHO	Calcium (mg)	Iron (mg)	Carotin (mcg)	Vitamin		
											B1 (mg)	B2 (mg)	C (mg)
A	443.38	11.21	2.92	2365.17	106.64	22.19	453.23	796.74	34.20	1287.18	1.69	4.19	80.82
B	423.32	11.15	2.82	2487.27	106.94	18.10	497.74	645.95	42.97	1903.25	1.79	0.97	67.25
C	306.82	8.87	2.62	1817.23	78.74	14.06	372.07	399.55	28.55	2027.92	1.55	0.84	46.26
D	288.76	9.81	2.34	2267.14	99.46	15.72	463.36	400.32	34.18	2065.33	1.71	0.91	50.09
Wt. Aver.	345.72	10.03	2.61	2197.29	96.04	16.68	442.66	510.50	34.45	1909.36	1.68	1.37	57.12

Note: Nutritional value of the food items were calculated using conversion tables prepared by Institute of Nutrition and Food Science, University of Dhaka



### *Protein*

Households in both study areas consume more protein than the recommended average intake. The daily intake recommended by the INFS is 40 grams for women and 52 grams for men. MRP households consume 1.6 to 2.1 times more, while Shanir Haor residents consume 1.01 to 1.5 times more. MRP B category households consume the most at 106.94 grams per day and Shanir Haor D category households consume the least at 50.77 grams each day. Average per capita/daily protein intake in MRP and Shanir Haor is 96 and 56 grams, respectively. For this category both animal and plant origin protein are included. It appears that the sample households, on an aggregate level, do not suffer from socioeconomic-related protein deficiencies. This is contrary to observations made by the BIDS study referred to earlier.

### *Vitamins*

Although MRP residents consume more vitamin B1 and B2 overall, households in both study areas receive more than the daily requirement of 1.2 mg of vitamin B1. MRP A category households consume 1.69 mg, B category residents consume 1.79 mg, and Shanir Haor A category households consume 1.77 mg. However, all Shanir Haor households (by 45 percent), and B, C, and D category households in MRP fall short of consuming the recommended 1.3 mg of vitamin B2.

In the MRP, vitamin C intake is better overall than the recommended daily amount: A category residents consume 80.82 mg, B category 67.25 mg, D category 50.09 mg, and C category 46.26 mg. The daily intake recommended by the INFS is 30 mg for both women and men. The relative high amount consumed by D category households occurs because the poorer people eat more wild vegetables and fruits found in the haor areas. Although vitamin C intake falls short of the requirement in all Shanir Haor categories, the poorer D category households consume a relatively high amount for the same reasons mentioned above. D households consume 26.06 mg compared to 29.01 mg for A category, 22.70 mg for B, and 22.52 mg for C.

### *Iron*

Iron intakes are higher than the recommended levels for both Shanir Haor and MRP. The INFS recommended intake for the 40-49 age group is 9 mg for men, and 28 mg for women. In Shanir Haor, iron intake is about 2 to 2.9 times higher than the recommended daily level, and in MRP it is 2.92 to 4.3 times higher. These high levels probably occur because households consume a relatively steady diet of wild roots and vegetables.

### *Calcium*

Only the category A households in Shanir Haor and the category A and B households in MRP receive the recommended intakes for calcium. The INFS recommended daily calcium intake is 450 mg for both men and women. For Shanir Haor, the percentage of intake shortfall increases with a decrease in socioeconomic status: 31 percent for B category households, and 43 percent for D category households. The aggregate shortfall is 30 percent. In the MRP, however, calcium intake decreases with a decrease in socioeconomic status, and only C and D categories fall short of the requirement. A category households consume 77 percent more than the recommended INFS level or 13 percent more than the aggregate MRP level. Although many households do not meet the recommended calcium intake levels, the aggregate for both MRP (510 mg) and Shanir Haor (314 mg) is more than the corresponding aggregate figures of 1975/76 (305 mg), 1981/82 (260 mg), and 1990/91 (335 mg) as found by the BIDS study.

### ***Fat***

Both study areas show a corresponding decrease in fat intake with a decrease in socioeconomic status. Fat intake is highest among MRP households with A category consuming the most (22.19 grams) and C category the least (14.06 grams). In Shanir Haor, the most fat is consumed by A category households (14.30 grams) and the least by D category households (6.49 grams). The average daily fat consumption figures for MRP and Shanir Haor are 16.68 grams and 8.74 grams, respectively.

## **4.4 Expenditure on Foodstuffs**

Per capita/monthly food expenditures in Shanir Haor is Tk. 306.02 for A category households compared to Tk. 546.78 for the same group in the MRP. The comparison in the B category is Tk 215.18 in Shanir Haor and Tk. 433.41 in MRP. For C category it is Tk. 185.33 and 308.84, respectively, and for D category it is Tk. 167.09 and Tk. 330.09, respectively.

Overall, MRP area households spend almost double on food as do their counterparts in Shanir Haor (Tk. 377.48 and Tk. 199.45, respectfully). This is primarily because food prices are higher in the MRP area and because MRP households consume more food, including costly items such as fish, meat, and snacks.

Of their total monthly food expenditures, Shanir Haor A category households spent 46.10 percent for cereal, 21.05 percent for fish, 4.09 percent for meat, and 10.61 percent for vegetables, while the respective figures for their counterparts in the MRP spent 23.56 percent, 30.62 percent, 13.18 percent, and 9.76 percent. The total expenditures by all categories in Shanir Haor are 55.31 percent for cereal, 19 percent for fish, 3.74 percent for meat, 10.16 percent for vegetables, and 1.96 percent for snacks. The corresponding figures for the MRP are 37.65 percent, 25.18 percent, 6.33 percent 13.70 percent, and 3.98 percent.

For both areas the percentage of total food expenditures spent on cereal generally increases with a decrease in socioeconomic conditions. Of the total food budget, the percent allocated for cereal in all Shanir Haor categories is higher than in the corresponding MRP categories. This is true regardless of MRP households having higher per capita food budgets. These figures indicate that poorer households allocate more of their food budget for cereal.

It is interesting that although Shanir Haor households have about half the average food budgets of MRP households they still manage to fulfil some nutrient requirements. This indicates that they do select and consume nutritious foods despite a smaller budget.



Table 4.5: Per Capita Monthly Food Expenditures in Taka

Shanir Haor										Monu River Project									
Class	Cereal	Fish	Veg.	Meat	Drinks	Snacks	Fruit	E. Oil	Total	Cereal	Fish	Veg.	Meat	Drinks	Snacks	Fruit	E. Oil	Total	
A	141.09	64.43	32.47	12.53	21.90	12.05	6.50	15.01	306.02	128.84	167.44	53.41	72.11	37.62	36.96	28.80	21.57	546.78	
B	121.11	40.04	18.96	7.80	9.71	2.14	6.71	8.66	215.18	150.44	115.53	50.83	31.86	27.49	19.28	20.28	17.66	433.41	
C	103.26	36.10	18.10	6.42	6.91	3.40	3.98	7.13	185.33	129.81	70.66	53.15	9.26	13.60	9.46	9.04	13.83	308.84	
D	100.62	29.20	18.57	6.51	2.54	2.43	2.35	4.83	167.09	152.72	72.84	50.25	11.44	10.60	7.97	6.65	17.57	330.09	
Wt. Average	110.43	37.90	20.26	7.47	7.69	3.91	4.19	7.56	199.45	142.13	95.06	51.73	23.91	19.04	15.02	13.50	17.07	377.48	

Table 4.6: Expenditure of Different Food Items in Percentage

Shanir Haor										Monu River Project									
Class	Cereal	Fish	Veg.	Meat	Drinks	Snacks	Fruit	E. Oil	Total	Cereal	Fish	Veg.	Meat	Drinks	Snacks	Fruit	E. Oil	Total	
A	46.10	21.05	10.61	4.09	7.15	3.93	2.12	4.90	100.00	23.56	30.62	9.76	13.18	6.88	6.76	5.26	3.94	100.00	
B	56.28	18.61	8.81	3.62	4.51	0.99	3.12	4.02	100.00	34.71	26.65	11.72	7.35	6.34	4.45	4.68	4.07	100.00	
C	55.71	19.48	9.76	3.46	3.72	1.83	2.15	3.84	100.00	42.03	22.87	17.21	3.00	4.40	3.06	2.92	4.48	100.00	
D	60.21	17.48	11.11	3.89	1.52	1.45	1.40	2.89	100.00	46.26	22.06	15.22	3.46	3.21	2.41	2.01	5.32	100.00	
Wt. Average	55.36	19.00	10.16	3.74	3.85	1.96	2.10	3.79	100.00	37.65	25.18	13.70	6.33	5.04	3.98	3.57	4.52	100.00	

## Food Item Sources

Sources from which food items are obtained reflects access to food and money market situations. The strategies that the different category households use to obtain and fulfil their food requirements is reflected through the sources.

It is notable that 70 percent of the C category household's total vegetable consumption and 55 percent of D category's consumption for Shanir Haor during the December-May and June-December periods are directly collected from the haor. These vegetables are obtained free of cost.

In Shanir Haor, all category households except C catch 50 percent or more of their total fish from the haor at no cost. In addition, about 50 percent of the staple food (primarily *khei*, *singra*, and rice) consumed by poor households of Shanir Haor are collected from the field.

### 4.5 Seasonal Variation in Food Consumption

Agricultural activity in general and food production in particular in rural Bangladesh revolve around three main seasons of rice production: the aus, aman, and boro seasons. If there is any relationship between food consumption and domestic food production as suggested earlier then seasonal variation in food consumption should coincide with the food production cycles.<sup>6</sup>

This study found that, indeed, there is such a relationship. But, the findings indicate that natural disasters such as flood and hailstorms have a stronger influence on food consumption. Tables 4.11 and 4.12 show pre- and post- flood food consumption by the sample population

Due to natural disasters that affected food production, researchers observed a substantial decrease in food consumption during the second half of the year as compared to the first half. Natural disasters prevented both MRP and Shanir Haor households from harvesting more than 75 percent of the boro rice crop in 1993. Due to flooding, in the MRP no aus crop was harvested, only 80 to 85 percent of T. aman was transplanted, and B. aman could not be cultivated at all.

Flooding also forced poorer Shanir Haor households to forgo labour jobs in order to stay home and protect their homesteads from rising water. Flooding also adversely affected fishing, and as a result people had to reserve their shrinking budgets for food. Many households, therefore, ate less cereal between June and mid-August, 1993.

Flooding, however, positively affected fishing in the Kawadighi Haor by allowing pond and river fish to enter the haor. The catch went up and the price went down. On the other hand, 50 to 55 percent of ducks and chickens died in the flooding, raising the price of ducks by 10 percent and the price of chickens by 25 percent.



Table 4.7: Occupational Differences and Per Capita Per Day Consumption of Different Foods in Shanir Haor (in grams)

Occupation	No. of Families	Cereal	Fish	Vegetable	Meat	Drinks	Snacks	Fruit	E. Oil
Agriculture	104	507.68	57.54	84.64	12.55	28.76	6.74	15.76	5.48
House work	043	490.28	41.61	187.80	2.88	38.54	10.10	4.26	5.33
Wage work	055	464.52	43.44	156.38	1.95	1.92	0.70	25.90	1.39
Fishing	115	503.93	65.41	76.77	8.46	2.33	7.12	4.18	2.37
Service holder	092	425.17	56.68	94.14	4.97	12.65	2.40	10.90	3.12
Trade	088	409.08	52.37	80.16	1.39	12.16	9.04	14.34	3.19
Unemployed	020	407.41	53.54	52.58	9.24	14.79	14.75	12.67	4.01
Retired	050	469.62	56.91	98.49	5.24	15.22	16.64	23.15	4.06
Gleaning	006	457.01	43.66	25.70	3.92	0.00	21.05	0.00	3.37
Others	067	362.36	37.38	66.81	3.02	5.22	6.12	1.41	1.73



Table 4.8: Occupational Differences and Per Capita Per Day Consumption of Different Food intake in Monu River Project (in grams)

Occupation	No. of Family	Cereal	Fish	Vegetable	Meat	Drinks	Snacks	Fruit	E. Oil
Agriculture	228	502.34	113.28	254.00	11.19	35.93	27.14	54.33	10.88
House work	015	328.74	71.35	153.79	18.22	124.61	13.50	42.09	8.04
Wage work	146	48.18	75.37	175.41	7.03	4.93	12.42	44.47	7.32
Fishing	090	560.81	136.09	163.36	6.09	17.14	9.26	35.89	9.40
Service holder	031	444.60	110.32	208.12	14.07	35.75	36.80	43.15	9.92
Trade	044	442.09	121.19	145.04	31.92	47.81	29.26	48.80	14.12
Nikari	036	498.49	200.56	155.93	14.19	34.43	41.17	23.87	10.95
Unemployed	005	372.74	49.13	98.89	8.58	6.86	8.86	5.43	3.96
Retired	005	350.37	29.36	111.61	119.62	0.00	118.66	140.24	1.90
Others	040	491.77	65.99	355.94	9.36	28.40	14.60	12.92	7.03

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Table 4.9: Literacy level and per capita per day different items of food consumption in Shanir Haor (in grams)

Literacy level of Head of Household	No. of Families	Cereal	Fish	Vegetable	Meat	Drinks	Snacks	Fruit	E. Oil
00 - Class 5	559	463.46	54.68	90.39	5.96	13.46	7.78	11.93	3.49
Class 10 and above	081	418.77	50.48	101.27	7.25	21.15	8.22	11.92	3.72

Table 4.10: Literacy level and per capita per day different items of food consumption in Monu River Project (in grams)

Literacy level of Head of Household	No. of families	Cereal	Fish	Vegetable	Meat	Drinks	Snacks	Fruit	E. Oil
00 - Class 5	564	502.34	99.63	222.39	11.93	25.07	21.11	42.23	8.93
Class 6 - Class 9	026	445.68	137.74	135.42	5.56	43.47	18.57	66.06	8.77
Class 10 and above	050	407.46	159.19	208.26	31.83	65.38	49.85	68.61	16.45



Table 4.11: Class-wise per capita day consumption of different items of food in Shanir Haor and Monu River Project (Phases 1-7) before flood (in grams)

Monu River Project																
Shanir Haor																
Class	Cereal	Fish	Veg.	Meat	Drinks	Snacks	Fruit	E.Oil	Cereal	Fish	Veg.	Meat	Drinks	Snacks	Fruit	E. Oil
A	607.26	78.51	168.65	7.81	56.63	19.94	5.80	8.12	441.59	123.71	266.48	41.15	64.35	52.35	30.21	18.93
B	566.13	48.64	123.50	10.58	32.23	5.39	0.29	3.52	519.84	90.86	275.79	26.54	40.07	21.56	35.81	9.94
C	447.45	52.88	111.44	2.88	20.12	3.05	4.65	3.45	472.57	58.63	347.57	5.62	24.45	16.32	25.77	7.68
D	424.71	40.61	125.17	2.07	7.15	3.81	5.74	2.68	505.64	52.16	335.30	8.36	19.59	14.61	32.45	12.30
Wt. Average	481.22	51.15	125.91	4.57	22.35	5.90	4.43	3.79	490.79	72.57	318.48	15.88	31.79	21.95	30.79	11.27

Table 4.12: Class-wise per capita per day consumption of different items of food in Shanir Haor and Monu River Project (Phases 8-16) during and after flooding (in grams)

Shanir Haor										Monu River Project						
Class	Cereal	Fish	Veg.	Meat	Drinks	Snacks	Fruit	E. Oil	Cereal	Fish	Veg.	Meat	Drinks	Snacks	Fruit	E. Oil
A	546.89	78.96	95.54	12.18	20.46	23.18	28.37	5.42	440.01	179.40	156.75	37.42	50.72	61.26	100.40	14.02
B	445.46	53.77	51.26	6.21	6.31	4.08	33.66	4.35	511.71	172.98	157.84	13.79	48.01	38.81	98.44	10.52
C	403.19	57.62	60.30	6.56	7.09	9.06	15.51	3.06	429.70	98.06	123.89	5.46	19.14	13.70	45.07	6.81
D	407.48	45.84	59.32	6.97	3.14	6.61	9.02	1.90	537.66	126.08	112.02	4.52	14.73	11.79	27.98	5.75
Wt. Average	431.29	55.35	62.85	7.36	7.12	9.01	17.90	3.15	487.33	136.54	131.84	11.64	28.61	25.56	58.94	8.30



Table 4.13: Class-wise per capita per day consumption of different items of food in Shanir Haor and Monu River Project (Phase 6) during Boro harvest (in grams)

Class	Shanir Haor							Monu River Project								
	Cereal	Fish	Veg.	Meat	Drinks	Snacks	Fruit	E. oil	Cereal	Fish	Veg.	Meat	Drinks	Snacks	Fruit	E. Oil
A	540.25	26.94	116.24	0.00	57.11	6.04	0.67	6.04	497.84	75.65	249.75	28.92	41.71	33.87	0.00	13.06
B	546.10	25.49	8.33	4.60	66.51	2.32	1.86	4.12	499.06	70.91	227.87	11.53	14.95	14.11	8.64	6.47
C	388.71	35.38	75.27	2.40	21.24	2.40	3.59	3.05	470.94	75.00	264.16	1.49	21.73	7.97	21.66	7.23
D	384.94	17.13	108.61	0.00	14.77	1.36	1.36	4.20	504.36	57.88	191.83	2.16	19.96	8.46	15.07	8.15
Total	433.11	26.39	93.16	1.66	31.01	2.46	2.17	4.00	492.09	68.20	228.18	8.52	22.59	13.73	12.78	8.26

Table 4.14: Class-wise per capita/day consumption of different items of food in Shanir Haor and Monu River Project (Phase 9) during flood (in grams)

Class	Shanir Haor							Monu River Project								
	Cereal	Fish	Veg.	Meat	Drinks	Snacks	Fruit	E. oil	Cereal	Fish	Veg.	Meat	Drinks	Snacks	Fruit	E. Oil
A	464.51	89.04	86.47	0.00	0.98	10.37	14.23	5.07	323.97	142.43	80.99	22.34	39.27	26.81	0.00	13.40
B	384.69	46.21	33.31	10.91	0.00	0.00	87.30	2.16	480.81	264.05	108.86	0.00	23.84	25.56	267.77	8.52
C	354.57	35.88	41.52	3.31	3.97	0.66	21.20	2.55	428.46	92.86	93.78	2.68	10.14	1.79	192.89	6.81
D	335.39	23.37	55.36	0.00	1.15	13.70	14.77	2.10	520.70	107.62	96.71	2.15	9.53	3.76	35.13	5.14
Total	367.26	39.24	50.19	3.23	1.83	6.46	31.21	2.59	454.87	144.91	95.85	5.02	17.69	11.94	122.04	7.63



Table 4.15: Class-wise Different Types of Food from Different Sources in Shanir Haor (in grams)

Source	Cereal				Fish				Vegetable			
	Class-A	Class-B	Class-C	Class-D	Class-A	Class-B	Class-C	Class-D	Class-A	Class-B	Class-C	Class-D
Catch/ collected	0	7500	2000	17500	29060	36525	45760	67160	0	0	0	0
	0	0	0	0	20900	20000	27925	42310	0	0	0	0
	0	0	0	0	1450	0	3000	3225	0	0	0	0
	0	7500	2000	17500	6710	14175	11035	19425	0	0	0	0
	0	0	0	0	0	2350	3800	2200	0	0	0	0
Bought	0	0	0	0	0	0	0	0	0	0	0	0
	4750	178725	339050	437550	29760	13748	50646	24173	30312	15405	46030	27939
	4750	137457	310125	386100	14770	6728	26845	11570	29812	15405	45030	27189
	0	22000	8750	15250	0	0	1850	0	0	0	0	0
	0	0	0	0	0	0	1035	850	250	0	0	0
	0	18750	9125	20750	0	0	0	25	0	0	1000	750
	0	0	7550	2950	110	235	3061	1368	0	0	0	0
	0	0	0	0	14825	5825	17665	10360	0	0	0	0
	0	500	3500	12500	55	60	190	0	250	0	0	0
	0	6750	0	5800	1050	1725	3185	3883	0	1350	3800	3795
Neighbour	0	0	0	0	0	0	0	0	0	0	0	0
Own land	342375	238375	356625	306875	0	0	0	0	12425	14863	19600	19130
Own	0	0	0	0	230	0	300	475	0	300	0	125
Gleaning	0	2750	11000	24000	0	0	0	0	0	0	0	1500
Agri. Field	0	0	0	0	0	0	0	0	2500	4000	11053	14825
Total	347125	434100	708675	791725	60100	51998	99891	95691	45237	35918	80483	67314





Table 4.16: Class-wise Different Types of Food from Different Sources in Monu River Project (in grams)

Source		Cereal				Fish				Vegetable			
		Class-A	Class-B	Class-C	Class-D	Class-A	Class-B	Class-C	Class-D	Class-A	Class-B	Class-C	Class-D
Catch/ collected		0	0	0	0	34450	102280	47725	69210	0	0	0	0
	River	0	0	0	0	1000	14800	2700	3360	0	0	0	0
	Canal	0	0	0	0	0	1000	450	1400	0	0	0	0
	Beel/Haor	0	0	0	0	26350	73175	26350	40975	0	0	0	0
	Flood land	0	0	0	0	3100	10025	14200	22450	0	0	0	0
	Pond	0	0	0	0	4000	3280	4025	1025	0	0	0	0
Bought		102750	369400	443550	922238	74420	94220	87532	137874	61975	103150	101029	128446
	Local Market	51250	167000	183300	577550	59670	91470	65582	76943	61975	103150	63284	82105
	Big Market	500	10000	154250	280938	2500	750	17450	47896	0	0	25870	37966
	P.S. Bazar	51000	121400	57000	47750	3000	0	2800	8135	0	0	9875	7750
	Others Market	0	0	0	5000	0	750	0	1900	0	0	0	125
	Ferrywala	0	0	0	0	0	0	1000	0	0	0	1500	0
	Fisherman	0	0	0	0	9250	1250	700	3000	0	0	0	0
	Others	0	71000	49000	11000	0	0	0	0	0	0	500	500
Neighbour		11000	0	2500	3300	8250	2000	3375	2950	10250	1500	3500	12400
Own Land		233700	251500	193000	109400	0	0	0	0	38650	82100	81978	63150
Own		0	0	0	0	0	25	150	100	0	100	0	500
Gleaning		0	0	0	0	0	0	0	0	0	0	2000	2000
Agriil. Field		0	0	0	0	0	0	0	0	0	3000	500	4000
Total		347450	620900	639050	1034938	117120	198525	138782	210134	110875	189850	189007	210496



## 5. FOOD CONSUMPTION OBSERVED FROM ANTHROPOLOGICAL PERSPECTIVE

### 5.1 Socioeconomic Aspects of Food Consumption

Field researchers noticed that socioeconomic and geophysical differences in the study areas influenced food habits and consumption patterns. Generally, people seemed to have special preferences for certain fruits, vegetables, sweetmeats, etc., that are related to customs, tradition, special occasions, and season. People also prefer these foods to be prepared in a certain way.

Although fish and meat is the principal diet, people voiced preferences for special dishes such as: *biruin* rice, *polau*, *akhni*, hotch-potch, traditional bread/cake, porridge, *semai*, *suji*, and sweetmeat.

Shanir Haor households prepare a variety of traditional cakes after the boro harvest: *kata sandesh*, *jhal sandesh*, *malpoa puli*, *pota pitha*, *bokphul pitha*, *daler pitha*, *alur pitha*, *chittoi pitha*, *sujir pitha*, *bugli*, *piran bhat*, *biruin bhat*, and *moder bhat*.

The availability of fruit depends upon season and regional variations and the demand for fruit is usually higher at the beginning of the fruit's season. Fruit consumption increases with economic condition. Preferred fruits include: apple, orange, pomegranate, grape, mango, jackfruit, rose apple, wood apple, pineapple, litchi, guava, jujube, tamarind, (*tetul*) banana, and coconut.

Jackfruit is preferred by poorer households because it is cheap, because one jackfruit is enough for the whole family, and because the seeds are prepared in many ways.

#### *Fish Consumption in Shanir Haor*

Nayanagar and Islampur residents pay fees to fish in the haor, but some households have better access because they are well connected to local powerful people. For example, leaseholders, fishermen, *nikari*, wealthy men, and beel-guards consume more fish than ordinary people because of their access advantage. Fish are prominent in their menu during December as Jalmohal fishing starts when post-monsoon waters recede.

During January and February, C and D category households in Islampur and Nayanagar fish less because they are involved in wage work. Some, however, supplement their income by fishing during this time because the price of fish is high. A and B category households continue to subsistence fish during this period.

During March, when paddy is harvested, households in all three villages eat less fish. During this period, the price of daily necessities, including fish and vegetables, rises because many migrant labourers come to the area for harvesting and drive up food prices. Many villagers rely on dry fish during this period.

Fatehpur households eat less fish than other Shanir Haor villagers because they live further from the haor. A and B category households in this village tend to buy their fish in the market, while C and D households rely more on vegetables in their diets than fish.



### *Fish Consumption in MRP*

Although most households in Panchgaon raise fish in small ponds on their homestead, they also are able to buy fish daily. This is because Panchgaon farmers cultivate three crops a year, its labourers earn relatively high wages, and because it is located close to markets.

Rakta is a Maimol village of leaseholders, fishermen, and wealthy farmers. It is reported to be the highest fish consuming village as they are richer and have easy access to the haor and jalmohal. January/February and August/September are the peak fish consumption periods.

The colony (slum dwellers) households regularly consume small fish and *hilsha* bought from fish-hawkers and local markets.

### *Vegetable Consumption*

Shanir Haor households produce and consume leafy vegetable such as brinjal, sweet pumpkin, and gourd year-round. Bean plants and radish were observed in most households during the 1993 winter season, although the beans were later damaged by flood. The price of radish was comparatively low during the winter, which explains why it was consumed in greater amounts by the C and D category households who cannot usually afford as many vegetables as A and B category households. These poorer people, particularly those of Islampur and its adjacent villages, depend more often on the haor's wild vegetable resources.

Vegetables are not readily available in the Shanir Haor area during April, and people depend primarily on brinjal, sweet potato, and pumpkin. *Pani lau* also is found in some households, but not in the market.

Fatehpur households have comparatively larger homesteads than other study villages and, therefore, cultivate more vegetables. In Fatehpur, during February, various vegetables such as potato, brinjal, *data* (amaranths), tomato, bitter gourd, and pumpkin were abundant, and people were observed eating more potato and brinjal curries.

During January and February, Islampur's C and D category households eat more radish, bean, pumpkin, and aquatic plants. A and B category households buy cauliflower, cabbage, and tomato from the markets and include bean and pumpkin from their kitchen gardens.

Researchers observed that MRP households eat large quantities of arum, potato, and brinjal, as well as cultivating various seasonal vegetables. Panchgaon households have comparatively larger homesteads and vegetable gardens and, therefore, cultivate and consume more vegetables than households in Rakta. In addition, there are three markets located around Panchgaon where vegetables may be purchased. The colony households buy most of their vegetables.

## **5.2 Food Consumption during Festivals and Ceremonies**

Food prepared and consumed during festivals and ceremonies tend to be rich and more nutritious than everyday meals. Both Muslims and Hindus offer delicious foods depending on their means and willingness to entertain guests and relatives. Although a household may hold only a few festival or ceremonial meals in their homes, family members often are invited to several such meals outside the home, resulting in a temporarily improved diet. Obviously, wealthier households participate in more festival meals than the poorer households.



### ***Eid-ul Fitre and Eid-ul Azha***

The primary Muslim festivals that include feasting are Eid-ul Fitre, Eid-ul Azha, and Shab-e-borat. In Shanir Haor, A and B category households serve rice, meat, porridge, and *semai* during Eid-ul Fitre, but 80 percent of C and D households cannot afford such expensive entertaining. During Eid-ul Azha, researchers noticed that only five households sacrificed cattle and goats in Nayanagar and Islampur. All households that did not, however, were given some meat.

During Eid-ul Fitre in the MRP area, A and B category households slaughter goats, chickens, and ducks. In addition, some A category households serve *polau*, *biriani*, *shuji*, *semai*, *jorda*, and porridge. C and D category households celebrate with less variety, usually serving rice, meat, and porridge.

During Eid-ul Azha, the wealthier MRP households compete to see who will sacrifice the most expensive, largest animals. The result is that there is more meat consumed in MRP than in Shanir Haor during this period.

### ***Shab-e-borat***

Shab-e-borat tradition says that those who eat rich food during this festival will be blessed with such a diet throughout the year. In Shanir Haor, some A and B category households jointly slaughter cattle and share meat among themselves. They also share traditional bread, porridge, rice, and meat during Shab-e-borat. C and D category households, however, cannot afford such items.

In the MRP area, A and B category households prepare traditional bread and porridge for themselves as well as sharing with others. Only some of the C and D category households can afford traditional bread.

### ***Akika***

In the MRP area, wealthy Muslim households sacrifice two goats when naming a male child and one when naming a female child, a tradition known as Akika. Relatives and neighbours are entertained at this time with rice and mutton. In many cases, Akika is celebrated during Eid-ul Azha to minimize the cost.

While Akika is almost always celebrated in the MRP, only a few families observe the tradition in Shanir Haor. Some Shanir Haor households will jointly arrange Akika for more than one baby to lessen the cost.

### ***Anno-prason***

Anno-prason is a Hindu rite that marks the first time a child is allowed to taste rice. The festival is observed at age 6 months for boys and 7 months for girls.

In both Shanir Haor and the MRP, Hindus observe Anno-prason festival with grand pageantry. Families serve porridge, rice, and seven types of vegetable curries and pulses.

### ***Mukhe-bhat***

Mukhe-bhat is the Muslim equivalent to Anno-prason, but it is not as strictly observed. In Rakta, families choose any day of the baby's sixth month to celebrate. They serve porridge, vegetables, fish, and meat.

### **Ceremonial Food**

During a Muslim marriage celebration in Shanir Haor, families serve their guests rice, porridge, varieties of sweetmeat, meat, fish, duck, and chicken. Also in Shanir Haor, A and B Hindu category households serve ducks during a marriage celebration, while C and D category households offer *nimki* to guests.

In the MRP area, A and B Muslim category households offer *polau*, *akhni polau*, chicken roast, beef, mutton curry, and especially cooked gram with meat, to celebrate a wedding. Among the Hindus, A and B category households serve at least three varieties of pulses, vegetable curry, fried *brinjal*, sweet pumpkin flower chop, fish and meat, sour juice, curd, and sweetmeat to entertain guests. During the marriage ceremony, the groom's party is welcomed with *nimki*, varieties of traditional bread, and sweetmeats. Obviously, A and B category households can offer more costly food.

### **Entertaining Guests**

When guests come to visit, families offer, according to their means, foods such as: *semai*, cake, sweet, *pauruti* and fried eggs, lentils, noodles, *chanachur*, roasted *chira*, *suji*, biscuit, rice with fish and meat, betel leaf and nut. In some semi-urban villages like Rajnagar, Barkapon, Panchgaon, Tengra Bazaar, and Uttor Mulaim, families offer their guests noodles, *lachchhi semai*, *chanachur*, fried *chira*, and tea. Poor households try to provide fish, eggs, duck, or chicken when guests and relatives visit.

In addition, Hindus prepare *pitha* (traditional cake), vegetable curry, vegetable fry, fish curry, lentils, and *biruin* rice for their guests.

## **5.3 Food Consumption in Difficult Situations**

### **Poverty**

Food is more scarce in Shanir Haor than in the MRP area for reasons cited earlier and because Shanir Haor farmers usually cultivate only one crop. Also, flash floods more heavily damage Shanir Haor boro paddy, creating food shortages. Food becomes difficult to obtain by the end of Ashwin (the end of the monsoon period) and remains so until the start of the boro harvest. C and D category households face food shortages during the months from Kartik to Chaitra (after monsoon to February/March).

Researchers observed that Shanir Haor C and D category households are more dependent on natural foodstuffs, and select cheaper and more readily available food during lean periods than A and B households. A and B households usually do not gather natural foodstuffs, but rather alter their diet to include bread, *jau*, or rice cooked with sweet potato as substitute for rice. All categories, however, send their children to gather *khei*, *fukul*, *shaluk*, and *singra* from the haors and beels. Poorer households eat *singra* before eating rice in order to lessen their hunger, and in the MRP area they eat *jau* and *ruti* during lean periods.

### **Collection and Preparation of Natural Food**

During lean food periods, Shanir Haor C and D category households depend a great deal on *khei* in the form of mash and cake. Most households in Islampur, Nayanagar, and neighbouring villages also gather *singra* from the haor as a substitute for rice, particularly for breakfast. In the MRP area, however, poorer households eat boiled *singra* with salt only when faced with



starvation. Occasional the price of *singra* rises above rice and the households that have gathered the fruit will sell it.

*Fukol* and *shaluk* are two other wild foods gathered and consumed by residents of Shanir Haor. *Fukol*, a preferred fruit by children, is collected during the month of *Chaitra* (February/March), but *shaluk* is fairly scarce. Even so, Islampur D category households eat both fresh and boiled *shaluk* as a rice substitute during *Ashwin-Kartik* (after the monsoon).

In the MRP area, poorer households collect *bhat*, process it into *khoi* (fried rice), and *moa* (fried rice mixed with molasses), and sell at for Tk. 30 to Tk. 40 per kg.

#### *Patient Diets According to Disease*

People in the study areas believe that different diseases can be worsened or improved by eating or avoiding certain foods. In the following paragraphs, diets are discussed for various diseases.

Table 5.1: Exploitation of Natural Food

Natural Food	Who collects ?	Where from ?	When ?
Singra	Children, aged women, widow from local Hindu, Muslim and abadi, fishermen	Different beels of Shanir and Kawadighi Haor	During Falgoon to Jaistha period (Feb - May)
Khei	Poor children (male/female) aged women, widow from local Hindu, Muslim and abadi.	Paddy field of Shanir Haor	Kartik to Poush (Oct - Dec)
Bhat	Poor children	Different beels of Kawadighi Haor	Shrabon -Ashwin (July-Sept).
Shaluk	Poor children	Some beel of Shanir Haor and Kawadighi Haor	Ashwin to Poush (Sept - Dec).
Fukal	Children all classes	Different beels of Shanir Haor	Chaitra to Jaistha (Feb/Mar-Apr/May)
Kheichor (a kind of vegetable)	Children mostly boys	Shanir Haor, Kawadighi Haor	Ashar to Ashwin (June-Sept).

### ***Itching, Eczema***

Itching and eczema patients are advised to abstain from *boal*, *puti*, *hilsha*, prawns, eggs, duck, beef, banana, *sour* (local fruit), *brinjal*, *kochu*, and sweet pumpkin. It is believed these foods will worsen the disease.

### ***Diarrhoeal Disease***

People suffering from diarrhoeal disease are fed gruel cooked with nonparboiled rice or soft rice. Catfish such as *magur*, and *sing* cooked with various herbal leaves (*tunimankoni*, *parosh*, *maitta* and *basok* plants), but few spices, also are considered good for diarrhea patients. *Chira* with molasses, green coconut, glucose, and curd, as well as oral saline with molasses, also is fed to patients. Diarrhea patients are told to avoid tea and milk, but this advise is sometimes disregarded as some families believe patients need to drink milk to regain energy.

### ***Chicken Pox***

Eating fresh and dry fish, meat, eggs, and even curry cooked with oil are believed to worsen chicken pox. Many people believe that if a patient eats fish, worms may grow in the sores and further worsen the disease. They also believe that eating meat and eggs will cause itching. Chicken pox patients usually eat ripe papaya, banana, sugarcane juice, milk, curd, rice, and vegetable curry cooked without oil for the duration of the disease.

### ***Fever***

It is believe that eating rice will increase fever. If someone has a cold, followed by fever, they are told to avoid milk, banana, and meat. Fever victims usually eat bread (*pauruti*, *ruti*), tea, *muri*, biscuit, *shagu*, and porridge.

### ***Dysentery***

Dysentery patients are not fed milk, coconut, *muri*, *chira*, *sour*, eggs, meat, and fish because these items are believed to cause flatulence. Instead the patient eats the *chapa kola* variety of banana, and *atap* (unboiled rice), rice with fried papaya, and drinks *bhushi* of *isubgul*, *tokma*, *misri*, sweet papaya juice, and wood apple juice.

### ***Ulcers***

If someone has an ulcer they avoid tea, chili, and tuber vegetables such as *mukhi*, potato, radish and *kohi rabi*. *atap*, rice and curry cooked without oil and chili, along with juice and milk are the prescribed diet for ulcer patients.

### ***Jaundice***

*Puti*, *chanda*, prawns, *chapila*, *ilish*, *boal* fish, duck and duck eggs are forbidden for jaundiced patients.

### ***Pregnancy and Lactation***

Nutrition and a balanced diet are extremely important for pregnant and lactating women. Unfortunately, few villagers are aware of these needs. In addition, traditions and superstitions dictate part of the diet for these women.

Pregnant women are not given *mrigel*, *kali baus*, *boal*, or *baim* fish because of various traditions surrounding them. If a pregnant women eats *mrigel* fish, her baby will supposedly have epilepsy. Her baby will have black lips if she eats *kali baus* fish and eating *baim* fish will cause the baby to jerk in the womb. In addition, it is believed that eating pineapple during the first five months



of pregnancy can cause miscarriage.

If a pregnant woman becomes ill, she is not given *boyla* fish, (*hilsha*, *puti*, *icha*, and *boal*), dry fish (*shutki machh*), and *sour*.

A woman is served limited food such as rice, porridge, ghee, and bread for three to five days after delivery. In some cases, the new mothers are not given dinner for seven to 10 days after delivery. Usually the mother is served rice with *jiol* fish curry cooked with *thankuni* leaves for eight to 10 days after delivery. To promote lactation, mothers are fed banana, molasses, milk, honey, grinded *methi*, and *kalojira* mash.

#### 5.4 Gender Discrimination and Food Consumption

Regardless of religion, socioeconomic category, or regional differences, food consumption is affected by gender discrimination in both Shanir Haor and the MRP area. This observation is supported by Omar Haider Chowdhury's study that found that boys are offered better and more food than girls.

This study found that gender discrimination varied among families and traditions, and that it increased with a decrease in socioeconomic condition. Gender discrimination is based on factors such as socioeconomic category, religion, family size, household income, and existing gender relations in the family.

Who is fed first varies from village to village, with religion, and with family tradition. In the Muslim villages of Islampur, Nayanagar, Rakta, and Panchgaon housewives prefer to feed their husbands first, although in Rakta some housewives also feed their father-in-laws and brother-in-laws before others. Local Muslim, but not Abadi Muslim, housewives prefer to feed their father-in-laws first. In all homes, children who attend school are fed before those who do not. And in some homes, mother-in-laws get preference.

In the Hindu villages of Fatehpur and Panchgaon, however, housewives prefer to feed their father-in-laws first, even before their husbands. Mother-in-laws, other income-earning members, and school children also get preference. It is common practice that grown-up daughters and housewives get the least preference. It also was commonly observed that children and physically disabled persons are fed earlier than others.

Food consumption-related gender discrimination patterns are determined by the following:

- Household income and earning.
- Occupation of male and female members.
- Physical condition of male and female members.
- Socioeconomic category of the household.
- Relationships and attitudes between men and women.
- Cultural construction of the village.

Gender discrimination is evident in the fact that:

- Men are given better and bigger portions of food than women.

- Men eat earlier than women.
- Men eat fresher food.
- Women share their food with their babies and children; men seldom do.

## 5.5 Impacts Of Betelnut And Bidi

Chewing betel leaves and betel nut (*pan-supari*) is common all over Bangladesh. Offering *pan-supari* to guests is expected rural hospitality, but in areas where betel and nut are highly availability, this hospitality is most prominent. The betelnut trees grow abundantly throughout most of Sylhet district and are common in the hill area of the district. In addition, betel leaves are imported from India throughout the year, increasing its availability.

According to the people of the study areas, chewing betelnut reduces fatigue, diminishes thirst, and, to some extent, diminishes hunger. Some partakers said that they chew *pan-supari* to sweeten bad breath caused by pyorrhoea, to cure a toothache, or to relieve sensitive teeth. It is also believed that betelnut lessens the urge to vomit.

Chewing betelnut turns the chewer's lips red, which is considered attractive. Newlywed women often chew *pan-supari* for this purpose, and in some families, the mother-in-law encourages the daughter-in-law to chew regularly.

The people of the study areas are not aware of the addictive and health-damaging effects of chewing betelnut. The habit begins in childhood, as children mimic adults. At some point the chewing becomes addictive and the chewer loses their appetite and feels nauseous if he or she cannot chew. For example, addicted women in Islampur said they would forego a meal before betelnut.

Smoking bidi is not as widespread as chewing betelnut and it is done primarily by men. Smoking *bidi*, however, is frowned upon as most people are aware of its harmful impact on human health. Smokers argue that *bidi* relieves fatigue and re-energizes.

### *Shanir Haor*

Researchers observed that Shanir Haor households will buy more betelnut when extra money is available. Less is chewed during *Chaitra* (Feb/Mar) and part of *Boishakh* (April) because the price of betelnut is high at those times.

Most A and B category males and females chew betelnut and spend about Tk. 250 per month on their habit. That compares to about Tk. 80 per month spent for *bidi*. Women use rice or cash to buy betelnut on their own.

Despite their poverty, betelnut and *bidi* also are a must for C and D category households. These households often spend half the amount they spend on food for their habits. One household was observed spending Tk. 120 for betel and Tk. 60 for *bidi* in one month.

In Fatehpur and Nayanagar, more A and B category women chew betelnut than C and D women. Households with their own trees spend only about Tk. 50 to Tk. 60 per month on betel. Of the two villages, Fatehpur A and B households spend more on their habits (Tk. 250 to Tk. 300 per



month) than Nayanagar households that spend about Tk. 120 per month.

C and D category males in Fatehpur and Nayanagar smoke equal amounts of *bidi*. Some of them make *bidi* with tobacco leaves that costs Tk. 5 for a supply that is sufficient for one man for five days. Four to five men, however, often share a one day's supply of *bidi* that costs Tk. 2.50.

#### **Monu River Project Area**

Most A category households spend Tk. 20 to Tk. 30 per day for *pan-supari*, B households spend between Tk. 10 and Tk. 25 per day, and C households spend between Tk. 5 and Tk. 15 per day.

Researchers observed that some family members are so addicted to betelnut that they substitute *pan-supari* for a meal, and, in some cases, pass the entire day chewing without any meals.

Some children, mostly girls, age 8 to 14, try betel out of curiosity. By age 15, some girls are using betel three times a day after each meal and continue until they are married. There are other who chew betel all the time or for fashion.

Chewing betelnut is a habit for 70 to 80 percent of married men and women in the MRP area. Ninety-eight percent of older males and females are habituated betel-chewers, most of whom are women.

## **5.6 Sanitation and Water Use**

### **Sanitation**

The relative high land, erosion-prone features of the Shanir Haor area greatly influence the sanitation practices of the people. Latrines are constructed on the slope of the homestead, but are destroyed every year by floods. The land surrounding the villages remains inundated for quite some time, homesteads remain separated, and few public health latrines exist.

In the MRP area, Colony households (slum dwellers) live in rented sheds owned by wealthy landlords who built sanitary latrines. Thirty percent of Panchgaon households use sanitary latrines which include concrete ring slabs. In Rakta, located at the lowest elevation in the MRP, sanitary latrines/ring slabs are rarely found.

### **Water**

Aquifers in the study area are located between 400 feet and 500 feet deep, making the cost of drilling tubewells prohibitive. Consequently, there are few tubewells in the study villages and access to them is difficult during monsoon.

Households use different water sources during the dry season and monsoon. During the dry season, all Shanir Haor study households use tubewell water for drinking and 60 percent to 80 percent use it for cooking. Flooded land, however, prevents women from reaching the tubewells during monsoon. Haor and river water become the major sources of drinking and cooking water during this period.

All the MRP study households in the Colony have year-round easy access to tubewell water, and, consequently, use it for all their drinking and cooking needs. Panchgaon and Rakta households mainly use tubewells for drinking, except in Rakta during monsoon when many households are

inundated and lose access. Most households use tubewell water for cooking during dry season, but only 20 percent use it during the monsoon because of access difficulty. In Panchgaon, where large ponds are located, people often use pond water for cooking throughout the year.

**Table 5.2: Percentage of Households With Sanitation Facilities  
Shanir Haor**

Village	Ring slab	Open & Kacha latrine
Islampur	2%	98%
Nayanagar		100%
Fathepur	3%	97%

**Table 5.3: Percentage of Households With Sanitation Facilities  
Monu River Project**

Village	Sanitary latrine	Ring slab	Kacha latrine	Open
Panchgaon	7%	23%	70%	
Rakta	7%		60%	33%
Colony	100%			



Table 5.4: Domestic Water Use in Shanir Haor

Type of use	Source	Islampur		Fatehpur		Nayanagar	
		Dry	Monsoon	Dry	Monsoon	Dry	Monsoon
Drinking	Tubewell	100 %	40 %	100 %	90 %	100 %	60 %
	Pond						
	River				10 %		
	Haor		60 %				40 %
	Ditch						
Cooking	Tubewell	80 %		80 %	30 %	60 %	10 %
	Pond			2 %	2 %		
	River			18 %	35 %	40 %	
	Haor		100 %		33 %		90 %
	Ditch	20 %					

Number of tubewells in Shanir Haor, Islampur-3, Nayanagar-2 and Fatehpur-6.

Table 5.5: Domestic Water Use in Monu River Project

Type of Use	Source	Rakta		Panchgaon		Colony	
		Dry	Monsoon	Dry	Monsoon	Dry	Monsoon
Drinking	Tubewell	80 %	60 %	98 %	98 %	100 %	100 %
	Pond	5 %		2 %	2 %		
	River	5 %					
	Haor		40 %				
	Ditch	10 %					
Cooking	Tubewell	80 %	20 %	10 %	10 %	100 %	100 %
	Pond	10 %		90 %	90 %		
	River	5 %					
	Haor		80 %				
	Ditch	5 %					

Number of tubewell in Monu River Project, Rakta-11, Panchgaon-25 and Colony-1.

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## 6. CONCLUSIONS

The Bangladesh Bureau of Statistics 1992 Statistical Yearbook calculates the national average for cereal consumption at 500 grams/person/day, while the respective figure for the study areas was found to be 454 grams in Shanir Haor and 489 grams in the MRP area. These figures are quite respectable for a poor agricultural community frequently affected by natural disasters. In the past, however, the study area always had surplus rice. There was a much smaller population and local people report that the frequency of floods and natural disasters was less.

Shanir Haor and MRP study households consume more grams of animal protein (56.41 grams and 96.04 grams respectively) per day, especially fish, than the national average of about 52 grams. The reason for this is probably due to the area's good access to fishery resources. For example, two leaseholder households in the MRP consumed as much as 45 kg of fish in four days of the first and second rounds during *jalmohol* fishing in Kawadighi Haor. The fact that families catch and eat a little fish each day helps stave off malnutrition, particularly in children.

Vegetable consumption in the MRP is more than double than in Shanir Haor due to larger kitchen gardens and longer growing periods. Eating more vegetables also amounts to a higher vitamin C intake, but Shanir Haor residents still consume close to the recommended daily allowance because they eat a great deal of roots and wild fruits that contain vitamin C, iron, and calcium.

Due to natural disasters that affected food production, researchers observed a decrease in food consumption during the second half of the year as compared to the first half. Natural disasters prevented both MRP and Shanir Haor households from harvesting some of the boro rice crop in 1993.

Flooding forced poorer Shanir Haor households to forgo labour jobs in order to protect their homesteads. Flooding also adversely affected fishing, and as a result people had to reserve their shrinking budgets for food. Many households, therefore, ate less cereal between June and mid-August, 1993.

Flooding positively affected fishing in the Kawadighi Haor by allowing pond and river fish to enter the haor. The catch went up and the price went down. On the other hand, 50 to 55 percent of ducks and chickens died in the flooding, raising the price of ducks by 10 percent and the price of chickens by 25 percent.

The study indicates that there are some regional and seasonal imbalances in food availability. FCDI projects could play an important role in correcting these imbalances and, thereby, promoting better health and nutrition. Also important, is the need to change food production, consumption patterns, and food habits.

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ANNEX A

FOOD INTAKE FOR SHANIR HAOR  
AND  
MONU RIVER PROJECT



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Shanir Haor                      1st phase  
Food intake per day

Class	HH No.	Qno	Men	Total meal	Cereal	Fish	Veg.	Meat	Drink	Snacks	Fruits	E. Oil	Total	
													in grams	in taka
1														
	01	40	9	72	370.42	124.35	110.24	0.00	11.47	8.82	0.00	5.04	630.34	10.89
	29	9	10	36	903.11	38.81	159.10	0.00	35.28	17.64	0.00	7.06	1161.00	10.47
	55	7	8	48	539.75	29.10	189.18	0.00	1.32	26.46	0.00	10.58	796.39	7.70
	104	17	3	18	599.72	127.00	211.67	0.00	141.11	14.11	0.00	2.82	1096.43	13.26
	Group Avrg				551.06	80.65	152.62	0.00	27.01	16.06	0.00	6.76	834.16	10.17
2														
	35	31	7	24	952.50	79.38	635.00	21.17	0.00	0.00	0.00	5.29	1693.34	13.85
	46	37	4	16	709.38	177.34	1276.88	0.00	70.94	0.00	0.00	7.09	2241.63	18.45
	51	6	6	23	641.52	0.00	505.32	0.00	0.00	59.22	0.00	6.12	1212.18	9.10
	71	24	6	36	472.92	63.06	141.88	37.83	12.61	0.00	0.00	3.15	731.45	8.13
	80	3	8	42	253.71	77.45	186.94	0.00	0.00	26.71	0.00	5.34	550.15	6.04
	89	30	14	56	709.38	111.47	238.15	40.54	45.60	0.00	0.00	8.11	1153.25	13.00
	Group Avrg				589.86	83.78	373.07	20.96	20.98	12.64	0.00	5.95	1107.24	10.71
3														
	02	8	7	28	445.89	20.27	154.04	81.07	14.19	16.21	0.00	4.38	736.05	11.26
	08	32	12	72	408.06	94.95	70.63	0.00	0.00	0.00	0.00	3.14	576.78	8.12
	15	25	5	30	354.07	56.50	118.27	0.00	0.00	15.07	0.00	1.81	545.72	5.78
	24	23	9	36	753.33	51.79	183.63	0.00	0.00	0.00	0.00	3.14	991.89	8.12
	28	33	7	20	678.00	169.50	621.50	0.00	0.00	28.25	0.00	3.62	1500.87	13.67
	36	22	5	20	593.25	11.30	113.00	0.00	0.00	5.65	0.00	2.71	725.91	6.21
	62	4	8	45	489.67	51.48	185.82	0.00	0.00	10.04	0.00	3.31	740.32	6.77
	63	29	6	16	847.50	459.06	241.54	0.00	0.00	0.00	0.00	3.96	1552.06	24.49
	72	2	8	32	441.41	3.53	102.41	0.00	35.52	14.90	0.00	2.83	600.60	5.84
	86	12	8	26	521.54	86.92	191.23	0.00	0.00	0.00	0.00	4.35	804.04	8.46
	100	13	5	20	339.00	42.38	76.28	0.00	0.00	5.65	0.00	1.81	465.12	5.90
	157	16	6	28	484.29	92.82	88.79	0.00	0.00	0.00	0.00	2.58	668.48	7.68
	Group Avrg				505.77	80.59	157.46	6.09	4.11	7.04	0.00	3.13	764.19	8.58
4														
	06	21	5	16	847.50	0.00	988.75	0.00	0.00	0.00	706.25	2.83	2545.33	12.90
	07	36	2	12	429.17	34.33	128.75	0.00	0.00	0.00	0.00	0.00	592.25	4.98
	20	11	11	42	367.86	49.05	183.93	0.00	0.00	0.00	0.00	1.57	602.41	5.40
	21	34	6	14	1030.00	36.79	147.14	0.00	0.00	18.39	0.00	0.00	1232.32	9.65
	22	35	3	8	927.00	141.63	643.75	0.00	0.00	0.00	0.00	6.18	1718.56	14.87
	27	10	9	36	515.00	14.31	151.64	0.00	0.00	114.44	0.00	1.83	797.22	8.27
	42	20	4	24	450.63	42.92	111.58	0.00	0.00	0.00	0.00	0.34	605.47	7.32
	43	38	4	18	572.22	128.75	314.72	31.47	0.00	0.00	0.00	7.15	1054.31	10.84
	52	39	5	24	472.08	94.42	317.58	0.00	175.96	10.30	0.00	5.36	1075.70	14.83
	57	5	8	34	636.18	0.00	75.74	0.00	9.09	21.81	0.00	7.27	750.09	6.73
	58	28	11	36	457.78	50.07	20.03	0.00	0.00	0.00	0.00	1.14	529.02	5.14
	81	27	5	12	557.92	42.06	85.83	0.00	0.00	0.00	0.00	0.00	685.81	5.75
	84	1	3	8	772.50	64.38	391.40	0.00	0.00	0.00	0.00	5.15	1233.43	10.46
	90	26	4	16	611.56	74.03	12.88	0.00	0.00	0.00	0.00	0.00	698.47	7.11
	93	14	3	12	472.08	128.75	0.00	0.00	0.00	0.00	0.00	0.00	600.83	7.90
	102	15	3	14	441.43	0.00	125.07	0.00	0.00	0.00	0.00	0.88	567.38	3.91
	122	19	9	32	316.73	103.00	112.66	0.00	6.44	70.81	0.00	6.44	616.08	8.59
	149	18	2	10	231.75	25.75	412.00	0.00	5.15	0.00	0.00	4.12	678.77	4.80
	Group Avrg				521.87	52.59	192.56	1.54	13.01	20.74	30.71	2.94	835.96	7.95

Note: All units are in grams unless stated otherwise.



Shanir Haor                      2nd phase  
Food intake per day

Class	HH No.	Qno	Member	Total meal	Cereal	Fish	Veg.	Meat	Drink	Snacks	Fruits	E. Oil	Total	
													in grams	in taka
1	01	80	12	66	468.18	60.86	85.83	23.41	23.41	28.09	18.73	2.08	710.59	7.74
	29	50	10	30	846.67	131.23	656.17	0.00	84.67	275.17	21.17	61.30	2076.38	29.38
	55	46	9	49	1075.61	116.63	285.10	0.00	127.00	12.96	0.00	12.96	1630.26	18.59
	104	59	3	12	1270.00	275.17	201.08	52.92	127.00	0.00	0.00	10.58	1936.75	22.88
	Group Avrg				791.37	108.10	265.82	13.89	75.36	68.43	11.92	17.44	1352.33	16.42
2	35	72	7	24	635.00	0.00	89.96	0.00	0.00	0.00	0.00	0.00	724.96	5.06
	46	75	4	16	780.31	63.84	390.16	0.00	0.00	0.00	0.00	5.77	1240.08	9.03
	51	47	6	29	567.50	88.06	144.81	0.00	0.00	0.00	0.00	2.72	803.09	8.04
	71	65	6	20	681.00	31.21	312.13	0.00	0.00	0.00	0.00	5.68	1030.02	7.95
	80	44	10	36	472.92	78.82	145.03	0.00	3.15	0.00	0.00	3.94	703.86	7.08
	89	69	14	44	825.45	38.69	77.39	116.08	77.39	0.00	0.00	3.44	1138.44	12.06
	Group Avrg				657.68	51.71	162.54	30.22	20.82	0.00	0.00	3.42	926.39	8.54
3	02	52	8	24	449.27	28.38	122.96	0.00	0.00	0.00	212.81	9.46	822.88	9.14
	08	71	11	44	616.36	12.84	79.61	0.00	0.00	0.00	0.00	2.57	711.38	5.32
	15	66	5	22	205.45	102.73	231.14	0.00	0.00	0.00	0.00	2.47	541.79	5.20
	24	62	9	36	282.50	15.69	17.26	0.00	0.00	0.00	0.00	0.00	315.45	2.25
	28	73	5	12	376.67	94.17	376.67	0.00	0.00	0.00	0.00	0.00	847.51	5.82
	36	63	6	20	791.00	42.38	84.75	0.00	0.00	0.00	0.00	0.00	918.13	7.05
	62	43	10	41	551.22	99.22	256.32	0.00	4.13	13.78	0.00	5.51	930.18	9.69
	63	70	6	16	918.13	211.88	163.85	21.19	70.63	0.00	0.00	1.41	1387.09	13.47
	72	42	8	48	282.50	58.85	67.09	0.00	71.80	0.00	0.00	4.44	484.68	5.94
	86	55	8	26	478.08	21.73	162.98	0.00	21.73	0.00	0.00	1.74	686.26	5.95
	100	53	5	20	480.25	0.00	202.84	0.00	0.00	0.00	0.00	2.71	685.80	5.22
	157	58	9	36	502.22	69.06	53.36	0.00	0.00	25.11	0.00	1.26	651.01	6.83
	Group Avrg				475.07	56.18	130.27	0.98	15.39	4.26	14.80	2.90	699.85	6.55
4	06	61	5	16	635.63	0.00	317.81	0.00	0.00	0.00	0.00	2.83	956.27	7.73
	07	76	3	12	536.46	141.63	171.67	0.00	0.00	0.00	0.00	0.00	849.76	8.50
	20	48	11	40	424.88	0.00	144.20	0.00	0.00	0.00	0.00	2.58	571.66	4.08
	21	74	6	24	343.33	0.00	17.17	0.00	0.00	0.00	0.00	0.00	360.50	2.55
	22	77	3	8	682.38	64.38	263.94	0.00	0.00	0.00	0.00	0.00	1010.70	7.04
	27	49	8	48	386.25	21.46	247.20	0.00	8.58	21.46	0.00	2.86	687.81	5.96
	42	60	4	20	463.50	0.00	81.99	0.00	0.00	0.00	0.00	1.04	546.53	3.68
	43	79	4	16	611.56	103.00	32.19	0.00	0.00	0.00	0.00	0.00	746.75	8.18
	52	78	6	24	515.00	77.25	257.50	0.00	0.00	0.00	0.00	0.00	849.75	6.87
	57	45	8	34	363.53	24.24	96.94	0.00	4.54	0.00	0.00	3.03	492.28	4.44
	58	68	10	36	457.78	31.47	36.91	42.92	0.00	0.00	14.31	0.01	583.40	7.28
	81	67	5	16	740.31	22.15	166.99	32.19	32.19	0.00	0.00	4.16	997.99	8.85
	84	41	3	8	772.50	0.00	103.00	0.00	0.00	0.00	0.00	5.15	880.65	6.61
	90	64	4	16	643.75	64.38	289.69	0.00	0.00	0.00	0.00	1.84	999.66	7.77
	93	51	3	12	351.92	44.63	128.75	0.00	0.00	0.00	0.00	1.72	527.02	4.66
	102	54	3	14	625.36	0.00	135.37	0.00	0.00	0.00	0.00	2.94	763.67	5.51
	122	56	8	28	588.57	51.50	110.36	0.00	0.00	0.00	0.00	2.10	752.53	6.21
	149	57	4	18	286.11	34.33	200.28	0.00	0.00	0.00	0.00	0.06	520.78	3.56
	Group Avrg				484.69	32.52	150.07	5.28	2.77	2.64	1.32	1.71	681.00	5.80



Shanir Haor                      3rd phase  
Food intake per day

Class	HH No.	Qno	Mem ber	Total meal	Cereal	Fish	Veg.	Meat	Drink	Snacks	Fruits	E. Oil	Total	
													in grams	in taka
1	01	119	12	66	468.18	82.71	191.17	0.00	0.00	0.00	0.00	0.00	742.06	6.79
	29	91	10	36	846.67	0.00	448.03	15.88	26.46	141.11	0.00	7.06	1485.21	15.57
	55	85	11	55	715.82	94.90	369.45	0.00	217.05	10.39	30.02	9.24	1446.87	16.78
	104	97	5	25	609.60	60.96	137.16	0.00	50.80	25.40	0.00	12.60	896.52	9.79
	Group Avrg				637.31	67.05	282.44	3.14	77.80	34.54	9.07	5.92	1123.27	11.95
2	35	112	7	26	732.69	0.00	122.12	0.00	0.00	0.00	0.00	0.98	855.79	7.16
	46	117	4	16	709.38	42.56	141.88	0.00	141.88	0.00	0.00	7.09	1042.79	12.64
	51	87	6	36	409.86	15.76	72.51	0.00	6.31	0.00	0.00	4.20	508.64	4.64
	71	103	6	24	756.67	56.75	151.33	0.00	0.00	0.00	0.00	4.73	969.43	8.14
	80	82	7	40	397.25	63.84	93.31	0.00	0.00	0.00	0.00	2.27	562.67	5.06
	89	107	14	68	467.35	66.76	66.76	83.46	100.15	0.00	0.00	3.34	787.82	12.81
	Group Avrg				528.50	46.21	95.19	27.02	44.32	0.00	0.00	3.44	745.63	8.69
3	02	90	10	36	378.33	59.90	126.11	0.00	252.22	0.00	0.00	9.01	825.57	9.79
	08	111	12	48	470.83	11.77	76.28	0.00	0.00	0.00	0.00	0.00	558.83	5.30
	15	105	6	17	864.12	19.94	412.12	0.00	0.00	16.62	0.00	3.19	1315.99	10.61
	24	110	9	36	690.56	3.14	125.56	0.00	1.57	0.00	0.00	2.55	823.38	6.24
	28	113	6	25	565.00	4.52	542.40	0.00	0.00	0.00	0.00	0.00	1111.92	7.28
	36	100	7	28	645.71	12.11	108.96	0.00	0.00	0.00	0.00	1.61	768.39	5.92
	62	81	8	48	506.15	70.63	204.81	0.00	0.00	0.00	0.00	0.00	781.59	7.03
	63	104	7	42	282.50	73.99	113.00	0.00	6.73	2.69	0.00	1.29	480.20	4.88
	72	84	8	46	466.74	12.28	73.70	0.00	110.54	0.00	0.00	8.19	671.45	7.77
	86	93	8	24	517.92	23.54	47.08	0.00	188.33	0.00	37.67	1.88	816.42	7.68
	100	94	5	20	452.00	62.15	117.63	0.00	0.00	0.00	28.25	5.65	665.68	6.64
	157	96	10	34	465.29	63.15	66.47	0.00	0.00	0.00	0.00	2.15	597.06	5.71
	Group Avrg				502.22	36.25	143.63	0.00	47.09	0.98	3.64	2.92	741.73	6.87
4	06	108	5	15	301.33	0.00	151.42	0.00	0.00	0.00	0.00	0.00	452.75	3.17
	07	116	2	8	579.33	347.63	257.50	0.00	0.00	0.00	0.00	0.00	1184.51	13.71
	20	89	11	46	268.70	0.00	100.76	0.00	0.00	0.00	13.43	2.24	385.13	2.97
	21	114	6	6	515.00	0.00	463.50	0.00	0.00	0.00	0.00	0.00	978.50	6.09
	22	115	3	8	515.00	0.00	836.88	0.00	0.00	0.00	0.00	0.00	1351.88	7.43
	27	88	8	26	356.54	0.00	79.23	0.00	0.00	0.00	19.81	2.56	458.14	3.80
	42	109	4	18	515.00	57.22	17.17	0.00	0.00	0.00	0.00	1.91	591.30	5.50
	43	120	4	12	858.33	42.92	257.50	0.00	0.00	0.00	0.00	5.96	1164.71	10.36
	52	118	6	24	686.67	42.92	515.00	0.00	0.00	0.00	0.00	0.00	1244.59	8.75
	57	86	8	32	418.44	19.31	96.56	0.00	32.19	0.00	0.00	6.44	572.94	6.14
	58	102	9	24	339.04	42.92	53.65	0.00	0.00	0.00	0.00	2.06	437.67	4.55
	81	106	5	14	588.57	0.00	91.23	0.00	0.00	0.00	0.00	0.00	679.80	4.97
	84	83	3	12	343.33	0.00	72.96	0.00	0.00	0.00	0.00	4.12	420.41	3.57
	90	101	4	16	643.75	96.56	32.19	0.00	0.00	0.00	0.00	6.44	778.94	7.80
	93	92	4	9	343.33	40.06	297.56	0.00	0.00	0.00	11.44	3.27	695.66	7.01
	102	95	3	15	532.17	0.00	219.73	0.00	0.00	0.00	34.33	3.30	789.53	6.29
	122	98	8	28	662.14	73.57	128.75	0.00	0.00	7.36	0.00	3.68	875.50	7.56
	149	99	4	14	588.57	0.00	235.43	0.00	0.00	0.00	0.00	0.00	824.00	5.85
	Group Avrg				477.32	33.55	171.81	0.00	3.15	0.63	5.35	2.65	694.46	5.86

Shanir Haor 4th phase  
Food intake per day

Class	HH No.	Qmo	Mem ber	Total meal	Cereal	Fish	Veg.	Meat	Drink	Snacks	Fruits	E. Oil	-----Total-----	
													in grams	in taka
1	01	158	12	49	630.61	94.59	57.81	84.08	0.00	0.00	0.00	4.63	871.72	12.86
	29	129	10	38	601.58	217.24	83.55	0.00	6.68	16.71	0.00	9.55	935.31	12.03
	55	128	11	66	471.44	67.35	191.46	19.24	101.98	19.24	1.54	9.62	881.87	8.84
	104	138	4	14	907.14	154.21	244.93	0.00	181.43	0.00	0.00	9.07	1496.78	14.33
	Group Avrg				584.28	116.73	132.17	32.28	57.04	11.41	0.61	8.09	942.61	11.21
2	35	151	7	24	529.17	1.06	30.16	0.00	0.00	0.00	0.00	0.00	560.39	3.43
	46	157	5	20	681.00	19.86	14.19	0.00	56.75	0.00	0.00	0.00	771.80	6.76
	51	126	6	30	529.67	56.75	147.55	0.00	0.00	0.00	0.00	3.78	737.75	5.69
	71	144	6	22	825.45	27.86	87.70	0.00	0.00	51.59	0.00	4.13	996.73	7.41
	80	124	7	40	397.25	107.83	202.88	0.00	0.00	0.00	0.00	3.78	711.74	11.54
	89	149	14	58	616.42	31.31	68.49	0.00	0.00	19.57	0.00	1.96	737.75	5.17
	Group Avrg				577.38	45.71	100.26	0.00	5.85	11.70	0.00	2.42	743.32	6.77
3	02	131	9	40	454.00	133.36	102.15	0.00	5.68	14.19	0.00	15.89	725.27	8.87
	08	153	12	58	510.45	15.59	46.76	0.00	0.00	0.97	0.00	0.94	574.71	3.88
	15	145	6	26	434.62	86.92	73.88	0.00	17.38	0.00	0.00	1.74	614.54	5.90
	24	141	9	43	584.71	6.57	92.24	0.00	0.00	0.00	0.00	2.63	686.15	4.31
	28	152	5	20	339.00	56.50	316.40	0.00	0.00	0.00	0.00	1.41	713.31	4.93
	36	142	8	27	606.85	62.78	334.81	0.00	0.00	0.00	0.00	0.00	1004.44	6.60
	62	123	8	48	529.69	82.40	117.71	0.00	4.71	14.13	0.00	6.73	755.37	7.42
	63	146	7	32	459.06	105.94	427.28	0.00	0.00	10.59	0.00	1.70	1004.57	7.68
	72	122	9	54	272.04	0.00	85.80	0.00	43.94	10.46	0.00	2.09	414.33	3.50
	86	121	8	22	572.70	23.11	205.45	0.00	102.73	0.00	25.68	10.27	939.94	7.99
	100	133	5	20	452.00	7.91	50.85	0.00	0.00	0.00	0.00	2.71	513.47	3.83
	157	136	10	36	464.56	25.11	70.63	0.00	47.08	0.00	15.69	3.14	626.21	5.43
	Group Avrg				470.76	48.17	141.05	0.00	16.98	5.18	2.65	4.13	688.92	5.71
4	06	143	5	16	282.50	35.31	197.75	0.00	0.00	0.00	0.00	7.06	522.62	4.01
	07	155	2	8	579.38	206.00	128.75	0.00	0.00	0.00	0.00	7.35	921.48	13.77
	20	132	11	42	257.50	12.26	63.76	0.00	0.00	0.00	0.00	2.45	335.97	2.36
	21	154	6	18	686.67	22.89	29.76	0.00	0.00	0.00	0.00	0.00	739.32	4.93
	22	156	3	8	515.00	90.13	206.00	0.00	0.00	0.00	0.00	0.00	811.13	6.61
	27	130	8	48	225.31	57.94	91.20	0.00	0.00	0.00	0.00	3.02	377.47	3.74
	42	140	4	16	643.75	35.41	318.01	0.00	0.00	3.22	0.00	1.61	1002.00	6.53
	43	160	3	12	944.17	103.00	115.88	0.00	0.00	0.00	0.00	0.00	1163.05	10.07
	52	159	6	24	772.50	94.42	107.29	0.00	0.00	0.00	0.00	1.72	975.93	9.10
	57	127	8	28	441.43	18.39	88.29	0.00	0.00	36.79	0.00	7.36	592.26	5.74
	58	147	9	20	360.50	5.15	270.38	11.33	0.00	0.00	0.00	2.47	649.83	4.63
	81	150	5	18	228.89	0.00	80.68	0.00	0.00	0.00	0.00	0.00	309.57	1.84
	84	125	3	12	257.50	8.58	42.92	0.00	0.00	0.00	0.00	2.11	311.11	2.27
	90	148	4	16	482.81	45.06	160.94	0.00	0.00	0.00	0.00	0.00	688.81	4.64
	93	134	3	13	396.15	7.92	79.23	0.00	0.00	0.00	0.00	0.00	483.30	3.05
	102	135	3	12	424.88	115.88	188.83	0.00	0.00	0.00	0.00	2.15	731.74	6.51
	122	139	8	38	433.68	97.31	96.22	13.82	0.00	0.00	27.11	2.71	670.85	16.38
	149	137	4	18	243.19	17.17	69.24	0.00	0.00	0.00	0.00	0.00	329.60	2.53
	Group Avrg				417.02	48.10	117.46	2.05	0.00	2.95	2.81	2.44	592.83	6.02



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Shanir Haor                      5th phase  
Food intake per day

Class	HH No.	Qno	Mem ber	Total meal	Cereal	Fish	Veg.	Meat	Drink	Snacks	Fruits	E. Oil	Total	
													in grams	in taka
1	01	198	12	66	312.12	41.36	70.23	3.43	31.21	3.12	0.00	3.12	464.59	5.53
	29	170	10	44	663.86	29.44	66.39	0.00	7.79	0.00	17.32	7.16	791.96	8.52
	55	165	10	60	455.08	22.01	158.75	0.00	121.71	0.00	0.00	10.58	768.13	8.92
	104	177	4	24	714.38	26.46	179.92	5.82	105.83	0.00	0.00	7.05	1039.46	10.91
	Group Avrg				485.88	30.83	110.30	1.89	63.12	1.06	3.93	6.83	703.84	7.93
2	35	193	7	38	626.75	27.18	41.23	0.00	0.00	49.48	0.00	3.30	747.94	7.55
	46	194	4	24	378.33	0.00	145.66	0.00	0.00	0.00	0.00	2.27	526.26	3.81
	51	166	6	18	535.97	94.58	189.17	0.00	0.00	0.00	0.00	18.01	837.73	9.77
	71	179	6	24	851.25	24.78	118.23	0.00	0.00	23.65	0.00	3.78	1021.69	8.56
	80	161	8	46	419.46	12.34	117.20	0.00	67.85	14.80	0.00	4.93	636.58	6.53
	89	190	14	84	526.96	66.21	59.45	0.00	0.00	0.00	0.00	1.69	654.31	6.43
	Group Avrg				540.93	40.40	92.58	0.00	13.31	13.45	0.00	4.12	704.79	6.84
3	02	169	8	32	184.44	17.73	132.65	7.80	8.87	0.00	14.19	9.93	375.61	5.23
	08	191	11	60	433.17	45.20	19.21	0.00	0.00	0.00	0.00	2.35	499.93	5.21
	15	187	6	30	339.00	47.08	26.37	0.00	18.83	0.00	0.00	0.75	432.03	4.32
	24	182	9	54	460.37	22.27	78.47	0.00	0.00	0.00	0.00	0.00	561.11	4.76
	28	192	5	16	388.44	0.00	356.66	0.00	0.00	0.00	0.00	4.90	750.00	4.70
	36	184	6	30	470.83	113.00	65.92	0.00	0.00	0.00	0.00	3.77	653.52	7.42
	62	162	8	48	423.75	75.33	138.90	0.00	5.89	0.00	0.00	9.42	653.29	7.32
	63	188	7	30	376.67	82.87	470.83	0.00	37.67	0.00	0.00	3.77	971.81	9.75
	72	175	8	24	494.38	11.77	188.33	0.00	70.63	0.00	4.71	3.04	772.86	6.50
	86	171	8	36	360.97	15.69	50.22	0.00	62.78	0.00	0.00	8.97	498.63	5.78
	100	172	5	12	616.79	0.00	329.58	0.00	9.42	9.42	0.00	6.54	971.75	7.19
	157	178	9	42	322.86	46.28	14.53	0.00	0.00	0.00	0.00	2.69	386.36	4.74
	Group Avrg				397.88	43.91	120.28	0.60	15.29	0.27	1.37	4.41	584.01	5.94
4	06	181	4	16	70.63	0.00	1130.00	0.00	0.00	0.00	0.00	2.83	1203.46	4.96
	07	195	2	12	429.17	145.92	17.17	0.00	0.00	0.00	0.00	8.58	600.84	8.38
	20	168	11	60	214.58	17.17	60.08	0.00	34.33	0.00	0.00	1.17	327.33	3.04
	21	196	5	20	824.00	25.75	46.35	0.00	0.00	0.00	0.00	0.00	896.10	5.59
	22	197	3	10	191.29	0.00	247.20	0.00	0.00	0.00	0.00	0.00	438.49	2.41
	27	167	8	46	403.04	22.39	55.98	0.00	4.48	0.00	0.00	2.24	488.13	5.01
	42	183	4	8	386.25	0.00	238.19	30.90	77.25	0.00	0.00	6.18	738.77	7.58
	43	199	4	17	333.24	45.44	15.15	0.00	0.00	0.00	36.35	1.51	431.69	5.25
	52	200	6	30	446.33	137.33	51.84	0.00	0.00	0.00	0.00	0.00	635.50	6.68
	57	164	8	32	418.44	32.19	112.66	0.00	6.44	0.00	25.75	7.98	603.46	6.81
	58	186	9	36	294.69	14.65	35.76	57.22	0.00	0.00	0.00	1.85	404.17	5.55
	81	189	5	27	206.00	21.12	112.36	0.00	0.00	0.00	0.00	0.00	339.48	3.01
	84	163	3	8	579.38	0.00	257.50	0.00	0.00	0.00	0.00	0.00	836.88	6.76
	90	185	4	16	643.75	141.63	0.00	0.00	0.00	0.00	0.00	3.09	788.47	9.29
	93	173	3	18	412.00	0.00	57.22	0.00	0.00	0.00	0.00	0.00	469.22	3.49
	102	174	3	18	286.11	0.00	646.61	0.00	0.00	0.00	28.61	1.91	963.24	7.71
	122	176	8	42	289.38	54.44	73.57	0.00	0.00	0.00	0.00	2.45	419.84	4.67
	149	180	2	6	515.00	68.67	34.33	0.00	0.00	0.00	0.00	0.00	618.00	15.68
	Group Avrg				356.35	38.58	136.44	5.45	7.30	0.00	4.63	2.14	550.89	5.37

Shanir Haor 6th phase  
Food intake per day

Class	HH No.	Qno	Member	Total meal	Cereal	Fish	Veg.	Meat	Drink	Snacks	Fruits	E. Oil	Total	
													in grams	in taka
1														
	01	239	12	54	457.78	2.86	125.89	0.00	76.30	1.91	1.91	3.81	670.46	6.69
	29	210	10	54	423.33	28.69	54.09	0.00	14.11	0.00	0.00	4.70	524.92	5.77
	55	206	9	48	621.77	66.15	164.04	0.00	76.73	21.17	0.00	10.58	960.44	11.86
	104	218	6	33	573.42	5.39	84.67	0.00	38.48	0.00	0.00	3.85	705.81	6.87
	Group	Avg			509.78	26.76	107.87	0.00	52.04	5.92	0.54	5.79	708.70	7.76
2														
	35	235	7	28	362.86	3.63	45.36	0.00	0.00	0.00	0.00	0.00	411.85	3.64
	46	236	4	24	491.83	26.48	23.65	0.00	141.88	0.00	18.92	6.66	709.42	9.20
	51	205	6	24	614.79	0.95	345.23	20.81	14.19	23.65	0.00	4.73	1024.35	8.91
	71	226	6	36	488.68	29.64	78.82	0.00	63.06	0.00	0.00	4.20	664.40	6.78
	80	202	8	48	390.16	0.00	75.67	13.01	94.58	0.00	0.00	6.26	579.68	6.25
	89	230	14	84	729.64	52.43	43.24	0.00	67.56	0.00	0.00	3.35	896.22	9.40
	Group	Avg			550.53	25.54	82.89	4.61	66.52	2.33	1.86	4.13	738.41	7.66
3														
	02	211	7	42	310.77	29.73	40.54	29.73	59.45	2.70	0.00	5.40	478.32	7.11
	08	234	11	66	410.91	102.73	25.68	0.00	0.00	8.56	8.56	3.42	559.86	8.36
	15	224	6	36	156.94	31.39	94.17	0.00	0.00	0.00	0.00	3.14	285.64	3.07
	24	222	10	60	546.17	7.04	75.79	0.00	18.83	0.00	0.00	1.88	649.71	6.68
	28	233	5	24	423.75	70.63	120.06	0.00	0.00	0.00	23.54	6.63	644.61	6.76
	36	223	6	30	489.67	48.97	37.67	0.00	0.00	0.00	0.00	1.81	578.12	6.12
	62	204	8	48	447.29	56.50	145.96	0.00	9.42	0.00	0.00	5.84	665.01	7.56
	63	229	7	36	313.89	4.27	109.86	0.00	31.39	0.00	0.00	0.00	459.41	3.69
	72	203	8	42	376.67	0.00	117.04	0.00	83.40	0.00	0.00	5.38	582.49	5.92
	86	213	8	48	400.21	16.48	30.60	0.00	47.08	0.00	0.00	0.00	494.37	5.03
	100	212	5	24	282.50	75.33	80.04	0.00	0.00	0.00	30.13	2.68	470.68	6.99
	157	219	10	60	376.67	0.94	70.63	0.00	0.00	9.42	0.00	1.88	459.54	3.96
	Group	Avg			388.82	35.40	75.29	2.42	21.26	2.41	3.59	3.05	532.24	6.00
4														
	06	220	4	18	251.11	0.00	106.72	0.00	0.00	0.00	0.00	3.01	360.84	2.63
	07	232	2	12	429.17	5.15	107.29	0.00	0.00	8.58	0.00	5.96	556.15	5.15
	20	208	11	75	398.27	0.00	155.19	0.00	82.40	0.00	0.00	13.73	649.59	7.22
	21	231	6	36	300.42	1.77	0.00	0.00	0.00	0.00	0.00	1.14	303.33	2.66
	22	237	3	6	480.67	16.48	0.00	0.00	0.00	0.00	0.00	0.00	497.15	6.16
	27	209	8	44	409.66	11.70	126.41	0.00	0.00	0.00	0.00	1.51	549.28	4.53
	42	221	6	36	429.17	9.33	198.10	0.00	14.31	0.00	17.17	0.72	668.80	5.54
	43	240	3	18	343.33	30.90	52.87	0.00	0.00	0.00	0.00	0.00	427.10	4.20
	52	238	6	24	343.33	53.22	42.92	0.00	0.00	0.00	0.00	2.75	442.22	4.32
	57	207	8	32	515.00	32.19	96.56	0.00	0.00	0.00	0.00	9.20	652.95	6.04
	58	227	7	20	257.50	2.58	270.38	0.00	0.00	0.00	0.00	2.47	532.93	4.05
	81	228	5	20	231.75	1.55	26.27	0.00	0.00	0.00	0.00	0.00	259.57	2.14
	84	201	3	8	515.00	0.00	220.16	0.00	0.00	0.00	0.00	5.15	740.31	6.28
	90	225	4	24	429.17	73.82	42.92	0.00	0.00	0.00	0.00	2.06	547.97	5.90
	93	214	3	18	543.61	13.73	74.39	0.00	0.00	0.00	0.00	2.29	634.02	5.54
	102	215	3	12	472.08	0.00	236.04	0.00	0.00	0.00	0.00	2.45	710.57	6.40
	122	216	8	42	318.81	11.62	73.57	0.00	0.00	12.26	0.00	1.18	417.44	3.47
	149	217	2	8	515.00	154.50	96.56	0.00	0.00	0.00	0.00	0.00	766.06	9.16
	Group	Avg			385.83	17.14	108.99	0.00	14.78	1.36	1.36	4.22	533.68	5.01



Shanir Haor 7th phase  
Food intake per day

Class	HH No.	Qno	Mem ber	Total meal	Cereal	Fish	Veg.	Meat	Drink	Snacks	Fruits	E. Oil	Total	
													in grams	in taka
1	01	523	12	66	382.35	45.26	109.24	0.00	7.80	0.00	0.00	6.24	550.89	5.90
	29	538	10	45	564.44	169.33	84.67	0.00	39.51	28.22	28.22	5.64	920.03	14.20
	55	546	7	42	710.60	151.19	151.19	0.00	60.48	9.07	30.24	6.05	1118.82	10.02
	104	502	8	48	515.94	80.96	39.69	0.00	52.92	0.00	0.00	6.56	696.07	6.56
	Group Avrg				523.61	103.70	95.90	0.00	36.68	8.21	12.64	6.14	786.88	8.78
2	35	531	7	28	680.36	45.81	4.54	0.00	0.00	0.00	0.00	4.54	735.25	6.97
	46	522	5	28	608.04	60.80	1.62	8.92	0.00	0.00	0.00	4.05	683.43	7.40
	51	545	6	24	520.21	23.65	151.33	0.00	28.38	0.00	0.00	3.03	726.60	6.65
	71	510	7	42	567.50	106.74	25.67	0.00	0.00	0.00	0.00	0.00	699.91	10.11
	80	542	9	50	454.00	70.37	79.45	0.00	68.10	0.00	0.00	1.36	673.28	6.29
	89	504	16	114	659.59	35.24	4.98	0.00	69.69	0.00	0.00	1.39	770.89	7.87
	Group Avrg				595.42	54.45	32.95	0.87	42.07	0.00	0.00	1.89	727.65	7.69
3	02	540	14	54	525.46	79.87	126.11	46.45	46.24	1.05	0.00	8.41	833.59	10.21
	08	526	11	66	462.27	63.69	0.00	0.00	0.00	11.13	0.00	0.00	537.09	6.10
	15	506	6	36	345.28	15.38	13.18	0.00	0.00	0.00	0.00	2.01	375.85	3.67
	15	525	4	9	565.00	138.11	0.00	55.24	0.00	0.00	0.00	12.56	770.91	11.13
	24	500	9	54	585.93	94.17	20.93	0.00	0.00	2.09	0.84	2.09	706.05	7.43
	28	524	5	24	517.92	164.79	4.71	0.00	0.00	0.00	94.17	0.24	781.83	7.54
	36	509	9	33	445.15	68.48	102.73	15.07	0.00	0.00	0.00	2.19	633.62	6.92
	62	511	7	42	403.57	53.81	10.76	0.00	53.81	6.73	39.01	1.29	568.98	6.30
	62	539	8	48	435.52	35.31	58.85	23.54	16.48	0.00	0.00	4.71	574.41	7.49
	72	541	10	52	282.50	86.92	27.16	0.00	71.71	0.00	0.00	6.17	474.46	6.67
	86	533	8	32	317.81	17.66	70.63	0.00	35.31	0.00	0.00	3.53	444.94	3.91
	100	532	4	24	282.50	47.08	25.43	0.00	0.00	0.00	0.00	6.59	361.60	3.52
	157	503	11	66	376.67	103.58	68.48	0.00	0.00	0.00	0.00	3.42	552.15	5.47
	Group Avrg				425.03	71.52	44.44	8.58	19.27	2.20	7.30	3.57	581.91	6.55
4	06	508	5	26	456.35	24.34	0.00	8.69	0.00	10.87	4.35	4.35	508.95	5.26
	20	528	3	12	171.67	24.03	18.03	0.00	0.00	0.00	0.00	0.00	213.73	2.18
	20	543	13	72	343.33	7.15	125.89	0.00	0.00	0.00	0.00	0.00	476.37	3.59
	21	529	7	36	600.83	94.99	4.01	0.00	0.00	0.00	0.00	2.86	702.69	6.67
	27	537	8	48	268.23	27.90	2.15	0.00	0.00	0.00	0.00	1.72	300.00	2.86
	42	499	5	30	377.67	238.62	231.75	0.00	34.33	0.00	0.00	1.37	883.74	7.79
	43	527	3	18	286.11	60.66	14.31	0.00	0.00	0.00	0.00	0.00	361.08	3.78
	52	530	6	36	515.00	78.68	2.86	0.00	28.61	0.00	0.00	0.00	625.15	6.05
	57	507	9	54	381.48	33.38	6.68	0.00	9.54	0.00	0.00	1.22	432.30	4.16
	57	544	10	40	309.00	32.19	38.63	0.00	0.00	0.00	0.00	7.21	387.03	4.56
	80	496	5	18	343.33	45.78	14.31	0.00	57.22	0.00	0.00	2.75	463.39	5.02
	84	536	3	8	515.00	0.00	93.99	0.00	0.00	0.00	0.00	8.24	617.23	7.36
	90	497	4	24	515.00	184.54	10.73	0.00	0.00	0.00	0.00	8.58	718.85	12.34
	93	534	3	14	441.43	47.09	38.26	0.00	0.00	0.00	0.00	1.47	528.25	5.41
	102	535	3	18	300.42	0.00	111.58	0.00	0.00	0.00	0.00	5.72	417.72	3.75
	122	498	8	42	355.60	74.80	2.45	0.00	0.00	0.00	0.00	1.96	434.81	4.84
	149	501	2	10	206.00	103.00	42.23	0.00	0.00	0.00	0.00	10.30	361.53	4.22
	Group Avrg				380.18	60.18	45.62	0.45	7.12	0.56	0.22	2.62	496.95	5.06

Shanir Haor 8th phase  
Food intake per day

Class	HH No.	Qno	Member	Total meal	Cereal	Fish	Veg.	Meat	Drink	Snacks	Fruits	E. Oil	Total	
													in grams	in taka
1														
	01	513	12	55	468.18	38.39	10.30	0.00	0.00	0.00	0.00	3.75	520.62	4.89
	29	554	11	55	577.27	94.67	230.91	0.00	27.71	18.47	138.55	23.09	1110.67	14.50
	55	547	7	42	604.76	105.83	257.02	0.00	60.48	0.00	51.40	6.05	1085.54	11.37
	104	481	3	18	529.17	0.00	0.00	352.78	0.00	0.00	0.00	35.28	917.23	23.22
	Group Avrg				543.68	69.20	141.54	37.35	23.91	5.98	57.52	13.91	893.09	11.53
2														
	35	521	8	32	396.88	39.69	8.73	0.00	0.00	0.00	0.00	2.54	447.84	3.60
	46	516	4	16	283.75	35.47	17.03	0.00	0.00	0.00	0.00	3.41	339.66	2.84
	51	505	6	25	408.60	4.54	333.69	0.00	0.00	0.00	136.20	4.54	887.57	9.24
	71	490	6	36	346.81	189.17	0.00	0.00	0.00	0.00	0.00	6.31	542.29	8.91
	80	549	9	48	307.40	47.29	70.94	0.00	49.89	1.18	236.46	0.00	713.16	5.60
	89	495	15	104	491.11	32.74	92.76	21.83	0.00	0.00	0.00	43.65	682.09	10.92
	Group Avrg				405.25	55.31	84.09	8.70	9.18	0.22	56.53	19.22	638.50	8.10
3														
	02	548	9	42	445.89	0.00	155.39	67.56	29.73	32.43	0.00	5.40	736.40	9.84
	08	519	11	66	291.06	71.05	77.05	0.00	0.00	0.00	0.00	1.71	440.87	4.52
	15	489	7	39	772.41	21.46	0.00	57.22	0.00	57.22	0.00	57.22	965.53	14.59
	15	517	2	10	536.75	103.96	5.65	0.00	0.00	0.00	0.00	4.52	650.88	7.21
	24	486	9	49	502.22	12.56	0.00	22.83	0.00	57.07	0.00	22.83	617.51	7.91
	28	520	5	20	211.88	84.75	0.00	0.00	0.00	0.00	0.00	0.00	296.63	2.27
	36	487	6	27	636.91	24.65	0.00	20.55	0.00	82.18	0.00	0.00	764.29	8.39
	62	493	7	36	329.58	32.96	62.78	15.69	0.00	0.00	55.24	3.14	499.39	4.69
	62	559	8	48	376.67	58.85	70.63	0.00	25.90	0.00	0.00	0.00	532.05	4.87
	72	552	8	40	395.50	113.00	28.25	2.83	19.78	0.00	0.00	0.00	559.36	5.31
	86	560	9	50	248.60	79.10	44.07	0.00	33.90	0.00	135.60	1.45	542.72	4.15
	100	558	5	30	282.50	37.67	152.55	0.00	0.00	0.00	382.69	2.41	857.82	6.55
	157	483	10	54	324.35	30.34	12.56	10.46	0.00	0.00	0.00	5.19	382.90	4.15
	Group Avrg				399.24	48.44	50.55	15.68	9.71	16.99	39.51	8.42	588.54	6.39
4														
	06	484	5	12	188.33	28.25	18.83	47.08	0.00	0.00	0.00	0.00	282.49	4.55
	20	518	3	8	257.50	128.75	1.29	0.00	0.00	0.00	0.00	0.00	387.54	2.97
	20	550	11	66	179.47	17.17	9.05	0.00	0.00	0.00	124.85	0.00	330.54	2.41
	21	515	5	20	412.00	77.25	5.15	0.00	0.00	0.00	0.00	2.47	496.87	4.17
	27	551	8	32	289.69	32.19	112.66	0.00	0.00	3.22	0.00	0.00	437.76	3.57
	42	485	5	17	676.86	0.00	29.43	58.86	0.00	58.86	0.00	29.43	853.44	11.90
	43	514	3	15	343.33	0.00	17.85	22.66	0.00	0.00	0.00	0.00	383.84	3.77
	52	512	6	36	500.69	79.83	0.00	0.00	0.00	0.00	0.00	2.86	583.38	4.78
	57	494	9	36	371.94	42.92	7.15	21.46	0.00	0.00	4.01	1.95	449.43	4.68
	57	557	9	36	343.33	28.61	107.29	0.00	17.17	17.17	48.64	8.13	570.34	6.06
	80	492	5	30	549.33	72.10	15.11	0.00	0.00	0.00	27.47	0.00	664.01	5.57
	84	555	3	12	557.92	171.67	0.00	0.00	0.00	0.00	0.00	2.75	732.34	6.12
	90	491	4	22	678.86	46.82	70.23	11.70	0.00	0.00	60.86	3.18	871.65	8.03
	93	553	3	12	386.25	64.38	4.29	0.00	0.00	0.00	0.00	1.72	456.64	3.88
	102	556	3	18	286.11	171.67	0.00	0.00	0.00	0.00	0.00	0.00	457.78	3.50
	122	482	9	39	534.56	66.49	6.52	0.00	26.08	39.11	0.00	13.04	685.80	7.30
	149	488	4	14	478.21	0.00	58.86	91.96	0.00	0.00	0.00	44.14	673.17	12.54
	Group Avrg				399.41	52.27	29.52	9.98	3.87	7.74	28.87	5.37	537.03	5.28



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Shanir Haor                      9th phase  
Food intake per day

Class	HH No.	Qmo	Men	Total	Cereal	Fish	Veg.	Meat	Drink	Snacks	Fruits	E. Oil	Total	
													in grams	in taka
1	01	583	9	32	402.34	128.75	0.00	0.00	0.00	0.00	46.35	4.02	581.46	6.95
	29	598	10	44	428.09	23.12	117.01	0.00	0.00	29.97	0.00	5.71	603.90	6.87
	55	595	7	34	448.24	93.38	158.75	0.00	0.00	0.00	0.00	5.23	705.60	9.02
	104	567	3	18	529.17	119.94	28.22	0.00	7.06	0.00	0.00	3.39	687.78	7.10
	Group Avrg				441.17	81.58	86.48	0.00	0.99	10.38	11.54	4.84	636.98	7.48
2	35	579	7	21	453.57	3.02	4.84	0.00	0.00	0.00	0.00	2.42	463.85	4.63
	46	580	4	16	354.69	24.83	1.42	0.00	0.00	0.00	0.00	2.84	383.78	3.93
	51	596	6	33	326.74	38.52	77.25	0.00	0.00	0.00	0.00	3.44	445.95	4.28
	71	566	6	20	652.63	53.91	13.62	0.00	0.00	0.00	0.00	2.72	722.88	6.74
	80	591	7	34	333.82	66.76	67.43	0.00	0.00	0.00	133.53	2.27	603.81	6.46
	89	574	14	84	364.82	54.05	20.27	27.02	0.00	0.00	162.14	1.35	629.65	7.28
	Group Avrg				389.57	46.25	33.37	10.91	0.00	0.00	87.31	2.19	569.60	6.10
3	02	590	6	28	283.75	81.07	72.96	40.54	40.54	4.05	0.00	5.68	528.59	7.07
	15	575	6	30	339.00	47.08	15.82	0.00	0.00	0.00	0.00	1.81	403.71	3.42
	15	578	2	8	423.75	28.25	2.83	0.00	0.00	0.00	0.00	0.00	454.83	3.97
	24	569	9	36	408.06	37.67	2.51	0.00	0.00	0.00	0.00	1.38	449.62	3.94
	28	576	5	16	565.00	16.95	18.36	0.00	0.00	0.00	0.00	4.52	604.83	5.80
	36	561	6	25	361.60	36.16	4.52	0.00	0.00	0.00	0.00	1.81	404.09	3.88
	48	581	4	16	635.63	17.66	5.65	0.00	0.00	0.00	0.00	1.41	660.35	6.32
	62	563	7	20	508.50	42.38	25.99	0.00	0.00	0.00	0.00	2.71	579.58	5.03
	62	593	7	38	267.63	29.74	66.31	0.00	0.00	0.00	59.47	2.97	426.12	4.06
	72	592	8	38	223.03	30.63	29.74	0.00	0.00	2.97	11.89	5.95	304.21	3.55
	86	589	8	24	376.67	47.08	47.08	0.00	0.00	0.00	188.33	0.00	659.16	6.03
	100	586	5	10	226.00	6.78	230.52	0.00	0.00	0.00	0.00	0.00	463.30	3.73
	157	562	10	52	315.10	22.82	66.06	0.00	4.35	0.00	0.00	1.48	409.81	3.73
	Group Avrg				354.68	35.92	41.55	3.33	3.99	0.65	21.21	2.56	463.90	4.50
4	06	570	5	16	282.50	0.85	6.64	0.00	0.00	0.00	0.00	0.00	289.99	2.76
	20	585	3	8	257.50	32.19	33.48	0.00	0.00	0.00	0.00	0.00	323.17	4.65
	20	597	11	45	206.00	41.20	35.25	0.00	0.00	9.16	0.00	1.10	292.71	2.76
	21	577	5	8	321.88	0.00	5.15	0.00	0.00	0.00	0.00	0.00	327.03	2.96
	27	594	8	48	214.58	12.88	64.38	0.00	8.58	0.00	0.00	2.15	302.57	3.33
	42	565	5	23	291.09	35.83	3.13	0.00	0.00	0.00	0.00	2.15	332.20	3.04
	43	582	3	12	472.08	34.33	3.43	0.00	0.00	0.00	0.00	0.00	509.84	4.37
	52	584	6	24	557.92	10.73	9.44	0.00	0.00	0.00	0.00	2.76	580.85	5.35
	57	564	10	28	515.00	5.89	23.18	0.00	0.00	0.00	0.00	1.47	545.54	5.79
	57	600	8	32	257.50	34.12	90.13	0.00	0.00	0.00	164.80	7.08	553.63	6.44
	80	573	5	16	257.50	12.88	2.58	0.00	0.00	0.00	0.00	1.80	274.76	2.61
	84	587	3	12	515.00	0.00	87.89	0.00	0.00	0.00	0.00	0.00	602.89	4.84
	90	571	4	16	450.63	54.72	7.08	0.00	0.00	0.00	0.00	2.58	515.01	5.03
	93	599	3	12	343.33	51.50	257.50	0.00	0.00	0.00	0.00	0.00	652.33	4.78
	102	588	3	12	257.50	5.15	48.93	0.00	0.00	0.00	0.00	0.00	311.58	3.16
	122	572	8	35	456.14	15.30	139.79	0.00	0.00	110.36	0.00	2.94	724.53	7.87
	149	568	2	10	231.75	55.62	103.00	0.00	0.00	61.80	0.00	4.12	456.29	4.47
	Group Avrg				336.52	23.38	55.39	0.00	1.15	13.70	14.77	2.10	447.01	4.48

Shanir Haor 10th phase  
Food intake per day

Class	HH No.	Qno	Members	Total meal	Cereal	Fish	Veg.	Meat	Drink	Snacks	Fruits	E. Oil	Total	
													in grams	in taka
1	01	632	9	24	472.08	68.67	8.15	0.00	0.00	0.00	85.83	0.00	634.73	7.06
	29	610	10	50	558.80	50.80	95.25	0.00	0.00	76.20	0.00	0.00	781.05	7.74
	55	604	7	42	453.57	60.48	75.60	45.36	15.12	3.02	193.52	0.00	846.67	10.44
	104	631	3	14	680.36	111.58	32.11	0.00	0.00	0.00	0.00	0.00	824.05	8.63
	Group Avrg				521.88	63.77	66.02	14.65	4.88	30.28	78.37	0.00	779.85	8.58
2	35	635	7	28	408.21	47.63	7.71	0.00	0.00	0.00	0.00	0.00	463.55	4.37
	46	640	4	17	867.94	113.50	21.36	0.00	0.00	0.00	0.00	0.00	1002.80	9.80
	51	601	6	36	283.75	31.53	119.81	0.00	0.00	0.00	0.00	0.00	435.09	3.39
	71	628	7	28	405.36	1.22	86.34	0.00	0.00	0.00	0.00	0.00	492.92	4.05
	80	611	7	38	836.32	60.63	18.82	0.00	0.00	0.00	119.47	0.00	1035.24	9.64
	89	626	14	84	459.40	41.89	50.67	0.00	0.00	0.00	108.10	0.00	660.06	6.47
	Group Avrg				511.34	44.39	53.16	0.00	0.00	0.00	58.96	0.00	667.85	6.21
3	02	612	6	27	315.28	42.04	73.56	58.85	0.00	4.20	0.00	0.00	493.93	7.40
	15	629	7	14	484.29	2.42	162.24	0.00	0.00	0.00	0.00	0.00	648.95	4.92
	15	637	2	8	155.38	28.25	5.65	0.00	0.00	0.00	0.00	0.00	189.28	1.80
	24	630	10	40	395.50	35.31	74.02	0.00	0.00	0.00	0.00	0.00	504.83	4.12
	28	639	5	12	800.42	122.42	27.31	0.00	0.00	0.00	0.00	0.00	950.15	11.62
	36	625	6	20	565.00	3.39	122.61	0.00	0.00	0.00	0.00	0.00	691.00	5.92
	48	638	4	17	531.76	33.24	14.62	0.00	0.00	0.00	13.29	0.00	592.91	5.44
	62	602	7	36	345.28	31.39	150.60	0.00	3.14	0.00	0.00	0.00	530.41	4.42
	62	618	7	20	565.00	58.20	29.95	0.00	0.00	0.00	0.00	0.00	653.15	5.59
	72	603	8	48	235.42	23.54	29.43	0.00	0.00	1.18	15.07	0.00	304.64	3.03
	86	607	8	24	376.67	47.08	58.85	0.00	0.00	4.71	0.00	0.00	487.31	3.77
	100	615	5	20	480.25	28.25	58.76	0.00	0.00	0.00	0.00	0.00	567.26	4.75
	157	621	11	66	325.30	17.12	42.80	0.00	0.00	0.00	102.73	0.00	487.95	5.00
	Group Avrg				390.47	31.70	65.73	4.51	0.32	0.80	21.96	0.00	515.49	4.92
4	06	616	5	16	247.19	47.04	1.41	0.00	0.00	0.00	0.00	0.00	295.64	2.51
	20	609	11	66	249.70	31.21	23.41	0.00	0.00	0.00	0.00	0.00	304.32	2.44
	20	623	2	6	429.17	34.33	1.72	0.00	0.00	0.00	0.00	0.00	465.22	5.09
	21	636	5	10	195.70	41.20	0.00	0.00	0.00	25.75	0.00	0.00	262.65	2.79
	27	608	9	54	141.15	9.54	49.59	0.00	0.00	1.91	0.00	0.00	202.19	2.30
	42	624	5	30	240.33	54.93	34.33	0.00	0.00	0.00	0.00	0.00	329.59	2.63
	43	634	3	13	356.54	83.19	6.34	0.00	0.00	0.00	0.00	0.00	446.07	4.40
	52	633	6	24	600.83	17.17	3.43	0.00	0.00	0.00	0.00	0.00	621.43	5.54
	57	605	8	40	257.50	27.30	20.60	0.00	0.00	0.00	154.50	0.00	459.90	5.50
	57	617	9	24	343.33	21.46	2.15	0.00	0.00	0.00	0.00	0.00	366.94	3.23
	80	627	5	8	515.00	0.00	515.00	0.00	0.00	0.00	0.00	0.00	1030.00	5.77
	84	613	3	12	171.67	21.46	21.46	0.00	0.00	0.00	0.00	0.00	214.59	1.70
	90	620	4	12	515.00	5.15	18.88	0.00	0.00	0.00	0.00	0.00	539.03	5.80
	93	614	3	18	343.33	2.29	17.17	0.00	0.00	0.00	0.00	0.00	362.79	3.86
	102	606	3	15	446.33	120.17	7.14	0.00	0.00	0.00	0.00	0.00	573.64	4.89
	122	619	9	48	236.04	32.83	54.72	0.00	0.00	0.00	85.83	0.00	409.42	3.96
	149	622	2	8	321.88	68.24	16.74	0.00	0.00	0.00	0.00	0.00	406.86	4.30
	Group Avrg				288.45	32.13	34.92	0.00	0.00	0.89	25.50	0.00	381.89	3.60



Shanir Haor 11th phase  
Food intake per day

Class	HH No.	Qno	Member	Total meal	Cereal	Fish	Veg.	Meat	Drink	Snacks	Fruits	E. Oil	Total	
													in grams	in taka
1	01	680	9	32	209.22	64.38	80.47	0.00	0.00	0.00	0.00	0.00	354.07	3.07
	29	650	12	85	687.29	42.43	59.76	0.00	0.00	74.71	29.88	0.00	894.07	8.87
	55	646	4	24	317.50	105.83	132.29	0.00	0.00	0.00	0.00	0.00	555.62	5.74
	104	656	7	42	635.00	90.71	16.63	0.00	0.00	0.00	0.00	0.00	742.34	7.54
	Group Avrg				543.20	65.67	63.00	0.00	0.00	34.70	13.88	0.00	720.45	7.14
2	35	672	6	16	714.38	0.00	55.56	0.00	0.00	0.00	0.00	0.00	769.94	8.17
	46	674	4	16	851.25	53.20	9.22	0.00	0.00	0.00	0.00	0.00	913.67	8.42
	51	648	6	33	275.15	1.72	135.86	0.00	0.00	34.39	0.00	0.00	447.12	4.20
	71	661	6	24	472.92	26.01	98.37	0.00	0.00	0.00	0.00	0.00	597.30	5.12
	80	641	8	36	299.51	31.53	86.70	0.00	0.00	0.00	0.00	0.00	417.74	4.15
	89	670	14	64	443.36	17.73	2.31	0.00	0.00	0.00	0.00	0.00	463.40	4.23
	Group Avrg				447.82	20.12	58.99	0.00	0.00	6.01	0.00	0.00	532.94	5.01
3	02	651	8	33	429.92	19.60	49.87	79.11	0.00	1.72	0.00	0.00	580.22	8.32
	15	663	5	24	470.83	47.08	188.33	0.00	0.00	0.00	0.00	0.00	706.24	6.41
	15	678	2	4	282.50	70.63	11.30	0.00	0.00	0.00	0.00	0.00	364.43	4.85
	24	666	9	32	635.63	31.78	10.59	0.00	0.00	0.00	0.00	0.00	678.00	6.51
	28	677	5	22	321.02	205.45	0.00	0.00	0.00	0.00	0.00	0.00	526.47	4.32
	36	658	6	16	423.75	38.84	2.83	0.00	0.00	0.00	0.00	0.00	465.42	5.10
	48	676	4	20	440.98	82.68	86.54	0.00	0.00	0.00	0.00	0.00	610.20	5.63
	62	642	7	38	278.83	49.90	44.03	0.00	0.00	58.70	17.61	0.00	449.07	4.93
	62	669	7	25	339.00	40.68	9.04	0.00	0.00	0.00	0.00	0.00	388.72	3.35
	72	649	8	72	439.44	0.00	59.64	0.00	0.00	1.57	0.00	0.00	500.65	5.08
	86	645	8	30	527.33	30.13	45.20	0.00	0.00	0.00	22.60	0.00	625.26	5.40
	100	655	5	24	188.33	0.00	44.73	0.00	0.00	0.00	0.00	0.00	233.06	1.81
	157	659	10	46	245.65	27.02	5.90	0.00	0.00	0.00	0.00	0.00	278.57	2.84
	Group Avrg				393.62	38.75	44.66	6.75	0.00	6.28	3.50	0.00	493.56	4.98
4	06	667	5	12	188.33	0.94	4.71	0.00	0.00	0.00	0.00	0.00	193.98	1.90
	20	654	11	51	403.92	31.30	42.01	0.00	0.00	0.00	0.00	0.00	477.23	4.09
	20	679	3	11	290.27	0.00	133.90	40.26	0.00	0.00	0.00	0.00	464.43	5.80
	21	675	5	4	515.00	51.50	5.15	0.00	0.00	0.00	0.00	0.00	571.65	5.08
	27	652	10	39	211.28	13.21	64.71	0.00	0.00	0.00	0.00	0.00	289.20	2.52
	42	657	4	12	386.25	87.55	3.43	0.00	0.00	0.00	0.00	0.00	477.23	4.84
	43	673	3	18	200.28	0.00	28.04	0.00	0.00	0.00	0.00	0.00	228.32	2.82
	52	671	7	35	4237.71	117.71	1648.00	500.29	0.00	0.00	0.00	0.00	6503.71	74.68
	57	653	8	32	321.88	36.69	32.19	0.00	0.00	0.00	0.00	0.00	390.76	3.47
	57	665	10	36	228.89	14.31	9.44	0.00	0.00	0.00	0.00	0.00	252.64	2.24
	80	668	5	16	289.69	3.22	7.73	0.00	0.00	0.00	0.00	0.00	300.64	3.09
	84	643	3	10	588.57	0.00	27.47	0.00	0.00	0.00	0.00	0.00	616.04	4.98
	90	662	4	16	386.25	36.69	20.60	0.00	0.00	0.00	0.00	0.00	443.54	4.42
	93	644	3	13	316.92	47.54	17.43	0.00	0.00	0.00	0.00	0.00	381.89	3.30
	102	647	3	16	321.88	45.06	32.19	0.00	0.00	0.00	0.00	0.00	399.13	3.62
	122	664	8	40	283.25	12.88	12.62	0.00	0.00	0.00	0.00	0.00	308.75	2.67
	149	660	2	8	257.50	12.88	30.90	0.00	0.00	0.00	0.00	0.00	301.28	2.91
	Group Avrg				679.59	31.89	184.16	48.59	0.00	0.00	0.00	0.00	944.23	10.10

Shanir Haor 12th phase  
Food intake per day

Cla ss	HH No.	Qno	Mem ber	Total meal	Cereal	Fish	Veg.	Meat	Drink	Snacks	Fruits	E. Oil	Total	
													in grams	in taka
1	01	720	15	82	533.84	26.25	16.45	0.00	0.00	0.00	0.00	0.00	576.54	5.51
	29	684	11	44	562.84	79.38	63.50	8.66	0.00	0.00	0.00	0.00	714.38	8.41
	55	693	6	36	458.61	141.11	70.56	0.00	35.28	9.00	0.00	0.00	705.56	8.13
	104	703	3	18	423.33	56.44	141.11	0.00	0.00	0.00	0.00	0.00	620.88	5.24
	Group Avrg				514.83	65.23	51.24	2.12	7.06	0.00	0.00	0.00	640.48	6.72
2	35	717	6	9	917.22	0.00	2.82	0.00	0.00	0.00	0.00	0.00	920.04	3.39
	46	715	6	16	709.38	70.94	15.61	0.00	0.00	0.00	0.00	0.00	795.93	7.70
	51	689	6	30	378.33	31.78	132.42	0.00	0.00	0.00	0.76	0.00	543.29	5.41
	71	706	6	30	340.50	90.80	75.67	0.00	0.00	0.00	0.00	0.00	506.97	4.19
	80	682	12	57	189.17	59.74	0.00	0.00	19.91	0.00	0.00	0.00	268.82	2.81
	89	708	14	70	640.46	2.76	18.91	9.73	0.00	0.00	0.00	0.00	671.86	6.41
	Group Avrg				456.53	39.67	36.99	3.21	5.35	0.00	0.11	0.00	541.86	4.96
3	02	685	8	42	364.82	0.00	132.42	0.00	0.00	0.00	0.00	0.00	497.24	4.83
	15	700	5	25	406.80	24.41	16.27	0.00	0.00	0.00	0.00	0.00	447.48	4.30
	15	714	2	8	565.00	105.94	5.65	0.00	0.00	0.00	0.00	0.00	676.59	6.02
	24	709	9	28	302.68	4.04	64.98	0.00	0.00	0.00	0.00	0.00	371.70	4.44
	28	711	5	18	502.22	64.03	6.28	0.00	0.00	0.00	0.00	0.00	572.53	5.13
	36	699	6	27	460.37	104.63	20.93	0.00	0.00	0.00	0.00	0.00	585.93	5.56
	48	716	4	18	502.22	3.77	19.46	0.00	0.00	0.00	0.00	0.00	525.45	4.54
	62	681	7	41	385.85	113.00	48.23	0.00	0.00	0.00	0.00	0.00	547.08	5.56
	62	697	7	20	536.75	141.25	14.13	0.00	0.00	0.00	0.00	0.00	692.13	6.41
	72	683	8	42	349.76	13.45	80.71	0.00	0.00	0.00	0.00	0.00	443.92	4.32
	86	687	8	30	395.50	88.52	0.75	0.00	0.00	0.00	0.00	0.00	484.77	4.83
	100	695	5	18	251.11	0.00	60.89	0.00	0.00	0.00	0.00	0.00	312.00	2.42
	157	702	10	36	298.19	75.33	53.36	0.00	0.00	0.00	0.00	0.00	426.88	4.17
	Group Avrg				389.13	53.84	49.72	0.00	0.00	0.00	0.00	0.00	492.69	4.77
4	06	696	5	15	188.33	18.83	3.77	0.00	0.00	0.00	0.00	0.00	210.93	1.78
	20	686	10	50	566.50	22.25	3.50	0.00	0.00	0.00	0.00	0.00	592.25	5.25
	20	719	2	4	515.00	77.25	10.30	0.00	0.00	0.00	0.00	0.00	602.55	5.26
	21	718	5	16	257.50	0.00	12.88	0.00	0.00	0.00	0.00	0.00	270.38	2.88
	27	691	8	32	305.78	96.56	7.08	0.00	0.00	0.00	0.00	0.00	409.42	5.27
	42	701	4	16	257.50	16.09	24.46	0.00	0.00	0.00	0.00	0.00	298.05	2.49
	43	712	5	30	412.00	60.08	1.72	0.00	0.00	0.00	0.00	0.00	473.80	3.10
	52	713	7	34	484.71	15.15	34.54	0.00	0.00	0.00	0.00	0.00	534.40	4.15
	57	690	8	28	331.07	36.79	62.54	0.00	0.00	0.00	0.00	0.00	430.40	4.68
	57	707	9	32	273.59	54.72	39.91	0.00	0.00	0.00	0.00	0.00	368.22	3.34
	80	704	5	20	231.75	1.55	115.88	0.00	0.00	0.00	0.00	0.00	349.18	3.09
	84	692	3	12	515.00	51.50	3.43	0.00	0.00	0.00	0.00	0.00	569.93	4.95
	90	705	4	16	321.88	51.50	32.19	0.00	0.00	0.00	0.00	0.00	405.57	4.18
	93	694	3	12	300.42	51.50	89.27	0.00	0.00	0.00	0.00	0.00	441.19	3.84
	102	688	5	20	386.25	61.80	38.11	20.60	0.00	0.00	0.00	0.00	506.76	4.56
	122	698	8	42	465.95	33.11	4.17	0.00	0.00	0.00	0.00	0.00	503.23	5.01
	149	710	2	10	257.50	51.50	53.56	0.00	0.00	0.00	0.00	0.00	362.56	3.11
	Group Avrg				379.28	39.54	27.68	1.06	0.00	0.00	0.00	0.00	447.56	4.12



Shanir Haor 13th phase  
Food intake per day

Class	HH No.	Qno	Mem ber	Total meal	Cereal	Fish	Veg.	Meat	Drink	Snacks	Fruits	E. Oil	Total	
													in grams	in taka
1	01	727	5	21	294.29	103.00	49.05	24.52	0.00	0.00	39.24	32.57	542.67	9.54
	29	764	11	48	535.78	71.44	39.69	79.38	66.15	13.23	158.75	9.95	974.37	15.76
	55	763	6	30	402.17	84.67	110.07	0.00	0.00	0.00	0.00	8.47	605.38	6.38
	104	736	4	19	467.89	90.24	0.00	14.71	0.00	0.00	0.00	6.68	579.52	5.77
	Group Avrg				447.90	83.44	52.86	39.02	26.91	5.38	71.56	13.07	740.14	10.66
2	35	726	6	24	529.17	132.29	5.29	0.00	0.00	0.00	0.00	0.00	666.75	5.93
	46	729	6	20	482.38	113.50	11.35	0.00	0.00	0.00	45.40	7.95	660.58	8.43
	51	761	6	36	220.69	15.76	114.45	0.00	15.76	0.00	0.00	5.42	372.08	3.32
	71	745	6	36	378.33	94.58	0.00	0.00	0.00	0.00	0.00	3.15	476.06	5.93
	80	762	7	7	518.86	0.00	243.21	71.34	162.14	0.00	129.71	32.43	1157.69	14.54
	89	732	14	78	494.74	66.21	8.73	0.00	0.00	2.91	0.00	0.58	573.17	6.02
	Group Avrg				428.53	72.55	34.12	2.48	8.47	1.13	9.03	3.68	559.99	6.04
3	02	757	7	30	699.92	170.25	56.75	0.00	37.83	3.78	15.13	16.19	999.85	12.05
	15	725	2	12	470.83	98.88	3.77	0.00	0.00	0.00	0.00	0.00	573.48	6.06
	15	733	5	20	452.00	42.38	58.76	0.00	0.00	11.30	0.00	0.00	564.44	5.56
	24	744	8	30	489.67	58.38	18.83	0.00	0.00	20.34	15.07	2.56	604.85	6.47
	28	721	5	18	188.33	94.17	94.17	0.00	0.00	0.00	0.00	0.00	376.67	3.43
	36	742	6	26	434.62	152.12	0.00	0.00	0.00	13.04	0.00	2.09	601.87	6.38
	48	730	4	24	306.04	97.46	15.07	0.00	0.00	0.00	0.00	9.42	427.99	6.21
	62	741	7	8	423.75	105.94	2.83	0.00	0.00	0.00	0.00	0.00	532.52	4.58
	62	759	7	42	484.29	80.71	69.95	0.00	0.00	0.00	0.00	5.38	640.33	6.18
	72	756	8	35	209.86	0.00	16.14	0.00	0.00	6.46	19.37	0.00	251.83	3.75
	86	769	8	36	329.58	53.36	17.58	0.00	0.00	0.00	0.00	2.51	403.03	3.94
	100	767	5	12	282.50	23.54	27.31	0.00	0.00	0.00	0.00	1.88	335.23	3.48
	157	734	11	42	430.48	114.35	70.22	0.00	0.00	21.52	0.00	2.69	639.26	7.04
	Group Avrg				408.43	83.96	38.75	0.00	3.39	7.22	4.73	3.87	550.35	6.03
4	06	743	5	14	322.86	16.14	3.23	0.00	0.00	0.00	0.00	0.00	342.23	2.94
	20	724	2	8	515.00	167.38	0.00	0.00	0.00	0.00	0.00	0.00	682.38	7.84
	20	768	10	44	304.32	35.11	28.09	0.00	0.00	0.00	0.00	2.81	370.33	3.42
	21	723	5	20	618.00	64.38	26.78	0.00	0.00	5.15	0.00	2.47	716.78	6.19
	27	758	7	32	257.50	25.75	10.30	0.00	0.00	0.00	0.00	0.00	293.55	2.48
	42	731	6	36	572.22	28.61	44.92	0.00	0.00	30.04	0.00	0.00	675.79	5.51
	43	728	5	30	223.17	52.19	4.46	0.00	0.00	8.58	0.00	1.65	290.05	2.94
	52	722	15	45	572.22	112.61	125.89	18.31	18.31	20.60	10.99	1.10	880.03	9.27
	57	737	9	26	198.08	19.81	15.45	0.00	0.00	0.00	0.00	0.00	233.34	2.15
	57	760	8	24	386.25	79.40	53.65	0.00	21.46	4.29	0.00	8.58	553.63	5.80
	80	740	5	19	271.05	21.68	3.90	0.00	0.00	0.00	0.00	2.60	299.23	2.88
	84	765	3	12	429.17	34.33	46.35	0.00	0.00	0.00	0.00	0.00	509.85	4.47
	90	739	4	12	429.17	154.50	0.00	0.00	0.00	25.75	0.00	0.00	609.42	5.85
	93	766	3	12	515.00	81.54	2.58	0.00	0.00	0.00	0.00	2.75	601.87	5.10
	102	770	3	12	472.08	85.83	0.00	0.00	0.00	0.00	42.92	0.00	600.83	5.09
	122	735	8	42	318.81	53.95	8.58	0.00	0.00	0.00	0.00	2.45	383.79	4.11
	149	738	2	8	321.88	0.00	30.90	0.00	0.00	0.00	0.00	0.00	352.78	3.01
	Group Avrg				387.26	56.21	31.62	2.08	3.38	7.02	2.55	1.68	491.80	4.70

Shanir Haor 14th phase  
Food intake per day

Class	HH No.	Qno	Members	Total meal	Cereal	Fish	Veg.	Meat	Drink	Snacks	Fruits	E. Oil	-----Total-----	
													in grams	in taka
1	01	746	4	18	629.44	200.28	30.90	0.00	0.00	0.00	68.67	11.44	940.73	12.56
	29	800	11	60	529.17	114.30	105.83	0.00	23.28	0.00	0.00	4.23	776.81	8.65
	55	789	13	66	423.33	0.00	258.04	0.00	0.00	48.11	55.80	10.01	795.29	9.12
	104	775	3	18	458.61	127.00	35.28	0.00	0.00	0.00	45.16	7.06	673.11	9.61
	Group Avrg				489.35	78.70	151.68	0.00	8.62	19.60	35.38	7.70	791.03	9.40
2	35	754	6	18	423.33	52.92	2.82	0.00	0.00	0.00	0.00	14.11	493.18	5.68
	46	750	6	20	553.31	170.25	0.00	0.00	0.00	0.00	0.00	1.82	725.38	9.02
	51	788	6	27	420.37	0.00	184.96	0.00	37.83	38.67	0.00	4.20	686.03	7.98
	71	777	6	18	315.28	15.76	3.78	0.00	0.00	0.00	0.00	3.78	338.60	3.49
	80	786	11	60	406.71	80.40	21.75	0.00	0.00	4.73	15.13	1.89	530.61	5.82
	89	782	14	66	464.32	79.11	28.20	0.00	0.00	0.00	0.00	1.72	573.35	6.12
	Group Avrg				434.25	70.27	39.62	0.00	4.89	6.35	4.34	3.34	563.06	6.29
3	02	790	15	65	654.81	0.00	280.26	0.00	122.23	76.83	59.37	7.47	1200.97	15.00
	15	749	2	8	494.38	98.88	5.65	0.00	0.00	0.00	0.00	0.00	598.91	5.78
	15	779	5	30	301.33	56.50	56.50	0.00	0.00	0.00	75.33	5.27	494.93	5.03
	24	773	8	36	627.78	80.04	0.00	0.00	3.14	0.00	0.00	1.51	712.47	7.13
	28	752	5	16	353.13	141.25	0.00	0.00	0.00	0.00	0.00	0.00	494.38	4.33
	36	780	6	24	565.00	94.17	70.63	0.00	0.00	0.00	0.00	1.88	731.68	6.67
	48	753	4	24	306.04	141.25	19.78	0.00	0.00	0.00	0.00	4.71	471.78	5.11
	62	774	7	12	306.04	0.00	27.69	20.72	0.00	23.54	0.00	4.52	382.51	4.62
	62	791	9	54	397.59	96.26	104.63	0.00	25.11	0.00	0.00	2.93	626.52	6.51
	72	794	11	36	376.67	36.41	63.41	78.47	0.00	1.57	37.67	31.39	625.59	11.32
	86	799	9	30	376.67	105.47	0.00	0.00	0.00	11.30	0.00	1.81	495.25	5.02
	100	796	5	19	237.89	17.84	43.06	0.00	0.00	0.00	0.00	2.85	301.64	3.22
	157	778	7	38	252.76	118.95	14.87	0.00	0.00	8.92	0.00	2.97	398.47	4.05
	Group Avrg				430.71	70.94	81.06	7.84	24.02	15.33	19.07	6.17	655.14	7.54
4	06	785	5	16	282.50	70.63	7.06	0.00	0.00	0.00	0.00	0.00	360.19	3.61
	20	748	2	8	450.63	96.56	2.58	0.00	0.00	0.00	0.00	0.00	549.77	5.00
	20	792	12	40	515.00	0.00	64.38	0.00	0.00	0.00	0.00	5.15	584.53	6.90
	21	747	5	20	412.00	0.00	28.84	0.00	0.00	0.00	0.00	0.00	440.84	4.38
	27	793	9	35	456.14	0.00	190.40	0.00	0.00	5.89	11.77	14.71	678.91	9.09
	42	772	7	24	651.63	71.47	29.43	0.00	0.00	0.00	0.00	3.36	755.89	7.45
	43	755	5	25	350.20	111.24	0.00	0.00	0.00	0.00	0.00	0.00	461.44	6.17
	52	751	7	24	515.00	85.83	0.00	0.00	0.00	0.00	0.00	2.92	603.75	6.67
	57	784	9	32	289.69	67.59	0.00	0.00	0.00	0.00	0.00	1.55	358.83	3.35
	57	787	10	29	319.66	0.00	104.78	0.00	24.86	61.44	0.00	8.81	519.55	6.13
	80	781	5	16	386.25	57.94	3.86	0.00	0.00	0.00	0.00	0.00	448.05	4.26
	84	795	3	8	515.00	154.50	2.58	0.00	0.00	0.00	0.00	5.15	677.23	6.95
	90	771	4	16	418.44	48.28	1.29	0.00	0.00	0.00	0.00	1.80	469.81	4.16
	93	798	3	12	343.33	55.79	5.15	0.00	0.00	0.00	0.00	0.00	404.27	4.06
	102	797	3	16	289.69	48.28	36.05	0.00	0.00	0.00	0.00	4.64	378.66	3.85
	122	776	8	42	318.81	55.18	12.26	0.00	0.00	0.00	0.00	2.45	388.70	4.17
	149	783	2	8	450.63	0.00	69.53	0.00	0.00	0.00	0.00	0.00	520.16	4.80
	Group Avrg				407.25	46.71	41.78	0.00	1.94	5.35	1.11	3.84	507.98	5.58



Shanir Haor 15th phase  
Food intake per day

Cla ss	HH No.	Qno	Men ber	Total meal	Cereal	Fish	Veg.	Meat	Drink	Snacks	Fruits	E. Oil	-----Total-----	
													in grams	in taka
1	01	802	7	30	360.50	130.12	37.08	0.00	0.00	0.00	13.73	0.00	541.43	6.84
	29	817	15	65	484.73	46.53	106.64	0.00	38.78	29.08	0.00	5.82	711.58	7.73
	55	814	9	36	776.11	52.92	220.49	0.00	52.92	56.44	0.00	14.11	1172.99	13.13
	104	829	3	18	670.28	155.22	79.02	0.00	0.00	36.69	0.00	5.64	946.85	9.59
	Group Avrg				552.31	77.93	116.77	0.00	29.73	30.75	2.76	6.63	816.88	9.08
2	35	808	6	8	555.63	119.06	0.00	0.00	0.00	0.00	0.00	7.62	682.31	6.30
	46	803	6	24	543.85	106.41	94.58	0.00	0.00	0.95	0.00	0.00	745.79	7.55
	51	815	6	8	638.44	212.81	2.84	0.00	28.38	31.21	0.00	9.08	922.76	9.76
	71	828	10	44	490.11	147.03	12.90	116.08	64.49	0.00	0.00	12.90	843.51	14.07
	80	811	15	26	502.02	43.65	44.53	21.83	0.00	39.29	43.65	2.62	697.59	8.02
	89	840	14	54	630.56	42.04	31.53	0.00	0.00	15.76	210.19	1.68	931.76	9.51
	Group Avrg				556.54	91.97	34.88	34.60	18.69	13.08	76.13	5.24	831.13	10.07
3	02	825	9	32	496.56	88.67	70.94	0.00	0.00	17.73	0.00	7.09	680.99	8.17
	15	807	2	9	565.00	156.94	62.78	0.00	0.00	0.00	0.00	0.00	784.72	7.39
	15	833	5	25	361.60	45.20	67.80	9.04	0.00	38.42	0.00	0.00	522.06	5.21
	24	838	8	30	602.67	150.67	0.00	0.00	0.00	0.00	0.00	0.00	753.34	6.38
	28	805	5	24	470.83	47.08	99.35	4.71	0.00	0.00	0.00	0.00	621.97	5.45
	36	832	6	30	414.33	60.27	18.83	0.00	0.00	30.13	0.00	1.81	525.37	4.83
	48	810	5	25	282.50	141.02	95.37	0.00	0.00	0.00	48.82	4.52	572.23	7.89
	62	813	8	48	706.25	47.08	127.13	0.00	0.00	21.19	47.08	0.00	948.73	8.32
	62	826	7	12	565.00	47.08	94.17	62.15	0.00	47.08	0.00	9.42	824.90	8.57
	72	816	8	36	360.97	62.78	31.39	0.00	0.00	22.60	0.00	1.51	479.25	4.71
	86	821	8	18	439.44	62.78	62.78	0.00	0.00	37.67	0.00	7.03	609.70	5.17
	100	822	5	18	251.11	31.39	65.29	0.00	0.00	0.00	0.00	0.00	347.79	2.86
	157	827	7	36	282.50	141.25	0.00	0.00	0.00	9.42	0.00	3.14	436.31	3.97
	Group Avrg				452.37	82.30	59.86	3.16	0.00	17.04	10.15	2.34	627.22	6.06
4	06	836	5	20	169.50	84.75	12.32	0.00	0.00	3.62	0.00	0.00	270.19	3.00
	20	806	2	5	515.00	103.00	0.00	0.00	0.00	0.00	0.00	0.00	618.00	6.49
	20	824	10	40	373.38	59.23	12.88	0.00	0.00	0.00	0.00	1.03	446.52	4.27
	21	801	5	3	515.00	0.00	175.10	0.00	0.00	0.00	0.00	0.00	690.10	5.64
	27	823	8	20	206.00	19.06	51.50	0.00	206.00	206.00	0.00	7.21	695.77	9.08
	42	837	7	31	398.71	66.45	34.55	0.00	0.00	24.92	0.00	2.66	527.29	5.18
	43	804	5	30	386.25	137.33	0.00	0.00	0.00	8.58	24.03	4.26	560.45	7.09
	52	809	7	31	415.32	56.48	42.20	0.00	0.00	0.00	19.94	0.00	533.94	5.52
	57	818	8	32	273.59	48.28	35.41	0.00	25.75	22.53	0.00	0.00	405.56	3.76
	57	831	9	32	386.25	9.66	68.04	0.00	0.00	0.00	0.00	6.44	470.39	4.85
	80	834	5	24	300.42	68.67	134.76	0.00	0.00	0.00	0.00	0.43	504.28	4.05
	84	819	3	8	515.00	64.38	69.53	0.00	0.00	33.48	0.00	7.21	689.60	6.16
	90	835	4	14	515.00	51.50	85.34	0.00	0.00	36.79	0.00	4.12	692.75	7.09
	93	812	3	14	404.64	0.00	91.23	0.00	0.00	11.04	0.00	3.53	510.44	4.36
	102	820	3	13	356.54	39.62	158.46	17.43	0.00	0.00	0.00	6.34	578.39	5.31
	122	839	8	42	343.33	93.19	51.50	0.00	0.00	0.00	0.00	2.45	490.47	5.10
	149	830	2	12	429.17	17.17	17.85	0.00	0.00	0.00	0.00	0.00	464.19	4.88
	Group Avrg				358.25	60.01	50.42	0.61	13.33	18.55	3.61	2.59	507.37	5.21

Shanir Haor 16th phase  
Food intake per day

Class	HH No.	Qno	Mem ber	Total meal	Cereal	Fish	Veg.	Meat	Drink	Snacks	Fruits	E. Oil	Total	
													in grams	in taka
1														
	01	841	7	36	629.44	218.88	92.99	0.00	137.33	0.00	0.00	7.57	1086.21	16.91
	29	864	15	56	544.29	17.01	90.71	0.00	45.36	87.31	0.00	1.36	786.04	8.48
	55	863	14	72	599.72	26.46	151.69	0.00	70.56	93.49	0.00	0.00	941.92	10.69
	104	870	5	24	635.00	211.67	0.00	158.75	0.00	0.00	0.00	7.62	1013.04	15.00
	Group Avrg				593.40	84.13	102.92	20.27	66.83	61.81	0.00	2.83	932.19	11.77
2														
	35	850	6	12	529.17	52.92	2.12	0.00	0.00	0.00	0.00	0.00	584.21	5.80
	46	844	8	28	486.43	101.34	162.14	0.00	0.00	40.54	0.00	2.43	792.88	8.20
	51	861	6	30	397.25	18.92	94.58	0.00	37.83	7.57	0.00	0.00	556.15	5.99
	71	869	6	36	780.31	129.26	94.58	0.00	0.00	0.00	0.00	3.15	1007.30	10.36
	80	855	9	54	220.69	0.00	44.98	0.00	21.02	23.12	0.00	1.68	311.49	3.45
	Group Avrg				449.35	54.33	82.73	0.00	14.19	16.32	0.00	1.70	618.62	6.49
3														
	02	851	7	28	526.96	121.61	208.76	8.11	60.80	111.47	0.00	0.00	1037.71	11.47
	15	847	3	18	1098.61	282.50	389.22	62.78	0.00	0.00	0.00	20.84	1853.95	24.48
	15	874	5	30	301.33	113.00	151.80	12.43	113.00	27.87	0.00	0.00	719.43	6.58
	24	873	8	25	497.20	90.40	180.80	0.00	0.00	0.00	0.00	0.00	768.40	6.73
	28	849	5	18	313.89	62.78	157.57	0.00	0.00	0.00	0.00	0.00	534.24	4.71
	36	875	6	33	445.15	34.24	0.00	79.78	0.00	0.00	0.00	0.00	559.17	7.45
	48	848	4	24	329.58	47.08	47.08	10.36	0.00	0.00	0.00	3.01	437.11	4.32
	62	857	11	61	555.74	87.99	87.99	0.00	16.67	4.63	0.00	2.22	755.24	7.51
	62	878	7	42	269.05	20.18	26.90	5.38	0.00	5.38	0.00	0.00	326.89	3.21
	72	853	8	48	235.42	50.61	107.35	5.18	28.25	0.00	70.63	2.35	499.79	5.73
	86	862	8	36	298.19	39.24	15.69	0.00	0.00	20.40	0.00	0.00	373.52	3.79
	100	865	5	20	226.00	36.73	85.88	0.00	0.00	0.00	0.00	2.71	351.32	3.23
	157	866	7	42	437.20	86.10	107.62	0.00	0.00	2.69	21.52	2.69	657.82	7.64
	Group Avrg				410.28	75.15	104.34	11.97	17.57	12.50	10.10	2.03	643.94	6.93
4														
	06	877	5	12	706.25	0.00	141.25	0.00	0.00	0.00	0.00	0.00	847.50	3.86
	20	846	2	4	515.00	180.25	154.50	0.00	0.00	0.00	0.00	0.00	849.75	10.75
	20	854	10	45	320.44	5.72	47.24	0.00	0.00	0.00	0.00	1.46	374.86	4.13
	21	842	5	4	515.00	64.38	64.38	0.00	0.00	0.00	0.00	0.00	643.76	5.61
	27	858	8	43	263.49	11.98	83.84	0.00	47.91	2.40	0.00	1.53	411.15	4.61
	42	880	4	24	429.17	193.13	0.00	0.00	0.00	0.00	0.00	0.00	622.30	3.45
	43	845	10	40	762.20	48.93	77.25	0.00	0.00	0.00	0.00	1.24	889.62	8.99
	52	843	7	28	669.50	91.96	147.14	0.00	0.00	11.04	0.00	2.94	922.58	10.14
	57	856	8	32	531.09	48.28	152.89	0.00	0.00	0.00	12.88	1.55	746.69	7.05
	57	867	9	28	312.68	91.96	18.39	0.00	0.00	0.00	0.00	1.77	424.80	4.02
	80	879	5	20	309.00	0.00	103.52	0.00	0.00	0.00	0.00	0.00	412.52	2.24
	84	852	3	8	386.25	64.38	1.29	0.00	0.00	19.31	0.00	7.73	478.96	4.77
	89	872	14	60	386.25	60.08	68.67	0.00	0.00	15.45	0.00	0.69	531.14	5.00
	90	876	6	18	457.78	114.44	85.83	57.22	0.00	14.31	0.00	5.72	735.30	8.79
	93	860	3	12	300.42	64.38	23.18	0.00	0.00	0.00	0.00	0.00	387.98	3.46
	102	859	3	17	302.94	60.59	121.18	0.00	0.00	0.00	0.00	3.64	488.35	3.96
	122	871	8	42	453.69	152.05	63.76	0.00	0.00	34.33	19.62	0.00	723.45	8.63
	149	868	2	12	643.75	25.75	343.33	0.00	0.00	0.00	0.00	0.00	1012.83	5.85
	Group Avrg				445.10	66.18	84.19	2.29	4.59	7.11	2.75	1.40	613.61	5.89



Monu river project 1st phase  
Food intake per day

Class	HH No.	Qno	Member	Total meal	Cereal	Fish	Veg.	Meat	Drink	Snacks	Fruits	E. Oil	-----Total-----	
													in grams	in taka
1														
	40	252	7	49	381.43	2.72	348.73	0.00	10.90	21.80	0.00	13.62	779.20	6.99
	41	241	10	66	404.55	80.91	333.75	8.90	9.10	15.17	0.00	5.35	857.73	9.12
	45	264	7	35	743.79	38.14	419.57	243.35	122.06	232.67	0.00	38.14	1837.72	37.82
	85	268	15	81	329.63	659.26	131.85	65.93	18.13	169.76	0.00	32.96	1407.52	58.15
	Group Avrg				424.77	260.64	279.14	62.53	29.76	103.74	0.00	21.76	1182.34	30.21
2														
	04	246	9	52	346.59	112.96	115.53	0.00	7.70	10.27	0.00	8.56	601.61	8.41
	20	260	10	39	595.38	443.23	628.46	154.80	49.62	72.77	0.00	33.08	1977.34	35.75
	42	261	9	56	506.79	172.77	322.50	0.00	32.25	25.34	0.00	5.71	1065.36	12.66
	43	255	12	44	491.08	5.86	202.30	3.23	14.66	99.68	0.00	8.80	825.61	10.88
	44	278	5	30	516.00	43.00	21.50	172.00	0.00	0.00	0.00	11.38	763.88	13.29
	66	265	9	42	629.64	33.79	476.07	0.00	0.00	0.00	0.00	15.36	1154.86	10.78
	69	248	11	50	510.89	177.53	227.35	0.00	25.54	19.16	0.00	8.51	968.98	11.38
	Group Avrg				507.03	142.80	285.80	36.17	19.38	32.36	0.00	12.31	1035.85	14.19
3														
	02	275	5	24	483.75	166.63	430.00	0.00	0.00	0.00	0.00	10.75	1091.13	13.03
	03	256	7	36	526.67	9.88	181.04	0.00	8.23	0.00	0.00	6.58	732.40	7.06
	05	272	7	42	564.29	75.05	349.86	0.00	0.00	0.00	0.00	2.82	992.02	9.23
	06	262	6	36	592.50	105.33	283.08	0.00	65.83	0.00	0.00	10.97	1057.71	11.53
	12	257	6	36	493.75	42.79	213.96	0.00	0.00	0.00	0.00	3.29	753.79	7.23
	19	276	9	32	370.31	129.61	222.19	0.00	0.00	0.00	0.00	7.41	729.52	7.95
	23	274	2	12	592.50	44.44	987.50	0.00	0.00	0.00	0.00	9.88	1634.32	11.49
	38	263	7	49	459.49	147.52	266.02	0.00	29.02	21.77	0.00	8.03	931.85	12.77
	50	243	8	32	481.41	92.58	114.80	0.00	7.41	7.41	0.00	6.07	709.68	7.86
	59	244	11	60	276.50	39.50	149.11	39.50	177.75	11.85	4.94	0.95	700.10	9.42
	73	247	14	77	642.19	140.67	963.29	0.00	0.00	76.45	9.17	19.88	1851.65	19.90
	95	251	7	42	536.07	74.77	361.14	0.00	0.00	0.00	0.00	7.00	978.98	8.47
	Group Avrg				499.75	92.21	384.25	4.95	31.33	16.59	2.11	8.28	1039.47	11.22
4														
	01	258	6	20	948.00	77.03	474.00	0.00	0.00	0.00	0.00	7.82	1506.85	11.76
	07	280	2	12	620.67	199.50	399.00	0.00	0.00	0.00	0.00	22.17	1241.34	16.51
	08	271	3	12	775.83	4.43	221.67	0.00	0.00	0.00	0.00	8.87	1010.80	8.61
	09	245	7	38	490.00	80.50	350.00	0.00	24.50	14.00	0.00	7.00	966.00	9.45
	13	259	6	26	562.69	40.92	107.42	0.00	0.00	0.00	0.00	10.23	721.26	6.94
	14	273	8	38	612.50	84.00	385.00	0.00	0.00	0.00	0.00	7.00	1088.50	10.05
	15	279	4	24	581.88	19.40	238.29	0.00	0.00	0.00	0.00	11.08	850.65	8.16
	18	277	5	24	498.75	0.00	193.96	55.42	5.54	2.22	0.00	11.08	766.97	11.20
	22	253	6	16	623.44	83.13	166.25	27.43	0.00	0.00	0.00	16.63	916.88	10.03
	32	254	5	30	709.33	8.87	518.70	9.75	0.00	0.00	0.00	11.23	1257.88	10.47
	52	266	5	24	443.33	66.50	110.83	0.00	0.00	0.00	0.00	11.08	631.74	11.35
	55	267	5	10	332.50	111.72	0.00	0.00	0.00	0.00	0.00	26.60	470.82	8.32
	63	242	5	21	823.33	69.67	665.00	13.93	44.33	47.50	0.00	16.76	1680.52	15.76
	72	250	7	42	506.67	34.83	253.33	0.00	0.00	0.00	0.00	12.67	807.50	8.05
	105	249	6	28	570.00	24.23	337.25	0.00	19.00	33.25	0.00	9.50	993.23	9.88
	120	269	7	24	554.17	121.92	277.64	55.42	13.85	27.71	0.00	27.71	1078.42	24.18
	131	270	2	14	570.00	85.50	190.00	0.00	9.50	9.50	0.00	9.50	874.00	10.51
	Group Avrg				593.57	59.07	303.42	9.14	7.43	8.22	0.00	12.26	993.11	10.97

Monu river project 2nd phase  
Food intake per day

Class	HH No.	Qno	Mem ber	Total meal	Cereal	Fish	Veg.	Meat	Drink	Snacks	Fruits	K. Oil	Total	
													in grams	in taka
1	40	295	13	69	375.87	80.96	200.46	0.00	15.42	28.91	0.00	12.81	714.43	10.81
	41	284	15	54	395.56	98.89	247.22	12.36	12.36	25.96	0.00	12.36	804.71	10.33
	45	304	7	32	780.46	123.23	677.77	0.00	193.06	184.85	0.00	20.54	1979.91	22.37
	85	308	15	69	348.26	549.48	193.48	17.03	37.73	241.85	0.00	29.02	1416.85	41.97
	Group Avrg				430.69	235.39	278.66	8.21	47.26	116.22	0.00	18.80	1135.23	21.95
2	04	286	9	48	375.47	0.00	55.63	111.25	9.73	13.91	0.00	9.27	575.26	13.01
	20	300	8	40	838.50	129.00	480.53	129.00	445.05	40.31	0.00	25.80	2088.19	28.62
	42	301	9	38	737.14	130.68	335.06	0.00	30.16	26.81	0.00	16.75	1276.60	15.11
	43	294	10	24	618.13	139.75	645.00	0.00	88.69	32.25	0.00	13.62	1537.44	18.64
	44	318	6	32	403.13	64.50	201.56	0.00	0.00	0.00	0.00	5.32	674.51	8.76
	66	305	9	48	618.13	129.00	430.00	0.00	0.00	0.00	0.00	6.67	1183.80	11.60
	69	288	11	56	368.57	129.00	276.43	0.00	36.86	23.04	0.00	6.45	840.35	10.78
	Group Avrg				551.44	101.31	324.05	36.65	82.45	18.76	0.00	11.52	1126.18	14.79
3	02	315	5	30	301.00	64.50	283.80	0.00	0.00	0.00	0.00	10.66	659.96	7.66
	03	296	7	35	490.93	13.54	330.11	0.00	16.93	0.00	0.00	8.40	859.91	7.34
	05	312	7	18	691.25	52.67	460.83	0.00	0.00	0.00	0.00	6.58	1211.33	9.95
	06	302	6	36	559.58	32.92	329.17	0.00	0.00	0.00	0.00	6.58	928.25	8.04
	12	297	6	36	263.33	16.46	74.06	0.00	0.00	0.00	0.00	6.58	360.43	3.77
	19	316	9	44	323.18	80.80	183.14	0.00	5.39	0.00	0.00	6.46	598.97	6.13
	23	314	2	12	493.75	217.25	493.75	0.00	0.00	0.00	0.00	9.88	1214.63	14.21
	38	303	4	20	474.00	266.63	237.00	0.00	23.70	41.48	0.00	14.69	1057.50	20.47
	50	281	9	31	458.71	76.45	166.28	0.00	0.00	0.00	0.00	7.65	709.09	8.43
	59	282	10	48	280.98	34.21	163.70	24.43	9.77	19.55	0.00	8.14	540.78	7.48
	73	287	13	74	480.41	51.24	376.32	0.00	8.01	16.01	0.00	8.01	940.00	9.17
	95	289	7	36	632.00	181.04	855.83	0.00	0.00	14.81	0.00	11.19	1694.87	14.54
	Group Avrg				437.70	73.64	317.13	2.82	5.64	8.31	0.00	8.40	853.64	8.94
4	01	298	10	53	357.74	11.18	140.86	0.00	0.00	0.00	0.00	4.47	514.25	4.15
	07	317	2	12	665.00	121.92	498.75	0.00	0.00	0.00	0.00	27.49	1313.16	13.89
	08	311	3	12	886.67	166.25	775.83	0.00	0.00	0.00	0.00	11.08	1839.83	16.31
	09	285	7	26	562.69	25.58	271.12	22.51	0.00	0.00	0.00	10.23	892.13	8.73
	13	299	6	30	487.67	4.43	155.17	0.00	0.00	0.00	0.00	4.43	651.70	5.48
	14	313	7	42	443.33	44.33	348.33	0.00	0.00	15.83	0.00	6.33	858.15	8.03
	15	320	4	24	554.17	49.88	343.58	0.00	0.00	0.00	0.00	11.08	958.71	8.67
	18	319	5	24	554.17	33.25	471.04	0.00	0.00	0.00	0.00	13.30	1071.76	8.83
	22	292	6	14	665.00	118.75	380.00	0.00	0.00	0.00	0.00	30.40	1194.15	13.63
	32	293	5	26	767.31	86.96	143.74	0.00	0.00	0.00	0.00	8.18	1006.19	9.79
	52	306	5	20	665.00	339.15	332.50	0.00	0.00	0.00	0.00	13.30	1349.95	20.69
	55	307	3	13	409.23	20.46	409.23	0.00	0.00	0.00	0.00	10.23	849.15	7.63
	63	283	8	33	382.88	157.18	120.91	0.00	12.09	20.15	0.00	11.61	704.82	13.95
	72	290	11	66	624.70	50.38	241.82	0.00	40.30	0.00	0.00	8.06	965.26	9.73
	105	291	6	22	725.45	30.23	108.82	0.00	3.02	3.63	0.00	12.09	883.24	8.32
	120	310	8	24	554.17	83.13	55.42	0.00	27.71	55.42	0.00	5.54	781.39	10.64
	131	309	2	12	609.58	121.92	443.33	0.00	0.00	0.00	0.00	11.08	1185.91	13.28
	Group Avrg				552.72	71.33	261.96	1.29	8.37	6.05	0.00	9.79	911.51	9.69



Monu river project 3rd phase  
Food intake per day

Class	HH No.	Qno	Mem ber	Total meal	Cereal	Fish	Veg.	Meat	Drink	Snacks	Fruits	E. Oil	Total	
													in grams	in taka
1	40	332	10	48	263.23	55.42	96.98	0.00	106.68	30.48	0.00	11.08	563.87	9.33
	41	321	14	61	415.82	58.00	328.28	7.22	16.41	22.98	10.94	10.94	870.59	9.94
	45	346	10	52	672.63	118.10	539.13	105.26	12.84	116.81	92.42	51.35	1708.54	26.60
	85	349	15	79	354.87	49.01	236.58	219.68	270.38	16.90	0.00	50.70	1198.12	31.91
	Group Avrg				420.88	67.54	297.52	96.95	117.29	42.81	22.81	32.81	1098.61	20.66
2	04	325	9	46	362.77	84.16	287.32	114.35	0.00	17.41	0.00	9.67	875.68	15.80
	20	342	10	38	543.16	237.63	577.11	27.16	86.57	93.36	0.00	13.58	1578.57	29.46
	42	341	9	42	675.71	21.50	383.93	199.64	39.62	26.11	0.00	30.71	1377.22	26.43
	43	333	12	48	349.38	16.13	225.75	0.00	41.66	18.81	0.00	8.96	660.69	7.39
	44	358	5	28	460.71	41.46	331.71	46.07	0.00	9.21	27.64	9.21	926.01	12.34
	66	345	11	52	396.92	14.88	210.87	0.00	2.48	8.68	0.00	9.92	643.75	6.59
	69	326	11	46	476.74	47.67	392.61	5.61	100.96	30.85	0.00	11.22	1065.66	12.74
	Group Avrg				459.83	62.36	334.74	54.08	39.09	28.26	2.58	13.24	994.18	15.30
3	02	353	5	26	332.42	109.15	396.92	0.00	0.00	24.81	89.31	9.92	962.53	13.45
	03	338	6	30	395.00	43.45	355.50	0.00	39.50	0.00	7.90	9.80	851.15	7.37
	05	351	9	42	550.18	31.04	246.88	0.00	56.43	36.68	0.00	7.00	928.21	10.06
	06	340	6	32	592.50	37.03	185.16	0.00	0.00	0.00	0.00	7.41	822.10	8.01
	12	337	6	34	209.12	34.85	383.38	0.00	0.00	0.00	0.00	13.94	641.29	5.76
	19	352	9	34	343.48	70.07	206.09	0.00	0.00	27.48	0.00	6.87	653.99	7.62
	23	354	8	38	498.95	34.30	218.29	0.00	0.00	194.90	0.00	3.87	950.31	10.82
	38	339	5	24	641.88	128.38	296.25	98.75	32.09	41.97	0.00	16.46	1255.78	23.55
	50	322	9	33	377.05	23.34	409.36	0.00	0.00	0.00	0.00	5.91	815.66	6.52
	59	323	8	25	402.90	90.06	284.40	0.00	30.81	14.22	0.00	9.48	831.87	10.15
	73	328	16	464	566.96	51.08	689.55	0.00	51.08	25.54	0.00	2.55	1386.76	13.01
	95	330	9	50	556.95	37.92	355.50	81.29	17.78	13.04	0.00	7.90	1070.38	13.68
	Group Avrg				515.70	51.93	517.93	7.73	35.66	29.31	3.07	5.22	1166.55	11.87
4	01	336	7	36	526.67	13.17	190.92	0.00	0.00	0.00	0.00	6.58	737.34	7.14
	07	356	4	18	665.00	59.11	221.67	147.78	0.00	88.67	0.00	22.17	1204.40	25.05
	08	350	6	26	562.69	83.89	820.51	0.00	0.00	35.81	0.00	10.23	1513.13	12.08
	09	327	7	3	443.33	0.00	0.00	0.00	0.00	0.00	0.00	0.00	443.33	3.99
	13	335	7	34	469.41	39.12	129.09	0.00	0.00	0.00	39.12	7.82	684.56	7.57
	14	355	7	38	420.00	54.25	175.00	0.00	0.00	0.00	0.00	5.60	654.85	7.48
	15	357	4	24	554.17	77.58	387.92	0.00	0.00	0.00	0.00	11.08	1030.75	10.10
	18	359	5	22	604.55	0.00	392.95	0.00	0.00	6.05	0.00	12.09	1015.64	9.28
	22	334	6	15	798.00	88.67	266.00	0.00	4.43	0.00	0.00	21.99	1179.09	13.83
	32	480	11	478	267.11	47.30	884.81	0.00	55.65	55.65	0.00	27.82	1338.34	16.27
	52	344	5	22	513.86	65.29	450.39	0.00	126.95	0.00	54.41	12.09	1222.99	13.22
	55	343	3	18	591.11	18.47	350.97	0.00	14.78	0.00	0.00	14.78	990.11	9.38
	63	324	10	33	675.08	128.97	403.03	104.79	30.23	40.30	0.00	13.43	1395.83	23.03
	72	331	9	46	693.91	28.91	318.04	0.00	0.00	5.78	0.00	13.33	1059.97	10.46
	105	329	6	27	418.70	4.93	246.30	0.00	24.63	25.12	0.00	4.93	724.61	6.84
	120	348	6	24	443.33	60.96	166.25	0.00	0.00	0.00	0.00	27.71	698.25	11.24
	131	347	2	12	653.92	11.08	199.50	0.00	0.00	33.25	70.93	11.08	979.76	10.72
	Group Avrg				400.68	47.94	622.50	6.98	35.83	36.45	3.86	20.62	1174.86	14.03

Monu river project 4th phase  
Food intake per day

Class	HH No.	Qno	Member	Total meal	Cereal	Fish	Veg.	Meat	Drink	Snacks	Fruits	E. Oil	Total	
													in grams	in taka
1	40	374	13	52	511.54	11.51	319.71	0.00	20.46	25.58	0.00	10.23	899.03	10.75
	41	363	10	59	276.05	13.58	271.53	56.57	88.25	0.00	0.00	19.75	725.73	11.38
	45	385	7	31	753.63	68.90	456.48	0.00	0.00	10.77	0.00	10.68	1300.46	14.52
	85	380	15	72	169.66	68.60	178.00	28.55	141.84	16.69	0.00	59.33	662.67	14.97
	Group Avrg				366.66	39.60	278.56	25.20	77.02	13.39	0.00	29.44	829.87	12.88
2	04	367	9	42	683.39	41.32	219.32	0.00	79.46	12.71	0.00	10.59	1046.79	13.37
	20	381	8	48	403.13	69.88	225.75	64.50	5.38	10.75	94.60	21.50	895.49	14.41
	42	379	9	36	967.50	164.83	304.58	0.00	293.83	68.08	93.17	35.83	1927.82	29.78
	43	373	10	42	476.07	49.14	294.86	0.00	73.71	32.25	0.00	12.29	938.32	12.90
	44	384	10	46	645.00	129.00	259.40	0.00	117.78	0.00	0.00	20.53	1171.71	17.91
	66	398	6	28	552.86	0.00	92.14	0.00	0.00	0.00	0.00	1.29	646.29	6.16
	69	366	11	57	690.26	47.53	316.84	124.47	4.53	11.32	35.08	14.04	1244.07	23.93
	Group Avrg				626.66	72.68	254.08	34.08	76.74	18.40	33.09	16.93	1132.66	17.49
3	02	394	5	20	451.50	0.00	161.25	51.60	16.13	122.55	72.24	32.25	907.52	15.70
	03	375	11	35	440.14	18.28	182.83	0.00	16.93	0.00	0.00	5.42	663.60	7.22
	05	391	8	42	352.68	6.77	197.50	12.41	0.00	0.00	0.00	7.00	576.36	6.55
	06	382	6	36	534.90	0.00	82.62	0.00	0.00	0.00	0.00	3.29	620.81	6.72
	12	376	6	36	395.00	6.58	158.00	0.00	0.00	0.00	0.00	13.17	572.75	6.67
	19	395	11	50	331.80	54.51	23.70	20.86	2.37	35.55	0.00	40.29	509.08	9.03
	23	392	8	44	377.05	51.17	296.25	0.00	0.00	40.40	0.00	2.69	767.56	8.04
	38	383	7	30	572.75	68.73	282.43	0.00	3.95	11.85	0.00	15.80	955.51	13.51
	50	362	10	28	414.75	16.93	190.45	0.00	0.00	0.00	0.00	10.50	632.63	6.83
	59	361	8	30	237.00	17.78	150.10	19.75	39.50	0.00	0.00	9.80	473.93	6.12
	73	365	10	43	468.49	3.86	482.27	0.00	0.00	0.00	0.00	6.83	961.45	7.73
	95	370	7	45	325.55	49.48	281.27	0.00	5.21	10.42	23.44	10.42	705.79	9.13
	Group Avrg				402.20	26.45	210.80	7.26	5.86	15.55	5.71	12.93	686.76	8.31
4	01	377	6	20	488.81	0.00	133.91	0.00	0.00	0.00	0.00	5.93	628.65	6.24
	07	399	2	12	620.67	104.18	110.83	0.00	0.00	0.00	0.00	11.08	846.76	12.74
	08	390	4	34	625.88	1.56	234.71	234.71	0.00	39.12	0.00	39.12	1175.10	33.41
	09	364	8	29	550.34	0.00	701.69	13.76	0.00	0.00	0.00	9.17	1274.96	8.59
	13	378	6	9	886.67	44.33	369.44	0.00	0.00	0.00	0.00	14.78	1315.22	13.72
	14	393	8	50	266.00	10.64	212.80	0.00	0.00	0.00	0.00	6.60	496.04	5.04
	15	397	4	24	554.17	5.54	166.25	44.33	0.00	55.42	0.00	27.71	853.42	11.44
	18	396	5	16	789.69	74.81	955.94	0.00	0.00	116.38	0.00	41.56	1978.38	20.64
	22	372	6	18	517.22	36.94	140.39	0.00	0.00	0.00	29.56	12.17	736.28	9.46
	32	371	5	30	576.33	0.00	310.33	17.73	22.17	0.00	0.00	10.99	937.55	10.00
	52	387	5	32	498.75	78.97	253.53	9.14	4.16	0.00	4.16	16.63	865.34	12.44
	55	386	3	20	538.65	39.90	199.50	0.00	0.00	0.00	37.24	13.30	828.59	9.94
	63	360	9	18	738.89	0.00	332.50	325.11	0.00	0.00	0.00	21.11	1417.61	36.70
	72	369	7	46	375.87	89.63	336.84	0.00	116.23	13.01	27.76	8.26	967.60	15.51
	105	368	6	26	358.08	20.46	112.54	0.00	15.35	12.28	0.00	10.23	528.94	6.61
	120	388	6	28	522.50	4.75	154.38	11.40	0.00	0.00	0.00	5.89	698.92	7.42
	131	389	2	12	554.17	116.38	387.92	0.00	0.00	0.00	22.17	27.49	1108.13	14.88
	Group Avrg				509.89	32.40	289.88	38.77	15.43	12.83	6.96	15.35	921.51	13.31



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Monu river project 5th phase  
Food intake per day

Class	HH No.	Qno	Member	Total meal	Cereal	Fish	Veg.	Meat	Drink	Snacks	Fruits	E. Oil	-----Total-----	
													in grams	in taka
1														
	40	413	6	36	343.58	136.69	158.86	73.89	31.40	55.42	0.00	12.31	812.15	21.12
	41	403	10	56	405.27	70.09	414.80	10.49	9.54	0.00	0.00	11.92	922.11	11.03
	45	423	8	48	584.06	62.30	383.81	0.00	22.25	0.00	0.00	6.90	1059.32	10.66
	85	428	13	72	519.17	157.60	148.33	88.26	92.71	18.54	0.00	4.45	1029.06	22.21
	Group Avrg				473.96	109.36	273.83	45.29	44.38	15.71	0.00	8.31	970.84	16.47
2														
	04	405	9	48	500.63	77.88	325.41	26.14	69.53	0.00	0.00	7.90	1007.49	13.32
	20	419	12	49	631.84	129.00	131.63	89.51	47.39	94.78	0.00	10.53	1134.68	24.13
	42	418	14	78	562.31	46.97	363.85	0.00	66.15	23.15	13.56	6.62	1082.61	12.45
	43	412	10	60	376.25	84.71	262.30	0.00	32.25	22.58	13.76	5.33	797.18	11.01
	44	422	12	64	645.00	92.72	431.34	0.00	0.00	0.00	0.00	8.06	1177.12	13.12
	66	435	5	22	469.09	23.45	161.25	0.00	0.00	0.00	0.00	3.05	656.84	7.16
	69	406	11	49	473.88	97.41	360.67	0.00	15.80	36.86	0.00	13.16	997.78	13.73
	Group Avrg				530.39	81.16	310.85	15.25	36.56	25.97	5.09	8.00	1013.27	13.87
3														
	02	431	3	18	573.33	89.58	358.33	0.00	71.67	35.83	0.00	7.17	1135.91	13.32
	03	416	8	31	458.71	26.76	344.03	0.00	19.11	0.00	0.00	11.47	860.08	8.84
	05	430	8	44	403.98	26.66	172.36	0.00	53.86	0.00	0.00	5.39	662.25	8.46
	06	420	6	36	526.67	32.92	378.54	0.00	32.92	0.00	0.00	6.58	977.63	10.08
	12	434	8	32	407.34	20.00	166.64	0.00	0.00	0.00	0.00	7.41	601.39	12.08
	19	432	9	34	331.10	36.60	118.50	17.43	0.00	0.00	0.00	3.49	507.12	7.11
	23	437	3	14	507.86	0.00	262.39	27.93	0.00	42.32	0.00	9.14	849.64	10.91
	38	421	4	24	543.13	64.19	246.88	0.00	9.88	19.75	0.00	12.25	896.08	10.68
	50	402	10	27	614.44	37.31	697.83	0.00	0.00	0.00	0.00	21.94	1371.52	11.88
	59	401	7	22	538.64	8.08	457.84	0.00	336.65	5.39	0.00	21.55	1368.15	16.81
	73	407	7	30	493.75	90.85	481.90	0.00	0.00	0.00	63.20	13.17	1142.87	21.60
	95	408	11	57	426.18	66.53	187.11	31.18	20.79	0.00	4.16	5.16	741.11	11.86
	Group Avrg				469.53	43.16	301.69	7.48	38.66	4.96	5.78	9.46	880.72	11.66
4														
	01	415	6	30	474.00	0.00	99.54	0.00	0.00	0.00	63.20	3.95	640.69	6.51
	07	436	6	36	628.06	44.33	506.14	0.00	0.00	0.00	0.00	14.78	1193.31	15.97
	08	429	3	12	609.58	115.27	27.71	0.00	0.00	0.00	0.00	13.85	766.41	11.96
	09	404	7	32	374.06	8.31	363.67	18.29	0.00	0.00	0.00	8.31	772.64	8.11
	13	417	6	29	504.48	0.00	330.21	0.00	0.00	0.00	0.00	9.17	843.86	8.48
	14	433	7	42	475.00	33.57	158.33	0.00	0.00	0.00	0.00	6.33	673.23	7.62
	15	439	4	24	332.50	66.50	27.71	0.00	83.13	55.42	0.00	11.08	576.34	16.22
	18	438	5	28	665.00	1.90	308.75	0.00	0.00	0.00	0.00	4.75	980.40	9.53
	22	414	6	15	620.67	70.93	133.00	0.00	13.30	17.73	0.00	17.73	873.36	11.76
	32	411	5	30	576.33	13.30	288.17	0.00	0.00	0.00	0.00	5.54	883.34	9.36
	52	425	5	30	443.33	92.21	88.67	0.00	0.00	0.00	53.20	8.87	686.28	10.50
	55	424	3	18	628.06	119.70	147.78	0.00	0.00	0.00	0.00	7.39	902.93	12.59
	63	400	9	54	566.48	91.13	295.56	0.00	22.17	12.31	0.00	11.29	998.94	12.04
	72	409	7	42	585.83	15.83	380.00	0.00	190.00	0.00	0.00	7.85	1179.51	14.57
	105	410	6	26	460.38	5.12	61.38	0.00	20.46	0.00	0.00	5.12	552.46	6.44
	120	427	7	42	380.00	86.77	183.67	0.00	0.00	0.00	0.00	6.33	656.77	7.63
	131	426	2	12	554.17	171.79	886.67	0.00	22.17	22.17	0.00	27.49	1684.46	19.92
	Group Avrg				514.49	48.03	252.08	1.17	24.24	5.03	6.96	8.99	860.99	10.72

Monu river project 6th phase  
Food intake per day

Class	HH No.	Qno	Mem ber	Total meal	Cereal	Fish	Veg.	Meat	Drink	Snacks	Fruits	E. Oil	Total	
													in grams	in taka
1	40	452	9	40	598.50	93.10	241.06	0.00	33.25	26.60	0.00	13.30	1005.81	17.73
	41	443	11	66	353.98	99.11	418.70	4.05	42.48	24.27	0.00	10.11	952.70	12.50
	45	463	8	56	429.11	30.99	149.00	0.00	9.54	4.77	0.00	5.91	629.32	7.65
	85	469	16	78	616.15	78.73	183.13	85.58	68.46	66.58	0.00	20.54	1119.17	24.27
	Group Avrg				497.47	75.59	249.61	28.93	41.70	33.86	0.00	13.05	940.21	16.06
2	04	447	11	50	467.25	93.45	133.50	2.67	4.01	0.43	0.00	5.34	706.65	11.93
	20	461	8	36	573.33	232.92	347.58	14.33	32.25	43.00	0.00	14.33	1257.74	18.63
	42	462	13	52	744.23	27.29	372.12	0.00	24.81	19.85	0.00	6.15	1194.45	13.71
	43	451	10	60	258.00	8.39	124.70	0.00	25.80	30.10	0.00	4.64	451.63	6.28
	44	466	14	78	562.31	115.60	243.12	0.00	0.00	0.00	39.69	5.49	966.21	13.26
	66	477	5	16	645.00	0.00	3.23	0.00	0.00	0.00	0.00	0.00	648.23	6.48
	69	446	12	66	410.45	23.45	254.09	52.77	17.59	9.77	0.00	7.82	775.94	10.63
	Group Avrg				501.26	71.35	228.50	11.54	14.97	14.11	8.65	6.50	856.88	11.74
3	02	472	3	18	516.00	45.15	322.50	0.00	0.00	50.17	0.00	7.17	940.99	11.87
	03	457	6	30	434.50	5.53	128.38	0.00	39.50	0.00	0.00	3.95	611.86	7.57
	05	471	8	36	444.38	69.13	197.50	0.00	0.00	16.46	197.50	6.58	931.55	12.82
	06	460	6	34	557.65	97.59	313.68	0.00	34.85	0.00	3.49	6.97	1014.23	13.11
	12	456	6	40	533.25	31.11	118.50	0.00	0.00	0.00	2.37	7.35	692.58	8.30
	19	474	9	30	316.00	68.34	158.00	0.00	0.00	29.63	0.00	4.74	576.71	8.01
	23	473	3	14	677.14	93.95	507.86	18.62	0.00	0.00	0.00	8.46	1306.03	14.86
	38	459	4	24	543.13	197.50	98.75	0.00	19.75	19.75	0.00	12.25	891.13	18.76
	50	442	8	32	370.31	65.92	372.16	0.00	0.00	0.00	0.00	6.22	814.61	7.92
	59	441	6	36	395.00	134.96	164.58	0.00	131.67	0.00	0.00	6.58	832.79	13.75
	73	445	9	19	436.58	0.00	530.13	13.72	0.00	0.00	0.00	12.47	992.90	9.96
	95	450	7	36	559.58	87.23	510.21	0.00	0.00	0.00	6.58	8.16	1171.76	13.18
	Group Avrg				473.11	75.19	265.52	1.49	21.73	8.19	21.66	7.27	874.16	11.44
4	01	458	6	30	434.50	82.95	118.50	0.00	0.00	0.00	0.00	3.95	639.90	8.40
	07	476	9	48	706.56	44.33	540.31	0.00	0.00	2.77	0.00	5.54	1299.51	13.95
	08	470	4	17	136.91	43.03	156.47	0.00	0.00	19.56	0.00	7.82	363.79	6.06
	09	444	7	31	471.94	27.89	201.65	0.00	0.00	0.00	8.58	10.64	720.70	8.30
	13	455	6	32	540.31	10.39	103.91	0.00	0.00	0.00	0.00	4.16	658.77	6.97
	14	475	7	42	380.00	28.50	148.83	6.97	0.00	3.17	0.00	15.83	583.30	7.13
	15	478	4	21	316.67	25.33	0.00	0.00	0.00	15.83	0.00	0.00	357.83	6.39
	18	479	3	12	554.17	88.67	0.00	0.00	0.00	0.00	0.00	22.17	665.01	10.33
	22	454	6	18	369.44	29.56	66.50	0.00	0.00	0.00	0.00	9.16	474.66	6.39
	32	453	5	30	620.67	8.87	305.90	0.00	0.00	0.00	0.00	8.87	944.31	9.78
	52	464	5	30	443.33	183.98	226.10	0.00	0.00	0.00	0.00	8.87	862.28	14.82
	55	465	3	18	480.28	147.78	73.89	0.00	0.00	0.00	0.00	9.75	711.70	9.87
	63	440	9	54	591.11	52.95	258.61	14.78	22.17	24.63	0.00	8.18	972.43	12.02
	72	449	7	42	601.67	9.50	126.67	0.00	205.83	47.50	174.17	7.85	1173.19	15.51
	105	448	6	30	310.33	0.00	133.00	0.00	6.65	0.00	0.00	4.43	454.41	4.59
	120	467	6	24	581.88	113.05	180.10	0.00	0.00	0.00	0.00	5.54	880.57	11.91
	131	468	4	24	581.88	188.42	83.13	0.00	0.00	0.00	0.00	11.08	864.51	14.19
	Group Avrg				501.20	57.27	190.97	2.17	19.96	8.46	15.07	8.13	803.23	10.25



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Monu river project 7th phase  
Food intake per day

Class	HH No.	Qno	Men ber	Total meal	Cereal	Fish	Veg.	Meat	Drink	Snacks	Fruits	E. Oil	Total	
													in grams	in taka
1														
	40	923	6	36	517.22	73.89	203.19	0.00	0.00	0.00	568.94	14.78	1378.02	14.49
	41	931	11	64	406.76	83.44	229.45	41.72	45.89	77.60	0.00	10.43	895.29	14.58
	43	950	9	63	467.36	49.59	158.93	0.00	46.62	8.48	33.90	0.00	784.90	8.70
	85	948	13	35	534.00	76.29	209.79	0.00	359.22	41.96	541.63	0.00	1772.89	24.32
	Group Avrg				474.99	69.67	198.76	13.48	94.93	35.20	209.97	6.06	1103.06	14.42
2														
	04	929	9	56	476.79	121.58	95.36	35.76	47.68	35.76	147.80	0.00	960.73	13.94
	20	945	8	40	516.00	290.25	64.50	14.19	56.76	32.25	0.00	0.00	973.95	19.04
	41	946	11	70	516.00	82.74	248.79	0.00	32.43	18.43	93.25	3.69	995.33	10.82
	43	925	10	56	437.68	46.07	308.65	0.00	11.52	4.61	149.73	4.24	952.53	10.27
	44	947	10	50	557.60	68.37	322.50	0.00	0.00	0.00	309.60	0.00	1258.07	10.95
	69	924	13	66	430.00	101.64	185.68	0.00	0.00	0.00	410.45	9.77	1137.54	12.70
	Group Avrg				487.37	109.22	210.06	7.60	23.24	14.32	194.55	3.37	1049.73	12.62
3														
	03	942	6	28	450.71	57.13	276.43	0.00	0.00	0.00	450.71	3.69	1258.67	11.43
	05	957	9	48	339.45	26.66	212.31	0.00	0.00	12.34	222.19	0.00	812.95	9.20
	06	940	6	36	592.50	0.00	427.92	0.00	0.00	0.00	0.00	2.11	1022.53	8.71
	12	941	6	36	592.50	30.94	213.96	0.00	0.00	0.00	263.33	1.58	1102.31	10.11
	17	956	3	12	592.50	118.50	0.00	0.00	0.00	0.00	79.00	32.00	822.00	14.61
	19	958	9	36	329.17	17.12	279.79	0.00	0.00	0.00	0.00	6.58	632.66	6.52
	22	951	2	12	493.75	64.19	256.75	0.00	0.00	0.00	0.00	11.85	826.54	9.70
	38	944	6	30	434.50	128.38	177.75	15.80	0.00	112.58	31.60	0.00	900.61	14.25
	50	935	9	27	570.56	43.89	256.75	26.33	0.00	17.56	122.89	0.00	1037.98	12.40
	59	934	7	23	433.46	46.37	231.85	28.34	340.04	61.83	123.65	10.30	1331.84	21.04
	73	921	5	18	427.92	0.00	296.25	0.00	0.00	0.00	208.03	13.17	945.37	11.20
	95	922	7	42	554.29	138.25	172.11	0.00	0.00	0.00	575.57	0.00	1450.22	14.21
	Group Avrg				452.30	53.77	242.33	5.28	22.47	16.86	153.34	4.23	1025.64	11.52
4														
	02	955	3	18	526.67	39.50	263.33	14.43	0.00	0.00	790.00	4.48	1638.46	16.14
	03	954	4	24	554.17	110.83	221.67	0.00	0.00	0.00	425.71	0.00	1313.38	14.81
	04	938	6	32	581.88	83.13	83.13	0.00	0.00	0.00	54.03	1.66	803.83	8.33
	08	953	3	12	632.71	144.08	0.00	0.00	0.00	0.00	1097.25	15.52	1949.56	18.63
	09	926	7	42	475.00	9.50	142.50	27.87	0.00	0.00	0.00	6.33	661.20	8.49
	12	959	5	16	789.69	32.42	166.25	0.00	0.00	0.00	0.00	0.00	988.36	10.76
	13	937	6	30	709.33	22.17	199.50	0.00	0.00	0.00	266.00	2.13	1199.13	10.10
	14	952	7	42	380.00	20.27	158.33	0.00	0.00	0.00	481.33	0.00	1039.93	9.42
	22	928	6	14	665.00	76.00	285.00	0.00	0.00	0.00	0.00	9.50	1035.50	10.61
	23	960	4	22	272.05	30.23	47.15	0.00	6.05	12.09	604.55	5.08	977.20	8.40
	32	933	5	30	554.17	37.24	104.18	0.00	0.00	0.00	0.00	0.00	695.59	8.75
	52	943	5	18	591.11	155.17	221.67	32.51	0.00	0.00	0.00	0.00	1000.46	13.81
	55	949	4	21	433.02	52.58	185.58	0.00	0.00	61.86	118.77	0.00	851.81	8.81
	63	927	9	58	522.91	56.84	152.32	0.00	45.47	11.37	0.00	5.64	794.55	10.77
	73	930	7	42	665.00	6.33	380.00	0.00	0.00	0.00	0.00	15.83	1067.16	10.34
	105	932	6	27	320.19	0.00	295.56	0.00	10.84	9.85	0.00	4.93	641.37	5.41
	120	936	6	30	532.00	62.07	88.67	0.00	53.20	22.17	53.20	8.87	820.18	11.12
	131	939	2	14	950.00	194.75	228.00	0.00	0.00	0.00	1014.60	0.00	2387.35	25.09
	Group Avrg				543.27	51.00	180.19	4.09	9.50	6.47	201.23	4.64	1000.39	10.74

Monu river project 8th phase  
Food intake per day

Class	HH No.	Qno	Mem ber	Total meal	Cereal	Fish	Veg.	Meat	Drink	Snacks	Fruits	E. Oil	-----Total-----	
													in grams	in taka
1	40	968	6	36	517.22	96.06	221.67	0.00	0.00	0.00	221.67	14.78	1071.40	14.16
	41	969	13	205	351.66	0.00	153.04	224.67	0.00	221.41	260.49	0.00	1211.27	27.27
	43	988	8	56	381.43	166.88	59.60	0.00	38.14	16.69	0.00	15.83	678.57	10.48
	85	990	14	44	345.89	151.70	333.75	91.02	0.00	0.00	0.00	45.88	968.24	19.40
	Group Avrg				373.28	57.12	168.26	146.81	6.26	135.85	180.00	10.08	1077.66	22.11
2	04	964	11	54	543.89	33.13	82.82	49.44	0.00	0.00	426.21	0.00	1135.49	16.34
	20	986	9	47	384.26	208.60	101.55	24.15	227.81	41.17	0.00	0.00	987.54	20.95
	41	989	11	70	405.43	129.00	91.22	55.29	16.59	0.00	0.00	14.74	712.27	12.36
	43	970	10	65	357.23	123.05	182.58	0.00	7.94	19.85	99.23	3.97	793.85	8.67
	44	987	15	59	546.61	223.02	109.32	0.00	0.00	0.00	0.00	7.78	886.73	12.41
	69	967	11	70	405.43	305.91	276.43	0.00	106.89	92.14	589.71	0.00	1776.51	26.65
	Group Avrg				437.42	173.13	146.02	21.03	54.43	26.51	193.82	4.79	1057.15	16.16
3	03	983	6	30	344.00	79.12	172.43	0.00	21.50	0.00	4.30	0.00	621.35	7.43
	05	996	8	48	370.31	54.31	0.00	0.00	0.00	0.00	198.49	2.47	625.58	6.65
	06	984	7	37	576.49	128.11	64.05	0.00	0.00	0.00	0.00	0.00	768.65	9.07
	12	981	6	32	259.22	122.20	55.55	0.00	0.00	0.00	296.25	8.44	741.66	7.75
	17	992	4	18	592.50	36.21	253.46	0.00	0.00	0.00	0.00	26.33	908.50	12.37
	19	991	9	12	345.63	49.38	108.63	0.00	19.75	19.75	0.00	9.88	553.02	8.41
	38	985	14	34	609.93	1.39	313.68	69.71	0.00	0.00	0.00	0.00	994.71	13.08
	50	974	8	39	334.23	36.46	303.85	0.00	0.00	0.00	291.69	0.00	966.23	9.65
	59	975	6	18	230.42	0.00	52.67	61.88	230.42	0.00	243.58	0.00	818.97	14.27
	73	962	4	17	453.09	34.85	243.97	30.67	0.00	0.00	0.00	0.00	762.58	9.81
	95	966	7	38	623.68	159.04	46.78	0.00	0.00	0.00	0.00	0.00	829.50	10.68
	Group Avrg				439.18	71.15	138.00	12.40	15.57	0.73	108.04	3.04	788.11	9.59
4	02	1000	3	18	395.00	39.50	1.98	0.00	13.17	0.00	671.50	7.90	1129.05	9.57
	03	997	4	26	639.42	58.32	5.12	0.00	0.00	0.00	460.38	10.23	1173.47	11.30
	04	979	6	36	406.39	7.39	9.24	0.00	0.00	0.00	0.00	2.96	425.98	4.50
	08	995	4	18	498.75	88.67	129.31	0.00	14.78	40.64	0.00	4.43	776.58	9.67
	09	965	7	38	490.00	80.50	108.50	0.00	70.00	0.00	245.00	3.50	997.50	11.54
	12	994	5	20	532.00	0.00	17.96	0.00	0.00	0.00	0.00	6.65	556.61	6.67
	13	982	6	34	547.65	148.65	172.12	0.00	0.00	0.00	0.00	6.26	874.68	9.81
	14	993	7	40	399.00	33.25	122.03	14.63	3.33	13.30	232.75	5.32	823.61	9.03
	22	972	6	18	532.00	51.72	73.89	0.00	0.00	0.00	0.00	0.00	657.61	7.33
	22	999	3	18	539.39	81.28	73.89	0.00	29.56	7.39	0.00	4.43	735.94	13.16
	23	998	4	16	332.50	45.72	58.19	0.00	0.00	0.00	0.00	0.00	436.41	5.31
	32	971	5	30	576.33	141.87	66.50	0.00	0.00	0.00	310.33	7.27	1102.30	11.64
	52	977	5	28	498.75	28.50	143.45	0.00	0.00	9.50	456.00	0.00	1136.20	11.04
	55	976	3	12	775.83	275.98	55.42	0.00	0.00	0.00	0.00	0.00	1107.23	14.24
	63	961	9	59	495.93	2.03	112.71	45.08	13.53	11.27	144.27	6.40	831.22	11.60
	73	963	7	46	636.09	239.98	202.39	0.00	28.91	0.00	0.00	14.46	1121.83	13.43
	105	973	6	17	195.59	46.94	2.35	0.00	15.65	62.59	0.00	3.13	326.25	4.72
	120	980	6	30	487.67	88.67	88.67	0.00	53.20	28.82	0.00	8.87	755.90	10.52
	131	978	2	12	698.25	266.00	249.38	0.00	0.00	0.00	0.00	22.17	1235.80	16.68
	Group Avrg				506.21	83.01	96.83	6.29	15.15	8.25	141.99	6.22	863.95	10.17



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Monu river project 9th phase  
Food intake per day

Class	HH No.	Qno	Men	Total	Cereal	Fish	Veg.	Meat	Drink	Snacks	Fruits	E. Oil	-----Total-----	
													in grams	in taka
1	40	1026	6	37	503.24	269.59	161.76	0.00	50.32	32.35	0.00	14.38	1031.64	12.21
	41	1028	12	84	190.71	119.20	79.46	0.00	39.73	15.89	0.00	15.89	460.88	8.66
	43	1005	8	48	500.63	180.78	13.91	0.00	9.23	0.00	0.00	0.00	704.55	9.17
	85	1015	14	70	267.00	76.29	85.82	76.29	53.40	55.31	0.00	19.07	633.18	13.70
	Group Avrg				323.68	142.28	80.90	22.34	39.25	26.79	0.00	13.40	648.64	10.79
2	04	1022	15	76	491.84	546.30	162.48	0.00	35.13	7.03	405.77	7.03	1655.58	19.95
	20	1008	7	35	589.71	305.91	46.07	0.00	58.97	55.29	552.86	14.74	1623.55	23.28
	41	1003	9	54	453.89	131.39	77.64	0.00	2.39	54.71	525.56	6.88	1252.46	12.25
	43	1019	10	68	417.35	188.76	36.04	0.00	22.76	7.59	159.35	3.04	834.89	8.32
	44	1010	10	40	516.00	290.25	32.25	0.00	0.00	30.64	0.00	16.13	885.27	14.48
	59	1020	11	57	497.89	83.74	253.47	0.00	27.16	22.63	0.00	9.78	894.67	9.95
	Group Avrg				484.64	268.30	110.13	0.00	24.12	25.62	270.92	8.58	1192.31	14.25
3	03	1002	6	30	516.00	86.00	210.70	0.00	0.00	0.00	0.00	4.30	817.00	8.87
	05	1037	8	48	320.94	39.50	37.03	0.00	4.94	2.47	7.41	1.98	414.27	4.62
	06	1001	7	42	479.64	98.75	98.75	0.00	0.00	0.00	225.71	5.64	908.49	9.53
	12	1007	6	30	395.00	63.20	55.62	0.00	0.00	0.00	395.00	4.74	913.56	9.19
	17	1038	3	8	222.19	37.03	37.03	29.63	0.00	29.63	0.00	17.78	373.29	7.23
	19	1032	9	40	292.59	58.52	29.26	0.00	9.66	0.00	0.00	0.00	390.03	3.83
	38	1004	4	24	395.00	135.78	111.09	0.00	39.50	4.94	711.00	3.95	1401.26	15.34
	50	1017	9	30	533.25	59.25	183.68	13.04	0.00	3.95	316.00	15.80	1124.97	13.15
	59	1016	6	18	427.92	98.75	111.92	14.48	98.75	0.00	65.83	26.33	843.98	11.46
	73	1024	4	18	658.33	105.33	197.50	0.00	0.00	0.00	790.00	13.17	1764.33	17.63
	95	1029	7	42	507.86	214.43	56.43	0.00	0.00	0.00	2.82	5.64	787.18	9.30
	Group Avrg				432.28	93.50	95.35	2.69	10.15	1.79	192.90	6.84	835.50	9.24
4	02	1040	4	18	493.75	65.83	26.33	0.00	0.00	0.00	0.00	2.63	588.54	6.90
	03	1033	4	26	511.54	76.73	127.88	0.00	0.00	0.00	0.00	5.12	721.27	8.65
	04	1006	6	30	620.67	66.50	66.50	0.00	0.00	0.00	0.00	4.61	758.28	7.95
	08	1031	4	18	701.94	147.78	73.89	41.38	0.00	0.00	0.00	5.91	970.90	12.31
	09	1021	7	38	455.00	0.00	154.00	0.00	52.50	0.00	0.00	7.00	668.50	7.96
	12	1039	5	24	387.92	38.79	25.49	0.00	0.00	0.00	0.00	0.00	452.20	5.67
	13	1012	6	36	443.33	73.89	38.42	0.00	0.00	0.00	0.00	5.91	561.55	6.27
	14	1034	7	42	380.00	63.33	26.92	0.00	0.00	0.00	0.00	1.90	472.15	5.30
	22	1030	5	14	760.00	147.25	0.00	0.00	0.00	0.00	0.00	0.00	907.25	9.76
	22	1036	3	12	554.17	77.58	118.81	0.00	0.00	0.00	0.00	8.87	759.43	9.85
	23	1035	8	32	374.06	62.34	141.31	0.00	0.00	8.31	0.00	4.99	591.01	6.61
	32	1018	5	16	498.75	62.34	353.28	8.31	0.00	0.00	665.00	8.31	1595.99	12.30
	52	1014	5	20	665.00	266.00	199.50	13.30	0.00	0.00	0.00	2.66	1146.46	11.58
	55	1009	3	14	646.00	161.50	73.15	0.00	0.00	0.00	0.00	3.80	884.45	10.16
	63	1023	12	84	443.33	158.33	142.50	0.00	25.33	20.58	95.00	6.33	891.40	10.02
	73	1027	7	36	960.56	288.17	0.00	0.00	0.00	0.00	0.00	9.16	1257.89	12.99
	105	1025	6	22	332.50	32.65	0.00	0.00	18.14	0.00	0.00	6.05	389.34	4.67
	120	1013	6	36	406.39	20.32	107.14	0.00	0.00	0.00	0.00	2.96	536.81	5.75
	131	1011	3	12	798.00	343.58	221.67	0.00	44.33	0.00	0.00	11.08	1418.66	17.35
	Group Avrg				518.66	107.36	96.61	2.16	9.54	3.76	35.13	5.14	778.36	8.60

Monu river project 10th phase  
Food intake per day

Class	HH No.	Qno	Mem ber	Total meal	Food intake per day							Total		
					Cereal	Fish	Veg.	Meat	Drink	Snacks	Fruits	E. Oil	in grams	in taka
1	40	1058	6	27	541.85	246.30	270.93	98.52	59.11	39.41	0.00	10.84	1266.96	21.13
	41	1060	12	72	333.75	166.88	92.71	0.00	55.63	0.00	0.00	5.64	654.61	9.02
	43	1050	8	48	500.63	236.41	139.06	0.00	24.48	19.47	0.00	6.68	926.73	12.81
	85	1044	14	18	445.00	111.25	37.08	267.00	0.00	0.00	0.00	0.00	860.33	27.37
	Group Avrg				428.48	194.03	129.29	45.25	41.07	12.11	0.00	6.17	856.40	14.10
2	04	1067	9	48	528.44	84.55	27.81	22.25	0.00	0.00	500.63	8.90	1172.58	11.61
	20	1043	7	38	804.16	335.06	167.53	0.00	144.08	0.00	26.81	13.40	1491.04	17.63
	41	1051	9	44	645.00	263.86	216.95	0.00	35.18	29.32	2.93	5.86	1199.10	15.30
	43	1064	10	53	434.02	67.51	156.73	0.00	57.87	77.16	1.21	9.64	804.14	9.87
	44	1048	10	46	616.96	238.37	56.09	0.00	0.00	14.02	2.80	6.73	934.97	13.28
	69	1069	11	60	516.00	129.00	193.50	0.00	0.00	8.60	0.00	8.60	855.70	9.62
	Group Avrg				576.78	175.47	137.61	3.68	35.14	22.69	87.53	8.77	1047.67	12.50
3	03	1041	6	30	602.00	34.40	167.70	0.00	0.00	34.40	0.00	2.75	841.25	9.33
	05	1073	8	48	333.28	46.91	37.03	0.00	0.00	0.00	0.00	4.94	422.16	5.71
	06	1042	6	36	395.00	148.13	0.66	0.00	0.00	0.00	0.00	1.58	545.37	6.29
	12	1046	6	28	592.50	148.13	42.32	0.00	0.00	0.00	0.00	2.71	785.66	9.30
	17	1072	3	12	444.38	9.88	148.13	0.00	0.00	0.00	0.00	17.78	620.17	10.87
	19	1077	9	35	287.79	47.40	82.95	0.00	0.00	0.00	0.00	2.71	420.85	5.88
	38	1047	4	20	474.00	148.13	59.25	0.00	52.14	47.40	0.00	3.79	784.71	11.02
	50	1066	8	30	316.00	27.65	65.97	38.32	0.00	67.15	82.95	7.90	605.94	10.01
	59	1057	7	29	361.53	128.54	180.76	8.03	80.34	20.08	0.00	8.03	787.31	12.71
	73	1068	4	15	553.00	150.10	276.50	0.00	0.00	47.40	0.00	6.32	1033.32	14.48
	95	1059	6	36	477.29	204.08	106.98	0.00	6.58	9.88	0.00	7.90	812.71	8.92
	Group Avrg				423.71	99.29	91.37	4.34	11.42	17.69	7.79	5.29	660.90	8.80
4	02	1076	4	24	493.75	34.56	172.81	0.00	0.00	0.00	0.00	6.52	707.64	7.92
	03	1071	4	24	554.17	144.08	2.77	0.00	0.00	0.00	0.00	11.08	712.10	8.20
	04	1045	6	26	562.69	58.83	61.38	0.00	0.00	0.00	0.00	2.46	685.36	7.98
	08	1074	5	24	665.00	193.96	55.42	0.00	19.95	0.00	0.00	0.00	934.33	9.98
	09	1061	7	38	490.00	87.50	87.50	0.00	52.50	3.50	1.75	7.00	729.75	9.10
	12	1079	3	18	369.44	73.89	7.39	29.56	0.00	0.00	0.00	5.91	486.19	8.21
	13	1055	6	30	576.33	133.00	0.00	0.00	0.00	0.00	0.00	4.43	713.76	7.82
	14	1075	6	36	443.33	96.06	25.49	0.00	0.00	0.00	0.00	3.69	568.57	6.27
	22	1065	5	25	532.00	117.04	0.00	0.00	15.96	0.00	0.00	0.00	665.00	7.39
	22	1078	2	12	554.17	171.79	155.17	0.00	0.00	0.00	0.00	8.87	890.00	14.19
	23	1080	5	25	532.00	69.16	239.40	0.00	0.00	10.64	0.00	3.40	854.60	10.02
	32	1056	5	28	665.00	47.50	190.00	0.00	19.00	19.00	0.00	3.80	944.30	9.71
	52	1053	5	30	443.33	133.00	110.83	0.00	0.00	0.00	0.00	2.84	690.00	7.18
	55	1052	3	14	570.00	332.50	95.00	0.00	0.00	47.50	91.20	6.08	1142.28	12.52
	63	1062	12	82	454.15	105.43	145.98	0.00	32.44	16.22	3.24	3.24	760.70	8.35
	73	1063	7	42	696.67	221.67	47.50	0.00	0.00	0.00	0.00	6.33	972.17	10.02
	105	1070	6	32	457.19	66.50	29.09	0.00	16.63	8.31	0.00	4.16	581.88	6.85
	120	1054	6	34	430.29	176.03	39.12	0.00	41.07	27.38	0.00	6.42	720.31	8.88
	131	1049	3	12	665.00	221.67	110.83	0.00	0.00	88.67	0.00	11.08	1097.25	13.23
	Group Avrg				523.65	122.29	84.34	0.96	14.38	9.33	2.89	4.69	762.53	8.71



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Monu river project 11th phase  
Food intake per day

Cla ss	HH No.	Qno	Mem ber	Total meal	Cereal	Fish	Veg.	Meat	Drink	Snacks	Fruits	E. Oil	-----Total-----	
													in grams	in taka
1	40	1090	6	32	450.15	94.12	192.34	0.00	16.37	225.08	368.31	20.46	1366.83	22.41
	41	1081	11	72	407.92	83.44	166.88	0.00	76.02	18.54	14.83	9.27	776.90	8.82
	43	1116	8	42	699.29	158.93	349.64	0.00	0.00	0.00	96.63	10.55	1315.04	12.97
	85	1111	15	76	281.05	210.79	52.70	0.00	70.26	46.02	112.42	21.08	794.32	13.92
	Group Avrg				425.75	142.75	166.09	0.00	50.99	54.60	115.24	15.18	970.60	13.32
2	04	1091	9	48	556.25	180.78	125.16	22.25	30.59	20.86	129.05	9.23	1074.17	14.75
	20	1114	7	40	645.00	104.81	149.96	0.00	45.15	32.25	61.92	12.90	1051.99	11.90
	41	1082	9	63	409.52	133.10	204.76	0.00	36.86	20.48	40.95	4.10	849.77	11.50
	43	1087	13	49	364.85	20.85	312.73	130.30	65.15	130.30	202.23	21.89	1248.30	26.22
	44	1112	10	60	430.00	109.65	118.25	0.00	0.00	10.75	48.16	8.60	725.41	8.33
	69	1088	11	62	412.80	103.20	196.08	0.00	22.70	10.32	30.96	8.26	784.32	8.61
	Group Avrg				458.08	109.34	184.94	23.28	31.70	35.05	80.76	10.32	933.47	13.13
3	03	1083	7	40	445.93	71.67	286.67	0.00	0.00	54.15	76.44	3.82	938.68	11.48
	05	1104	8	48	333.28	40.49	123.44	0.00	0.00	0.00	0.00	5.93	503.14	6.06
	06	1086	11	50	393.42	50.48	287.24	9.48	0.00	0.00	0.00	7.87	748.49	10.06
	12	1115	6	36	395.00	49.38	106.98	49.38	0.00	0.00	0.00	6.58	607.32	8.92
	17	1108	3	9	395.00	72.42	7.90	31.60	0.00	13.17	0.00	10.53	530.62	7.90
	19	1107	12	38	467.76	38.98	71.10	70.16	48.02	16.22	18.71	4.99	735.94	12.56
	38	1085	5	28	338.57	126.96	80.41	0.00	67.71	33.86	0.00	8.46	655.97	11.91
	50	1094	8	16	814.69	59.25	218.48	0.00	0.00	0.00	0.00	14.81	1107.23	13.20
	59	1098	7	24	296.25	125.91	98.75	64.19	246.88	0.00	165.90	19.75	1017.63	16.53
	73	1097	4	18	460.83	131.67	115.21	0.00	0.00	29.63	168.53	16.33	922.20	14.17
	95	1089	7	49	386.94	163.24	96.73	0.00	40.63	9.67	60.46	0.00	757.67	10.41
	Group Avrg				409.98	81.83	149.94	18.91	32.64	13.70	38.67	7.28	752.95	10.76
4	02	1105	6	30	395.00	41.48	118.50	0.00	0.00	7.90	31.60	5.21	599.69	7.05
	03	1101	4	24	471.04	58.19	124.69	0.00	0.00	0.00	0.00	11.08	665.00	7.17
	04	1118	6	40	598.50	0.00	30.86	0.00	0.00	0.00	0.00	2.26	631.62	6.29
	08	1103	3	11	604.55	362.73	0.00	0.00	0.00	48.36	0.00	6.77	1022.41	23.48
	09	1093	7	38	490.00	143.50	5.25	0.00	35.00	0.00	0.00	7.00	680.75	8.29
	12	1110	4	19	455.00	52.50	105.00	0.00	0.00	35.00	44.80	5.60	697.90	7.93
	13	1117	6	30	620.67	77.58	0.89	0.00	0.00	0.00	14.19	8.87	722.20	7.95
	14	1106	8	50	425.60	54.53	152.95	0.00	0.00	0.00	0.00	2.66	635.74	7.98
	18	1102	4	18	591.11	77.58	334.72	0.00	0.00	0.00	0.00	5.02	1008.43	11.36
	22	1100	6	32	457.19	70.66	0.00	0.00	0.00	0.00	16.63	4.16	548.64	5.99
	23	1109	3	12	665.00	227.21	3.33	0.00	0.00	0.00	0.00	4.43	899.97	10.23
	32	1096	5	25	532.00	53.20	266.00	0.00	53.20	53.20	0.00	8.51	966.11	12.91
	52	1120	5	30	443.33	212.80	44.33	0.00	0.00	0.00	0.00	4.43	704.89	7.93
	55	1084	4	24	2061.50	94.21	277.08	0.00	0.00	5.54	0.00	5.54	2443.87	26.76
	63	1092	13	67	408.93	83.37	153.84	38.11	0.00	0.00	0.00	7.94	692.19	9.24
	73	1095	9	48	554.17	193.96	0.00	0.00	0.00	0.00	177.89	5.54	931.56	8.51
	105	1099	7	12	487.67	0.00	142.98	0.00	0.00	0.00	15.52	8.87	655.04	8.08
	120	1113	8	38	420.00	85.75	17.50	0.00	42.00	17.50	0.00	4.90	587.65	7.02
	131	1119	4	28	475.00	142.50	190.00	0.00	38.00	19.00	0.00	3.04	867.54	9.52
	Group Avrg				554.42	98.33	97.84	4.43	9.24	7.11	19.93	5.71	797.01	9.32

Monu river project 12th phase  
Food intake per day

Cla ss	HH No.	Qno	Mem ber	Total meal	Cereal	Fish	Veg.	Meat	Drink	Snacks	Fruits	E. Oil	-----Total-----	
													in grams	in taka
1	40	1146	6	33	1571.82	241.82	221.67	0.00	64.48	32.24	0.00	21.12	2153.15	30.15
	41	1151	11	60	378.25	133.50	133.50	4.90	22.25	8.90	35.60	7.39	724.29	9.21
	43	1130	8	48	556.25	667.50	229.45	0.00	33.38	22.25	83.44	11.13	1603.40	25.11
	85	1127	14	107	199.63	99.81	87.34	0.00	39.93	24.95	117.28	24.20	593.14	9.47
	Group Avrg				494.46	236.73	143.89	1.18	37.65	21.52	75.36	17.19	1027.98	15.20
2	04	1159	9	48	528.44	140.18	55.63	0.00	55.63	22.25	125.16	13.91	941.20	12.56
	20	1126	8	48	376.25	189.47	147.81	0.00	43.00	26.88	161.25	10.75	955.41	15.08
	41	1123	12	55	1196.18	70.36	867.82	269.73	212.26	93.82	11.73	93.82	2815.72	52.99
	43	1155	11	55	516.00	105.55	187.64	0.00	51.60	0.00	11.73	9.38	881.90	10.26
	44	1124	10	60	430.00	193.50	43.00	0.00	0.00	10.75	131.58	10.75	819.58	14.26
	69	1149	11	77	368.57	125.65	117.27	16.75	44.23	325.01	43.56	6.70	1047.74	13.24
	Group Avrg				559.11	136.39	231.56	47.01	66.04	96.76	76.64	23.38	1236.89	19.48
3	03	1143	7	30	430.00	66.65	96.75	0.00	0.00	0.00	0.00	5.16	598.56	8.07
	05	1134	8	42	395.00	56.43	56.43	0.00	0.00	0.00	0.00	1.13	508.99	6.96
	06	1132	7	55	1120.36	387.82	711.00	0.00	0.00	0.00	0.00	64.64	2283.82	37.93
	12	1145	6	30	474.00	41.48	98.75	0.00	0.00	0.00	0.00	4.74	618.97	7.11
	17	1136	3	10	237.00	237.00	118.50	0.00	0.00	0.00	0.00	14.22	606.72	12.83
	19	1121	9	42	338.57	100.16	56.43	2.82	5.64	7.05	0.00	2.26	512.93	7.00
	38	1128	5	22	323.18	711.00	538.64	0.00	199.30	26.93	21.55	6.46	1827.06	33.41
	50	1153	9	50	474.00	45.03	94.80	2.61	0.00	2.37	30.34	4.74	653.89	8.42
	59	1154	7	37	256.22	64.05	80.07	14.09	96.08	0.00	66.94	10.25	587.70	9.54
	73	1150	4	24	345.63	51.84	123.44	10.86	0.00	22.22	0.00	9.88	563.87	9.25
	95	1156	7	42	507.86	141.07	186.21	0.00	0.00	25.39	0.00	5.64	866.17	10.67
	Group Avrg				499.57	158.73	211.54	2.68	21.29	6.79	11.63	13.98	926.21	14.15
4	02	1133	5	23	515.22	566.74	51.52	0.00	0.00	0.00	0.00	5.15	1138.63	29.09
	03	1137	4	24	304.79	138.54	0.00	0.00	0.00	0.00	22.17	11.08	476.58	6.22
	04	1144	6	36	628.06	55.42	22.17	0.00	0.00	0.00	0.00	3.69	709.34	8.48
	08	1140	4	18	1034.59	147.78	36.94	0.00	0.00	22.17	0.00	3.55	1245.03	15.19
	09	1152	7	38	364.00	141.75	122.50	14.00	35.00	0.00	105.00	7.00	789.25	9.30
	12	1122	3	18	1034.44	369.44	220.19	0.00	0.00	0.00	147.78	5.91	1777.76	30.82
	13	1141	7	36	517.22	110.83	36.94	0.00	0.00	0.00	0.00	2.96	667.95	9.47
	14	1138	7	36	443.33	77.58	9.24	0.00	0.00	5.91	0.00	3.69	539.75	7.88
	18	1135	4	14	570.00	199.50	95.00	0.00	0.00	47.50	0.00	15.20	927.20	15.47
	22	1148	5	16	415.63	290.94	207.81	0.00	0.00	0.00	0.00	8.31	922.69	10.15
	23	1139	3	18	480.28	147.78	73.89	0.00	0.00	0.00	0.00	4.43	706.38	7.92
	32	1147	5	25	532.00	133.00	87.25	0.00	42.56	42.56	0.00	10.64	848.01	12.16
	52	1129	5	24	609.58	221.67	134.11	0.00	0.00	5.54	0.00	11.08	981.98	11.62
	55	1131	3	18	546.78	1067.69	147.78	0.00	0.00	18.47	0.00	7.39	1788.11	35.50
	63	1225	12	56	617.50	90.25	261.25	20.90	42.75	40.38	23.75	6.27	1103.05	15.12
	73	1157	10	45	520.18	88.67	236.44	11.82	20.69	7.39	4.73	14.78	904.70	10.72
	105	1158	6	30	532.00	4.43	119.70	0.00	53.20	0.00	0.00	4.97	714.30	8.89
	120	1125	5	20	665.00	166.25	66.50	0.00	0.00	0.00	0.00	7.98	905.73	12.38
	131	1142	2		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
	Group Avrg				589.26	191.98	126.23	4.51	16.93	13.60	17.63	7.83	967.97	13.98



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Monu river project 13th phase  
Food intake per day

Class	HH No.	Mem Qno	Total ber meal	Cereal	Fish	Veg.	Meat	Drink	Snacks	Fruits	E. Oil	Total in grams	Total in taka
1	40 1239	6	16	623.44	332.50	249.38	0.00	49.88	66.50	831.25	43.56	2196.51	25.56
	41 1230	10	24	333.75	383.81	111.25	0.00	50.06	27.81	13.91	11.13	931.72	11.02
	43 1211	8	48	500.63	278.13	194.69	0.00	0.00	38.94	0.00	13.91	1026.30	13.38
	85 1220	13	76	351.32	245.92	35.13	0.00	75.53	43.91	281.05	15.11	1047.97	15.06
	Group Avrg			418.99	283.97	113.87	0.00	47.20	42.30	213.38	16.95	1136.66	15.00
2	04 1234	11	47	590.81	363.57	28.40	0.00	56.81	28.40	59.65	11.36	1139.00	15.45
	20 1219	10	54	573.33	167.22	107.50	0.00	89.34	23.89	114.67	9.56	1085.51	14.48
	41 1224	11	55	562.91	199.36	105.55	46.44	85.14	30.49	0.00	9.38	1039.27	16.48
	43 1231	10	40	645.00	290.25	161.25	0.00	51.60	48.38	32.25	7.48	1236.21	12.74
	44 1213	9	54	430.00	191.11	95.56	0.00	0.00	35.83	0.00	11.94	764.44	9.32
	69 1236	11	46	616.96	347.74	140.22	0.00	44.87	28.04	0.00	11.22	1189.05	14.78
	Group Avrg			564.49	253.41	104.75	8.63	55.09	31.97	34.75	10.22	1063.31	13.86
3	03 1217	6	30	430.00	129.00	129.00	0.00	0.00	12.47	0.00	5.68	706.15	9.27
	05 1192	7	42	366.79	124.14	35.27	0.00	0.00	4.23	14.11	2.82	547.36	5.99
	06 1210	7	42	536.07	76.18	56.43	0.00	0.00	0.00	0.00	3.72	672.40	8.45
	12 1214	6	30	553.00	197.50	79.00	0.00	0.00	19.75	0.00	7.90	857.15	9.38
	17 1191	2	6	592.50	122.45	98.75	0.00	0.00	0.00	0.00	15.80	829.50	12.27
	19 1193	9	48	320.94	92.58	49.38	0.00	0.00	12.34	32.09	4.94	512.27	8.38
	38 1221	5	18	460.83	131.67	16.46	65.83	86.90	59.25	73.73	15.80	910.47	16.95
	50 1229	8	36	329.17	65.83	40.82	3.29	0.00	54.97	26.33	8.16	528.57	6.74
	59 1227	7	28	253.93	95.22	84.64	0.00	84.64	55.02	33.86	8.46	615.77	9.07
	73 1237	5	26	273.46	91.15	53.05	27.35	0.00	15.95	0.00	15.13	476.09	7.90
	95 1238	10	40	592.50	154.05	118.50	0.00	59.25	7.41	49.77	7.35	988.83	11.41
	Group Avrg			417.44	113.66	67.37	5.82	18.22	20.33	21.23	7.27	671.34	8.99
4	02 1194	3	18	419.62	197.50	32.92	0.00	0.00	13.17	164.58	6.58	834.37	9.56
	03 1198	4	24	526.46	66.50	105.29	24.38	0.00	0.00	0.00	3.77	726.40	10.82
	04 1216	6	25	425.60	106.40	74.48	0.00	0.00	0.00	0.00	5.32	611.80	6.17
	08 1196	4	24	498.75	138.54	0.00	27.71	0.00	8.31	55.42	4.43	733.16	8.10
	09 1233	7	42	506.67	126.67	31.67	142.50	7.92	4.75	88.67	6.33	915.18	14.81
	12 1195	3	18	369.44	110.83	166.25	0.00	0.00	29.56	29.56	14.78	720.42	11.15
	13 1215	6	36	517.22	136.69	73.89	0.00	0.00	12.93	0.00	7.39	748.12	11.09
	14 1199	9	54	492.59	61.57	40.64	0.00	0.00	6.16	0.00	1.97	602.93	7.04
	18 1197	4	18	554.17	184.72	369.44	0.00	0.00	0.00	0.00	7.39	1115.72	13.01
	22 1228	6	15	1115.48	257.42	0.00	0.00	0.00	42.90	0.00	6.86	1422.66	16.02
	23 1190	3	18	517.22	184.72	0.00	0.00	0.00	7.39	0.00	5.91	715.24	7.49
	32 1232	5	30	620.67	77.58	66.50	0.00	0.00	0.00	0.00	17.73	782.48	8.95
	52 1222	5	30	443.33	201.72	88.67	0.00	0.00	5.76	0.00	8.87	748.35	8.96
	55 1218	4	23	636.09	202.39	173.48	0.00	38.17	34.70	0.00	7.63	1092.46	10.77
	63 1235	12	52	665.00	204.62	230.19	0.00	30.69	19.18	0.00	3.58	1153.26	14.33
	73 1226	8	42	633.33	316.67	0.00	0.00	0.00	0.00	0.00	4.18	954.18	10.04
	105 1240	8	28	380.00	142.50	95.00	0.00	66.50	47.50	0.00	5.70	737.20	7.19
	120 1212	6	20	665.00	359.10	0.00	0.00	0.00	16.63	19.95	5.32	1066.00	11.46
	131 1223	3	15	798.00	487.67	88.67	0.00	78.03	88.67	0.00	17.73	1558.77	20.24
	Group Avrg			556.18	174.27	85.28	13.59	10.96	14.51	16.80	6.70	878.29	10.66

Monu river project 14th phase  
Food intake per day

Cla ss	HH No.	Qno	Mem ber	Total meal	Cereal	Fish	Veg.	Meat	Drink	Snacks	Fruits	E. Oil	-----Total-----	
													in grams	in taka
1	40	1169	6	28	617.50	270.75	166.25	0.00	114.00	109.25	0.00	19.00	1296.75	18.67
	41	1172	10	44	450.00	108.00	120.00	60.00	114.00	60.00	30.00	9.60	951.60	16.92
	43	1186	8	48	667.50	292.03	118.20	0.00	0.00	27.81	0.00	5.56	1111.10	14.48
	85	1187	13	54	494.44	395.56	247.22	0.00	108.78	69.22	0.00	24.72	1339.94	28.20
	Group Avrg				550.46	273.72	166.30	15.30	81.03	61.90	7.65	14.68	1171.04	20.02
2	04	1163	11	50	534.00	101.46	133.50	0.00	58.74	13.35	26.70	6.41	874.16	10.20
	20	1183	10	35	884.57	276.43	202.71	0.00	110.57	58.97	162.17	14.74	1710.16	24.93
	41	1179	9	45	573.33	186.33	172.00	0.00	51.60	53.32	0.00	5.73	1042.31	16.42
	43	1170	10	46	504.78	56.09	168.26	0.00	39.26	91.14	28.04	6.73	894.30	11.79
	44	1184	10	54	477.78	286.67	47.78	0.00	0.00	35.83	11.94	9.56	869.56	12.92
	69	1160	11	66	430.00	136.82	87.95	0.00	43.00	29.32	0.00	7.82	734.91	10.35
	Group Avrg				543.45	169.67	127.15	0.00	46.53	44.57	30.22	8.23	969.82	13.65
3	03	1176	6	30	430.00	64.50	279.50	0.00	0.00	0.00	0.00	1.72	775.72	7.84
	05	1203	7	42	338.57	2.82	63.48	0.00	0.00	28.21	0.00	2.82	435.90	5.05
	12	1178	7	35	406.29	79.56	70.42	0.00	0.00	16.93	0.00	2.71	575.91	6.75
	13	1185	6	30	474.00	51.35	4.74	0.00	0.00	0.00	0.00	2.37	532.46	6.31
	17	1200	2	6	592.50	140.23	79.00	0.00	79.00	39.50	0.00	7.90	938.13	14.55
	19	1207	9	48	493.75	64.19	54.81	0.00	14.81	0.00	22.22	2.47	652.25	8.87
	38	1181	5	16	592.50	296.25	222.19	0.00	118.50	199.97	7.41	11.85	1448.67	23.41
	50	1166	8	38	311.84	140.33	93.55	0.00	0.00	49.89	54.88	6.24	656.73	9.30
	59	1173	8	36	345.63	82.29	69.13	0.00	65.83	16.46	63.20	6.58	649.12	9.48
	73	1161	4	24	345.63	135.29	118.50	0.00	0.00	34.56	9.88	4.94	648.80	7.71
	95	1174	10	60	513.50	98.75	39.50	0.00	55.30	9.88	15.80	2.45	735.18	8.81
	Group Avrg				426.55	89.06	86.51	0.00	24.02	25.00	18.44	3.92	673.50	8.66
4	02	1206	5	18	526.67	115.21	98.75	0.00	0.00	16.46	0.00	3.95	761.04	10.28
	03	1208	4	20	665.00	133.00	66.50	0.00	0.00	13.30	0.00	11.97	889.77	11.44
	04	1175	7	24	277.08	55.42	0.00	0.00	0.00	0.00	55.42	2.22	390.14	3.99
	06	1182	8	32	415.63	85.20	97.67	0.00	0.00	6.23	0.00	2.49	607.22	6.98
	08	1209	3	12	665.00	77.58	138.54	0.00	0.00	27.71	0.00	4.43	913.26	14.95
	09	1165	7	38	493.50	78.75	190.75	0.00	0.00	0.00	0.00	7.00	770.00	9.75
	12	1201	3	8	498.75	83.13	200.83	0.00	0.00	16.63	0.00	13.30	812.64	11.54
	14	1205	7	42	380.00	101.33	63.33	0.00	0.00	28.50	0.00	2.53	575.69	7.32
	18	1204	3	10	532.00	139.65	53.20	0.00	0.00	53.20	0.00	10.64	788.69	15.60
	22	1168	5	18	443.33	189.16	73.89	0.00	0.00	0.00	0.00	5.91	712.29	11.42
	23	1202	3	16	483.64	56.42	64.48	0.00	0.00	0.00	0.00	3.87	608.41	8.33
	32	1167	5	20	465.50	117.04	108.40	0.00	66.50	53.20	0.00	10.64	821.28	11.10
	52	1180	5	9	644.00	21.00	189.00	112.00	112.00	49.00	0.00	16.80	1143.80	27.50
	55	1188	3	18	665.00	151.47	124.87	0.00	0.00	29.56	59.11	5.91	1035.92	12.13
	63	1162	13	78	375.13	92.08	139.82	34.10	44.33	6.82	0.00	0.00	692.28	11.12
	73	1164	8	42	570.00	107.67	230.85	0.00	0.00	0.00	0.00	6.33	914.85	10.92
	105	1171	8	28	475.00	121.13	142.50	0.00	47.50	47.50	0.00	3.04	836.67	12.54
	120	1177	6	19	630.00	122.50	35.00	0.00	0.00	17.50	0.00	5.60	810.60	9.38
	131	1189	3	15	620.67	221.67	22.17	0.00	70.93	22.17	0.00	7.09	964.70	15.63
	Group Avrg				482.63	105.52	115.68	7.96	17.62	16.12	5.12	4.90	755.55	10.63



Monu river project 15th phase  
Food intake per day

Cla	HH	Mem	Total										-----Total-----
ss	No.	Qno	ber	meal	Cereal	Fish	Veg.	Meat	Drink	Snacks	Fruits	E. Oil	in grams in taka
1													
	40	1285	11	48	775.83	152.40	353.28	0.00	49.88	193.96	121.92	22.17	1669.44
	41	1271	10	36	407.92	111.25	222.50	0.00	44.50	11.13	215.08	14.83	1027.21
	43	1249	8	40	684.19	347.10	133.50	0.00	0.00	56.74	0.00	16.69	1238.22
	85	1248	12	68	235.59	19.63	72.64	77.74	164.91	37.30	196.32	7.85	811.98
	Group Avrg				496.42	138.22	183.58	27.53	79.22	75.61	140.34	14.58	1155.50
2													
	04	1275	10	50	480.60	80.10	226.95	23.50	53.40	21.36	42.72	5.34	933.97
	20	1251	11	64	362.81	120.94	100.78	0.00	36.28	21.16	48.38	8.06	698.41
	41	1247	8	40	645.00	130.61	225.75	64.50	51.60	35.48	0.00	8.00	1160.94
	43	1286	10	35	516.00	129.00	112.05	0.00	25.80	16.59	123.47	7.37	930.28
	44	1250	10	50	516.00	193.50	135.45	0.00	51.60	25.80	61.92	10.32	994.59
	69	1276	11	66	430.00	107.50	195.45	0.00	78.18	8.80	9.77	8.68	838.38
	Group Avrg				476.36	125.42	165.32	12.31	51.47	20.63	43.59	8.03	903.13
3													
	03	1253	6	24	215.00	56.44	215.00	0.00	21.50	79.01	10.75	2.15	599.85
	05	1289	7	42	366.79	45.14	57.56	0.00	0.00	2.82	0.00	2.26	474.57
	06	1256	12	48	592.50	98.75	133.31	0.00	0.00	4.94	0.00	2.96	832.46
	12	1255	7	34	365.96	17.43	78.42	0.00	0.00	10.46	0.00	6.97	479.24
	17	1291	2	6	592.50	138.25	217.25	0.00	79.00	49.38	110.60	15.80	1202.78
	19	1293	11	52	410.19	113.94	45.58	0.00	0.00	11.39	0.00	4.56	585.66
	38	1252	7	18	658.33	263.33	82.29	0.00	52.67	19.75	3.29	13.17	1092.83
	50	1274	8	38	311.84	102.91	46.78	18.71	0.00	12.47	74.84	12.47	580.02
	59	1273	8	30	316.00	122.45	106.65	0.00	79.00	0.00	39.50	7.90	671.50
	73	1283	4	24	345.63	172.81	103.69	0.00	0.00	39.50	0.00	12.25	673.88
	95	1284	7	31	451.43	169.29	259.57	0.00	52.67	56.43	0.00	7.52	996.91
	Group Avrg				408.71	106.88	107.74	2.05	17.17	20.29	14.42	6.72	683.98
4													
	02	1295	5	18	395.00	65.83	32.92	0.00	0.00	14.48	0.00	3.95	512.18
	03	1294	4	24	498.75	166.25	83.13	0.00	0.00	16.63	0.00	5.54	770.30
	04	1257	6	12	665.00	387.92	44.33	0.00	0.00	0.00	0.00	8.87	1106.12
	08	1287	3	18	443.33	184.72	110.83	0.00	0.00	29.56	0.00	5.91	774.35
	09	1281	7	38	490.00	0.00	94.50	0.00	35.00	0.00	0.00	7.00	626.50
	12	1288	3	18	369.44	184.72	184.72	0.00	0.00	16.99	14.78	0.00	770.65
	13	1254	6	30	576.33	159.60	22.17	0.00	0.00	44.33	0.00	4.43	806.86
	14	1290	7	42	380.00	79.17	95.00	0.00	0.00	22.17	0.00	3.17	579.51
	18	1292	3	10	532.00	79.80	232.75	0.00	0.00	6.65	53.20	10.64	915.04
	22	1282	5	18	517.22	118.22	166.25	0.00	0.00	0.00	0.00	7.39	809.08
	23	1296	3	15	221.67	48.77	31.03	0.00	0.00	0.00	0.00	4.26	305.73
	32	1278	5	20	665.00	219.45	159.60	0.00	73.15	26.60	0.00	13.30	1157.10
	52	1258	5	25	478.80	111.72	266.00	0.00	0.00	7.98	31.92	4.26	900.68
	55	1260	4	24	498.75	254.92	0.00	0.00	0.00	19.40	24.38	5.54	802.99
	63	1277	12	48	637.29	171.79	166.25	0.00	66.50	38.79	0.00	5.54	1086.16
	73	1272	8	28	855.00	104.50	403.75	0.00	0.00	35.63	0.00	9.50	1408.38
	105	1279	8	24	651.43	108.57	81.43	0.00	21.71	38.00	0.00	2.17	903.31
	120	1246	6	26	409.23	204.62	0.00	0.00	122.77	20.46	0.00	5.12	762.20
	131	1259	4	16	665.00	290.94	133.00	0.00	66.50	41.56	0.00	8.31	1205.31
	Group Avrg				529.21	143.80	122.60	0.00	23.70	22.02	4.80	5.74	851.87



Monu river project 16th phase  
Food intake per day

Class	HH No.	Mem Qno	Total ber	Cereal	Fish	Veg.	Meat	Drink	Snacks	Fruits	E. Oil	Total	
												in grams	in taka
1	40 1314	6	23	693.91	130.11	173.48	0.00	115.65	86.74	0.00	23.13	1223.02	16.99
	41 1319	10	45	474.67	81.58	296.67	0.00	118.67	41.53	0.00	11.87	1024.99	12.41
	43 1306	8	38	693.51	190.71	381.43	0.00	138.70	48.55	0.00	13.87	1466.77	16.98
	85 1311	12	48	389.38	623.00	250.31	0.00	144.63	127.94	451.95	33.38	2020.59	55.07
	Group Avrg			535.34	284.21	285.05	0.00	131.28	76.85	140.41	20.72	1473.86	27.47
2	04 1280	11	55	534.00	92.24	169.91	0.00	29.13	32.77	0.00	6.80	864.85	10.38
	20 1297	8	32	645.00	241.88	131.02	0.00	0.00	64.50	120.94	32.25	1235.59	25.60
	41 1307	8	38	543.16	149.37	370.03	0.00	0.00	10.18	108.63	16.97	1198.34	18.51
	43 1318	10	45	573.33	143.33	129.00	0.00	114.67	43.00	71.67	9.52	1084.52	15.39
	44 1309	10	50	464.40	77.40	309.60	0.00	0.00	46.44	0.00	7.22	905.06	11.61
	69 1317	12	60	602.00	255.85	193.50	8.60	215.00	55.90	0.00	10.75	1341.60	23.89
	Group Avrg			556.39	157.71	216.05	1.84	70.22	42.37	40.08	12.45	1097.11	17.14
3	03 1301	7	36	430.00	26.88	161.25	0.00	0.00	14.33	0.00	5.73	638.19	6.13
	05 1268	7	42	416.16	59.25	255.62	0.00	0.00	0.00	0.00	5.64	736.67	11.01
	06 1305	7	42	395.00	35.27	70.54	0.00	0.00	9.59	0.00	3.39	513.79	5.38
	12 1310	6	30	553.00	118.50	414.75	0.00	0.00	0.00	0.00	7.90	1094.15	10.68
	17 1265	2	6	592.50	217.25	266.63	0.00	79.00	0.00	0.00	7.90	1163.28	18.14
	18 1269	3	12	493.75	98.75	197.50	0.00	0.00	0.00	0.00	11.28	801.28	10.47
	19 1266	11	60	335.75	39.50	138.25	0.00	0.00	15.80	0.00	2.37	531.67	6.11
	38 1298	5	12	395.00	14.81	370.31	0.00	0.00	9.88	0.00	7.90	797.90	10.70
	50 1320	10	36	411.46	32.92	32.92	0.00	0.00	46.08	65.83	8.16	597.37	7.64
	59 1241	8	28	317.41	38.09	116.38	4.23	177.75	42.32	0.00	10.50	706.68	11.17
	73 1243	5	30	395.00	163.93	19.75	0.00	0.00	31.60	7.90	15.80	633.98	9.50
	95 1315	8	36	658.33	118.50	213.96	7.24	52.67	16.46	23.04	0.00	1090.20	13.52
	Group Avrg			431.77	67.47	165.93	1.02	19.86	17.22	9.29	6.23	718.79	8.97
4	02 1267	5	18	493.75	82.29	131.67	0.00	0.00	0.00	0.00	5.27	712.98	9.25
	03 1261	4	20	798.00	146.30	147.63	14.63	0.00	0.00	0.00	6.65	1113.21	16.46
	04 1304	6	30	620.67	88.67	288.17	0.00	0.00	0.00	0.00	1.77	999.28	9.88
	08 1262	3	12	665.00	221.67	387.92	0.00	85.34	138.54	0.00	11.08	1509.55	21.87
	09 1245	7	32	581.88	0.00	166.25	0.00	15.38	0.00	0.00	8.31	771.82	8.67
	12 1263	4	21	411.67	190.00	411.67	0.00	0.00	12.67	0.00	6.33	1032.34	13.14
	13 1308	6	36	517.22	92.36	147.78	0.00	0.00	0.00	0.00	0.00	757.36	7.47
	14 1264	7	42	380.00	110.83	253.33	0.00	0.00	28.50	0.00	3.17	775.83	9.47
	22 1313	5	18	517.22	110.83	110.83	0.00	0.00	0.00	0.00	5.91	744.79	7.63
	23 1270	3	18	591.11	75.37	591.11	0.00	0.00	0.00	0.00	3.55	1261.14	11.09
	32 1242	5	25	649.04	106.40	212.80	0.00	53.20	26.60	0.00	4.26	1052.30	12.82
	52 1303	5	30	443.33	155.17	8.87	0.00	0.00	8.87	4.43	3.55	624.22	9.06
	55 1302	3	18	369.44	129.31	73.89	0.00	22.17	0.00	0.00	7.39	602.20	7.73
	63 1316	12	60	709.33	199.50	210.58	0.00	70.93	22.17	5.54	7.36	1225.41	15.62
	73 1244	8	56	617.50	2.38	143.69	0.00	0.00	0.00	0.00	4.75	768.32	7.26
	105 1312	7	30	532.00	88.67	66.50	0.00	8.87	22.17	0.00	3.55	721.76	8.98
	120 1300	6	32	415.63	145.47	83.13	0.00	24.94	20.78	0.00	3.33	693.28	8.51
	131 1299	2	7	570.00	0.00	228.00	0.00	38.00	38.00	0.00	0.00	874.00	10.99
	Group Avrg			554.08	107.15	188.18	0.58	17.49	13.83	0.92	4.72	886.95	10.50



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ANNEX B

FOOD INTAKE FOR DIFFERENT  
AGE GROUPS AND GENDER

Area, Phase and Class-wise distribution of  
Household member under different age with sex in Shanir Haor

			Mem-														in grams					
			00-01 01-03 04-06 07-09 10-12 13-15 16-19 20-39 40-49 50-59 60-69 70-more														per day					
Phase	Class	ber	ml	fml	ml	fml	ml	fml	ml	fml	ml	fml	ml	fml	ml	fml	ml	fml				
1st phase																						
1	30	2	-	-	3	-	2	-	1	-	1	-	3	-	10	-	2	-				
2	45	1	-	2	6	-	5	-	1	-	2	-	5	-	15	-	2	-				
3	86	-	-	6	9	-	12	-	12	-	5	-	8	-	22	-	4	-				
4	97	1	-	5	6	-	9	-	6	-	10	-	13	-	30	-	4	-				
2nd phase																						
1	34	2	-	-	3	-	2	-	1	-	1	-	5	-	10	-	4	-				
2	47	3	-	2	6	-	3	-	1	-	2	-	5	-	17	-	2	-				
3	90	1	-	5	8	-	12	-	12	-	5	-	9	-	23	-	6	-				
4	98	1	-	6	6	-	9	-	6	-	10	-	14	-	30	-	4	-				
3rd phase																						
1	38	2	-	-	4	-	1	-	2	-	1	-	6	-	13	-	3	-				
2	44	1	-	1	5	-	5	-	-	-	4	-	5	-	15	-	3	-				
3	96	1	-	5	9	-	13	-	14	-	6	-	8	-	26	-	6	-				
4	97	1	-	4	7	-	8	-	7	-	9	-	14	-	28	-	10	-				
4th phase																						
1	37	2	-	-	4	-	2	-	1	-	1	-	6	-	13	-	2	-				
2	45	-	-	1	6	-	5	-	1	-	3	-	5	-	16	-	3	-				
3	96	1	-	6	8	-	14	-	11	-	5	-	12	-	25	-	4	-				
4	95	1	-	4	7	-	7	-	7	-	10	-	12	-	29	-	10	-				
																	4	-	3	-	1	-
																	2	-	4	-	1	-
																	2	-	2	-	5	-
																	2	-	4	-	1	-
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																	2	-	4	-	1	-
																	2	-	4	-		



Area, Phase and Class-wise distribution of  
Household member under different age with sex in Shanir Haor

Phase	Class	Mem-ber	in grams																											
			00-01		01-03		04-06		07-09		10-12		13-15		16-19		20-39		40-49		50-59		60-69		70-more					
			ml	fml	ml	fml	ml	fml	ml	fml	ml	fml	ml	fml	ml	fml	ml	fml	ml	fml	ml	fml	ml	fml	ml	fml	per day			
5th phase																														
1	36	2	-	-	-	4	-	2	-	1	-	2	-	5	-	12	-	2	-	2	-	4	-	-	-	-	703.84			
2	45	-	-	1	-	5	-	5	-	1	-	3	-	5	-	16	-	4	-	2	-	2	-	1	-	-	704.79			
3	90	1	-	5	-	8	-	14	-	11	-	5	-	9	-	23	-	4	-	5	-	5	-	-	-	-	584.01			
4	92	-	-	4	-	8	-	7	-	7	-	10	-	10	-	28	-	9	-	5	-	3	-	1	-	-	550.89			
6th phase																														
1	37	1	-	1	-	4	-	2	-	1	-	1	-	7	-	12	-	2	-	2	-	4	-	-	-	-	708.70			
2	45	-	-	1	-	5	-	5	-	1	-	3	-	5	-	16	-	4	-	2	-	2	-	1	-	-	738.41			
3	91	1	-	5	-	8	-	14	-	11	-	5	-	9	-	24	-	4	-	5	-	5	-	-	-	-	532.24			
4	92	1	-	4	-	7	-	6	-	7	-	9	-	9	-	30	-	9	-	5	-	3	-	1	-	-	533.68			
7th phase																														
1	37	1	-	1	-	3	-	2	-	1	-	1	-	7	-	12	-	3	-	2	-	4	-	-	-	-	786.88			
2	50	-	-	2	-	5	-	5	-	1	-	3	-	5	-	19	-	4	-	1	-	3	-	1	-	-	727.65			
3	106	1	-	5	-	10	-	13	-	11	-	5	-	11	-	32	-	4	-	7	-	6	-	1	-	-	581.91			
4	97	1	-	5	-	8	-	8	-	8	-	11	-	10	-	27	-	9	-	5	-	3	-	2	-	-	496.95			
8th phase																														
1	33	-	-	2	-	3	-	2	-	1	-	1	-	5	-	10	-	2	-	2	-	4	-	-	-	-	893.09			
2	48	-	-	1	-	6	-	5	-	1	-	3	-	5	-	18	-	3	-	1	-	3	-	1	-	-	638.50			
3	96	2	-	5	-	8	-	14	-	10	-	5	-	10	-	27	-	4	-	5	-	5	-	-	-	-	588.54			
4	95	1	-	5	-	5	-	9	-	7	-	13	-	11	-	25	-	10	-	3	-	4	-	1	-	-	537.03			

Area, Phase and Class-wise distribution of  
Household member under different age with sex in Shanir Haor

Phase Class		ber		Men-																										in grams per day
				00-01 01-03 04-06 07-09 10-12 13-15 16-19 20-39 40-49 50-59 60-69 70-more																										
		ml	fm	ml	fm	ml	fm	ml	fm	ml	fm	ml	fm	ml	fm	ml	fm	ml	fm	ml	fm	ml	fm	ml	fm	ml	fm	ml	fm	
9th phase		1	29	-	-	2	-	3	-	2	-	1	-	1	-	4	-	8	-	2	-	2	-	4	-	-	-	-	-	636.98
	2	44	-	-	1	-	5	-	5	-	1	-	2	-	6	-	16	-	3	-	1	-	3	-	1	-	-	-	-	569.60
	3	83	1	-	5	-	7	-	13	-	8	-	4	-	7	-	25	-	3	-	5	-	4	-	1	-	-	-	-	463.90
	4	92	1	-	5	-	5	-	9	-	8	-	9	-	11	-	21	-	10	-	4	-	2	-	1	-	-	-	-	447.01
10th phase		1	29	-	-	2	-	3	-	2	-	1	-	1	-	4	-	8	-	2	-	2	-	4	-	-	-	-	-	779.85
	2	45	-	-	1	-	5	-	5	-	1	-	3	-	7	-	15	-	3	-	1	-	3	-	1	-	-	-	-	667.85
	3	86	1	-	6	-	8	-	12	-	9	-	4	-	8	-	25	-	3	-	5	-	4	-	1	-	-	-	-	513.49
	4	92	-	-	5	-	4	-	10	-	8	-	12	-	12	-	23	-	10	-	3	-	3	-	1	-	-	-	-	381.89
11th phase		1	32	-	-	2	-	3	-	3	-	2	-	2	-	2	-	9	-	2	-	2	-	4	-	-	-	-	-	720.45
	2	44	-	-	2	-	5	-	4	-	1	-	4	-	6	-	15	-	3	-	-	-	3	-	1	-	-	-	-	532.94
	3	84	1	-	6	-	6	-	10	-	9	-	4	-	8	-	25	-	3	-	5	-	4	-	1	-	-	-	-	493.56
	4	94	1	-	5	-	5	-	9	-	8	-	12	-	11	-	24	-	10	-	4	-	4	-	1	-	-	-	-	944.23
12th phase		1	35	-	-	2	-	3	-	2	-	1	-	2	-	6	-	10	-	3	-	2	-	4	-	-	-	-	-	640.48
	2	50	2	-	3	-	5	-	5	-	1	-	4	-	6	-	17	-	3	-	-	-	3	-	1	-	-	-	-	541.86
	3	84	1	-	5	-	7	-	11	-	9	-	4	-	7	-	27	-	3	-	5	-	4	-	1	-	-	-	-	492.69
	4	94	-	-	7	-	5	-	8	-	8	-	11	-	10	-	26	-	9	-	5	-	3	-	1	-	-	-	-	447.56



Area, Phase and Class-wise distribution of  
Household member under different age with sex in Shanir Haor

Mem-		00-01 01-03 04-06 07-09 10-12 13-15 16-19 20-39 40-49 50-59 60-69 70-more																in grams per day			
Phase	Class	ber	ml	fm	ml	fm	ml	fm	ml	fm	ml	fm	ml	fm	ml	fm	ml		fm	ml	fm
13th phase																					
1	26	-	-	2	-	2	-	1	-	1	-	1	-	3	-	2	-	3	-	-	740.14
2	45	2	-	2	-	5	-	4	-	1	-	2	-	6	-	-	-	3	-	1	359.99
3	83	1	-	5	-	7	-	10	-	9	-	5	-	7	-	3	-	5	-	1	550.35
4	100	-	-	5	-	5	-	9	-	9	-	10	-	10	-	6	-	4	-	1	491.80
14th phase																					
1	31	-	-	2	-	2	-	2	-	1	-	1	-	4	-	2	-	3	-	-	791.50
2	49	2	-	2	-	5	-	4	-	1	-	3	-	6	-	-	-	3	-	1	503.05
3	93	1	-	7	-	8	-	11	-	8	-	6	-	8	-	4	-	4	-	1	655.14
4	99	-	-	5	-	4	-	8	-	9	-	12	-	10	-	5	-	3	-	2	757.50
15th phase																					
1	34	-	-	2	-	2	-	2	-	1	-	1	-	5	-	2	-	3	-	-	816.83
2	57	2	-	1	-	7	-	4	-	2	-	3	-	5	-	-	-	3	-	1	833.12
3	83	-	-	6	-	7	-	10	-	9	-	5	-	6	-	3	-	4	-	1	527.22
4	94	-	-	5	-	3	-	9	-	10	-	9	-	11	-	5	-	3	-	1	567.37
16th phase																					
1	41	-	-	3	-	2	-	2	-	1	-	2	-	7	-	3	-	3	-	-	932.13
2	35	2	-	-	-	4	-	2	-	2	-	2	-	4	-	-	-	2	-	1	618.62
3	84	-	-	6	-	7	-	10	-	8	-	6	-	6	-	4	-	5	-	1	643.94
4	112	-	-	6	-	6	-	10	-	9	-	12	-	14	-	5	-	4	-	2	613.61

Area, Phase and Class-wise distribution of  
Household member under different age with sex in Monu river project

		Mem-													70-more		
		00-01 01-03 04-06 07-09 10-12 13-15 16-19 20-39 40-49 50-59 60-69															
Phase	Class ber	ml fml	ml fml	ml fml	ml fml	ml fml	ml fml	ml fml	ml fml	ml fml	ml fml	ml fml	ml fml	ml fml	ml fml	in grams per day	
1st phase																	
1	39	-	1	1	3	2	2	2	15	4	3	3	3	3	3	1182.34	
2	65	1	5	6	3	6	7	6	22	2	3	3	3	3	1	1035.85	
3	89	2	7	6	6	4	7	12	26	6	5	5	5	3	3	1039.47	
4	89	1	5	9	11	7	7	10	24	8	3	1	1	3	3	993.11	
2nd phase																	
1	50	1	2	4	3	2	2	2	20	3	3	4	4	4	4	1135.23	
2	62	1	5	6	3	6	7	8	17	1	3	4	4	1	1	1126.18	
3	85	1	6	5	5	5	8	8	26	5	6	5	5	5	5	853.64	
4	98	1	5	11	11	8	7	11	30	8	3	-	-	3	3	911.51	
3rd phase																	
1	49	1	2	5	3	2	2	2	19	4	3	3	3	3	3	1098.61	
2	67	1	5	6	3	6	7	8	22	2	3	3	3	1	1	994.18	
3	96	1	5	6	4	3	10	11	26	5	5	5	5	6	6	1166.55	
4	105	1	5	10	11	8	6	14	29	8	2	1	1	3	3	1174.86	
4th phase																	
1	45	1	1	2	3	2	4	3	16	3	5	2	2	3	3	829.87	
2	63	2	7	5	6	5	4	8	19	-	3	3	3	1	1	1132.66	
3	97	1	6	7	7	4	10	13	27	7	5	5	5	5	5	686.76	
4	92	-	5	9	11	7	9	12	26	9	2	-	-	2	2	921.51	



Area, Phase and Class-wise distribution of  
Household member under different age with sex in Monu river project

		00-01	01-03	04-06	07-09	10-12	13-15	16-19	20-39	40-49	50-59	60-69	70-more	in grams per day
Phase	Class ber	ml	ml	ml	ml	ml	ml	ml	ml	ml	ml	ml	ml	
5th phase														
1	37	-	-	1	3	2	3	3	14	3	3	2	3	970.84
2	73	1	8	6	8	5	3	9	23	-	4	3	1	1013.27
3	84	2	3	6	7	2	8	8	26	-	5	4	5	880.72
4	94	-	5	12	9	8	8	11	27	10	2	-	2	860.99
6th phase														
1	44	-	-	1	3	2	3	6	17	3	3	2	3	940.21
2	73	1	8	5	7	4	3	8	23	-	5	3	1	856.88
3	75	1	4	6	5	2	6	7	25	5	4	4	6	874.16
4	97	-	4	11	8	8	8	12	32	9	2	-	3	803.23
7th phase														
1	39	-	1	1	3	2	3	3	15	3	3	2	3	1103.06
2	61	-	7	5	6	4	4	8	17	2	4	3	1	1049.73
3	75	1	4	6	5	3	7	6	24	6	4	5	4	1025.64
4	95	1	5	12	9	9	8	11	26	9	3	-	2	1000.39
8th phase														
1	41	-	1	-	4	2	3	2	16	3	2	3	3	1077.66
2	67	-	6	6	5	4	4	6	22	3	5	5	1	1057.15
3	79	1	4	7	7	3	7	7	25	7	4	3	4	788.11
4	98	1	5	10	10	10	9	11	28	8	4	-	2	863.95

Area, Phase and Class-wise distribution of  
Household member under different age with sex in Monu river project

Phase	Class	New- bar	00-01 01-03 04-06 07-09 10-12 13-15 16-19 20-39 40-49 50-59 60-69 70-more												in grams per day												
			ml fml ml fml ml fml ml fml ml fml ml fml ml fml ml fml ml fml ml fml																								
			ml	fml	ml	fml	ml	fml	ml	fml	ml	fml	ml	fml		ml	fml	ml	fml	ml	fml	ml	fml	ml	fml	ml	fml
9th phase																											
1	40	-	1	-	1	-	3	-	2	-	3	-	3	-	16	-	3	-	2	-	3	-	3	-	3	-	548.64
2	62	1	6	-	6	-	5	-	5	-	4	-	7	-	20	-	3	-	3	-	3	-	1	-	3	-	1192.31
3	69	1	5	-	5	-	5	-	3	-	6	-	6	-	21	-	6	-	4	-	3	-	4	-	3	-	835.50
4	106	1	3	-	13	-	12	-	9	-	8	-	12	-	33	-	9	-	4	-	-	-	2	-	-	-	778.36
10th phase																											
1	40	-	1	-	1	-	2	-	4	-	3	-	2	-	15	-	4	-	2	-	3	-	3	-	3	-	856.40
2	56	-	5	-	6	-	5	-	4	-	4	-	6	-	18	-	1	-	3	-	3	-	1	-	3	-	1047.67
3	67	1	5	-	5	-	5	-	3	-	6	-	6	-	20	-	4	-	5	-	3	-	4	-	3	-	660.90
4	100	-	3	-	14	-	10	-	10	-	7	-	11	-	32	-	8	-	3	-	-	-	2	-	-	-	762.53
11th phase																											
1	40	-	1	-	1	-	2	-	2	-	3	-	3	-	15	-	3	-	2	-	3	-	5	-	3	-	970.60
2	59	1	4	-	6	-	5	-	4	-	4	-	7	-	19	-	1	-	4	-	3	-	1	-	3	-	933.47
3	78	2	6	-	3	-	7	-	4	-	6	-	8	-	25	-	5	-	5	-	3	-	4	-	3	-	752.95
4	112	1	5	-	13	-	9	-	11	-	8	-	13	-	36	-	8	-	4	-	1	-	3	-	-	-	797.01
12th phase																											
1	39	-	1	-	1	-	3	-	2	-	3	-	2	-	14	-	4	-	2	-	2	-	4	-	-	-	1027.98
2	61	1	5	-	7	-	6	-	5	-	3	-	6	-	20	-	2	-	4	-	3	-	-	-	-	-	1236.89
3	72	1	4	-	5	-	6	-	2	-	6	-	7	-	23	-	6	-	5	-	2	-	4	-	-	-	926.21
4	103	1	4	-	12	-	9	-	10	-	8	-	11	-	34	-	7	-	4	-	2	-	1	-	-	-	967.97



Area, Phase and Class-wise distribution of  
Household member under different age with sex in Monu river project

Phase	Class	Mem-ber	New-														in grams per day			
			00-01	01-03	04-06	07-09	10-12	13-15	16-19	20-39	40-49	50-59	60-69	70-more						
			ml	fml	ml	fml	ml	fml	ml	fml	ml	fml	ml	fml	ml	fml	ml	fml		
13th phase																				
1	37	-	-	1	-	1	-	2	-	3	-	2	-	3	-	2	-	4	-	1136.66
2	62	-	-	4	-	5	-	7	-	5	-	5	-	7	-	20	-	3	-	1063.31
3	72	1	-	4	-	6	-	6	-	3	-	6	-	8	-	21	-	4	-	671.34
4	106	1	-	3	-	14	-	9	-	10	-	9	-	12	-	34	-	1	-	878.29
14th phase																				
1	37	-	-	1	-	1	-	3	-	2	-	2	-	3	-	13	-	2	-	1171.04
2	61	-	-	5	-	5	-	7	-	4	-	4	-	8	-	21	-	3	-	969.82
3	72	2	-	3	-	7	-	6	-	5	-	5	-	6	-	21	-	3	-	673.50
4	106	1	-	4	-	13	-	9	-	10	-	10	-	11	-	31	-	2	-	755.55
15th phase																				
1	41	-	-	1	-	3	-	3	-	2	-	2	-	3	-	16	-	2	-	1155.50
2	60	-	-	5	-	5	-	5	-	6	-	6	-	7	-	17	-	3	-	903.13
3	79	1	-	4	-	5	-	5	-	5	-	7	-	9	-	23	-	3	-	683.98
4	104	2	-	3	-	15	-	9	-	10	-	8	-	11	-	32	-	1	-	851.87
16th phase																				
1	36	-	-	-	-	2	-	3	-	2	-	2	-	3	-	13	-	2	-	1473.86
2	59	-	-	5	-	5	-	5	-	5	-	4	-	7	-	18	-	4	-	1097.11
3	79	1	-	5	-	5	-	5	-	4	-	7	-	8	-	25	-	4	-	718.79
4	98	1	-	3	-	14	-	9	-	9	-	8	-	11	-	29	-	1	-	886.95



ANNEX C

VILLAGE-WISE FOOD INTAKE PER DAY



92

Village-wise food intake per day by  
weight in grams, price in taka foodvalue in grams  
Name of village Fatehpur

Cl a ss	Avg. Weight	Avg. Price	Water content	Mine- rals	Fibre	Calory	Pro- tein	Fat	CHO	Cal cium (mg)	Iron (mg)	Caro tin (mcg)	-----Vitamin-----		
													B1 (mg)	B2 (mg)	C (mg)
1	931.73	10.71	328.67	9.39	1.82	874.22	75.82	15.37	528.43	481.26	32.07	902.79	1.88	0.95	31.31
2	617.00	6.21	216.69	6.09	1.52	1523.94	48.23	8.77	336.94	281.91	20.35	876.37	1.28	0.72	30.68
3	601.63	6.45	189.52	6.15	1.15	1405.27	53.68	9.90	339.78	293.07	19.37	880.26	1.27	0.64	26.34
4	491.73	4.67	145.25	4.89	1.06	1322.72	41.90	6.53	293.39	183.91	16.93	948.00	1.11	0.54	24.39

Village-wise food intake per day by weight in grams,  
price in taka foodvalue in grams  
Name of village Islampur

Cl a ss	Avg. Weight	Avg. Price	Water content	Mine- rals	Fibre	Calory	Pro- tein	Fat	CHO	Cal cium (mg)	Iron (mg)	Caro tin (mcg)	-----Vitamin-----		
													B1 (mg)	B2 (mg)	C (mg)
1	858.21	9.94	314.39	8.94	1.06	2364.66	80.35	14.90	483.31	448.44	26.25	1356.95	1.77	0.91	30.59
2	733.64	8.08	203.50	7.39	1.01	930.43	65.28	11.42	437.83	324.21	19.90	444.95	1.63	0.87	19.33
3	594.56	5.85	174.87	6.33	1.04	1520.27	53.81	7.62	357.09	316.03	20.75	736.67	1.28	0.67	17.07
4	541.12	5.28	165.23	5.91	1.41	1501.04	49.52	5.95	312.72	283.91	20.79	936.84	1.17	0.66	26.43

Village-wise food intake per day by weight in grams,  
price in taka foodvalue in grams  
Name of village Noyanagar

Cl a ss	Avg. Weight	Avg. Price	Water content	Mine- rals	Fibre	Calory	Pro- tein	Fat	CHO	Cal	Iron (mg)	Caro	-----Vitamin-----		
										cium (mg)		tin (mcg)	B1 (mg)	B2 (mg)	C (mg)
1	763.90	9.08	227.99	8.02	0.94	974.03	69.54	11.61	439.03	508.42	22.55	368.17	1.54	0.78	22.87
2	720.07	6.73	200.45	7.14	1.22	2081.30	59.79	7.80	443.65	322.21	21.17	687.01	1.56	0.76	19.00
3	618.49	6.29	199.09	6.26	1.06	1330.89	56.34	7.04	359.33	344.68	18.67	599.97	1.27	0.62	25.78
4	815.32	8.17	242.86	8.29	1.29	1649.88	72.64	7.59	400.60	354.68	24.61	582.10	1.73	0.84	29.85

Village-wise food intake per day by weight in grams,  
price in taka foodvalue in grams  
Name of village Panchgaon

Cl a ss	Avg. Weight	Avg. Price	Water content	Mine- rals	Fibre	Calory	Pro- tein	Fat	CHO	Cal	Iron (mg)	Caro	-----Vitamin-----		
										cium (mg)		tin (mcg)	B1 (mg)	B2 (mg)	C (mg)
1	975.57	14.76	344.73	10.41	3.12	901.22	97.52	21.54	446.91	503.48	36.16	733.78	1.68	7.57	66.40
2	966.97	12.99	402.66	10.55	3.06	792.56	104.99	17.07	452.03	536.41	51.71	798.19	1.64	0.92	65.63
3	976.96	11.32	340.99	9.55	3.30	1249.05	84.85	14.89	346.26	383.44	31.52	706.07	1.66	0.93	56.28
4	953.53	11.47	261.22	10.00	2.97	1410.78	100.51	18.48	417.45	347.09	34.28	741.70	1.73	0.96	57.57



Village-wise food intake per day by weight in grams,  
price in taka foodvalue in grams  
Name of village Rokta

Cl a ss	Avg. Weight	Avg. Price	Water content	Mine- rals	Fibre	Calory	Pro- tein	Fat	CHO	Cal	Iron (mg)	Caro tin (mcg)	-----Vitamin-----		
										cium (mg)			B1 (mg)	B2 (mg)	C (mg)
1	1099.55	21.51	480.16	11.97	2.73	881.27	115.24	22.80	459.09	680.11	32.34	460.59	1.70	1.00	94.39
2	1136.90	16.39	459.85	12.07	2.66	937.72	111.32	19.86	553.07	708.82	35.09	730.59	1.97	1.05	72.55
3	843.94	10.53	316.35	9.23	2.34	1966.56	80.99	14.98	426.99	434.61	27.76	971.51	1.67	0.90	46.55
4	862.68	10.52	270.32	9.60	1.51	2382.68	104.53	13.74	469.61	466.63	35.94	1106.97	1.70	0.85	36.78

Village-wise food intake per day by weight in grams,  
price in taka foodvalue in grams  
Name of village Colony

Cl a ss	Avg. Weight	Avg. Price	Water content	Mine- rals	Fibre	Calory	Pro- tein	Fat	CHO	Cal	Iron (mg)	Caro tin (mcg)	-----Vitamin-----		
										cium (mg)			B1 (mg)	B2 (mg)	C (mg)
2	731.14	9.43	220.10	7.22	1.22	2051.39	75.40	8.75	418.99	227.76	19.78	784.12	1.52	0.76	14.83
3	672.15	8.50	243.89	7.43	1.93	1697.86	66.87	11.73	347.21	324.45	25.00	771.53	1.25	0.65	30.57
4	855.08	10.71	305.68	9.66	2.14	2073.23	92.23	13.24	441.24	416.92	32.03	1037.25	1.68	0.89	51.03

**ANNEX D**

**CLASS-WISE AVERAGE MEALS PER DAY AND  
DISTRIBUTION OF MEMBERS BY AGE AND GENDER**



23

Class-wise Average meal / day and distribution of  
member by age and sex in Shanir Haor

Class	Total Mem- ber	Total Meal	Average Meal / day	00-01		01-03		04-06		07-09		10-12		13-15		16-19		20-39		40-49		50-59		60-69		70-more	
				ml	fm	ml	fm	ml	fm	ml	fm	ml	fm	ml	fm	ml	fm	ml	fm	ml	fm	ml	fm	ml	fm	ml	fm
1	454	2309	2.54	5	1	12	9	25	11	3	23	5	6	5	15	51	23	98	48	25	12	2	25	36	11	-	1
2	593	2698	2.27	13	2	5	10	29	35	20	41	15	-	22	14	16	52	132	89	2	39	-	10	35	-	-	10
3	1127	5100	2.26	1	8	64	17	78	24	87	64	60	53	27	38	53	44	160	175	32	14	41	18	39	16	10	1
4	1282	5281	2.06	-	9	27	39	23	54	31	91	32	86	62	78	91	51	169	194	58	70	45	12	24	14	13	-
Tot:	3456	15389	2.23	19	20	108	75	155	124	141	219	112	145	116	145	211	170	559	506	117	135	88	65	134	41	23	12

Class-wise Average meal / day and distribution of  
member by age and sex in Monu river project

Class	Total		Average Meal / day	00-01		01-03		04-06		07-09		10-12		13-15		16-19		20-39		40-49		50-59		60-69		70-more	
	Mem- ber	Total Meal		ml	fm	ml	fm	ml	fm	ml	fm	ml	fm	ml	fm	ml	fm	ml	fm	ml	fm	ml	fm	ml	fm	ml	fm
1	495	2647	2.67	3	-	9	-	12	5	19	9	13	10	10	24	20	18	106	86	12	27	17	17	20	11	17	27
2	846	4357	2.58	6	-	52	26	30	51	47	35	38	32	37	23	53	35	149	109	17	10	19	28	11	26	11	1
3	1008	4780	2.37	15	5	40	19	20	51	27	53	16	30	52	51	51	52	174	114	18	56	37	21	23	24	28	30
4	1312	6972	2.66	6	7	24	25	98	63	79	53	84	40	48	62	50	87	142	247	111	12	29	6	7	3	11	12
Tot:	3661	18756	2.56	30	12	125	70	160	170	172	150	151	112	147	160	174	192	571	556	158	105	102	72	61	64	67	70



24

0-more

ml ful

17 27

11 1

28 30

1 12

70 %

ANNEX E

PHASE-WISE FOOD INTAKE PER DAY



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Shanir Haor 1st phase  
Food intake per day by weight in grams,  
price in taka and food value in grams

Cl ss	H. ld	Me- mb- er	Avg. Weight	Avg. Price	Water content	Mine- rals	Fibre	Calory	Pro- tein	Fat	CHO	Cal cium (mg)	Iron (mg)	Caro tin (mcg)	-----Vitamin-----		
															B1 (mg)	B2 (mg)	C (mg)
1																	
	01	9	630.34	10.89	235.85	6.69	1.03	1609.67	58.16	11.89	317.13	644.11	14.00	170.88	1.06	0.52	15.87
	29	10	1161.00	10.47	301.11	11.13	1.54	3473.36	93.94	16.64	737.07	383.38	39.30	4220.15	2.82	1.38	68.22
	55	8	796.39	7.70	244.03	7.82	1.68	2236.46	60.07	14.85	469.11	300.29	19.85	918.15	1.70	0.80	19.18
	104	3	1096.43	13.26	428.33	9.77	1.66	2415.96	74.55	13.39	499.91	650.52	46.54	10747.37	2.30	1.09	117.33
	Avrg		834.16	10.17	271.52	8.24	1.38	2251.58	67.79	13.85	464.85	495.98	24.21	2308.92	1.73	0.83	38.11
2																	
	35	7	1693.34	13.85	715.50	17.64	4.02	3921.76	117.16	15.04	827.77	720.98	47.75	5493.59	2.79	1.49	64.55
	46	4	2241.63	18.45	1347.59	17.84	10.42	3590.14	123.00	15.64	736.57	1680.50	37.06	5471.40	2.16	1.16	64.19
	51	6	1212.18	9.10	554.08	10.03	5.15	2651.73	66.52	12.72	567.85	333.19	70.19	994.75	3.23	1.20	194.13
	71	6	731.45	8.13	268.13	7.10	1.26	1870.63	57.31	12.68	385.91	377.07	15.71	236.08	1.65	0.77	64.15
	80	8	550.15	6.04	264.06	5.03	1.88	1219.76	39.64	8.83	245.18	230.60	12.24	1040.32	0.77	0.38	35.03
	89	14	1153.25	13.00	433.40	10.74	1.80	2763.29	96.61	17.44	564.42	591.90	28.80	738.76	2.65	1.11	77.05
	Avrg		1107.24	10.71	489.23	10.18	3.08	2463.19	78.32	13.73	509.53	548.74	30.64	1703.04	2.11	0.95	76.73
3																	
	02	7	736.05	11.26	269.87	6.91	1.45	1945.73	60.48	19.32	383.21	333.12	29.51	5154.52	1.73	0.76	69.07
	08	12	576.78	8.12	180.25	5.78	0.52	1588.37	52.80	8.31	329.54	488.96	13.25	236.04	1.11	0.50	7.07
	15	5	545.72	5.78	193.79	5.29	1.26	1404.46	44.78	4.48	296.24	597.92	32.91	242.00	1.15	0.69	68.13
	24	9	991.89	8.12	282.73	8.76	1.10	2842.79	77.86	7.98	614.38	470.08	23.56	67.80	2.05	0.94	12.00
	28	7	1500.87	13.67	721.68	12.51	5.74	2870.96	95.59	8.02	632.66	552.49	35.82	4850.97	2.00	1.16	51.41
	36	5	725.91	6.21	180.08	7.82	1.60	2184.42	60.40	6.65	470.72	226.09	31.00	6291.44	1.75	0.82	38.51
	62	8	740.32	6.77	260.11	6.77	2.13	1935.23	59.21	8.51	405.42	266.15	25.66	4185.29	1.78	0.75	62.85
	63	6	1552.06	24.49	677.69	18.28	3.40	3490.14	165.30	14.01	675.49	1877.84	52.97	3061.80	2.40	1.68	16.03
	72	8	600.60	5.84	164.24	6.13	0.87	1754.91	47.57	7.44	374.82	213.25	24.35	3701.23	1.41	0.77	33.19
	86	8	804.04	8.46	303.97	7.26	1.32	2014.96	65.70	8.63	418.43	387.59	31.40	4460.02	2.16	0.83	81.18
	100	5	465.12	5.90	112.99	6.53	0.46	1404.98	50.65	4.93	289.53	281.48	12.98	116.27	1.20	0.58	13.61
	157	6	668.48	7.68	138.46	7.22	0.52	2105.71	116.97	7.13	398.86	166.83	31.87	119.86	1.61	0.72	18.76
	Avrg		764.19	8.58	258.46	7.52	1.44	2018.65	68.60	8.64	419.34	440.18	26.01	2335.87	1.61	0.78	36.92
4																	
	06	5	2545.33	12.90	1529.38	24.15	16.10	3996.66	108.90	12.07	864.02	1031.83	249.87	1693.58	5.84	6.07	692.83
	07	2	592.25	4.98	189.73	5.20	1.33	1580.51	45.13	3.57	348.51	145.05	14.06	1128.70	1.18	0.53	8.15
	20	11	602.41	5.40	241.41	5.17	1.86	1420.95	46.41	5.01	304.14	209.06	19.27	3459.08	1.54	0.54	60.81
	21	6	1232.32	9.65	296.12	10.52	1.47	3697.73	96.92	7.37	820.68	275.89	68.82	270.74	3.16	1.57	120.28
	22	3	1718.56	14.87	779.21	19.42	5.89	3717.18	124.23	10.26	781.59	930.11	36.06	108.82	3.13	1.33	285.82
	27	9	797.22	8.27	296.71	8.08	2.06	2393.34	64.55	5.73	521.39	191.58	33.26	4505.39	1.84	1.01	27.18
	42	4	605.47	7.32	159.56	11.83	0.84	1755.76	65.61	4.06	363.97	498.69	13.72	51.50	1.22	0.56	23.17
	43	4	1054.31	10.84	455.10	9.65	2.08	2361.16	79.50	18.31	491.51	445.61	20.55	145.60	1.60	0.88	50.06
	52	5	1075.70	14.83	552.38	10.56	2.45	2146.50	69.68	18.88	424.11	878.81	49.35	4467.92	1.72	1.02	111.32
	57	8	750.09	6.73	137.63	6.91	0.97	2477.13	61.22	11.36	532.68	107.69	21.23	961.03	1.87	0.88	4.84
	58	11	529.02	5.14	114.14	5.07	0.13	1633.05	48.59	4.83	356.32	156.71	14.89	166.00	1.29	0.57	11.10
	81	5	685.81	5.75	150.42	6.05	0.81	1976.33	50.49	5.14	435.79	115.36	15.87	50.21	1.68	0.66	15.10
	84	3	1233.43	10.46	511.88	10.11	2.87	2901.63	83.81	10.96	616.73	421.65	59.37	13162.88	3.53	1.22	189.77
	90	4	698.47	7.11	145.89	7.09	0.10	2204.10	66.59	4.46	474.31	319.58	21.58	279.06	1.65	0.82	4.50
	93	3	600.83	7.90	159.13	6.43	0.00	1762.15	64.71	4.12	366.42	463.07	20.04	42.48	1.28	0.69	0.00
	102	3	567.38	3.91	171.46	4.70	1.32	1583.62	39.99	3.74	347.54	122.64	31.79	7470.44	1.39	0.67	91.30
	122	9	616.08	8.59	214.05	5.01	1.17	1531.89	48.51	12.33	314.32	368.77	24.66	28.50	1.48	0.41	42.79
	149	2	678.77	4.80	419.37	7.06	3.91	1033.91	32.99	7.32	209.32	381.61	8.17	20.85	1.50	0.27	257.75
	Avrg		835.96	7.95	314.13	8.23	2.11	2104.07	62.44	8.34	448.80	348.85	35.69	1954.08	1.87	0.99	82.54



Shanir Haor 2nd phase  
Food intake per day by weight in grams,  
price in taka and food value in grams

Cl ss	H. a ld	Me- mb- er	Avg. Weight	Avg. Price	Water content	Mine- rals	Fibre	Calory	Pro- tein	Fat	CHO	Cal		Caro tin (mcg)	-----Vitamin-----		
												cium (mg)	Iron (mg)		B1 (mg)	B2 (mg)	C (mg)
1	01	12	710.59	7.74	192.62	6.72	0.90	2005.86	61.74	7.66	422.61	293.49	18.61	636.72	1.35	0.69	9.42
	29	10	2076.38	29.38	775.16	20.97	5.39	5430.30	167.55	73.33	1025.38	1355.13	77.19	1964.90	3.21	2.58	101.38
	55	9	1630.26	18.59	556.85	15.11	3.14	4399.35	122.66	33.81	901.78	864.37	37.14	327.99	3.39	1.56	57.15
	104	3	1936.75	22.88	2134.62	18.58	1.41	5057.56	174.97	29.07	1025.71	995.30	39.92	253.04	3.53	1.86	44.34
	Avrg		1352.33	16.42	566.04	12.97	2.50	3640.47	109.63	30.01	733.44	728.17	37.21	764.83	2.51	1.41	44.56
2	35	7	724.96	5.06	164.49	6.34	0.89	2236.20	55.64	3.99	494.44	148.69	38.33	8179.59	1.92	0.92	64.29
	46	4	1240.08	9.03	474.67	10.76	3.72	3091.15	85.89	14.13	654.40	395.83	27.82	2772.94	2.18	1.00	23.05
	51	6	803.09	8.04	273.89	7.53	1.71	2129.16	65.42	9.56	446.41	308.46	27.93	167.90	1.77	0.83	50.60
	71	6	1030.02	7.95	383.71	9.07	2.63	2617.48	69.89	13.46	553.84	236.05	22.27	5747.64	2.41	0.88	51.64
	80	10	703.86	7.08	247.61	6.36	1.87	1829.27	58.90	9.37	381.61	305.37	16.64	843.36	1.32	0.60	78.81
	89	14	1138.44	12.06	268.09	9.44	0.61	3152.12	110.76	12.85	651.60	356.29	25.58	142.39	2.27	1.32	8.12
	Avrg		926.39	8.54	283.25	8.10	1.64	2495.68	76.91	10.48	525.26	297.27	25.71	2349.85	1.94	0.94	45.01
3	02	8	822.88	9.14	334.38	7.99	4.76	1957.25	51.89	14.97	404.32	249.55	16.53	280.67	1.43	0.64	126.83
	08	11	711.38	5.32	162.24	6.17	0.79	2192.02	56.19	6.73	480.08	141.25	37.14	2745.38	1.86	0.88	62.92
	15	5	541.79	5.20	1034.02	4.64	1.90	924.64	38.36	5.30	180.62	355.43	40.14	2715.08	0.89	0.49	104.26
	24	9	315.45	2.25	63.13	5.51	0.01	1006.79	27.36	1.87	220.09	86.16	8.80	2202.87	0.76	0.38	0.54
	28	5	847.51	5.82	444.27	8.38	4.14	1595.18	57.91	3.97	331.56	492.49	19.30	2425.73	1.09	0.59	94.16
	36	6	918.13	7.05	207.03	8.83	1.61	2835.50	79.79	5.28	617.17	257.10	26.47	2223.84	2.17	0.99	1.69
	62	10	930.18	9.69	358.20	8.94	2.43	2332.00	74.27	16.11	472.36	456.43	21.12	1073.91	1.88	0.78	95.47
	63	6	1387.09	13.47	500.92	19.79	1.87	3562.36	127.18	15.09	729.68	989.07	40.08	1709.12	2.74	1.55	21.63
	72	8	484.68	5.94	196.66	4.55	0.56	1170.15	39.06	10.20	234.05	365.54	10.19	63.56	0.81	0.46	30.01
	86	8	686.26	5.95	247.50	5.74	1.06	1759.32	48.12	5.87	378.39	169.06	16.52	210.57	1.68	0.62	53.24
	100	5	685.80	5.22	248.98	5.40	1.36	1755.12	43.57	5.82	381.97	100.79	21.58	2909.43	2.09	0.63	80.17
	157	9	651.01	6.83	158.06	6.12	0.33	1976.46	59.47	6.37	420.85	274.99	17.81	61.20	1.42	0.65	5.33
	Avrg		699.85	6.55	286.67	7.02	1.44	1845.32	55.23	8.36	388.26	297.31	21.71	1392.60	1.50	0.69	52.67
4	06	5	956.27	7.73	319.33	9.28	3.42	2548.85	76.16	8.08	542.96	351.71	79.17	8255.35	2.58	1.40	165.96
	07	3	849.76	8.50	313.36	8.96	1.03	2125.80	74.51	6.60	446.16	773.78	18.37	48.28	1.56	0.74	18.79
	20	11	571.66	4.08	185.37	4.84	1.77	1551.64	39.61	5.26	336.39	100.68	14.13	1706.19	1.46	0.53	25.33
	21	6	360.50	2.55	58.42	3.42	0.20	1204.54	29.63	2.16	266.64	51.07	9.79	105.57	0.92	0.41	13.08
	22	3	1010.70	7.04	366.37	11.58	3.39	2484.23	75.81	7.46	546.04	354.70	20.02	173.42	1.84	0.82	243.65
	27	8	687.81	5.96	264.38	6.46	3.98	1671.64	51.11	6.51	358.38	155.30	18.48	3477.00	1.35	0.65	16.11
	42	4	546.53	3.68	128.03	5.01	0.69	1672.66	40.69	4.03	368.31	85.64	13.42	79.35	1.25	0.56	28.30
	43	4	746.75	8.18	181.99	8.23	0.61	2221.19	72.66	5.82	478.03	542.61	18.92	872.60	1.66	0.73	9.01
	52	6	849.75	6.87	338.18	8.71	2.66	2014.85	67.19	4.96	430.55	369.12	20.12	2226.51	1.45	0.69	13.34
	57	8	492.28	4.44	169.96	4.83	1.03	1386.12	38.79	6.38	293.53	153.98	12.82	499.36	1.04	0.46	36.41
	58	10	583.40	7.28	152.75	6.07	0.74	1719.14	57.63	5.35	360.14	183.79	15.46	969.51	1.27	0.58	4.54
	81	5	997.99	8.85	282.24	8.20	1.24	2787.05	79.38	10.95	593.69	269.98	47.08	9820.40	2.28	1.18	83.00
	84	3	880.65	6.61	192.49	7.81	1.05	2770.95	67.96	9.99	602.34	158.62	38.97	6795.42	2.25	1.06	78.15
	90	4	999.66	7.77	397.80	8.52	3.25	2407.43	73.61	6.69	513.06	363.71	41.00	9012.50	2.50	0.96	95.91
	93	3	527.02	4.66	193.87	4.91	1.39	1340.21	42.01	5.47	280.72	180.42	12.48	1128.81	1.34	0.43	38.07
	102	3	763.67	5.51	201.65	6.76	1.70	2242.71	57.67	4.49	492.96	146.64	28.79	3961.29	1.82	0.87	109.53
	122	8	752.53	6.21	190.66	6.19	0.95	2113.63	55.75	6.31	464.22	151.55	35.71	126.54	1.78	0.84	62.16
	149	4	520.78	3.56	242.16	5.84	2.43	1099.23	35.26	3.32	232.37	297.61	24.25	5805.19	0.92	0.47	173.38
	Avrg		681.00	5.80	219.08	6.46	1.80	1834.54	53.71	5.83	394.20	222.54	23.31	2629.04	1.51	0.69	50.52



2.02

Shanir Haor 3rd phase  
Food intake per day by weight in grams,  
price in taka and food value in grams

Cl ss	H. ld	Me- mb- er	Avg. Weight	Avg. Price	Water content	Mine- rals	Fibre	Calory	Pro- tein	Fat	CHO	Cal	Caro	-----Vitamin-----			
												cium (mg)	Iron (mg)	tin (mcg)	B1 (ng)	B2 (ng)	C (ng)
1	01	12	742.06	6.79	280.31	6.95	1.11	1839.62	57.70	3.91	393.03	406.13	17.95	42.13	1.30	0.66	10.61
	29	10	1485.21	15.57	506.16	15.73	4.59	3917.24	96.91	15.22	848.45	685.97	40.56	1563.17	2.77	1.75	31.04
	55	11	1446.87	16.78	690.18	11.32	3.17	3080.91	89.73	22.35	632.64	502.04	27.27	2436.26	2.56	1.09	80.28
	104	5	896.52	9.79	291.96	9.09	1.42	2478.43	68.19	20.21	506.30	592.32	33.60	5316.72	1.89	1.02	59.84
	Avrg		1123.27	11.95	450.45	10.30	2.46	2713.44	76.58	13.96	571.08	516.04	27.39	1791.03	2.06	1.05	42.47
2	35	7	855.79	7.16	203.15	9.37	1.17	2597.15	65.42	5.71	570.93	310.17	24.47	1465.38	1.98	1.06	30.52
	46	4	1042.79	12.64	346.60	10.10	0.56	2834.37	77.63	19.47	589.12	429.81	21.70	68.10	2.02	1.04	20.74
	51	6	508.64	4.64	127.09	4.79	0.94	1525.28	40.81	4.08	331.56	167.75	13.28	726.96	1.21	0.55	8.26
	71	6	969.48	8.14	269.26	9.01	1.48	2815.50	77.41	10.17	603.22	367.26	25.72	969.24	2.07	1.01	6.81
	80	7	562.67	5.06	186.39	5.20	0.95	1499.91	45.36	6.33	319.40	377.24	12.73	396.11	1.12	0.51	8.08
	89	14	787.82	12.81	252.23	6.14	0.36	1932.17	76.31	12.08	379.67	447.57	14.25	45.06	1.33	0.82	16.02
	Avrg		745.68	8.69	221.30	6.76	0.82	2032.10	63.21	9.17	425.13	358.66	16.94	512.05	1.49	0.78	14.28
3	02	10	825.57	9.79	432.76	5.32	0.96	1625.77	49.38	17.63	319.68	395.04	14.87	2835.29	1.15	0.57	9.45
	08	12	558.88	5.30	127.77	6.56	0.55	1714.16	48.13	3.11	373.26	191.32	19.70	2436.46	1.33	0.61	20.76
	15	6	1315.99	10.61	476.98	11.55	2.55	3352.87	84.82	8.82	732.63	322.05	29.62	139.58	2.93	1.19	57.16
	24	9	823.38	6.24	203.88	7.08	2.10	2484.00	63.53	6.88	542.00	130.82	29.97	5624.26	1.99	0.89	26.36
	28	6	1111.92	7.28	522.83	9.05	3.25	2341.85	56.71	3.53	519.29	239.96	19.66	50.85	1.57	0.78	21.69
	36	7	768.39	5.92	190.27	6.71	1.70	2315.65	60.35	5.99	505.10	166.23	30.44	5876.80	1.88	0.85	32.85
	62	8	781.59	7.03	292.97	7.36	2.28	1961.72	63.15	7.23	410.83	381.61	25.13	4000.08	1.50	0.71	38.32
	63	7	430.20	4.88	202.47	4.77	0.82	1111.13	39.74	4.14	228.61	356.07	13.07	98.75	1.12	0.48	30.80
	72	8	671.45	7.77	228.79	5.92	0.79	1827.69	47.10	16.51	373.01	271.05	20.60	2994.50	1.39	0.75	27.12
	86	8	816.42	7.68	338.15	5.88	0.47	1928.46	51.73	7.76	413.26	199.82	17.43	46.61	1.43	0.67	21.72
	100	5	665.68	6.64	230.35	7.20	1.67	1770.74	56.22	11.57	360.64	322.44	17.39	8254.46	1.34	0.68	20.83
	157	10	597.06	5.71	161.01	5.98	0.64	1754.54	52.15	7.30	370.44	331.38	15.73	506.33	1.27	0.62	7.71
	Avrg		741.73	6.87	264.47	6.69	1.37	1922.95	54.28	8.38	407.73	278.45	20.82	2740.12	1.50	0.71	25.49
4	06	5	452.75	3.17	180.72	3.48	1.51	1085.02	28.35	2.11	238.22	151.79	46.88	190.89	1.20	0.63	117.78
	07	2	1184.51	13.71	543.04	14.79	2.38	2541.91	124.46	6.77	495.24	2159.91	26.47	1687.26	1.92	0.97	30.25
	20	11	385.13	2.97	133.19	3.20	1.45	1014.52	26.31	4.02	218.53	50.62	9.46	1730.40	0.86	0.33	16.92
	21	6	978.50	6.09	461.31	7.70	3.36	2056.22	49.88	3.53	455.38	236.90	38.71	8715.51	1.64	0.84	111.58
	22	3	1351.88	7.43	784.02	11.65	6.88	2240.89	56.19	4.75	492.40	442.90	50.85	13050.10	1.77	0.95	294.83
	27	8	458.14	3.80	124.63	3.92	0.91	1341.44	33.05	4.99	291.76	53.28	11.29	1038.31	0.99	0.45	14.85
	42	4	591.30	5.50	124.98	5.88	0.22	1869.24	54.94	5.58	399.72	274.32	17.78	155.50	1.39	0.70	1.48
	43	4	1164.71	10.36	377.40	9.74	1.88	3169.36	86.52	11.70	679.41	459.20	47.76	8746.41	3.27	1.18	129.17
	52	6	1244.59	8.75	546.67	9.87	3.09	2736.62	71.79	5.20	610.57	249.77	23.26	61.80	1.90	0.92	27.03
	57	8	572.94	6.14	168.59	5.24	1.11	1652.47	45.53	11.47	341.98	215.97	14.14	899.64	1.25	0.63	4.44
	58	9	437.67	4.55	98.10	5.10	0.57	1361.25	45.28	5.09	283.57	235.54	14.82	151.75	1.05	0.56	13.81
	81	5	679.80	4.97	156.16	5.99	1.70	2088.54	53.58	3.63	460.40	87.99	18.89	2346.63	1.63	0.71	2.79
	84	3	420.41	3.57	106.81	3.57	0.56	1271.02	30.52	6.43	273.09	77.93	20.91	4440.15	1.04	0.50	37.55
	90	4	778.94	7.80	179.89	7.62	0.12	2421.78	73.67	11.45	506.30	379.81	23.36	57.93	1.75	0.87	3.21
	93	4	695.66	7.01	331.08	7.75	3.02	1455.90	48.91	6.49	301.58	336.86	15.15	30.90	0.99	0.53	220.99
	102	3	789.53	6.29	292.30	6.67	2.33	1995.14	50.45	7.01	433.25	248.98	51.32	952.92	1.82	0.96	130.67
	122	8	875.50	7.56	253.98	8.07	1.80	2498.15	73.41	9.04	530.63	379.81	29.32	3798.34	1.87	0.92	17.28
	149	4	824.00	5.85	295.52	6.50	2.48	2108.26	54.57	3.98	463.63	239.54	73.14	8004.57	2.17	1.10	172.45
	Avrg		694.46	5.86	238.74	6.25	1.64	1825.88	51.51	6.42	391.38	263.73	25.02	2267.19	1.47	0.70	49.81



Shanir Haor 4th phase  
Food intake per day by weight in grams,  
price in taka and food value in grams

Cl ss	H. ld	Me- mb- er	Avg. Weight	Avg. Price	Water content	Mine- rals	Fibre	Calory	Pro- tein	Fat	CHO	Cal cium (mg)	Caro Iron (mg)	tin (mcg)	-----Vitamin-----			
															B1 (mg)	B2 (mg)	C (mg)	
1	01	12	871.72	12.86	200.27	7.56	0.35	2464.94	92.68	11.53	497.68	356.19	20.27	107.20	1.72	0.90	16.55	
	29	10	935.31	12.03	874.84	11.00	1.05	2650.92	103.22	16.87	521.52	788.77	23.89	183.98	1.89	0.96	12.36	
	55	11	881.87	8.84	376.37	7.72	2.20	2083.26	63.41	18.96	415.47	564.81	19.45	2421.08	1.51	0.78	18.26	
	104	4	1496.78	14.33	599.58	16.69	3.56	3628.48	122.92	31.08	726.64	1011.46	30.92	4297.47	2.74	1.40	20.86	
	Avg		942.61	11.21	456.84	9.17	1.51	2453.96	86.05	17.32	489.81	592.00	21.66	2228.74	1.76	0.91	16.63	
2	35	7	560.39	3.43	94.28	5.13	0.53	1859.95	46.55	3.24	411.13	73.28	15.66	784.11	1.43	0.64	1.82	
	46	5	771.80	6.76	152.16	10.10	0.11	2471.80	72.18	6.86	530.35	343.99	19.97	309.85	1.86	0.89	6.10	
	51	6	737.75	5.69	237.14	7.49	1.51	2016.32	58.50	9.49	424.75	458.65	18.18	5301.96	1.56	0.81	13.58	
	71	6	996.73	7.41	208.78	9.62	1.20	3160.22	82.45	9.62	686.15	246.73	41.80	5940.17	2.48	1.17	41.78	
	80	7	711.74	11.54	314.03	6.91	2.70	1602.70	55.61	11.16	323.90	451.36	15.24	5111.33	1.23	2.55	21.94	
	89	14	737.75	5.17	191.74	7.18	1.09	2187.20	58.88	8.29	471.98	190.09	18.64	1275.01	1.74	0.78	11.54	
	Avg		743.32	6.77	209.77	7.50	1.33	2139.46	60.67	8.45	456.92	293.33	20.26	3057.54	1.67	1.19	15.67	
3	02	9	725.27	8.87	249.73	7.26	1.52	1935.17	65.82	21.72	380.64	484.58	17.03	3234.75	1.34	0.62	20.03	
	08	12	574.71	3.88	115.73	5.14	0.40	1822.68	47.08	4.68	401.97	93.94	19.64	2041.77	1.43	0.65	23.46	
	15	6	614.54	5.90	206.49	5.93	0.80	1642.88	52.75	7.22	341.79	284.23	24.11	4484.66	1.29	0.65	52.06	
	24	9	686.15	4.31	159.75	5.95	0.88	2113.04	52.44	6.40	461.61	100.58	17.74	724.09	1.59	0.72	5.80	
	23	5	713.31	4.93	354.66	6.20	2.35	1431.71	43.93	4.30	303.64	329.39	21.72	3170.78	1.02	0.56	57.63	
	36	8	1004.44	6.60	369.67	9.83	3.13	2515.29	68.74	5.21	548.74	382.10	23.93	1171.01	1.82	0.88	10.04	
	62	8	755.37	7.42	213.84	6.99	0.86	2099.77	58.52	13.91	438.36	214.65	17.49	3143.51	1.51	0.70	15.04	
	63	7	1004.57	7.68	477.89	10.03	4.54	2092.19	65.16	7.88	440.76	619.73	21.49	4243.39	1.47	0.72	21.36	
	72	9	414.33	3.50	136.11	3.72	1.08	1123.70	31.83	5.41	237.08	102.74	13.22	2856.49	0.91	0.50	10.98	
	86	8	939.94	7.99	386.13	7.28	2.54	2268.24	57.66	18.95	467.52	215.47	19.67	869.50	1.74	0.80	19.36	
	100	5	513.47	3.83	101.07	5.94	0.42	1653.83	44.33	5.93	356.05	156.76	13.66	889.59	1.23	0.57	7.17	
	157	10	626.21	5.43	193.28	5.86	0.79	1749.27	47.85	9.64	367.83	210.87	15.28	3536.64	1.36	0.67	17.13	
	Avg		688.92	5.71	226.28	6.42	1.44	1848.86	52.15	9.21	391.46	245.54	18.28	2572.18	1.38	0.66	19.65	
	4	06	5	522.62	4.01	240.61	5.14	1.84	1167.58	34.39	12.29	229.82	295.21	10.55	1287.49	0.85	0.56	10.26
		07	2	921.48	13.77	334.69	8.75	1.48	2380.85	85.74	14.39	477.94	806.61	19.96	1687.26	1.60	0.71	20.60
20		11	335.97	2.36	98.97	3.14	0.80	960.76	25.86	5.06	202.97	122.07	8.27	2832.37	0.83	0.33	4.16	
21		6	739.32	4.93	131.89	6.77	0.20	2423.76	63.32	4.38	532.72	150.03	21.00	136.64	1.87	0.85	9.27	
22		3	811.13	6.61	303.61	7.59	1.41	1963.82	62.94	6.50	429.98	259.30	16.84	46.35	1.40	0.65	44.67	
27		8	377.47	3.74	149.51	3.59	0.86	899.26	31.02	7.34	186.02	179.49	7.83	2972.94	0.65	0.30	21.32	
42		4	1002.00	6.53	373.71	9.03	3.31	2505.73	69.88	6.47	542.47	284.69	24.32	2843.05	1.82	0.87	27.68	
43		3	1163.05	10.07	250.49	11.64	1.42	3536.13	117.05	8.63	774.74	266.55	31.89	1566.88	2.86	1.45	16.48	
52		6	975.93	9.10	304.69	12.48	1.11	2690.78	87.66	10.58	561.24	616.54	22.42	61.80	2.02	0.89	26.17	
57		8	592.26	5.74	131.09	5.90	0.84	1876.99	49.18	12.06	393.53	122.60	21.67	276.26	1.37	0.65	9.15	
58		9	649.83	4.63	265.01	5.90	1.93	1549.58	37.56	7.59	333.04	137.71	12.42	2319.44	1.09	0.55	11.33	
81		5	309.57	1.84	100.41	2.49	0.66	833.78	20.87	1.62	184.23	72.04	21.18	5810.00	0.77	0.38	47.12	
84		3	311.11	2.27	68.65	3.40	1.37	974.27	26.87	4.64	206.15	88.66	9.81	70.38	0.87	0.32	0.85	
90		4	688.81	4.64	242.45	6.01	2.47	1747.52	54.24	4.02	382.13	203.81	33.44	8998.01	1.51	0.71	56.97	
93		3	483.30	3.05	130.55	4.06	0.79	1407.93	36.37	2.60	309.78	129.14	31.35	8037.96	1.27	0.61	62.03	
102		3	731.74	6.51	311.96	8.22	2.04	1698.85	62.03	10.46	339.20	748.03	57.27	645.93	1.59	0.82	141.11	
122		8	670.85	16.38	230.60	7.03	1.10	1749.32	61.06	9.53	354.89	468.74	15.69	1104.23	1.20	0.59	20.93	
149		4	329.60	2.53	103.67	3.66	0.62	898.01	27.53	1.87	192.91	162.91	22.16	5811.28	0.80	0.40	45.97	
Avg		592.83	6.02	192.13	5.92	1.21	1600.06	48.52	7.25	338.06	260.09	18.67	2525.04	1.24	0.59	26.42		



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Shanir Haor 5th phase  
Food intake per day by weight in grams,  
price in taka and food value in grams

Cl	H.	Me-	Avg.	Avg.	Water	Mine-	Fibre	Calory	Pro-	Fat	Cal	Caro	-----Vitamin-----				
ss	ld	er	Weight	Price	content	erals			tein		CHO	cium (mg)	Iron (mg)	tin (mcg)	B1 (mg)	B2 (mg)	C (mg)
1	01	12	464.59	5.53	161.09	4.62	0.70	1235.77	38.50	8.29	251.69	265.34	11.35	331.90	0.91	0.49	4.52
	29	10	791.96	8.52	159.31	7.97	1.23	2553.87	69.05	13.14	539.76	277.72	21.74	175.49	2.01	0.93	7.04
	55	10	768.13	8.92	313.42	6.39	1.31	1904.97	48.57	19.20	384.74	255.38	14.79	2433.84	1.33	0.70	11.85
	104	4	1039.46	10.91	365.45	8.96	2.32	2749.45	73.97	18.20	573.03	395.23	36.48	8371.62	2.18	1.11	49.21
	Avrg		703.84	7.93	233.08	6.47	1.21	1928.95	52.93	13.99	397.93	281.14	17.88	1941.12	1.45	0.73	12.89
2	35	7	747.94	7.55	131.76	6.79	0.45	2455.21	60.15	8.85	538.05	175.81	23.89	2304.30	1.73	0.97	5.52
	46	4	526.26	3.81	148.10	4.90	1.16	1512.83	33.98	4.98	333.13	70.56	11.85	83.42	1.10	0.48	3.92
	51	6	837.73	9.77	292.35	7.69	1.60	2246.55	67.84	26.70	443.31	514.84	18.17	8324.27	1.58	0.74	27.49
	71	6	1021.69	8.56	301.60	9.48	1.96	2901.52	76.05	11.37	624.05	218.97	31.80	7929.15	2.40	1.10	38.18
	80	8	636.58	6.53	216.18	5.46	1.22	1712.12	44.39	10.94	359.42	174.79	16.57	819.00	1.33	0.67	11.41
	89	14	654.31	6.43	160.13	6.73	1.49	1997.70	73.89	7.77	407.94	246.94	22.54	1508.19	1.58	0.69	3.78
	Avrg		704.79	6.84	189.86	6.66	1.29	2078.77	61.52	10.10	436.96	220.76	21.11	2538.24	1.59	0.75	10.92
3	02	8	375.61	5.23	137.16	3.49	0.86	1000.13	28.60	14.07	190.82	112.24	8.28	1663.51	0.68	0.43	14.03
	08	11	499.93	5.21	104.50	4.89	0.07	1592.60	43.73	6.24	340.56	366.12	12.74	45.53	1.17	0.52	2.35
	15	6	432.03	4.32	173.83	4.32	0.76	1040.65	33.38	4.73	216.12	240.87	8.90	91.53	0.85	0.42	18.55
	24	9	561.11	4.76	177.31	5.24	1.24	1552.18	42.54	5.60	332.89	126.83	13.08	2261.04	1.29	0.58	10.88
	28	5	750.00	4.70	377.65	5.84	2.85	1516.64	35.40	9.42	321.76	137.36	12.93	6272.91	1.12	0.55	21.36
	36	6	653.52	7.42	206.10	6.50	0.91	1755.04	62.42	10.16	368.38	310.18	17.49	5225.30	1.34	0.66	11.48
	62	8	653.29	7.32	210.82	6.06	1.15	1717.58	51.97	13.67	346.52	398.01	14.49	3172.12	1.24	0.62	10.47
	63	7	971.81	9.75	471.51	10.61	3.89	1999.42	61.07	11.16	414.50	753.63	16.21	4978.78	1.33	0.62	21.65
	72	8	772.86	6.50	314.85	7.22	4.16	1861.89	53.49	14.55	380.75	211.83	19.16	7185.38	1.82	0.77	11.93
	86	8	498.63	5.78	157.49	4.51	0.58	1403.58	36.28	14.95	285.23	178.10	10.97	2546.26	1.04	0.55	7.21
	100	5	971.75	7.19	390.64	10.62	7.21	2373.76	68.06	21.10	477.62	303.49	28.47	6921.01	2.43	1.06	30.60
	157	9	386.36	4.74	87.20	3.91	0.10	1200.63	36.75	6.86	251.53	144.47	10.13	73.61	0.88	0.38	11.40
	Avrg		584.01	5.94	201.73	5.66	1.39	1536.39	44.81	10.01	318.76	275.50	13.37	2632.40	1.19	0.56	11.99
4	06	4	1203.46	4.96	852.23	11.58	9.60	1358.11	15.74	6.78	309.33	275.43	27.04	7133.12	0.94	0.37	86.86
	07	2	600.84	8.38	176.55	6.96	0.22	1717.48	64.22	14.18	338.91	737.82	14.13	1540.70	1.27	0.59	12.10
	20	11	327.33	3.04	126.26	2.64	0.57	813.61	22.42	4.13	171.92	122.15	11.31	572.93	0.65	0.31	16.54
	21	5	896.10	5.59	387.54	8.12	2.36	2023.48	56.97	7.59	438.68	121.95	17.54	3200.72	1.99	0.80	53.04
	22	3	438.49	2.41	208.03	4.22	2.09	906.74	18.09	1.95	204.37	71.11	7.00	49.58	0.64	0.26	8.53
	27	8	488.13	5.01	106.24	4.77	0.49	1537.09	41.29	6.05	329.48	187.19	12.55	1074.67	1.16	0.57	3.02
	42	4	738.77	7.58	330.31	5.92	1.57	1694.37	42.06	16.23	344.49	209.47	13.40	4451.86	1.17	0.72	10.62
	43	4	431.69	5.25	111.62	4.38	0.31	1279.74	37.23	6.40	268.41	152.68	10.67	930.63	0.94	0.43	18.11
	52	6	635.50	6.68	360.01	6.66	1.80	1109.75	52.74	5.23	212.73	521.00	24.57	4997.35	1.14	0.60	58.65
	57	8	603.46	6.81	183.76	5.84	0.65	1688.13	46.48	12.64	351.59	182.76	13.54	2069.01	1.26	0.64	13.51
	58	9	404.17	5.55	116.26	3.95	0.50	1156.49	42.81	7.19	233.90	63.66	9.24	1660.93	0.85	0.40	3.14
	81	5	339.48	3.01	118.31	3.57	0.89	875.66	23.54	1.82	191.33	122.48	7.68	18.54	0.62	0.28	2.24
	84	3	836.88	6.76	269.34	11.78	5.53	2235.74	66.49	6.69	477.01	428.73	27.03	2434.01	2.03	0.87	45.06
	90	4	788.47	9.29	189.26	7.95	0.00	2344.28	80.75	9.43	501.05	361.14	22.14	57.93	1.74	0.83	10.81
	93	3	469.22	3.49	105.12	5.19	2.80	1456.76	41.71	5.67	309.50	110.43	15.65	5138.44	1.49	0.54	2.86
	102	3	963.24	7.71	643.17	12.49	5.66	1244.46	40.83	5.52	260.86	686.32	101.59	8148.44	1.51	1.23	304.36
	122	8	419.84	4.67	159.49	4.50	0.93	1061.30	34.94	7.32	213.82	244.21	9.32	4315.50	0.82	0.38	9.31
	149	2	618.00	15.68	110.41	15.82	0.44	1994.42	85.73	5.45	400.60	705.89	15.41	3050.51	1.43	0.64	1.71
	Avrg		550.89	5.37	219.44	5.73	1.55	1325.64	40.46	6.69	277.83	240.75	17.61	2524.70	1.08	0.52	30.83



Shanir Haor 6th phase  
Food intake per day by weight in grams,  
price in taka and food value in grams

price in taka and food value																	
Cl	H.	Me-	Avg.	Avg.	Water	Mine-	Fibre	Calory	Pro-	Fat	CHO	Cal	Caro	-----Vitamin-----			
ss	ld	er	Weight	Price	content	erals			tein			cium (mg)	Iron (mg)	tin (mcg)	B1 (mg)	B2 (mg)	C (mg)
1	01	12	670.46	6.69	237.14	6.37	1.13	1754.64	45.81	10.12	370.29	262.12	33.60	484.86	1.49	0.80	70.17
	29	10	524.92	5.77	295.96	5.45	0.49	1659.82	45.69	8.18	350.96	181.01	13.44	1181.68	1.21	0.61	4.23
	55	9	960.44	11.86	312.24	9.51	1.56	2647.98	71.20	19.35	547.43	787.57	28.70	5257.53	1.96	1.03	33.73
	104	6	705.81	6.87	181.89	6.82	0.97	2113.37	55.26	9.19	452.69	194.56	26.83	4623.99	1.68	0.80	33.25
	Avrg		708.70	7.76	263.37	6.98	1.03	2017.06	53.88	11.75	424.14	360.60	25.41	2618.76	1.56	0.80	35.63
2	35	7	411.85	3.64	89.22	4.06	0.45	1286.00	33.84	2.34	282.41	106.64	21.76	4613.72	1.09	0.51	35.37
	46	4	709.42	9.20	239.09	7.08	0.35	1925.20	51.78	16.25	393.04	496.81	14.93	108.81	1.41	0.79	9.74
	51	6	1024.35	8.91	381.46	9.65	3.27	2595.57	64.02	13.66	554.31	296.50	23.08	5773.77	1.89	1.05	33.81
	71	6	664.40	6.78	203.27	6.33	0.91	1879.92	51.89	12.38	390.27	266.53	15.86	4233.07	1.44	0.76	7.97
	80	8	579.68	6.25	212.15	4.80	0.71	1518.94	37.86	13.83	311.10	167.43	12.41	2653.87	1.17	0.63	6.38
	89	14	896.22	9.40	220.07	8.66	0.37	16.23	78.43	11.56	577.18	393.54	23.16	144.50	2.04	1.04	8.93
	Avrg		738.41	7.66	218.76	6.97	0.81	1174.00	57.38	11.74	443.07	298.01	18.99	2304.43	1.59	0.83	13.85
3	02	7	478.32	7.11	154.20	5.05	0.34	1343.13	43.81	13.44	261.92	274.39	10.89	1296.84	0.96	0.59	3.10
	08	11	559.86	8.36	340.36	5.63	0.27	1586.52	52.98	8.44	331.46	311.00	18.38	1929.56	1.16	0.57	29.10
	15	6	285.64	3.07	116.65	2.85	0.83	685.92	20.20	4.75	140.59	205.51	12.37	2411.84	0.52	0.27	20.40
	24	10	649.71	6.68	135.85	6.99	0.63	2059.04	56.88	6.64	443.07	178.98	21.41	2866.24	1.64	0.81	16.87
	28	5	644.61	6.76	203.86	6.25	1.05	1706.60	50.46	11.41	369.31	150.19	13.82	79.10	1.23	0.54	19.42
	36	6	578.12	6.12	132.64	5.92	0.37	1786.26	53.17	5.57	380.81	262.83	25.36	3848.40	1.42	0.63	29.38
	62	8	665.01	7.56	212.70	6.34	0.94	1830.27	52.33	9.58	383.69	331.81	14.87	102.05	1.30	0.65	15.96
	63	7	459.41	3.69	167.43	4.21	1.34	1180.68	30.84	6.00	250.87	119.31	10.00	1990.99	0.98	0.49	5.65
	72	8	582.49	5.92	208.45	5.45	1.74	1533.06	42.13	12.45	313.24	197.31	13.66	688.89	1.25	0.71	7.18
	86	8	494.37	5.03	121.44	4.69	0.17	1490.45	41.87	4.71	321.50	168.84	13.15	681.53	1.16	0.62	6.07
	100	5	470.68	6.99	185.98	6.56	1.34	1146.39	43.16	7.55	229.43	488.34	26.47	2256.51	0.81	0.46	15.49
	157	10	459.54	3.96	104.49	4.05	0.57	1425.69	34.93	4.95	310.70	80.73	17.02	3612.51	1.11	0.56	18.45
	Avrg		532.24	6.00	177.75	5.32	0.73	1517.92	44.22	7.82	319.76	222.59	16.33	1874.22	1.16	0.60	15.86
4	06	4	360.84	2.63	127.28	3.15	1.23	951.46	23.25	6.16	200.80	76.84	15.58	7587.32	0.82	0.40	38.54
	07	2	556.15	5.15	138.08	4.59	0.42	1694.11	39.05	9.38	364.73	85.27	13.78	53.04	1.18	0.57	10.72
	20	11	649.59	7.22	232.54	5.69	1.39	1747.82	45.65	21.05	344.23	189.71	13.81	890.12	1.29	0.74	9.09
	21	6	303.33	2.66	48.55	2.98	0.08	1022.84	25.74	3.02	223.15	46.69	8.14	25.75	0.79	0.35	2.14
	22	3	497.15	6.16	63.87	6.93	0.00	1721.36	50.77	3.21	372.32	202.81	13.62	43.26	1.29	0.57	0.00
	27	8	549.28	4.53	162.79	4.90	0.86	1546.82	40.14	4.12	337.01	179.96	13.07	249.07	1.18	0.55	14.02
	42	6	668.80	5.54	288.75	6.30	1.86	1709.76	42.46	5.08	373.72	176.46	27.99	1359.96	1.42	0.67	57.54
	43	3	427.10	4.20	100.25	4.60	0.42	1307.73	36.72	4.12	281.00	145.43	10.67	54.79	0.95	0.42	6.66
	52	6	442.22	4.32	122.95	4.50	0.42	1293.12	39.28	6.80	268.70	294.21	21.00	4365.48	1.03	0.48	34.24
	57	8	652.95	6.04	166.56	5.82	0.51	1989.86	50.18	13.74	416.60	219.84	15.38	46.35	1.40	0.63	5.79
	58	7	532.93	4.05	222.84	5.30	2.12	1236.25	26.86	5.29	270.80	102.71	9.38	1149.73	0.85	0.37	7.85
	81	5	259.57	2.14	54.53	2.39	0.26	817.93	20.90	1.47	180.26	55.69	13.09	2630.56	0.69	0.32	20.26
	84	3	740.31	6.28	250.83	6.53	2.99	1972.57	53.47	8.96	419.61	239.86	65.60	19598.58	2.01	1.06	151.08
	90	4	547.97	5.90	147.52	5.65	0.55	1602.20	51.54	8.66	334.64	240.45	14.38	3793.83	1.21	0.57	10.83
	93	3	634.02	5.54	146.39	5.97	0.76	1957.19	51.64	6.13	423.89	210.09	30.44	6929.32	1.62	0.77	48.23
	102	3	710.57	6.40	230.44	7.42	1.84	1918.33	53.08	6.70	412.25	206.64	17.27	748.46	1.82	0.88	15.87
	122	8	417.44	3.47	110.52	3.79	0.83	1230.36	30.74	5.02	266.66	90.28	11.22	4340.95	0.93	0.47	4.36
	149	2	766.06	9.16	265.39	8.35	1.06	2033.34	75.15	12.77	404.60	542.81	35.06	9364.63	1.59	0.78	74.99
	Avrg		533.68	5.01	164.29	5.01	0.96	1512.28	40.01	8.58	319.25	167.26	16.45	2398.91	1.17	0.57	20.46



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Shanir Haor 7th phase  
Food intake per day by weight in grams,  
price in taka and food value in grams

Cl a ss	H. ho ld	Me- mb- er	Avg. Weight	Avg. Price	Water content	Mine- rals	Fibre	Calory	Pro- tein	Fat	CHO	Cal	Caro	-----Vitamin-----			
												cium (mg)	Iron (mg)	tin (mcg)	B1 (mg)	B2 (mg)	C (mg)
1	01	12	550.89	5.90	169.63	5.39	0.88	1560.34	46.78	11.13	317.81	297.98	12.92	564.23	1.16	0.58	27.77
	29	10	920.03	14.20	259.93	9.92	0.52	2654.27	104.71	13.16	529.43	841.16	27.80	243.65	1.78	0.88	18.90
	55	7	1118.82	10.02	394.69	11.75	1.82	2909.10	115.83	13.46	584.35	711.50	54.33	2211.73	2.01	1.20	22.75
	104	8	696.07	6.56	207.03	7.14	0.37	1990.76	62.27	12.96	406.33	451.73	18.96	115.49	1.42	0.79	5.02
	Avg		786.88	8.78	245.81	8.15	0.87	2189.86	77.88	12.51	442.02	542.71	26.35	729.55	1.54	0.83	19.30
2	35	7	735.25	6.97	123.30	7.17	0.03	2470.67	66.95	10.34	527.43	213.58	20.90	140.15	1.83	0.84	5.66
	46	5	683.43	7.40	127.80	6.67	0.01	2255.91	64.60	11.95	472.53	240.86	18.35	109.60	1.65	0.76	7.86
	51	6	726.60	6.65	204.21	6.49	0.96	2068.91	50.64	7.44	457.29	182.07	16.61	131.23	1.44	0.71	16.78
	71	7	699.91	10.11	161.53	7.37	1.31	2143.75	70.91	4.95	453.82	411.96	18.09	91.61	1.63	0.77	12.94
	80	9	673.28	6.29	245.31	6.09	0.62	1723.17	53.81	8.15	359.98	305.65	14.58	3501.70	1.41	0.62	17.78
	89	16	770.89	7.87	169.69	8.63	0.06	417.23	69.34	8.76	514.39	320.59	19.81	61.45	1.81	0.88	6.62
	Avg		727.65	7.69	175.96	7.49	0.41	1418.74	64.59	8.45	470.89	301.49	18.34	685.59	1.67	0.79	10.38
3	02	14	833.59	10.21	278.73	8.49	0.87	2290.85	100.71	20.61	425.49	352.44	26.25	2029.39	1.57	0.93	33.41
	08	11	537.09	6.10	100.42	5.33	0.00	1733.12	50.07	5.37	371.08	401.20	14.69	60.30	1.24	0.59	5.10
	15	6	375.85	3.67	65.92	3.92	0.10	1247.28	33.29	4.73	267.88	107.55	10.72	260.46	0.93	0.43	6.02
	15	4	770.91	11.13	210.71	7.72	0.00	2360.72	79.75	29.60	443.82	720.31	18.54	216.03	1.57	0.91	12.55
	24	9	706.05	7.43	167.56	7.30	0.25	2161.07	65.37	7.47	457.97	576.18	19.24	109.61	1.58	0.78	4.02
	23	5	781.33	7.54	159.16	9.18	0.41	2450.06	173.53	6.21	425.06	241.06	47.58	128.53	1.49	0.67	26.36
	36	9	633.62	6.92	180.75	8.77	0.82	1813.89	61.19	8.03	374.23	400.77	16.49	85.11	1.28	0.66	2.05
	62	7	568.98	6.30	186.77	5.19	0.54	1538.53	46.10	6.55	327.68	302.63	34.28	716.33	1.14	0.58	5.74
	62	8	574.41	7.49	139.08	5.68	0.52	1755.51	52.23	12.10	366.02	234.59	18.98	1513.49	1.28	0.69	15.53
	72	10	474.46	6.67	187.50	4.98	0.15	1181.96	39.92	13.34	228.67	681.25	9.38	41.23	0.80	0.42	7.60
	86	8	444.94	3.91	143.26	4.43	0.00	1225.60	39.29	7.35	250.63	223.79	18.23	1971.85	0.88	0.67	45.90
	100	4	361.60	3.52	76.58	3.73	0.01	1159.23	50.02	9.16	222.21	127.12	13.70	2812.57	0.78	0.36	2.42
	157	11	552.15	5.47	184.34	6.83	0.92	1490.28	53.83	9.94	296.33	562.59	21.85	2219.42	1.03	0.67	25.16
	Avg		581.91	6.55	162.30	6.21	0.40	1695.08	60.93	9.97	341.71	393.94	20.11	960.48	1.19	0.64	14.74
4	06	5	508.95	5.26	84.88	5.02	0.00	1717.38	45.75	8.52	364.35	155.26	15.37	85.31	1.24	0.64	0.26
	20	3	213.73	2.18	54.90	2.78	0.14	630.47	20.90	1.36	133.60	137.69	6.72	329.08	0.46	0.24	6.30
	20	13	476.37	3.59	164.90	4.10	0.97	1245.24	32.41	2.85	272.15	135.13	17.91	531.88	1.06	0.53	46.42
	21	7	702.69	6.67	148.98	7.06	1.20	2227.90	67.68	9.24	468.51	330.54	18.39	67.89	1.66	0.75	11.49
	27	8	300.00	2.86	56.46	2.95	0.01	974.17	28.12	4.20	208.22	97.31	8.42	61.47	0.72	0.33	3.58
	42	5	883.74	7.79	287.36	12.60	1.84	2373.94	220.79	8.35	353.76	557.41	58.72	1283.89	1.17	0.60	6.48
	43	3	361.08	3.78	52.25	4.90	0.95	1226.39	77.84	2.63	222.74	138.10	21.52	234.75	0.79	0.37	5.43
	52	6	625.15	6.05	150.11	6.45	0.02	1907.35	60.35	6.61	401.60	371.55	17.40	96.99	1.40	0.69	6.00
	57	9	432.30	4.16	88.11	4.19	0.10	1381.24	39.02	4.33	296.52	184.01	13.91	611.70	1.03	0.51	4.43
	57	10	387.03	4.56	82.90	3.86	0.63	1251.25	36.15	10.72	252.87	139.69	10.49	39.91	0.90	0.42	4.89
	80	5	463.39	5.02	138.02	5.53	0.11	1319.08	42.29	8.05	269.35	323.24	12.00	281.53	0.95	0.52	6.15
	84	3	617.23	7.36	79.52	6.62	0.66	2181.79	66.53	11.97	451.89	119.48	18.90	356.89	1.79	1.06	1.35
	90	4	718.85	12.34	222.10	8.60	0.40	1994.63	74.49	8.58	404.66	1283.85	17.72	268.31	1.45	0.69	9.89
	93	3	528.25	5.41	125.92	5.35	0.45	1610.81	46.70	4.94	344.86	301.49	13.63	159.13	1.19	0.59	8.43
	102	3	417.72	3.75	129.86	3.95	0.83	1170.25	26.97	7.94	248.44	163.42	9.72	151.06	0.82	0.46	11.15
	122	8	434.81	4.84	98.59	4.85	0.05	1366.39	44.70	8.24	278.41	251.98	11.48	34.94	0.96	0.43	11.62
	149	2	361.53	4.22	141.20	4.62	0.50	935.54	37.70	14.87	162.65	467.62	10.28	141.52	0.57	0.38	12.51
	Avg		496.95	5.06	126.39	5.31	0.52	1491.82	54.91	6.58	303.42	276.89	16.85	302.19	1.07	0.53	12.34



Shanir Haor 8th phase  
Food intake per day by weight in grams,  
price in taka and food value in grams

Cl ss	H. ld	Me- mb- er	Avg. Weight	Avg. Price	Water content	Mine- rals	Fibre	Calory	Pro- tein	Fat	Cal CHO	cium (mg)	Iron (mg)	Caro tin (mcg)	-----Vitamin-----		
															B1 (mg)	B2 (mg)	C (mg)
1	01	12	520.62	4.89	88.78	5.29	0.07	1746.18	49.91	8.04	368.52	174.52	14.97	83.71	1.30	0.62	3.69
	29	11	1110.67	14.50	442.86	12.12	1.62	2916.05	74.26	30.13	557.52	924.21	57.77	948.22	1.85	0.82	30.13
	55	7	1085.54	11.37	403.14	11.53	1.78	2827.57	107.21	14.98	552.72	727.98	57.48	751.11	1.93	1.07	19.76
	104	3	917.23	23.22	324.34	8.92	0.00	2555.87	131.69	43.39	409.57	119.94	15.94	47.62	1.63	0.98	2.82
	Avg		893.09	11.53	305.94	9.43	0.99	2477.57	80.60	20.65	479.52	548.02	39.42	524.47	1.67	0.84	16.12
2	35	8	447.84	3.60	88.54	4.47	0.06	1445.89	41.63	5.35	307.75	180.97	13.58	187.64	1.07	0.52	3.05
	46	4	339.66	2.84	76.34	3.31	0.07	1067.11	31.22	5.55	223.19	148.75	10.04	74.91	0.77	0.38	2.41
	51	6	887.57	9.24	427.28	8.98	5.29	1837.38	55.38	9.29	396.73	279.39	90.01	4823.97	1.56	0.84	72.29
	71	6	542.29	8.91	194.87	5.81	0.00	1423.63	57.93	11.38	272.28	706.22	11.46	31.21	0.93	0.41	20.17
	80	9	713.16	5.60	384.36	7.98	1.09	1318.44	43.72	5.49	273.35	338.15	14.40	2433.51	1.24	0.87	64.31
	89	15	682.09	10.92	148.85	7.07	0.73	178.92	64.49	50.74	411.57	279.54	20.57	1035.90	1.60	0.86	11.35
	Avg		638.50	8.10	213.34	6.70	1.01	928.81	54.05	24.68	341.24	329.06	23.33	1354.28	1.32	0.73	26.58
3	02	9	736.40	9.84	212.17	7.21	0.93	2122.67	67.84	11.67	436.87	143.02	17.71	3351.76	1.50	0.93	7.16
	08	11	440.87	4.52	154.06	4.94	0.47	1103.32	40.39	6.24	235.15	200.89	10.17	2789.55	0.81	0.40	28.25
	15	7	955.53	14.59	156.56	7.80	0.00	3515.15	82.28	63.88	652.66	158.77	28.71	165.63	2.17	1.17	3.07
	15	2	650.88	7.21	152.76	7.23	0.04	2012.15	63.90	9.67	417.25	675.71	18.30	146.61	1.45	0.69	1.97
	24	9	617.51	7.91	90.64	5.20	0.02	2212.47	51.89	26.66	441.14	139.12	20.29	121.90	1.41	0.81	0.45
	28	5	296.63	2.27	92.29	3.34	0.00	814.87	34.19	2.11	164.66	294.93	10.42	19.06	0.57	0.33	0.00
	36	6	764.29	8.39	112.24	6.93	0.00	2590.20	65.50	4.72	571.27	236.43	28.49	195.38	1.75	1.12	0.41
	62	7	499.39	4.69	185.15	5.00	1.41	1262.34	38.58	6.07	268.77	295.36	41.68	239.46	0.94	0.54	8.95
	62	8	532.05	4.87	139.33	5.40	0.57	1539.08	51.78	3.62	331.54	208.52	15.77	355.24	1.08	0.56	13.83
	72	8	559.36	5.31	114.31	6.40	0.63	1746.44	99.10	4.63	335.64	239.41	27.06	57.31	1.14	0.57	5.65
	86	9	542.72	4.18	280.12	6.13	0.75	1059.28	40.78	5.84	210.77	397.64	16.35	3536.10	0.94	0.67	42.20
	100	5	857.82	6.58	493.31	9.78	2.36	1395.33	39.77	6.26	296.28	428.05	22.12	6815.51	1.21	0.96	106.17
	157	10	382.90	4.18	81.43	3.79	0.08	1234.96	35.84	8.91	252.90	115.15	10.00	174.83	0.89	0.40	7.70
	Avg		588.54	6.39	170.42	5.90	0.56	1694.98	53.51	12.79	344.90	235.59	19.69	1489.48	1.19	0.68	18.07
4	06	5	282.49	4.55	94.64	2.75	0.07	754.36	32.34	2.74	150.25	116.86	7.27	16.95	0.58	0.27	2.82
	20	3	387.54	2.97	133.25	4.53	0.01	1013.64	46.52	2.83	200.37	443.54	14.08	45.57	0.70	0.43	0.45
	20	11	330.54	2.41	141.78	3.72	0.25	752.44	32.48	1.41	152.31	83.39	9.24	576.28	0.62	0.41	26.65
	21	5	496.87	4.17	112.21	5.33	1.55	1541.49	50.59	6.03	321.13	298.95	15.74	54.84	1.16	0.59	2.57
	27	8	437.76	3.57	137.82	5.15	0.83	1191.35	56.16	2.57	235.69	154.17	18.19	3189.39	0.83	0.46	26.55
	42	5	853.44	11.90	153.58	7.06	0.00	2937.85	71.83	35.10	583.50	153.91	26.13	3602.94	1.94	1.09	1.17
	43	3	383.84	3.77	75.95	3.78	0.14	1242.79	32.85	5.14	266.25	74.70	10.83	409.30	0.95	0.52	6.24
	52	6	583.38	4.78	124.21	6.02	0.00	1846.24	58.27	6.67	388.18	314.95	18.20	45.06	1.35	0.67	0.00
	57	9	449.43	4.68	75.46	4.77	0.07	1502.78	74.69	5.26	289.09	92.21	20.62	157.93	1.04	0.46	3.89
	57	9	570.34	6.06	182.29	5.87	1.18	1552.42	41.32	11.79	324.28	207.10	16.78	4402.39	1.15	0.53	34.96
	80	5	664.01	5.57	153.70	7.07	0.42	2032.24	68.43	4.16	433.03	305.42	35.76	217.53	1.50	0.73	4.39
	84	3	732.34	6.12	203.68	7.59	0.00	2128.92	77.72	8.92	434.40	453.20	20.60	50.21	1.51	0.75	7.72
	90	4	871.65	8.03	221.03	8.08	1.45	2605.85	77.06	8.51	561.87	252.58	56.25	143.96	1.98	0.98	6.74
	93	3	456.64	3.88	102.72	4.42	0.03	1425.26	43.41	5.53	300.49	135.18	11.31	109.43	1.04	0.46	7.29
	102	3	457.78	3.50	168.92	5.49	0.00	1151.31	57.10	3.43	222.82	583.09	17.10	25.75	0.78	0.51	0.00
	122	9	685.80	7.30	150.29	6.85	0.62	2146.46	64.46	7.79	454.57	397.39	23.42	928.56	1.58	0.92	10.07
	149	4	673.17	12.56	157.99	6.73	1.19	2243.34	72.79	42.42	392.50	124.70	17.56	474.16	1.57	0.79	10.00
	Avg		537.03	5.28	141.15	5.55	0.49	1596.58	55.24	7.85	327.03	227.73	19.95	1014.40	1.17	0.61	12.22



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Shanir Haor 9th phase  
Food intake per day by weight in grams,  
price in taka and food value in grams

Cl a ss	H. ld	Me- mb- er	Avg. Weight	Avg. Price	Water content	Mine- rals	Fibre	Calory	Pro- tein	Fat	CHO	Cal		Caro tin (mcg)	-----Vitamin-----		
												cium (mg)	Iron (mg)		B1 (mg)	B2 (mg)	C (mg)
1	01	9	581.46	6.95	172.97	6.22	0.18	1647.98	57.24	11.57	328.92	432.50	13.48	36.21	1.13	0.50	24.64
	29	10	603.90	6.87	155.35	6.03	0.91	1829.60	49.72	9.13	383.01	167.16	15.73	73.66	1.35	0.64	7.20
	55	7	705.60	9.02	248.04	6.73	1.03	1849.71	60.04	10.30	380.04	558.05	16.21	113.13	1.36	0.67	12.98
	104	3	687.78	7.10	177.32	7.44	0.00	2078.14	67.90	13.21	422.00	372.67	16.88	3349.62	1.45	0.66	19.05
	Avrg		636.98	7.48	187.34	6.46	0.63	1824.51	56.87	10.62	374.22	365.45	15.46	533.66	1.31	0.62	14.73
2	35	7	463.85	4.63	58.24	4.85	1.46	1624.63	41.14	5.50	352.64	81.49	12.84	57.51	1.26	0.56	2.41
	46	4	383.78	3.93	63.27	4.06	0.01	1293.26	35.78	5.53	275.09	100.69	10.13	56.60	0.95	0.42	2.41
	51	6	445.95	4.28	138.99	4.74	1.00	1239.74	38.27	6.33	257.12	215.24	11.57	3769.37	0.96	0.47	15.32
	71	6	722.88	6.74	132.17	7.38	0.68	2368.91	66.93	7.65	508.05	231.79	19.97	1394.51	1.79	0.83	3.17
	80	7	603.81	6.46	248.25	6.59	0.77	1426.27	66.44	5.29	278.13	242.10	19.33	76.71	1.05	0.64	43.88
	89	14	629.65	7.28	226.72	6.45	0.75	1547.92	50.14	5.60	324.58	266.79	15.10	1058.38	1.16	0.63	43.64
	Avrg		569.60	6.10	177.64	5.94	0.80	1546.24	50.52	5.84	322.95	219.72	15.09	1182.24	1.16	0.60	27.96
3	02	6	528.59	7.07	222.75	5.65	0.11	1256.38	51.63	11.25	237.32	591.33	10.99	5955.10	0.85	0.51	3.04
	15	6	403.71	3.42	79.47	4.17	0.00	1302.64	51.27	4.34	264.53	161.57	15.27	1806.41	0.93	0.44	0.26
	15	2	454.83	3.97	75.54	4.46	0.85	1510.95	41.86	3.00	329.10	138.14	13.42	47.88	1.16	0.54	1.41
	24	9	449.62	3.94	81.81	4.42	0.38	1473.52	42.12	4.28	316.56	166.36	13.50	62.90	1.11	0.53	1.06
	28	5	604.83	5.80	96.03	6.16	0.86	2048.71	53.29	8.30	440.18	151.25	16.72	1737.79	1.56	0.71	1.90
	36	6	404.09	3.88	74.14	4.40	0.83	1321.62	39.06	4.53	281.09	173.92	12.08	73.35	1.00	0.48	1.98
	49	4	660.35	6.32	92.29	6.86	1.70	2266.85	59.75	5.78	493.93	151.38	18.71	76.69	1.76	0.79	2.82
	62	7	579.58	5.03	117.87	5.71	0.35	1854.24	52.16	6.28	397.18	218.45	16.60	2733.18	1.40	0.67	1.35
	62	7	426.12	4.06	143.35	4.18	0.43	1160.86	29.86	5.49	237.25	147.13	9.85	79.75	0.80	0.39	16.59
	72	8	304.21	3.55	74.32	3.18	0.52	956.33	29.67	10.22	186.55	142.46	8.92	37.91	0.68	0.42	2.31
	86	8	659.16	6.09	206.15	8.02	3.53	1726.54	83.14	6.59	334.17	277.08	36.11	2962.48	1.56	0.65	62.38
	100	5	463.30	3.73	208.37	9.03	5.43	991.86	39.37	6.29	194.78	1133.09	93.96	4555.93	0.78	1.30	144.64
	157	10	409.81	3.73	103.99	4.94	1.04	1255.82	35.10	5.73	259.02	306.91	26.16	900.58	0.89	0.57	31.72
	Avrg		463.90	4.50	117.61	5.07	0.94	1394.95	44.40	6.46	287.59	255.14	18.88	1399.04	1.04	0.56	16.44
4	06	5	289.99	2.76	39.23	2.95	0.96	996.85	25.14	1.91	219.75	46.47	8.13	97.58	0.79	0.35	2.78
	20	3	323.17	4.65	41.37	5.88	9.35	1086.00	53.53	3.88	209.25	164.47	13.91	174.58	0.97	0.44	16.35
	20	11	292.71	2.76	77.75	3.27	0.54	851.49	30.33	3.40	177.44	198.46	13.16	1421.53	0.63	0.38	10.04
	21	5	327.03	2.96	43.12	3.12	0.79	1130.42	27.86	2.10	250.01	40.17	9.17	82.65	0.89	0.39	2.18
	27	8	302.57	3.33	87.51	2.73	0.59	868.41	23.94	3.92	184.24	94.95	7.27	3122.18	0.65	0.33	13.64
	42	5	332.20	3.04	64.71	3.41	0.94	1074.80	32.08	4.44	226.57	149.84	10.12	37.01	0.81	0.39	1.56
	43	3	509.84	4.37	89.13	4.92	0.02	1679.15	46.81	3.18	365.76	163.25	15.18	102.22	1.27	0.60	1.20
	52	6	580.85	5.35	84.62	5.67	0.25	1992.77	50.71	6.30	433.28	114.73	16.11	1057.42	1.52	0.68	0.42
	57	10	545.54	5.79	71.17	6.14	0.70	1894.72	52.33	4.93	410.23	126.81	15.52	153.56	1.48	0.71	1.94
	57	8	553.63	6.44	225.50	5.71	2.17	1277.05	37.43	11.62	255.93	272.51	17.15	5455.53	0.98	0.56	63.85
	80	5	274.76	2.61	42.74	2.64	0.77	933.30	24.38	3.80	200.40	47.89	7.33	32.05	0.71	0.31	2.44
	84	3	602.89	4.84	136.76	5.87	0.62	1855.61	46.33	3.30	410.07	151.78	14.46	10095.95	1.49	0.70	1.03
	90	4	515.01	5.03	100.55	5.76	1.19	1660.68	50.80	6.11	350.56	252.63	15.60	109.88	1.25	0.61	3.05
	93	3	652.33	4.78	249.26	7.62	0.00	1931.59	42.16	3.24	350.30	163.08	9.87	30.90	1.03	0.41	4.63
	102	3	311.58	3.16	69.94	4.48	1.82	954.60	28.54	2.72	204.03	280.88	24.05	5229.82	0.75	0.51	29.65
	122	8	724.53	7.87	187.90	8.42	1.58	2143.15	61.58	7.56	457.26	182.83	38.43	2605.16	1.60	0.78	16.99
	149	2	456.29	4.47	121.48	7.61	2.03	1342.38	79.52	8.28	237.60	599.83	62.10	12380.85	0.81	0.81	64.89
	Avrg		447.01	4.48	107.44	4.89	1.13	1364.53	40.07	5.15	287.01	169.90	16.68	2311.84	1.02	0.52	14.60



Shanir Haor 10th phase  
Food intake per day by weight in grams,  
price in taka and food value in grams

price in taka and food values in gram																	
Cl	H.	Me-	Avg.	Avg.	Water	Mine-	Fibre	Calory	Pro-	Fat	CHO	Cal	Caro	-----Vitamin-----			
ss	ld	er	Weight	Price	content	erals			tein			cium (mg)	Iron (mg)	tin (mcg)	B1 (mg)	B2 (mg)	C (mg)
1	01	9	634.73	7.06	184.74	6.97	2.23	1800.20	56.44	7.44	385.54	282.52	61.16	207.73	1.34	0.59	17.59
	29	10	781.05	7.74	180.12	8.33	0.64	2413.25	68.99	4.28	518.79	272.98	24.49	895.09	1.79	0.93	1.90
	55	7	846.67	10.44	379.36	7.71	2.88	1885.49	62.17	11.81	402.38	438.67	120.76	1940.52	1.34	0.72	37.40
	104	3	824.05	8.63	194.65	9.02	0.71	2518.64	78.23	7.98	533.44	518.21	20.26	2848.41	1.87	0.85	6.89
	Avrg		779.85	8.58	246.91	7.95	1.66	2140.91	65.47	7.69	458.16	354.68	61.91	1316.31	1.57	0.79	16.80
2	35	7	463.55	4.37	91.73	5.10	0.86	1479.23	45.34	3.13	317.36	220.45	14.12	132.94	1.13	0.55	3.10
	46	4	1002.80	9.80	206.14	11.52	2.52	3165.58	99.96	6.95	675.68	527.37	30.77	338.09	2.42	1.19	8.67
	51	6	435.09	3.39	158.56	4.94	1.44	1097.74	35.19	3.56	231.57	430.74	34.71	1462.05	0.83	0.67	43.79
	71	7	492.92	4.05	118.31	6.07	2.09	1486.29	41.14	4.21	321.06	432.99	42.91	1721.32	1.16	0.86	53.22
	80	7	1035.24	9.64	271.15	10.47	0.87	3049.00	84.70	6.49	662.88	489.51	29.01	659.62	2.41	1.25	32.12
	89	14	660.06	6.47	191.55	6.35	0.48	1867.37	48.78	4.43	398.28	185.55	15.46	41.34	1.36	0.63	28.30
	Avrg		667.85	6.21	179.60	7.00	1.09	1944.11	54.99	4.63	417.07	333.14	24.98	601.03	1.48	0.80	29.86
3	02	6	493.93	7.40	170.23	4.85	0.27	1327.13	47.70	5.14	266.24	197.88	10.71	78.75	0.90	0.52	9.24
	15	7	648.95	4.92	188.79	8.82	3.14	1822.87	53.72	6.23	388.21	815.02	76.07	3274.94	1.41	1.31	102.10
	15	2	189.28	1.80	42.00	2.22	1.70	581.24	19.50	1.56	122.27	115.82	5.97	33.47	0.47	0.23	2.82
	24	10	504.83	4.12	133.47	6.28	1.87	1473.87	46.11	4.28	312.79	492.46	40.32	2891.99	1.13	0.83	45.97
	28	5	950.15	11.62	201.68	12.29	2.71	2967.00	100.65	6.61	626.16	734.97	28.14	428.97	2.24	1.09	14.21
	36	6	691.00	5.92	167.27	8.79	2.94	2076.83	58.44	5.92	447.61	622.82	59.93	2438.56	1.61	1.20	74.97
	48	4	592.91	5.44	109.83	5.85	0.45	1929.70	52.23	5.55	417.76	161.78	15.70	1607.85	1.47	0.66	9.83
	62	7	530.41	4.42	173.65	6.71	2.52	1413.94	47.15	5.07	295.43	616.37	51.40	6042.53	1.08	0.98	68.16
	62	7	653.15	5.59	137.69	7.12	1.02	2052.54	62.02	4.65	440.61	387.57	29.80	3446.69	1.56	0.86	18.64
	72	8	304.64	3.03	71.92	3.06	0.40	925.29	28.21	2.89	196.82	114.07	8.83	35.31	0.70	0.36	5.38
	86	8	487.31	3.77	123.20	5.53	1.17	1508.33	45.17	3.65	308.46	234.35	15.63	93.60	1.21	0.52	1.17
	100	5	567.26	4.75	118.98	5.78	0.68	1857.04	47.59	3.30	390.95	155.31	14.99	51.01	1.34	0.61	1.13
	157	11	487.95	5.00	145.37	4.79	0.41	1373.51	32.33	3.53	291.79	87.83	10.28	29.27	0.99	0.44	27.47
	Avrg		515.49	4.92	136.18	5.80	1.24	1520.63	44.79	4.27	321.18	316.33	25.69	1529.92	1.14	0.68	29.34
4	06	5	295.64	2.51	67.69	3.11	0.42	908.00	30.21	2.04	192.14	178.90	9.44	27.12	0.68	0.34	0.70
	20	11	304.32	2.44	72.94	3.28	0.28	931.99	28.38	2.12	197.30	199.28	14.68	1895.20	0.68	0.40	9.83
	20	2	465.22	5.09	77.42	4.44	0.00	1540.36	44.30	2.78	334.54	272.95	12.80	38.62	1.15	0.51	3.09
	21	5	262.65	2.79	66.58	2.46	0.05	782.74	26.51	1.76	165.16	155.47	7.94	17.61	0.54	0.27	0.00
	27	9	202.19	2.30	59.54	1.95	0.30	568.76	16.81	1.37	122.33	110.20	5.04	1415.31	0.45	0.24	6.53
	42	5	329.59	2.63	102.29	3.64	0.42	906.02	32.32	2.42	188.62	288.67	16.40	3317.63	0.67	0.43	15.27
	43	3	446.07	4.40	107.67	5.57	1.91	1340.90	48.83	3.40	278.66	338.90	14.36	53.95	1.02	0.53	3.16
	52	6	621.43	5.54	89.26	5.73	0.51	2117.25	54.12	4.10	465.96	86.86	16.94	59.99	1.63	0.72	2.40
	57	8	459.90	5.50	146.88	5.15	1.66	1182.68	48.13	3.53	239.96	156.39	19.69	1666.66	0.88	0.46	48.28
	57	9	366.94	3.23	59.46	3.45	0.64	1227.30	33.88	2.75	266.73	99.13	10.17	38.30	0.94	0.42	1.07
	80	5	1030.00	5.77	470.71	17.51	9.27	2193.90	78.79	13.39	440.32	2420.50	213.72	10346.35	1.69	2.93	324.45
	84	3	214.59	1.70	50.64	2.83	1.03	684.52	21.93	3.19	134.99	106.43	7.03	62.65	0.62	0.20	3.86
	90	4	539.03	5.80	76.01	6.24	2.67	1835.16	48.61	3.76	401.71	129.04	15.09	255.18	1.46	0.66	7.89
	93	3	362.79	3.86	54.54	4.09	1.81	1221.77	31.89	2.50	267.92	82.14	10.24	249.77	0.97	0.44	6.86
	102	3	573.64	4.89	154.33	6.30	0.54	1670.33	61.35	4.00	347.10	443.64	19.13	141.43	1.22	0.66	2.74
	122	9	409.42	3.96	149.43	4.84	1.43	1011.91	30.48	3.36	211.71	346.26	25.72	883.27	0.76	0.55	48.17
	149	2	406.86	4.30	101.03	5.26	2.02	1209.77	43.38	3.09	252.04	302.13	13.04	230.39	0.93	0.48	6.82
	Avrg		381.89	3.60	100.79	4.26	1.03	1111.62	35.19	2.93	235.14	243.33	18.44	1260.02	0.84	0.49	21.81



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Shanir Haor 11th phase  
Food intake per day by weight in grams,  
price in taka and food value in grams

Cl	H.	Me-	Avg.	Avg.	Water	Mine-	Fibre	Calory	Pro-	Fat	CHO	Cal	Caro	-----Vitamin-----			
a	ho	mb-	Weight	Price	content	rals			tein			cium	Iron	tin	B1	B2	C
ss	ld	er										(ng)	(ng)	(mcg)	(ng)	(ng)	(ng)
1	01	9	354.07	3.07	119.17	4.18	0.11	1017.44	35.47	2.26	192.91	248.16	9.57	62.28	0.66	0.37	0.00
	29	12	894.07	8.87	284.15	9.02	0.70	2832.14	74.95	6.06	620.66	230.45	30.61	192.66	2.09	1.03	11.22
	55	4	555.62	5.74	212.83	5.92	1.16	1259.25	55.95	5.52	274.76	316.44	28.52	5949.07	1.09	0.69	56.62
	104	7	742.34	7.54	161.21	7.22	0.45	2317.82	69.59	4.78	499.08	349.55	19.16	1831.29	1.74	0.79	3.77
	Avrg		720.45	7.14	217.73	7.36	0.60	2190.49	64.32	5.03	472.59	272.16	24.03	1300.88	1.63	0.81	13.50
2	35	6	769.94	8.17	128.42	8.37	4.64	2540.55	64.51	5.33	558.63	156.21	22.06	831.77	2.05	0.96	21.59
	46	4	913.67	8.42	152.49	9.35	0.90	3034.06	84.25	6.06	660.60	266.97	26.15	197.49	2.32	1.07	4.93
	51	6	447.12	4.20	148.58	5.26	2.45	1203.77	32.10	3.34	255.80	183.47	21.58	4499.17	1.06	0.52	11.90
	71	6	597.30	5.12	156.96	7.34	3.88	1740.04	50.42	4.77	373.89	366.62	24.06	318.55	1.52	0.85	13.24
	80	8	417.74	4.15	126.15	4.30	1.07	1167.23	35.58	3.52	248.06	269.72	10.20	5318.89	0.93	0.49	13.32
	89	14	463.40	4.23	68.80	4.68	0.69	1571.89	42.16	2.99	344.04	116.23	13.33	47.85	1.21	0.55	1.15
	Avrg		532.94	5.01	116.98	5.75	1.83	1657.67	45.65	3.84	359.11	205.15	17.36	1942.48	1.34	0.65	8.93
3	02	8	580.22	8.32	163.27	5.54	0.13	1693.19	57.16	9.31	345.13	81.22	12.66	70.00	1.19	0.56	5.72
	15	5	706.24	6.41	243.37	6.82	1.31	1844.01	53.20	4.02	398.81	221.52	15.74	44.25	1.44	0.70	8.23
	15	2	364.43	4.85	83.29	6.43	3.41	1101.46	45.10	3.24	222.93	361.45	11.30	64.41	0.86	0.44	5.65
	24	9	678.00	6.51	106.53	7.28	2.16	2271.22	62.63	4.61	494.59	204.56	19.64	143.01	1.78	0.82	4.76
	28	5	526.47	4.32	199.47	6.38	0.00	1303.22	66.52	3.98	250.11	695.72	19.87	28.89	0.88	0.59	0.00
	36	6	465.42	5.10	81.67	5.00	0.85	1527.12	44.08	3.12	330.68	195.17	12.24	47.88	1.16	0.51	3.60
	48	4	610.20	5.63	182.58	6.06	1.17	1699.87	55.07	4.14	361.56	326.32	17.41	63.37	1.24	0.64	10.03
	62	7	449.07	4.93	110.12	5.25	0.78	1356.66	40.77	5.14	284.73	302.25	19.37	947.87	0.92	0.54	15.59
	62	7	388.72	3.35	66.22	3.99	0.00	1287.07	52.43	2.47	263.66	124.43	15.55	1088.19	0.92	0.43	0.00
	72	8	500.65	5.08	83.66	4.88	0.80	1671.04	45.60	4.16	361.62	72.62	14.28	71.56	1.30	0.64	2.27
	86	8	625.26	5.40	133.50	6.55	1.21	1980.81	54.59	5.65	421.79	163.51	17.33	214.70	1.69	0.68	11.86
	100	5	233.06	1.81	60.95	2.30	0.87	674.61	17.26	1.52	147.99	87.33	12.43	4338.72	0.60	0.32	17.51
	157	10	278.57	2.84	54.18	3.28	0.62	893.43	26.95	2.31	191.19	168.81	8.00	97.27	0.68	0.32	2.35
	Avrg		493.56	4.98	114.44	5.18	0.85	1515.77	46.79	4.28	321.64	195.99	15.01	503.63	1.15	0.56	6.39
4	06	5	193.98	1.90	24.29	2.07	1.13	669.01	17.17	1.38	146.97	33.70	5.36	29.94	0.54	0.24	1.88
	20	11	477.23	4.09	109.07	4.90	0.25	1466.59	41.93	2.84	318.26	195.87	12.97	739.86	1.14	0.55	0.68
	20	3	464.43	5.80	148.49	4.89	0.50	1339.70	42.37	4.12	264.44	82.44	9.84	2801.22	0.96	0.51	10.67
	21	5	571.65	5.08	105.26	5.82	1.55	1855.80	54.43	3.92	400.64	226.08	17.26	64.11	1.44	0.69	2.57
	27	10	289.20	2.52	81.28	3.12	0.69	824.69	25.34	1.74	177.07	113.02	7.53	1579.86	0.63	0.33	24.95
	42	4	477.23	4.84	113.12	5.35	0.53	1448.71	52.18	3.15	302.88	486.22	14.20	70.55	1.06	0.51	5.32
	43	3	228.32	2.82	41.24	2.92	3.58	731.98	19.45	1.97	159.11	63.23	6.56	346.25	0.64	0.30	11.53
	52	7	6503.71	74.68	2051.37	68.03	3.76	1523.22	556.67	54.73	3773.12	1229.52	130.78	4389.56	12.90	6.16	95.34
	57	8	390.76	3.47	94.17	3.78	0.11	1146.89	34.83	2.89	255.08	92.50	9.47	1912.09	0.89	0.41	6.14
	57	10	252.64	2.24	45.36	2.41	0.37	821.29	22.48	1.63	179.25	71.71	7.24	24.54	0.63	0.29	1.28
	80	5	300.64	3.09	39.84	3.42	1.18	1029.80	27.27	2.05	225.57	69.23	8.34	84.20	0.81	0.36	2.83
	84	3	616.04	4.98	91.71	7.20	4.72	2079.61	58.26	5.80	448.34	154.40	20.78	2483.37	2.03	0.75	3.92
	90	4	443.54	4.42	87.98	5.06	1.04	1412.52	42.50	3.03	303.98	193.75	12.80	68.26	1.07	0.51	3.66
	93	3	381.89	3.30	87.28	3.86	0.47	1195.98	35.63	2.88	251.75	133.26	9.90	33.99	0.87	0.40	3.64
	102	3	399.13	3.62	99.74	3.67	0.12	1196.92	35.17	3.16	257.39	98.81	9.46	28.96	0.87	0.39	7.27
	122	8	308.75	2.67	54.38	2.98	0.38	1009.54	27.00	1.91	221.04	83.61	8.64	1235.03	0.78	0.36	0.64
	149	2	301.28	2.91	64.09	3.13	1.55	940.13	25.44	2.00	205.06	105.57	7.43	3053.69	0.76	0.35	2.96
	Avrg		944.23	10.10	265.36	9.86	1.10	1165.90	82.37	7.45	578.18	231.37	21.29	1236.30	2.02	0.96	14.52



Shanir Haor 12th phase  
Food intake per day by weight in grams,  
price in taka and food value in grams

Cl ss	H. ld	Me- mb- er	Avg. Weight	Avg. Price	Water content	Mine- rals	Fibre	Calory	Pro- tein	Fat	CHO	Cal	Caro	-----Vitamin-----			
												cium (mg)	Iron (mg)	tin (mcg)	B1 (mg)	B2 (mg)	C (mg)
1	01	15	576.54	5.51	97.84	5.89	0.74	1908.17	52.15	3.96	415.98	240.06	20.31	1591.16	1.47	0.71	10.11
	29	11	714.38	8.41	164.34	7.45	0.35	2202.90	71.38	6.86	464.24	341.38	18.68	170.06	1.69	0.88	12.87
	55	6	705.56	8.13	249.78	7.40	0.17	1900.06	63.71	7.58	377.17	547.86	18.96	1823.86	1.32	0.62	32.45
	104	3	620.88	5.24	205.33	6.95	1.55	1650.43	52.69	4.93	349.77	556.96	42.64	8504.76	1.21	0.90	51.50
	Avrg		640.48	6.72	155.23	6.68	0.61	1952.82	59.21	5.49	413.39	358.08	21.87	1981.68	1.47	0.75	19.39
2	35	6	920.04	3.39	115.57	8.25	0.00	3201.10	77.96	5.50	709.93	91.72	25.68	82.55	2.47	1.10	0.00
	46	6	735.93	7.70	148.09	8.15	3.25	2503.70	75.01	6.63	554.76	173.44	21.02	186.95	2.01	0.90	17.69
	51	6	543.29	5.41	194.88	4.91	0.80	1391.78	40.19	3.54	299.84	158.80	16.80	2266.29	1.16	0.54	21.66
	71	6	536.97	4.19	173.27	5.30	0.52	1329.99	47.58	3.25	277.54	335.20	14.11	31.40	0.99	0.52	4.69
	80	12	268.82	2.81	86.29	2.95	0.00	736.45	27.33	3.64	148.59	251.19	6.59	17.62	0.53	0.26	6.77
	89	14	671.86	6.41	92.54	6.81	1.18	2310.85	61.19	5.47	504.19	113.17	18.97	157.96	1.81	0.88	2.36
	Avrg		541.86	4.96	121.94	5.45	0.82	1671.04	48.95	4.48	360.14	191.79	15.09	399.65	1.30	0.62	7.66
3	02	8	497.24	4.83	138.14	5.08	1.63	1428.01	40.71	3.08	309.36	100.17	12.95	4104.51	1.27	0.59	17.56
	15	5	447.48	4.30	77.15	4.56	1.44	1470.53	41.19	3.40	318.87	132.68	12.18	75.80	1.14	0.51	3.69
	15	2	676.59	6.02	150.85	7.19	0.85	2092.47	68.74	6.56	439.57	384.48	20.33	60.59	1.55	0.75	7.76
	24	9	371.70	4.44	61.39	5.33	1.41	1229.25	39.64	2.99	260.95	229.02	20.12	2499.05	1.01	0.61	14.39
	28	5	572.53	5.13	114.90	6.03	1.06	1822.04	56.08	3.86	390.66	273.00	17.56	88.79	1.38	0.68	2.39
	36	6	535.93	5.56	155.89	6.25	0.27	1679.34	57.10	6.57	360.44	433.16	14.31	41.43	1.24	0.55	6.90
	48	4	525.45	4.54	71.61	5.96	3.70	1796.51	47.13	3.81	393.43	112.14	14.60	171.57	1.45	0.65	7.81
	62	7	547.08	5.56	169.12	6.21	0.42	1532.95	52.63	6.09	312.68	617.50	20.49	2515.21	1.06	0.55	18.53
	62	7	632.13	6.41	174.52	7.75	0.09	2078.49	76.20	7.83	425.75	499.71	21.32	86.44	1.51	0.79	10.17
	72	8	443.92	4.32	102.31	4.60	0.72	1365.92	38.97	4.43	293.07	229.22	17.90	1818.81	1.06	0.60	15.30
	86	8	434.77	4.83	117.23	5.09	0.00	1437.14	47.94	5.25	308.48	351.43	12.28	35.59	1.06	0.47	5.68
	100	5	512.00	2.42	77.41	2.79	0.31	950.07	22.36	1.56	203.53	55.74	15.03	3192.87	0.76	0.35	24.48
	157	10	426.88	4.17	120.81	4.99	0.71	1226.26	47.96	4.94	247.47	406.95	23.66	3852.82	0.92	0.61	22.60
	Avrg		492.69	4.77	119.56	5.39	0.92	1485.91	47.26	4.59	314.74	301.92	17.13	1781.96	1.14	0.58	13.30
4	06	5	210.93	1.78	38.30	2.01	0.00	674.04	19.60	1.31	145.92	79.66	6.27	16.95	0.50	0.24	0.00
	20	10	592.25	5.25	87.91	5.84	0.28	2012.96	53.66	4.50	439.41	150.07	17.35	57.16	1.55	0.70	0.41
	20	2	602.55	5.26	125.19	6.26	1.55	1878.72	59.34	4.18	400.85	309.25	18.63	64.11	1.44	0.71	2.57
	21	5	270.38	2.88	33.73	3.10	3.88	930.21	23.93	2.34	203.37	46.35	7.50	67.59	0.81	0.36	6.43
	27	8	409.42	5.27	81.02	4.42	0.04	1253.51	42.45	12.71	242.39	182.76	10.33	44.90	0.85	0.39	15.64
	42	4	299.05	2.49	62.36	2.90	0.77	927.22	25.73	1.88	201.81	87.83	8.12	2677.87	0.72	0.36	1.28
	43	5	473.80	3.10	98.89	4.79	0.51	1494.44	46.39	3.17	320.01	237.75	14.37	43.00	1.13	0.55	1.80
	52	7	534.40	4.15	97.35	4.95	1.04	1740.30	44.43	3.43	383.30	106.93	14.02	75.15	1.34	0.60	6.63
	57	8	430.40	4.68	107.42	4.01	0.41	1289.48	40.56	3.07	275.21	177.38	15.50	1937.13	1.03	0.52	16.92
	57	9	368.22	3.34	108.36	4.46	1.43	1036.24	34.05	4.10	215.79	395.23	14.88	4109.79	0.82	0.46	8.56
	80	5	349.18	3.09	115.97	5.38	6.87	902.14	26.69	3.76	190.47	292.09	17.10	351.61	0.96	0.59	18.79
	84	3	569.93	4.95	105.09	5.71	1.03	1851.59	54.15	3.81	400.10	223.33	17.22	58.19	1.42	0.68	1.71
	90	4	405.57	4.18	79.82	4.71	0.74	1308.55	46.32	5.47	268.53	200.20	12.07	67.59	0.99	0.51	9.27
	93	3	441.19	3.84	145.65	5.51	1.54	1162.95	39.71	4.70	240.60	496.97	41.88	10327.03	0.86	0.74	58.71
	102	5	506.76	4.56	134.89	5.27	0.00	1534.54	48.02	5.67	311.13	258.53	14.52	96.35	1.08	0.60	0.00
	122	8	503.23	5.01	82.11	5.63	0.75	1679.74	48.52	4.16	362.03	180.11	14.02	80.26	1.28	0.57	4.03
	149	2	362.56	3.11	84.82	3.86	0.36	1101.58	68.13	2.36	201.62	100.42	19.20	3731.17	0.72	0.33	13.39
Avrg		447.56	4.12	92.42	4.76	1.08	1410.75	42.61	4.48	299.44	199.85	14.78	1063.44	1.08	0.54	8.31	



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Shanir Haor 13th phase  
Food intake per day by weight in grams,  
price in taka and food value in grams

Cl ss	H. ld	Me- mb- er	Avg. Weight	Avg. Price	Water content	Mine- rals	Fibre	Calory	Pro- tein	Fat	CHO	Cal cium (mg)	Caro tin (mcg)	-----Vitamin-----			
														B1 (mg)	B2 (mg)	C (mg)	
1	01	5	542.67	9.54	173.87	8.38	0.15	1683.06	59.04	38.79	258.74	598.13	9.52	26.48	0.85	0.40	18.29
	29	11	974.37	15.76	315.26	8.58	0.64	2662.48	81.69	21.58	535.97	468.70	20.01	187.52	1.68	0.87	91.86
	55	6	605.38	6.38	183.75	6.92	2.10	1774.93	54.54	19.35	339.21	630.76	22.05	3293.42	1.27	0.65	30.05
	104	4	579.52	5.77	138.43	5.74	0.00	1754.54	58.46	13.05	364.02	240.29	16.03	86.07	1.28	0.66	7.51
	Avrg		740.14	10.66	228.19	7.66	0.82	2116.34	67.01	22.70	408.92	496.16	18.02	932.16	1.36	0.69	49.47
2	35	6	666.75	5.93	172.12	7.22	0.66	1970.66	70.70	4.64	411.39	488.36	22.01	110.17	1.45	0.77	2.16
	46	6	660.58	8.43	177.93	7.25	3.60	1940.99	62.05	14.30	391.08	553.53	16.41	82.57	1.45	0.68	23.52
	51	6	372.08	3.32	137.64	4.05	1.70	962.24	25.60	8.02	194.51	289.53	27.69	2976.74	0.77	0.52	44.15
	71	6	476.06	5.93	110.39	4.98	0.00	1475.34	59.85	6.38	294.53	272.08	16.88	34.05	1.02	0.50	3.46
	80	7	1157.69	14.54	472.33	10.52	1.73	2911.46	82.63	54.25	525.63	379.90	22.54	483.76	2.08	1.58	50.58
	89	14	573.17	6.02	117.03	6.76	0.20	1831.96	56.36	5.17	387.63	286.72	14.51	153.71	1.33	0.59	4.80
Avrg		559.99	6.04	144.54	6.19	0.88	1677.32	54.67	8.45	344.35	338.47	18.66	637.11	1.23	0.63	14.75	
3	02	7	999.85	12.05	243.14	11.20	0.19	3224.27	95.61	40.04	608.22	791.35	24.61	114.06	2.00	0.93	21.79
	15	2	573.48	6.06	104.02	6.23	1.13	1873.21	90.33	4.74	367.22	292.76	24.31	55.37	1.30	0.58	7.86
	15	5	564.44	5.56	141.75	7.40	2.01	1674.77	54.14	3.82	355.91	333.71	29.23	6080.64	1.39	0.68	45.48
	24	8	604.85	6.47	131.17	9.28	1.77	1881.44	63.48	7.31	390.38	482.22	24.20	2890.26	1.35	0.72	15.98
	28	5	376.67	3.43	183.24	4.61	0.00	766.51	36.06	2.26	150.47	477.42	19.68	12023.20	0.53	0.65	60.26
	36	6	601.87	6.38	176.80	6.38	0.87	1695.16	62.86	7.53	347.38	573.04	14.97	414.88	1.17	0.54	4.88
	48	4	427.99	6.21	116.79	5.19	3.02	1230.72	45.76	13.66	243.68	313.54	9.80	125.57	0.91	0.41	18.51
	62	7	532.52	4.58	86.86	6.03	0.00	1767.39	105.19	3.67	328.26	224.94	29.69	38.13	1.14	0.54	0.00
	62	7	640.33	6.18	163.09	7.18	0.65	1973.89	60.15	12.36	396.96	547.37	22.69	1678.37	1.40	0.73	9.82
	72	8	251.83	3.75	41.81	2.56	0.19	855.95	22.02	6.75	176.79	34.64	6.82	62.47	0.65	0.34	4.64
	86	8	403.03	3.94	97.32	4.24	0.52	1235.12	36.39	6.67	257.40	281.21	10.23	121.88	0.96	0.40	2.98
	100	5	335.23	3.48	74.86	2.98	0.68	1041.38	29.25	4.32	221.34	108.00	8.37	33.49	0.80	0.35	1.64
	157	11	639.26	7.04	193.88	7.78	3.02	1816.85	65.02	9.82	359.95	518.65	19.48	437.00	1.49	0.66	12.73
	Avrg		550.35	6.03	141.98	6.46	1.18	1662.16	56.27	10.77	333.13	413.78	18.01	1608.21	1.20	0.59	15.01
	4	06	5	342.23	2.94	42.08	3.27	0.00	1185.53	41.71	2.11	249.89	47.94	12.68	29.05	0.87	0.38
20		2	682.38	7.84	153.92	7.45	0.00	2109.95	115.82	4.82	400.67	443.54	29.79	46.35	1.39	0.61	11.33
20		10	370.33	3.42	85.81	3.58	0.13	1163.91	33.16	6.27	241.53	130.20	12.22	1209.54	0.85	0.38	13.63
21		5	716.78	6.19	150.61	7.30	0.81	2266.59	66.93	7.67	482.39	390.62	30.52	3294.04	1.69	0.90	16.35
27		7	293.55	2.48	58.61	2.95	0.15	941.13	27.51	3.20	200.52	160.74	10.55	675.58	0.71	0.35	5.02
42		6	675.79	5.51	139.52	6.84	2.37	2183.64	56.25	4.57	465.40	202.96	18.84	921.24	1.58	0.72	1.32
43		5	290.05	2.94	34.81	3.69	1.07	1022.07	66.16	3.79	180.77	87.73	18.58	49.85	0.65	0.29	2.07
52		15	880.03	9.27	247.35	10.46	3.09	2539.50	103.70	13.15	501.43	758.15	62.66	2242.42	1.77	1.34	60.54
57		9	233.34	2.15	48.87	2.57	1.48	724.16	21.63	1.78	155.39	112.60	7.67	1049.41	0.59	0.29	3.16
57		8	553.63	5.80	115.17	6.48	0.15	1834.47	93.58	12.83	325.68	229.66	24.73	93.34	1.16	0.59	2.78
80		5	299.23	2.88	38.15	3.09	0.53	1053.22	42.56	4.58	210.40	54.16	12.62	68.11	0.74	0.33	1.62
84		3	509.85	4.47	86.34	5.69	1.33	1688.77	52.80	4.56	359.09	280.58	14.84	166.34	1.38	0.73	1.71
90		4	609.42	5.85	180.55	7.27	1.73	1735.59	66.50	11.20	342.24	479.59	16.58	780.74	1.16	0.54	22.66
93		3	601.87	5.10	128.53	5.88	0.51	1901.85	57.87	7.53	400.64	207.67	15.89	52.27	1.40	0.64	6.26
102		3	600.83	5.09	164.67	5.83	0.00	1740.27	56.73	3.81	369.72	340.32	17.85	93.98	1.30	0.66	45.06
122		8	383.79	4.11	84.37	4.01	0.45	1185.11	36.43	4.97	248.62	247.75	10.39	54.25	0.89	0.42	9.01
149		2	352.78	3.01	64.96	3.10	0.64	1132.16	28.02	2.06	250.38	54.84	15.60	2634.16	0.94	0.43	20.72
Avrg		491.80	4.70	109.16	5.31	1.02	1540.87	55.66	6.21	313.38	260.03	21.04	869.59	1.11	0.58	14.25	



Shanir Haor 14th phase  
Food intake per day by weight in grams,  
price in taka and food value in grams

Cl	H.	Me-																
a	ho	mb-	Avg.	Avg.	Water	Mine-	Fibre	Calory	Pro-	Fat	Cal	Caro						
ss	ld	er	Weight	Price	content	rals			tein		CHO	cium	Iron	tin	-----Vitamin-----	B1	B2	C
											(mg)	(mg)	(mcg)		(mg)	(mg)	(mg)	
1	01	4	940.73	12.56	269.91	14.14	0.96	2754.44	102.67	24.32	522.27	937.01	20.49	64.54	1.80	0.79	38.79	
	29	11	776.81	8.65	228.54	7.92	0.33	2262.10	68.98	9.56	461.81	472.16	19.71	135.46	1.55	0.76	8.59	
	55	13	795.29	9.12	303.96	8.31	3.66	2016.43	49.63	14.58	414.16	278.13	33.22	1387.48	1.73	0.86	66.98	
	104	3	673.11	9.61	218.08	6.58	0.53	1837.59	62.14	12.42	369.42	361.04	25.58	3604.33	1.37	0.69	44.70	
	Avrg		791.03	9.40	262.70	8.62	1.78	2169.55	64.08	13.56	438.85	432.41	25.95	1023.09	1.63	0.80	39.75	
2	35	6	493.18	5.68	93.83	4.63	0.00	1653.46	45.56	17.16	329.15	214.48	13.86	38.10	1.14	0.54	0.52	
	46	6	725.38	9.02	194.39	8.89	0.00	2130.42	80.37	8.39	433.34	893.24	19.49	49.79	1.62	0.78	11.91	
	51	6	686.03	7.98	190.76	7.00	2.74	1985.08	54.26	8.13	424.12	172.16	28.93	4977.70	1.67	0.85	38.54	
	71	6	338.60	3.49	52.05	3.18	0.38	1151.48	30.00	5.91	244.54	84.46	9.69	32.72	0.86	0.39	0.63	
	80	11	530.61	5.82	132.17	5.43	0.24	1588.34	51.55	7.45	331.24	310.59	14.49	752.39	1.16	0.59	14.46	
	89	14	573.35	6.12	130.27	5.72	0.03	1764.18	52.60	6.82	369.33	283.09	14.99	53.75	1.26	0.58	8.44	
	Avrg		563.06	6.29	134.89	5.79	0.47	1714.98	52.62	8.13	357.39	312.03	16.53	886.89	1.27	0.62	13.03	
3	02	15	1200.97	15.00	312.02	12.57	3.82	121.34	83.46	20.40	765.35	362.43	43.87	1799.44	2.45	1.19	55.93	
	15	2	598.91	5.78	139.27	6.18	0.85	1821.70	60.53	4.49	384.72	321.62	17.79	54.24	1.36	0.67	3.95	
	15	5	494.93	5.03	176.60	4.89	0.67	1292.53	37.10	8.94	259.99	306.98	21.09	3831.45	0.99	0.50	47.46	
	24	8	712.47	7.13	121.84	8.26	0.00	2361.07	87.10	6.18	489.17	320.30	25.32	56.50	1.70	0.80	0.00	
	28	5	494.38	4.33	153.82	5.57	0.00	1358.11	56.99	3.53	274.44	491.55	17.37	31.78	0.96	0.56	0.00	
	36	6	731.68	6.67	206.95	8.31	0.68	2095.91	68.29	6.56	440.86	450.11	22.78	870.10	1.53	0.83	37.66	
	48	4	471.78	5.11	160.45	5.80	1.46	1269.69	52.35	10.69	241.01	515.98	13.62	107.70	0.87	0.45	20.38	
	62	7	382.51	4.62	70.84	3.39	1.41	1257.20	31.66	9.51	261.49	61.38	10.90	152.93	0.93	0.50	4.94	
	62	9	626.52	6.51	179.95	7.37	1.54	1838.40	83.45	9.03	345.59	401.35	30.11	2914.35	1.20	0.64	25.23	
	72	11	625.59	11.32	184.12	6.06	0.49	1914.69	64.58	38.44	328.06	210.87	13.23	165.57	1.21	0.78	14.92	
	86	9	495.25	5.02	110.55	5.02	0.76	1413.47	44.99	7.65	296.13	347.28	12.34	359.56	1.02	0.45	6.49	
	100	5	301.64	3.22	73.31	2.91	0.38	921.66	26.34	5.19	192.39	161.05	15.17	3056.94	0.77	0.39	23.19	
	157	7	398.47	4.05	126.31	4.71	0.12	1098.21	48.41	5.79	212.98	423.48	14.82	67.88	0.77	0.51	0.00	
	Avrg		655.14	7.54	176.18	7.09	1.22	1361.42	63.43	12.39	390.90	350.75	23.33	1262.68	1.35	0.70	23.16	
4	06	5	360.19	3.61	90.96	4.16	2.13	1066.08	38.62	2.83	221.45	267.66	11.81	49.79	0.83	0.43	3.53	
	20	2	549.77	5.00	131.51	5.69	0.00	1658.62	56.74	3.66	349.55	356.95	17.73	40.55	1.22	0.63	0.00	
	20	12	584.53	6.90	71.37	6.27	1.71	2064.37	61.38	8.71	435.05	113.81	18.60	120.25	1.65	0.87	0.00	
	21	5	440.84	4.38	75.29	4.56	1.13	1453.17	36.46	2.76	320.61	84.76	12.68	495.79	1.14	0.54	10.55	
	27	9	678.91	9.09	164.41	8.08	3.63	2148.41	60.27	21.18	420.54	225.21	21.62	3178.05	1.67	0.91	12.59	
	42	7	755.89	7.45	155.45	9.49	1.81	2418.58	77.25	9.80	502.32	459.63	27.42	1389.23	1.99	0.87	8.93	
	43	5	461.44	6.17	125.76	4.93	0.00	1341.43	51.85	3.69	275.18	515.82	13.09	31.51	0.94	0.46	6.63	
	52	7	603.75	6.67	131.45	6.00	0.00	1901.07	59.54	7.14	399.59	289.47	17.93	46.35	1.39	0.68	1.93	
	57	9	358.83	3.35	87.60	3.50	0.00	1094.27	38.03	4.62	225.05	231.81	10.48	26.07	0.78	0.37	0.00	
	57	10	519.55	6.13	136.01	4.98	2.71	1584.58	36.95	11.79	327.23	114.52	14.36	797.31	1.05	0.51	3.73	
	80	5	448.05	4.26	93.76	4.61	0.77	1405.88	44.30	3.05	300.23	229.88	13.94	43.64	1.06	0.53	1.28	
	84	3	677.23	6.95	78.58	8.34	0.77	2412.38	180.76	10.09	399.42	205.48	49.39	55.23	1.41	0.62	1.28	
	90	4	469.81	4.16	90.47	5.43	1.93	1518.83	49.24	6.03	316.68	239.76	17.00	112.91	1.37	0.55	0.64	
	93	3	404.27	4.06	86.77	3.81	0.00	1250.67	38.22	3.34	266.96	112.44	9.89	30.90	0.92	0.41	5.02	
	102	3	378.66	3.85	99.87	4.17	0.78	1079.95	35.72	8.22	228.58	234.06	21.14	3924.39	0.80	0.49	28.51	
	122	8	388.70	4.17	76.72	4.22	0.15	1256.29	54.71	5.41	247.94	201.76	15.10	28.69	0.87	0.39	2.08	
	149	2	520.16	4.80	119.79	4.44	0.66	1587.61	39.55	2.84	350.98	100.42	29.14	6587.23	1.38	0.65	51.11	
	Avrg		507.98	5.58	107.33	5.51	1.21	1616.13	53.46	7.70	332.41	233.22	17.44	826.33	1.22	0.60	6.19	



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Shanir Haor 15th phase  
Food intake per day by weight in grams,  
price in taka and food value in grams

Cl a ss	H. ho ld	Me- mb- er	Avg. Weight	Avg. Price	Water content	Mine- rals	Fibre	Calory	Pro- tein	Fat	CHO	Cal cium (mg)	Caro tin (mcg)	-----Vitamin-----			
														B1 (mg)	B2 (mg)	C (mg)	
1	01	7	541.43	6.84	176.09	6.82	1.22	1450.27	59.01	5.32	291.65	922.04	13.71	384.39	1.03	0.51	22.95
	29	15	711.58	7.73	183.15	7.97	1.44	2109.01	61.87	10.11	447.59	280.98	23.27	2333.69	1.62	0.76	29.71
	55	9	1172.99	13.13	314.85	14.75	4.72	3493.18	113.07	22.63	703.96	517.89	43.14	4293.72	2.86	1.31	55.73
	104	3	946.85	9.59	255.15	16.71	4.78	2622.71	109.73	13.95	533.17	823.94	40.98	7866.33	2.08	1.00	70.41
	Avg		816.88	9.08	222.12	10.43	2.59	2371.98	79.39	12.62	488.33	532.04	28.27	3080.65	1.85	0.87	39.52
2	35	6	682.31	6.30	161.01	6.78	0.00	2122.40	70.44	12.77	431.28	425.45	20.71	50.00	1.50	0.74	0.00
	46	6	745.79	7.55	241.58	6.85	0.75	2000.34	64.78	4.63	427.92	414.08	29.57	4826.99	1.79	0.76	62.54
	51	6	922.76	9.76	236.47	9.07	2.10	2629.14	88.70	16.33	531.75	676.46	24.49	957.00	1.74	0.84	10.35
	71	10	843.51	14.07	332.42	8.56	0.16	2113.08	95.69	20.73	385.91	636.24	15.02	46.04	1.35	0.82	29.07
	80	15	697.59	8.02	147.35	10.49	6.29	2300.79	73.71	37.89	421.80	387.25	19.29	1270.43	1.60	0.79	14.95
	89	14	931.76	9.51	297.76	9.90	3.60	2518.07	68.57	7.36	545.16	286.90	25.60	3026.98	2.14	1.80	10.90
	Avg		831.13	10.07	265.33	9.00	2.44	2285.32	77.18	16.09	459.51	440.91	22.05	1965.96	1.74	1.13	23.41
3	02	9	680.99	8.17	183.28	7.04	0.56	1991.25	63.41	13.35	413.67	437.86	19.66	92.57	1.68	0.69	26.60
	15	2	784.72	7.39	248.66	8.03	0.37	2054.65	75.04	8.41	444.55	536.75	18.33	50.85	1.79	0.67	35.46
	15	5	522.06	5.21	136.30	8.64	2.95	1526.74	57.24	5.79	311.32	492.00	26.22	5513.81	1.20	0.68	35.99
	24	8	753.34	6.38	192.55	7.98	0.00	2237.40	80.00	5.12	467.66	546.92	24.86	54.24	1.64	0.87	0.00
	28	5	621.97	5.45	184.92	6.53	2.50	1738.43	52.20	4.80	371.42	270.54	16.22	3464.32	1.35	0.68	57.20
	36	6	525.37	4.83	120.69	8.29	2.27	1612.09	56.17	7.09	330.85	397.98	14.53	905.73	1.13	0.52	21.09
	48	5	572.23	7.89	273.44	6.45	1.50	1205.34	52.40	7.91	230.78	777.15	12.88	79.86	0.92	0.49	44.41
	62	8	948.73	8.32	291.41	8.45	2.08	2622.28	71.70	8.56	567.70	310.75	34.19	775.22	2.41	0.97	80.21
	62	7	824.90	8.57	241.55	8.69	3.17	2525.71	68.86	22.76	480.74	332.50	21.62	1593.62	1.64	0.98	1.17
	72	8	479.25	4.71	110.26	10.36	1.31	1435.58	59.54	6.02	285.73	529.45	12.79	2007.16	1.05	0.46	28.95
	86	8	609.70	5.17	185.51	7.08	5.43	1716.34	58.19	13.09	341.06	408.05	37.19	7569.24	1.70	0.71	49.90
	100	5	347.79	2.86	115.26	3.18	1.00	921.20	28.66	2.02	197.07	178.72	24.73	6367.48	0.85	0.45	49.59
	157	7	436.31	3.97	145.21	5.00	0.00	1175.04	51.26	6.25	228.27	490.23	16.31	35.97	0.78	0.50	0.00
	Avg		627.22	6.06	185.65	7.48	1.64	1764.89	60.07	7.94	364.05	441.94	21.59	1854.09	1.41	0.67	34.64
4	06	5	270.19	3.00	84.89	5.66	2.96	720.18	38.08	2.66	135.89	402.13	9.12	209.25	0.54	0.31	5.74
	20	2	618.00	6.49	144.97	5.86	0.00	1893.65	61.79	4.94	400.41	363.59	16.06	46.35	1.38	0.61	5.66
	20	10	446.52	4.27	102.34	4.56	0.07	1387.07	43.24	5.71	290.66	212.18	12.55	33.60	1.06	0.47	10.40
	21	5	690.10	5.64	227.11	5.69	2.75	1843.52	47.40	3.64	405.35	194.32	58.27	17396.52	1.86	0.94	135.61
	27	8	695.77	9.08	360.05	9.46	0.82	1410.28	47.72	21.59	256.65	665.08	26.50	5226.22	1.05	0.85	45.32
	42	7	527.29	5.18	144.02	5.32	2.01	1533.95	48.90	6.77	319.27	454.03	22.48	4109.86	1.17	0.55	29.52
	43	5	560.45	7.09	167.50	6.64	0.09	1577.58	57.58	8.71	317.24	766.18	14.08	49.18	1.16	0.57	14.69
	52	7	533.94	5.52	145.52	5.30	0.64	1540.09	46.27	3.37	331.32	343.13	21.10	3395.47	1.27	0.59	36.41
	57	8	405.56	3.76	116.82	4.41	2.62	1146.45	35.74	3.59	242.70	276.94	18.80	3944.99	0.85	0.41	27.18
	57	9	470.39	4.85	83.80	6.99	1.03	1557.15	47.84	9.62	319.77	230.88	15.26	626.05	1.19	0.63	12.34
	80	5	504.28	4.05	186.82	5.81	1.32	1366.79	41.76	2.80	265.81	293.55	12.23	5951.46	0.89	0.51	2.77
	84	3	689.60	6.16	195.46	6.91	4.45	1995.52	59.38	12.26	411.79	366.03	35.78	7530.74	1.62	0.82	53.62
	90	4	692.75	7.09	169.60	14.41	5.90	2064.19	79.08	9.90	414.64	663.98	35.58	8618.89	1.67	0.79	63.74
	93	3	510.44	4.36	140.82	4.35	2.07	1483.23	36.65	6.51	319.51	128.89	34.34	9276.40	1.33	0.65	69.87
	102	3	578.39	5.31	237.86	4.84	1.58	1401.63	43.04	11.50	281.50	300.83	52.85	242.66	1.39	0.82	123.60
	122	8	490.47	5.10	156.66	5.52	1.10	1327.17	47.07	3.65	276.44	395.32	12.37	177.33	0.92	0.56	7.30
	149	2	464.19	4.88	63.74	7.25	2.58	1565.86	48.36	3.46	335.31	226.58	12.63	172.19	1.23	0.55	6.30
Avg		507.37	5.21	150.00	6.10	1.52	1437.77	47.07	6.70	295.49	378.67	19.54	2720.14	1.11	0.58	26.89	



Shanir Haor 16th phase  
Food intake per day by weight in grams,  
price in taka and food value in grams

Cl a ss	H. ho ld	Me- mb- er	Avg. Weight	Avg. Price	Water content	Mine- rals	Fibre	Calory	Pro- tein	Fat	Cal			Caro		-----Vitamin-----		
											CHO	cium (mg)	Iron (mg)	tin (mcg)	B1 (mg)	B2 (mg)	C (mg)	
1	01	7	1086.21	16.91	413.34	13.82	1.04	2718.03	107.96	20.08	529.95	1574.71	25.04	299.34	1.89	1.22	40.05	
	29	15	786.04	8.48	186.80	8.48	2.45	2386.79	58.71	6.22	523.97	303.83	36.42	707.73	1.84	0.84	45.83	
	55	14	941.92	10.69	261.04	9.97	3.35	2716.45	71.68	8.81	587.71	333.35	31.21	2575.03	1.98	1.02	19.71	
	104	5	1013.04	15.00	353.37	10.74	0.00	2459.03	133.40	17.46	498.05	336.02	19.89	57.15	1.71	0.98	31.77	
	Avg		932.19	11.77	279.88	10.36	2.21	2585.70	82.64	11.30	546.22	562.61	30.14	1261.61	1.89	1.00	32.92	
2	35	6	584.21	5.80	103.71	5.87	0.00	1922.99	55.13	6.61	410.79	195.79	15.87	47.62	1.42	0.63	9.52	
	46	8	792.88	8.20	284.11	6.58	1.41	2024.55	63.62	6.81	427.08	517.43	39.17	124.85	1.61	0.81	75.39	
	51	6	556.15	5.99	125.69	5.42	1.09	1711.82	49.29	4.88	370.09	169.11	26.72	4426.68	1.33	0.71	38.87	
	71	6	1007.30	10.36	552.60	12.31	5.95	1807.59	64.78	11.61	361.38	794.31	32.15	3563.50	1.93	2.75	79.76	
	80	9	311.49	3.45	80.82	3.00	0.59	929.30	24.22	5.06	196.69	66.29	11.79	204.69	0.83	0.34	12.45	
Avg		618.62	6.49	232.68	6.39	1.99	1539.83	47.26	6.93	322.63	338.03	24.27	1726.29	1.35	1.06	43.34		
3	02	7	1037.71	11.47	302.15	10.95	1.99	2924.12	149.25	5.92	568.20	528.18	58.70	4344.53	2.10	1.02	70.93	
	15	3	1853.95	24.48	743.23	16.10	2.63	4581.64	151.58	39.69	904.00	1352.86	55.33	7895.24	3.51	1.75	121.22	
	15	5	719.43	6.58	374.93	7.02	2.78	1389.85	55.23	9.96	269.28	616.37	17.15	870.98	0.91	0.68	8.98	
	24	8	768.40	6.73	225.00	8.18	1.35	2162.36	124.07	4.03	406.89	290.18	36.11	160.00	1.35	0.70	9.94	
	28	5	534.24	4.71	221.51	6.84	2.22	1248.61	42.44	7.10	254.16	327.44	10.05	30.41	0.85	0.37	152.86	
	36	6	559.17	7.45	179.60	5.81	0.68	1513.81	56.39	7.83	308.98	135.01	12.54	454.62	1.15	0.83	3.25	
	48	4	437.11	4.32	130.02	4.19	0.47	1250.84	38.17	7.71	257.19	291.77	23.17	4816.05	1.02	0.54	36.72	
	62	11	755.24	7.51	177.66	7.81	0.68	2317.03	102.73	7.71	459.03	284.02	30.22	130.04	1.78	0.78	28.25	
	62	7	326.89	3.21	134.46	5.77	1.40	754.84	27.17	2.77	155.33	255.91	6.52	707.27	0.65	0.76	4.97	
	72	8	499.79	5.73	194.03	4.97	1.13	1203.78	48.99	5.72	238.96	195.94	13.98	51.39	0.82	0.35	31.43	
	86	8	373.52	3.79	85.40	5.99	1.47	1137.78	40.31	2.88	237.55	283.36	10.69	614.84	0.88	0.38	5.84	
	100	5	351.32	3.23	131.51	4.28	0.73	881.17	31.09	4.66	178.69	241.45	22.45	5726.84	0.87	0.40	53.67	
	157	7	657.82	7.64	228.67	7.44	0.91	1738.73	57.27	10.77	353.07	420.87	22.08	2833.08	1.26	0.64	54.13	
	Avg		643.94	6.93	218.48	7.05	1.30	1705.84	69.28	7.91	339.59	358.64	22.96	1695.98	1.27	0.68	36.29	
	4	06	5	847.50	3.86	594.14	12.05	8.42	944.49	23.72	3.24	205.89	249.54	7.91	3728.52	1.37	3.15	133.71
20		2	849.75	10.75	332.79	7.95	0.92	2063.86	76.96	5.26	426.62	871.63	20.46	46.35	1.42	0.75	23.17	
20		10	374.86	4.13	75.03	4.29	0.71	1199.17	34.46	3.67	257.03	101.45	10.03	363.14	1.02	0.44	8.66	
21		5	643.76	5.61	175.41	6.04	0.64	1868.80	57.22	3.86	401.24	310.93	34.24	6548.22	1.55	0.79	50.21	
27		8	411.15	4.61	158.44	3.49	0.61	1026.40	28.61	6.23	213.94	135.21	9.35	264.44	0.88	0.39	12.69	
42		4	622.30	3.45	451.61	9.29	4.29	643.96	47.61	3.21	106.26	709.62	14.52	2424.79	0.83	2.21	4.29	
43		10	889.62	8.99	206.45	8.19	0.77	2732.33	74.68	6.45	593.90	364.10	41.66	2720.84	2.28	1.07	64.34	
52		7	922.58	10.14	287.34	8.50	1.75	2527.43	73.33	8.56	543.73	386.25	20.88	378.30	1.82	0.83	32.83	
57		8	746.69	7.05	214.53	7.35	1.35	2124.55	83.04	6.54	433.46	218.13	24.62	128.66	1.92	0.75	42.84	
57		9	424.80	4.02	64.44	5.02	0.11	1447.03	108.11	4.67	243.00	122.31	29.63	28.14	0.92	0.37	6.25	
80		5	412.52	2.24	255.18	4.35	3.24	609.99	15.84	1.47	133.54	134.72	31.22	1277.94	0.94	1.27	82.65	
84		3	478.96	4.77	109.76	4.88	1.30	1503.22	45.89	11.18	304.61	273.59	15.04	591.34	1.05	0.52	0.48	
89		14	531.14	5.00	166.74	5.77	1.71	1440.09	43.93	5.92	307.21	419.03	13.40	589.46	1.16	0.54	17.55	
90		6	735.30	8.79	265.59	8.18	1.03	1833.88	75.84	10.85	373.14	542.46	19.59	284.10	1.24	0.89	17.16	
93		3	387.98	3.46	107.91	3.90	0.21	1110.46	38.21	2.48	233.74	255.13	17.29	2194.32	0.86	0.46	16.73	
102		3	488.35	3.96	199.33	4.36	1.21	1170.56	39.50	6.30	238.96	322.93	42.59	148.44	1.13	0.64	94.51	
122		8	723.45	8.63	369.43	9.73	3.42	1386.56	52.84	7.58	277.53	1079.29	16.51	3637.61	1.19	1.55	36.34	
149	2	1012.83	5.85	689.69	18.38	9.52	1201.06	46.01	4.72	244.48	786.83	10.55	3140.21	1.33	2.72	245.48		
Avg		613.61	5.89	232.53	6.85	1.94	1511.57	53.58	5.80	312.84	387.60	20.13	1272.71	1.28	0.95	38.47		



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Monu river project 1st phase  
Food intake per day by weight in grams,  
price in taka and food value in grams

Cl a ss	H. ld	Me- mb- er	Avg. Weight	Avg. Price	Water content	Mine- rals	Fibre	Calory	Pro- tein	Fat	CHO	Cal cium (mg)	Caro tin (mcg)	-----Vitamin-----			
														B1 (mg)	B2 (mg)	C (mg)	
1																	
	40	7	779.20	6.99	348.45	6.85	3.35	1787.10	45.68	19.20	358.78	157.31	16.12	2230.26	1.69	0.65	118.89
	41	10	857.73	9.12	411.55	8.67	3.61	1813.93	62.63	13.95	360.18	467.22	30.12	1472.18	1.30	0.65	52.89
	45	7	1837.72	37.82	715.93	17.96	4.50	4675.87	170.16	58.12	871.51	500.85	32.31	2264.01	2.55	1.80	44.24
	85	15	1407.52	58.15	714.69	14.27	2.48	2329.93	176.08	24.21	352.11	2499.02	24.80	291.72	1.35	0.91	138.93
	Avrg		1182.34	30.21	550.58	11.65	3.29	2422.80	115.11	25.36	434.53	1119.02	25.62	1339.03	1.59	0.92	95.75
2																	
	04	9	601.61	8.41	218.86	8.30	1.81	1552.78	62.95	11.68	299.61	457.82	15.45	3616.94	1.08	0.52	24.64
	20	10	1977.34	35.75	1053.68	22.00	5.91	3581.02	191.33	42.56	665.20	1586.00	36.82	2134.89	2.75	1.54	142.72
	42	9	1065.35	12.66	479.61	10.21	3.24	2325.71	84.69	15.48	475.22	473.91	22.37	87.51	2.00	0.79	67.49
	43	12	825.61	10.88	266.83	7.42	3.29	2252.32	62.05	17.60	464.05	176.92	19.88	3686.98	1.98	0.77	25.50
	44	5	763.88	13.29	210.09	8.34	0.50	2250.97	124.28	14.17	406.79	129.86	25.62	93.20	1.48	0.71	2.14
	56	9	1154.85	10.78	508.55	10.43	5.22	2585.71	80.32	10.04	545.00	284.22	25.75	2513.96	2.71	1.04	73.40
	69	11	968.98	11.38	426.46	11.77	2.11	2179.78	86.82	18.23	423.68	866.45	49.26	4400.30	1.53	0.76	116.70
	Avrg		1035.85	14.19	447.43	11.07	3.16	2347.54	94.72	18.10	462.66	576.02	27.76	2453.16	1.91	0.86	66.31
3																	
	02	5	1091.13	13.03	535.32	10.52	3.41	2230.46	82.30	23.51	439.87	672.62	19.02	5754.47	1.59	0.80	51.33
	03	7	732.40	7.06	215.93	7.79	1.97	2085.78	58.89	10.53	438.79	211.39	17.98	1321.52	1.52	0.73	6.74
	05	7	992.02	9.23	514.25	9.39	4.08	2264.43	73.70	6.76	486.90	267.28	22.78	4558.61	1.68	0.78	31.03
	06	6	1057.71	11.53	447.55	10.02	2.81	2500.37	92.82	19.87	487.46	510.17	27.78	2224.17	2.57	0.93	51.41
	12	6	753.79	7.23	251.94	7.30	2.63	2030.03	74.23	10.40	409.85	200.95	22.20	982.56	1.80	0.81	26.13
	19	9	729.52	7.95	253.61	9.54	2.68	1890.96	156.17	5.72	304.01	323.83	46.47	3304.74	1.13	0.62	42.58
	23	2	1634.32	11.49	920.74	13.06	8.09	2884.38	78.29	17.53	604.35	443.33	28.09	5059.82	1.81	0.90	54.51
	38	7	931.85	12.77	397.00	8.28	3.67	2038.87	69.44	16.75	415.36	419.70	19.77	1893.82	1.59	0.62	101.57
	50	8	709.63	7.86	221.75	7.02	1.01	1886.07	64.36	12.54	403.37	217.18	18.58	3797.92	1.59	0.74	35.95
	59	11	700.10	9.42	397.28	5.94	1.34	1196.75	48.01	7.31	240.39	350.09	14.95	563.31	1.09	0.46	53.30
	73	14	1851.65	19.90	947.48	15.67	10.25	682.49	153.12	42.45	693.66	1074.52	50.70	2651.80	3.03	1.90	283.60
	95	7	978.98	8.47	452.84	8.63	3.58	2113.84	68.68	14.56	434.31	303.65	19.98	1349.48	2.52	0.69	87.91
	Avrg		1039.47	11.22	479.42	9.56	4.05	1788.26	88.27	17.29	450.93	454.48	26.99	2444.09	1.91	0.90	88.99
4																	
	01	6	1506.85	11.76	612.76	12.51	2.84	3622.54	101.53	18.98	761.11	350.16	30.45	85.32	4.59	1.13	175.02
	07	2	1241.34	16.51	580.19	13.06	5.82	2624.06	114.50	14.81	517.23	1081.29	31.38	3174.93	2.00	0.98	224.88
	08	3	1010.80	8.61	264.94	9.42	1.21	2972.77	75.99	7.80	652.52	154.87	24.33	106.26	2.22	1.06	22.16
	09	7	966.00	9.45	415.75	9.31	2.86	2169.99	84.97	9.07	446.63	345.16	25.10	6245.11	2.55	0.80	89.59
	13	6	721.26	6.94	342.39	6.34	2.04	2137.20	59.65	14.51	441.99	185.79	19.22	2779.18	1.57	0.68	2.14
	14	8	1088.50	10.05	424.88	10.10	3.40	2647.22	103.88	9.06	540.74	330.67	32.12	1861.89	1.82	0.91	94.63
	15	4	850.65	8.16	266.12	8.49	1.57	2327.86	67.47	7.05	500.73	221.05	21.23	247.04	1.80	0.91	34.66
	18	5	766.97	11.20	251.81	6.62	1.53	2111.24	65.24	16.13	426.83	98.59	17.31	78.13	2.03	0.75	44.33
	22	6	916.88	10.03	603.75	8.25	3.15	2472.46	77.71	25.71	493.55	254.19	23.14	4360.87	1.79	0.87	9.55
	32	5	1257.88	10.47	552.34	11.55	4.94	2886.38	83.26	21.99	588.64	267.99	25.76	5999.97	3.50	1.16	106.62
	52	5	631.74	11.35	201.12	7.53	2.51	1720.46	62.66	5.92	354.07	566.24	17.23	2900.61	1.36	0.66	14.40
	55	5	470.82	8.32	117.44	6.07	0.00	1567.19	51.89	35.61	259.89	370.48	11.49	29.92	0.89	0.39	19.15
	63	5	1680.52	15.76	747.24	13.62	4.14	3726.46	98.47	25.81	790.58	417.42	37.60	972.66	3.44	1.22	121.28
	72	7	807.50	8.05	316.61	8.30	2.81	2012.41	60.24	16.56	405.51	310.04	23.88	3288.89	1.97	0.64	55.41
	105	6	993.23	9.88	382.54	8.80	4.22	2484.08	66.05	18.39	514.89	248.23	23.45	5553.69	1.85	0.87	18.62
	120	7	1078.42	24.18	446.14	9.96	1.63	2643.51	92.50	33.75	492.91	930.61	20.26	59.51	2.57	0.86	105.48
	131	2	874.00	10.51	217.71	7.98	0.78	2351.34	57.96	14.27	500.22	170.24	18.13	51.29	1.61	0.75	18.99
	Avrg		993.11	10.97	400.40	9.27	2.83	2472.90	78.09	16.39	506.38	354.83	24.16	2642.94	2.25	0.86	68.23



Monu river project 2nd phase  
Food intake per day by weight in grams,  
price in taka and food value in grams

Cl ss	H. ld	Me- mb- er	Avg. Weight	Avg. Price	Water content	Mine- rals	Fibre	Calory	Pro- tein	Fat	CHO	Cal cium (mg)	Caro tin (mcg)	Iron (mg)	-----Vitamin-----		
															B1 (mg)	B2 (mg)	C (mg)
1	40	13	714.43	10.81	282.39	6.88	3.20	1729.21	60.75	7.81	355.00	666.65	20.42	3773.28	1.34	0.71	50.48
	41	15	804.71	10.33	349.55	7.93	3.45	1887.96	64.60	20.71	361.42	699.05	25.56	1588.03	1.26	0.76	35.84
	45	7	1979.91	22.37	917.18	19.04	7.16	4258.73	135.46	21.19	886.11	1164.73	48.57	2784.39	3.53	1.71	92.42
	85	15	1416.85	41.97	681.49	16.16	2.16	2881.19	135.36	49.05	475.77	2805.97	32.17	157.12	1.44	0.80	155.71
	Avrg		1135.23	21.95	513.10	11.74	3.51	2487.64	95.43	25.52	470.55	1404.07	29.34	1993.07	1.67	0.89	85.37
2	04	9	575.26	13.01	178.40	5.48	0.98	1612.66	63.02	9.55	318.81	83.29	13.29	778.33	1.22	0.56	5.00
	20	8	2088.19	28.62	1516.61	15.01	4.32	4150.99	142.72	41.42	823.30	424.53	35.14	4321.17	2.73	1.38	101.74
	42	9	1276.60	15.11	452.50	12.30	3.83	3373.73	123.94	26.53	661.62	704.40	36.53	4713.69	2.26	1.04	28.88
	43	10	1537.44	18.64	788.28	14.13	7.74	2961.80	98.17	11.65	624.04	1158.36	31.93	4890.77	2.45	1.00	176.29
	44	6	674.51	8.76	231.10	6.84	2.21	1785.20	77.57	8.31	350.45	404.68	21.07	2686.52	1.48	0.85	18.94
	66	9	1183.80	11.60	529.11	10.49	3.70	2634.93	87.56	12.53	544.03	803.29	25.48	1420.88	1.76	0.87	125.29
	69	11	840.35	10.78	386.49	8.10	2.41	1856.61	72.97	16.88	355.86	589.23	32.90	1250.14	1.22	0.64	69.47
	Avrg		1126.18	14.79	558.48	9.96	3.27	2554.95	92.96	18.25	509.39	559.87	27.77	2559.30	1.79	0.88	70.38
3	02	5	659.96	7.66	334.57	5.48	2.92	1349.34	41.66	15.03	262.97	302.80	13.07	5417.74	0.96	0.44	74.17
	03	7	859.91	7.34	357.24	7.09	3.32	2053.04	56.73	15.31	423.07	206.49	18.12	6000.16	1.62	0.86	16.75
	05	7	1211.33	9.95	510.77	10.34	3.66	2776.78	79.21	12.27	589.88	366.29	25.91	11862.90	2.22	1.05	67.14
	06	6	928.25	8.04	373.63	7.89	5.36	2241.29	87.42	10.73	448.81	231.40	54.27	2710.02	1.98	0.87	81.63
	12	6	360.43	3.77	100.72	3.20	0.81	1051.04	29.23	8.84	218.40	62.95	9.01	882.00	0.77	0.36	6.41
	19	9	598.97	6.13	265.44	5.34	1.36	1361.83	44.91	10.05	272.63	339.34	14.35	2530.40	0.97	0.48	28.76
	23	2	1214.63	14.21	663.70	12.89	8.56	2183.16	109.49	7.15	420.30	1564.20	31.29	10307.62	1.81	0.81	54.51
	38	4	1057.50	20.47	482.06	12.00	3.57	2335.53	95.77	17.55	449.58	1475.09	24.82	126.75	1.66	0.84	26.07
	50	9	709.09	8.43	240.07	6.83	1.86	1913.90	63.28	13.68	384.99	364.40	16.52	7269.01	1.45	0.74	8.79
	59	10	540.78	7.48	233.04	5.61	2.13	1233.05	44.40	6.56	249.48	254.59	15.19	846.65	1.18	0.58	34.08
	73	13	940.00	9.17	392.21	9.02	3.38	2189.88	68.53	8.83	460.67	344.01	22.29	574.00	1.63	0.93	25.30
	95	7	1694.87	14.54	918.27	14.68	7.60	3117.80	158.67	27.39	576.19	506.12	45.17	5425.58	2.80	1.06	102.04
	Avrg		853.64	8.94	378.28	7.87	3.35	1919.37	68.88	12.30	385.81	390.07	23.30	3465.27	1.53	0.74	40.67
4	01	10	514.25	4.15	174.57	4.19	0.88	1376.61	34.69	7.42	293.44	103.78	17.05	3072.95	1.28	0.50	41.72
	07	2	1313.16	13.89	569.75	13.88	5.55	2988.32	106.76	17.66	604.33	919.82	29.15	2987.98	2.15	1.13	145.19
	08	3	1839.83	16.31	902.88	15.84	8.61	3692.63	125.38	13.20	781.70	722.63	37.82	5755.68	2.64	1.29	143.08
	09	7	892.13	8.73	317.02	7.79	2.04	2334.41	66.24	19.29	482.02	164.35	19.81	3767.76	1.96	0.96	80.05
	13	6	651.70	5.48	196.88	6.06	1.57	1835.22	47.53	8.44	392.82	118.32	15.58	3109.54	1.56	0.61	21.50
	14	7	858.15	8.03	386.89	8.13	5.19	1916.49	75.39	16.01	371.82	225.94	24.18	1673.89	1.43	0.67	97.69
	15	4	958.71	8.67	402.60	9.24	3.46	2292.92	64.92	22.13	459.98	333.77	20.69	8362.37	1.79	0.91	32.14
	18	5	1071.76	8.83	435.25	8.99	2.63	2596.76	88.88	17.88	520.52	205.42	27.46	124.68	1.68	0.89	24.38
	22	6	1194.15	13.63	486.30	10.09	4.36	2873.84	88.01	38.54	571.37	278.34	25.95	4885.84	1.94	0.87	39.18
	32	5	1006.19	9.79	285.80	9.02	1.04	2833.37	83.19	16.42	611.82	195.35	23.35	3658.72	2.35	0.96	37.77
	52	5	1349.95	20.69	607.16	16.29	3.72	3023.75	137.86	23.25	565.18	2024.06	29.32	3438.05	1.88	0.85	27.39
	55	3	849.15	7.63	387.15	9.39	2.25	1876.52	52.11	13.73	386.57	324.11	14.52	36.83	1.16	0.58	22.50
	63	8	704.82	13.95	503.71	13.42	1.08	1937.93	105.85	20.24	344.53	632.15	20.98	1058.15	1.07	0.48	14.91
	72	11	965.26	9.73	353.57	10.03	2.66	2473.21	72.41	17.96	510.91	358.49	21.20	73.55	1.84	0.90	54.20
	105	6	883.24	8.32	184.25	7.98	0.88	2853.08	90.51	18.55	581.78	123.19	28.28	4297.10	2.04	0.93	8.46
	120	8	781.39	10.64	177.66	6.48	0.38	2412.56	65.77	10.44	514.68	298.69	20.50	49.87	1.63	0.74	9.69
	131	2	1185.91	13.28	536.11	12.12	6.76	2627.96	98.49	16.62	522.66	1012.90	29.14	8500.36	1.84	0.79	27.70
	Avrg		911.51	9.69	361.05	9.15	2.63	2306.59	76.12	16.50	468.87	387.83	22.43	2656.31	1.70	0.78	46.46



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Monu river project 3rd phase  
Food intake per day by weight in grams,  
price in taka and food value in grams

Price in taka and food value in gram																	
Cl	H.	Me-	Avg.	Avg.	Water	Mine-	Fibre	Calory	Pro-	Fat	Cal	Caro	-----Vitamin-----				
ss	ld	er	Weight	Price	content	rals			tein		CHO	cium (mg)	Iron (mg)	tin (mcg)	B1 (mg)	B2 (mg)	C (mg)
1	40	10	563.87	9.33	237.66	6.85	2.03	1261.25	47.58	9.01	261.96	280.43	14.75	1639.03	0.89	0.52	14.96
	41	14	870.59	9.94	390.64	7.86	4.31	1914.54	63.23	9.12	397.39	421.70	19.99	2883.41	1.40	0.71	99.51
	45	10	1708.54	26.60	810.33	16.86	7.55	3591.17	145.30	26.35	696.84	811.08	46.41	133.21	2.72	1.92	117.46
	85	15	1198.12	31.91	624.85	11.43	1.82	2635.59	111.95	79.06	370.70	560.86	17.73	1629.71	1.47	0.95	54.73
	Avrg		1098.61	20.66	528.07	10.78	3.74	2384.50	93.92	35.85	426.40	523.62	23.92	1625.98	1.61	1.01	71.75
2	04	9	875.68	15.80	385.76	11.16	4.02	1993.36	98.99	17.08	361.30	683.43	35.89	4130.59	1.85	1.07	79.46
	20	10	1578.57	29.46	649.66	18.01	5.86	3757.00	151.09	29.07	726.46	1097.17	34.36	2115.53	2.75	1.19	81.27
	42	9	1377.22	26.43	520.99	10.69	3.50	3354.42	118.20	41.47	629.75	221.88	25.65	2925.35	2.17	1.11	165.79
	43	12	660.69	7.39	250.61	6.25	2.86	1636.72	48.88	5.72	348.09	259.85	15.77	1778.39	1.28	0.66	11.46
	44	5	926.01	12.34	395.26	9.70	2.79	2115.60	74.16	11.70	431.93	437.86	18.52	8153.72	1.58	0.79	37.27
	66	11	643.75	6.59	237.41	6.32	1.67	1622.02	46.73	6.42	345.68	159.83	15.05	338.52	1.24	0.59	42.88
	69	11	1065.66	12.74	463.25	10.77	4.41	2416.39	82.82	11.16	498.41	486.18	23.88	2326.03	1.85	0.96	22.84
	Avrg		994.18	15.30	403.55	10.14	3.53	2362.15	86.41	16.94	467.93	459.52	23.97	2771.76	1.79	0.90	61.93
3	02	5	962.53	13.45	522.45	13.33	4.68	1740.25	63.70	17.90	333.70	1102.35	24.46	9277.82	1.30	0.99	90.59
	03	6	851.15	7.37	437.46	7.14	2.13	1700.90	63.29	14.64	328.77	243.35	18.46	36.73	2.61	0.54	125.68
	05	9	928.21	10.06	315.73	8.13	1.22	2481.67	63.42	15.90	524.26	219.33	22.27	102.20	1.72	0.91	26.70
	06	6	822.10	8.01	259.47	7.14	1.96	2251.72	61.02	14.47	480.11	139.23	19.10	68.13	1.72	0.79	17.40
	12	6	641.29	5.76	377.51	5.91	3.24	1101.77	33.63	17.80	206.34	229.08	10.03	3953.71	0.88	0.34	82.74
	19	9	653.99	7.62	275.97	6.44	2.06	1563.11	49.09	17.33	304.15	281.63	14.24	2243.59	1.15	0.53	35.03
	23	8	950.31	10.82	291.13	19.51	1.06	2594.19	83.08	10.17	544.36	426.88	47.69	230.13	1.43	0.80	38.98
	38	5	1255.78	23.55	529.90	11.74	4.39	2836.54	119.31	13.93	579.85	434.79	31.37	4077.38	2.20	1.03	52.33
	50	9	815.66	6.52	395.71	6.78	3.16	1691.45	48.19	8.94	354.84	301.61	15.71	1032.20	1.17	0.59	34.97
	59	8	831.87	10.15	372.56	7.51	5.08	1788.18	66.69	7.03	377.70	316.86	21.83	6095.02	1.31	0.61	16.59
	73	16	1386.76	13.01	193.22	11.35	5.62	174.04	80.38	11.48	66.08	168.78	28.81	364.92	2.10	1.30	62.36
	95	9	1070.38	13.68	466.85	9.30	3.79	2461.46	79.36	18.26	496.46	326.06	21.06	1421.16	1.66	0.83	105.93
	Avrg		1166.55	11.87	276.01	10.47	4.39	1002.95	73.94	12.82	221.83	247.79	25.97	1194.05	1.85	1.04	60.50
4	01	7	737.34	7.14	218.35	6.95	1.77	2100.74	58.49	11.18	441.91	130.02	17.44	883.48	2.01	0.69	37.65
	07	4	1204.40	25.05	448.37	11.62	3.48	3067.05	120.83	20.79	599.51	622.29	31.88	13285.44	2.46	1.31	38.57
	08	6	1513.13	12.08	776.49	13.30	4.52	2957.94	94.74	16.88	608.56	448.75	28.93	86.24	1.72	0.90	53.40
	09	7	443.33	3.99	55.86	3.99	0.00	1547.23	37.68	2.66	343.14	44.33	12.41	39.90	1.19	0.53	0.00
	13	7	684.56	7.57	232.57	6.25	2.39	1844.51	52.27	12.35	381.49	266.66	16.77	3221.72	1.33	0.59	22.84
	14	7	654.85	7.48	224.73	5.81	0.90	1687.89	50.17	5.54	368.54	195.96	14.11	60.81	1.22	0.59	22.27
	15	4	1030.75	10.10	436.15	9.87	2.95	2364.74	75.83	8.45	499.91	373.12	23.71	1609.41	1.72	0.88	48.48
	18	5	1015.64	9.28	362.57	8.35	1.86	2650.87	65.42	17.80	561.11	128.04	21.98	252.09	1.91	0.97	48.96
	22	6	1179.09	13.83	406.72	10.29	5.05	3100.09	94.26	29.18	638.62	252.25	30.20	6828.22	2.28	0.98	18.62
	32	11	1338.34	16.27	222.60	12.23	9.53	132.05	78.33	40.52	421.81	88.48	31.93	152.25	1.69	1.33	160.43
	52	5	1222.99	13.22	606.80	11.03	2.96	2512.66	72.14	23.22	503.80	564.35	22.49	84.96	1.68	0.94	37.20
	55	3	990.11	9.38	377.69	11.48	3.42	2450.08	76.84	11.24	512.29	354.11	22.81	6603.04	1.99	1.01	21.98
	63	10	1395.83	23.03	563.87	12.69	3.19	3331.45	126.32	26.82	661.85	807.47	29.66	7267.70	2.24	1.36	113.05
	72	9	1059.97	10.46	360.07	9.57	2.96	2823.11	73.96	19.79	596.40	206.95	23.83	2432.28	1.98	0.91	28.47
	105	6	724.61	6.84	273.68	6.87	3.13	1808.02	47.38	8.47	386.57	168.04	16.73	3847.40	1.42	0.70	15.34
	120	6	698.25	11.24	183.63	10.91	1.93	2183.52	74.45	34.87	393.75	573.28	19.89	1518.97	1.52	0.67	14.51
	131	2	979.76	10.72	306.70	9.75	3.20	2700.52	70.15	16.99	568.35	233.65	22.85	2630.40	1.93	0.86	30.15
	Avrg		1174.86	14.03	290.50	10.90	6.44	1183.49	76.61	29.72	459.32	203.31	27.45	1425.65	1.73	1.12	104.62



Monu river project 4th phase  
Food intake per day by weight in grams,  
price in taka and food value in grams

Cl a ss	H. ld	We- mb- er	Avg. Weight	Avg. Price	Water content	Mine- rals	Fibre	Calory	Pro- tein	Fat	Cal		Caro		-----Vitamin-----		
											CHO	cium (mg)	Iron (mg)	tin (mcg)	B1 (mg)	B2 (mg)	C (mg)
1	40	13	899.03	10.75	306.27	8.78	3.28	2365.60	79.04	8.06	495.20	209.53	28.75	270.96	1.95	1.09	11.76
	41	10	725.73	11.38	349.56	6.65	1.71	1681.01	48.77	29.26	291.38	267.67	11.93	4015.81	1.00	0.52	13.71
	45	7	1300.46	14.52	530.84	12.52	3.46	3051.84	90.78	8.87	655.10	782.98	30.67	603.94	2.27	1.30	71.35
	85	15	662.67	14.97	298.90	9.78	3.44	1534.14	87.09	27.36	236.48	876.66	20.59	524.14	1.42	1.24	18.50
	Avrg		829.87	12.88	348.26	9.07	2.93	1996.52	75.10	20.52	375.12	533.09	21.64	1436.84	1.56	1.02	23.20
2	04	9	1046.79	13.37	450.47	11.73	2.44	2878.57	83.97	20.63	589.02	496.39	27.75	3549.38	2.17	1.12	23.55
	20	8	895.49	14.41	347.27	10.73	3.34	2145.21	89.33	16.90	410.17	474.17	23.92	5229.06	1.81	1.20	36.92
	42	9	1927.82	29.78	815.00	16.39	4.88	4637.04	130.93	60.52	893.42	1159.45	62.25	3579.92	3.27	1.71	108.82
	43	10	938.32	12.90	534.88	8.53	3.33	2270.71	60.96	19.63	464.61	369.58	21.61	1771.13	1.55	0.77	31.85
	44	10	1171.71	17.91	444.84	12.40	2.98	2974.24	111.04	25.57	576.46	1197.22	28.22	4587.12	2.27	1.23	34.11
	66	6	646.29	6.16	138.59	5.58	0.41	2024.42	49.02	4.12	449.00	68.51	16.27	55.05	1.52	0.70	9.21
	69	11	1244.07	23.93	400.42	14.74	3.50	3423.42	136.13	24.26	666.91	476.33	27.98	479.69	3.02	1.23	34.26
	Avrg		1132.66	17.49	450.03	11.78	3.10	2925.77	98.09	24.60	579.29	618.77	29.47	2820.15	2.28	1.15	39.45
3	02	5	907.52	15.70	327.71	6.96	1.70	2474.75	59.30	44.09	461.78	130.45	19.18	1597.79	1.90	0.85	89.57
	03	11	663.60	7.22	212.89	6.82	1.73	1825.65	52.85	11.14	379.37	222.46	19.67	6228.19	1.49	0.73	24.20
	05	8	576.36	6.55	212.46	5.22	1.63	1488.15	39.00	11.92	308.03	118.74	12.68	1502.14	1.03	0.52	15.74
	06	6	620.81	6.72	128.91	5.62	1.36	1977.97	52.17	6.68	427.28	83.77	17.49	1770.47	1.55	0.72	1.43
	12	6	572.75	6.67	178.22	5.20	1.80	1644.71	41.81	18.37	328.65	116.39	13.18	384.46	1.23	0.61	23.56
	19	11	509.03	9.03	111.66	6.50	2.05	1652.96	78.60	19.31	291.37	302.76	21.72	264.40	1.30	0.76	6.92
	23	8	767.56	8.04	353.50	6.41	2.65	1646.15	48.23	5.59	350.67	256.92	20.11	4658.42	1.32	0.74	78.39
	38	7	955.51	13.51	351.47	9.67	2.35	2472.02	73.98	21.78	496.49	779.41	27.37	2025.95	1.79	0.93	59.84
	50	10	632.63	6.83	344.36	5.23	1.81	1678.55	42.17	15.00	344.80	110.45	13.94	4815.41	1.30	0.55	18.62
	59	8	473.93	6.12	214.44	4.35	1.63	1089.44	35.34	14.31	205.36	158.96	9.57	1072.91	0.77	0.42	9.51
	73	10	961.45	7.73	440.27	8.37	3.54	2110.38	58.19	12.13	442.07	223.20	18.41	4976.44	1.60	0.91	20.66
	95	7	705.79	9.13	306.19	7.80	3.20	1642.46	55.36	18.66	313.62	329.03	20.14	137.85	1.34	0.64	34.89
	Avrg		686.76	8.31	260.76	6.54	2.19	1776.36	53.68	15.38	356.43	238.55	17.94	2404.68	1.36	0.70	29.74
4	01	6	628.65	6.24	162.55	5.71	1.21	1893.21	47.27	11.05	401.95	81.76	15.05	5238.67	1.48	0.67	9.09
	07	2	846.76	12.74	257.18	9.46	1.33	2342.06	73.81	16.95	488.02	740.98	20.41	338.48	1.70	0.97	29.14
	08	4	1175.10	33.41	383.31	12.60	2.62	3194.98	146.38	19.04	611.31	297.12	33.22	494.05	2.72	1.72	20.34
	09	8	1274.96	8.59	689.71	9.13	5.63	2389.64	57.92	17.44	500.89	245.40	21.03	5708.77	1.81	0.99	32.33
	13	6	1315.22	13.72	425.43	13.32	4.87	3637.63	107.57	30.14	737.98	322.00	30.76	25940.91	3.12	1.43	16.99
	14	8	496.04	5.04	213.98	5.87	2.05	1133.03	35.48	6.81	233.84	183.83	10.01	4041.05	0.92	0.48	15.96
	15	4	853.42	11.44	229.38	8.71	1.69	2490.31	76.77	10.15	525.03	247.65	26.23	256.85	1.74	1.20	16.62
	18	5	1978.38	20.64	1294.82	18.04	10.04	3907.62	130.35	18.96	801.48	865.74	51.80	815.45	3.42	2.28	208.64
	22	6	736.28	9.46	196.91	8.17	2.02	2195.73	81.42	17.11	429.54	225.06	25.29	1980.07	1.54	0.70	13.89
	32	5	937.55	10.00	323.53	8.53	3.01	2518.97	66.59	20.49	518.18	159.15	20.12	7863.22	1.99	0.97	15.96
	52	5	865.34	12.44	528.01	8.95	2.04	2183.71	77.80	25.58	414.35	339.69	21.72	7510.62	1.55	0.74	40.21
	55	3	828.59	9.94	257.00	9.23	1.54	2329.32	80.89	20.11	457.98	242.64	23.09	5867.22	1.60	0.75	25.56
	63	9	1417.61	36.70	537.61	14.19	2.51	3572.97	163.74	24.04	678.64	246.46	33.04	389.03	3.03	1.60	32.14
	72	7	967.60	15.51	443.05	10.90	4.02	2156.62	83.76	24.96	400.80	895.22	19.76	5410.10	1.78	0.91	33.59
	105	6	528.94	6.61	167.54	4.37	1.34	1468.98	38.58	14.16	302.90	102.36	12.85	2227.18	1.04	0.48	10.02
	120	6	698.92	7.42	189.04	6.03	1.19	2061.46	52.96	11.46	439.40	94.71	17.11	698.61	1.51	0.75	13.06
131	2	1108.13	14.88	466.37	10.77	3.41	2695.79	84.73	37.86	505.61	377.44	23.91	121.36	1.94	0.91	33.58	
Avrg		921.51	13.31	379.03	9.14	2.83	2308.77	77.90	17.93	461.22	329.34	22.03	4032.86	1.80	0.97	29.55	



Monu river project 5th phase  
Food intake per day by weight in grams,  
price in taka and food value in grams

Cl ss	H. ld	Me- mb- er	Avg. Weight	Avg. Price	Water content	Mine- rals	Fibre	Calory	Pro- tein	Fat	CHO	Cal		Caro		-----Vitamin-----		
												cium (mg)	Iron (mg)	tin (mcg)	B1 (mg)	B2 (mg)	C (mg)	
1	40	6	812.15	21.12	331.93	8.43	1.86	2033.43	78.97	28.69	366.39	939.01	19.58	4933.08	1.42	0.77	27.52	
	41	10	922.11	11.03	444.66	9.63	3.13	1911.32	69.76	10.59	386.27	675.42	19.85	2733.42	1.54	0.97	98.21	
	45	8	1059.32	10.66	465.31	9.96	2.99	2371.39	70.77	7.26	505.70	597.87	33.77	3993.02	1.96	1.10	105.90	
	85	13	1029.06	22.21	401.43	10.69	0.93	2539.12	109.55	15.42	491.90	941.39	22.97	264.93	1.72	1.16	28.27	
	Avrg		970.84	16.47	415.51	9.86	2.14	2249.44	85.07	14.55	445.81	792.95	24.02	2553.78	1.68	1.03	64.20	
2	04	9	1007.49	13.32	563.93	10.53	3.12	2210.76	74.47	18.62	436.61	501.54	19.16	2819.78	1.55	0.87	24.30	
	20	12	1134.68	24.13	337.53	13.21	1.21	3092.55	113.05	16.68	627.10	633.20	28.35	198.76	1.91	1.09	27.93	
	42	14	1082.61	12.45	480.57	9.77	3.57	2445.29	70.12	17.44	503.22	504.76	41.62	834.03	2.03	1.14	89.85	
	43	10	797.18	11.01	553.66	7.61	2.31	1774.12	51.70	10.12	370.27	468.73	37.23	2181.06	1.37	0.75	111.27	
	44	12	1177.12	13.12	511.19	12.10	3.68	2614.98	87.81	8.50	556.01	841.92	32.83	2714.52	2.13	1.25	94.57	
	66	5	656.84	7.16	188.58	5.80	0.68	1877.91	50.37	7.07	405.04	148.90	16.10	81.79	1.37	0.70	14.65	
	69	11	997.78	13.73	440.52	9.93	2.79	2276.69	70.29	20.42	454.78	1038.42	20.78	1114.13	1.54	0.87	72.74	
	Avrg		1013.27	13.87	466.92	10.16	2.74	2365.03	75.29	14.54	486.30	623.34	30.44	1543.59	1.76	0.99	70.70	
	3	02	3	1135.91	13.32	495.85	10.53	2.98	2571.97	78.86	14.19	534.94	564.41	28.49	12685.07	1.87	1.22	30.09
03		8	860.08	8.84	400.38	8.36	2.98	1887.13	49.26	17.52	383.38	527.55	18.04	4290.65	1.40	0.92	51.22	
05		8	662.25	8.46	266.95	7.43	2.22	1598.76	47.41	10.55	328.82	553.55	15.20	1639.60	1.16	0.72	15.94	
06		6	977.63	10.08	451.23	9.28	3.45	2091.88	57.17	13.85	444.73	571.59	43.79	71.42	1.78	1.14	108.95	
12		8	601.39	12.08	170.60	8.32	2.16	1717.30	58.64	11.10	350.54	291.64	19.77	2036.34	1.32	0.87	41.66	
19		9	507.12	7.11	194.02	4.82	1.08	1262.89	40.01	6.75	260.48	261.34	10.98	132.05	0.97	0.48	7.66	
23		3	849.64	10.91	305.82	7.69	1.89	2217.59	58.45	15.91	461.48	122.15	19.09	2007.77	2.00	0.85	99.87	
38		4	896.08	10.68	338.09	10.40	3.17	2200.78	70.46	10.05	465.48	553.70	22.97	8991.64	1.74	1.06	24.19	
50		10	1371.52	11.88	711.13	10.65	4.14	2852.42	67.86	26.83	584.80	340.99	24.13	55.29	1.76	0.90	37.12	
59		7	1368.15	16.81	733.15	14.20	4.56	2585.31	79.30	22.08	517.84	786.05	23.29	498.45	2.03	1.41	30.70	
73		7	1142.87	21.60	500.08	23.96	3.66	2553.70	117.67	20.97	473.25	1191.99	21.57	1875.26	1.86	1.16	86.46	
95		11	741.11	11.86	273.96	9.28	2.09	1838.67	74.31	8.40	374.12	582.37	31.48	265.15	1.52	0.85	66.96	
Avrg		880.72	11.66	378.66	10.15	2.76	2025.78	65.53	13.90	413.01	542.33	23.70	2258.66	1.55	0.93	49.90		
4	01	6	640.69	6.51	191.44	5.42	1.60	1786.98	43.36	7.46	386.78	115.26	30.00	7043.95	1.51	0.71	62.44	
	07	6	1193.31	15.97	485.08	14.86	3.94	2805.30	100.54	9.55	582.18	446.06	28.40	3581.91	2.99	1.24	177.48	
	08	3	766.41	11.96	398.41	8.12	0.19	2474.01	82.83	20.24	490.00	410.09	20.60	129.67	1.76	0.86	0.00	
	09	7	772.64	8.11	386.76	8.25	2.74	1582.72	44.05	14.71	318.37	450.30	14.40	6950.31	1.20	0.81	69.61	
	13	6	843.86	8.48	369.00	10.48	3.96	1905.93	45.85	12.52	402.02	908.98	20.06	887.43	1.39	1.19	33.02	
	14	7	673.23	7.62	229.08	6.40	2.15	1801.34	53.20	10.02	374.61	276.17	40.36	4913.08	1.56	0.76	75.36	
	15	4	576.34	16.22	110.56	14.67	0.19	1878.73	77.30	16.98	354.11	790.40	18.09	199.50	1.05	0.81	1.10	
	18	5	980.40	9.53	329.98	8.99	2.83	2608.38	70.59	9.98	560.57	169.84	22.86	3157.84	2.15	1.10	26.36	
	22	6	873.36	11.76	216.88	9.86	1.82	2624.02	80.08	24.17	540.52	243.03	20.62	55.86	1.94	0.83	90.44	
	32	5	883.34	9.36	326.28	9.36	2.88	2262.01	62.00	14.98	470.99	259.66	24.13	74.03	1.85	0.89	35.02	
	52	5	686.28	10.50	205.90	7.95	1.32	1937.84	90.68	14.10	362.08	552.26	25.16	4032.11	1.30	0.67	23.40	
	55	3	902.93	12.59	287.79	9.49	1.18	2481.35	80.15	13.16	511.50	834.04	21.36	244.94	1.72	0.90	25.41	
	63	9	998.94	12.04	383.95	9.18	1.80	2499.92	70.01	17.15	516.81	374.56	20.37	113.78	1.60	0.81	24.38	
	72	7	1179.51	14.57	564.50	13.28	3.42	2476.85	74.21	16.95	509.41	803.70	21.73	2306.41	1.91	1.37	35.14	
	105	6	552.46	6.44	129.95	5.58	0.48	1711.04	43.80	9.01	364.02	174.43	19.86	2650.79	1.32	0.65	23.73	
	120	7	656.77	7.63	276.59	5.93	1.30	1552.09	49.99	10.65	313.59	289.57	22.85	1186.86	1.17	0.59	52.31	
	131	2	1684.46	19.92	967.77	16.98	6.38	2970.88	92.40	38.11	567.10	1201.15	28.92	2388.45	1.90	1.43	152.83	
	Avrg		860.99	10.72	334.72	9.41	2.25	2148.12	66.11	13.95	440.77	455.46	23.88	2526.69	1.65	0.90	52.56	



Monu river project 6th phase  
Food intake per day by weight in grams,  
price in taka and food value in grams

Cl ss	H. old	Me- mb- er	Avg. Weight	Avg. Price	Water content	Mine- rals	Fibre	Calory	Pro- tein	Fat	CHO	Cal cium (mg)	Caro tin (mcg)	Iron (mg)	-----Vitamin----- B1 (mg)	B2 (mg)	C (mg)
1	40	9	1005.81	17.73	343.79	10.03	2.32	2648.61	81.33	9.94	560.17	756.03	23.75	3400.27	2.19	1.02	38.70
	41	11	952.70	12.50	484.40	10.67	4.36	1866.08	63.68	14.68	376.86	649.78	20.05	792.64	1.25	0.87	128.03
	45	8	629.32	7.65	190.60	6.38	1.03	1745.86	49.93	4.86	377.07	253.14	16.22	139.80	1.27	0.70	14.30
	85	16	1119.17	24.27	382.76	12.00	2.34	2999.53	110.94	22.41	589.77	580.23	25.95	1711.57	2.10	1.28	36.26
	Avrg		940.21	16.06	359.38	9.99	2.59	2336.82	78.77	14.11	476.66	552.33	21.69	1373.57	1.69	0.99	56.78
2	04	11	706.65	11.93	212.73	11.24	1.49	2022.65	74.95	19.16	387.57	635.46	16.60	2524.24	1.46	0.73	17.08
	20	8	1257.74	18.63	572.79	14.49	3.38	2756.76	110.40	15.38	543.22	1031.39	33.00	6536.89	2.04	1.22	82.59
	42	13	1194.45	13.71	414.05	12.38	2.56	3150.87	86.35	16.74	664.96	395.68	25.95	952.61	2.42	1.31	17.36
	43	10	451.63	6.28	153.96	4.36	1.12	1200.94	29.22	7.55	254.46	204.40	10.07	2015.56	0.80	0.44	9.88
	44	14	966.21	13.26	366.30	10.02	1.08	2368.73	79.57	6.91	499.42	739.15	20.41	656.98	1.71	0.86	44.17
	66	5	648.23	6.48	84.15	5.88	0.02	2252.01	54.94	3.88	499.32	69.33	18.19	114.16	1.74	0.77	1.12
	69	12	775.94	10.63	320.42	8.21	3.62	1821.55	63.95	7.75	374.37	480.73	34.17	723.80	1.52	0.97	58.34
	Avrg		856.88	11.74	315.90	9.53	2.01	2171.21	70.59	11.03	448.13	536.96	22.65	1767.74	1.63	0.89	35.30
3	02	3	940.99	11.87	322.27	10.90	1.83	2451.91	90.86	7.60	509.20	295.60	31.49	75.89	1.62	0.78	32.25
	03	6	611.86	7.57	168.31	7.93	1.81	1779.07	55.18	8.72	369.88	383.72	15.76	265.44	1.42	0.83	8.68
	05	8	931.55	12.82	455.59	6.71	3.68	1909.59	55.05	10.53	419.29	444.07	124.52	245.39	1.37	0.67	16.19
	06	6	1014.23	13.11	554.88	10.67	2.71	2450.99	83.49	14.67	495.65	680.08	25.82	405.68	1.54	0.95	32.72
	12	6	692.58	8.30	198.32	7.45	1.30	2005.55	52.92	12.62	419.99	381.51	17.46	274.62	1.45	0.80	17.50
	19	9	576.71	8.01	178.63	6.00	0.99	1611.67	72.57	10.73	307.16	215.30	20.23	28.44	0.95	0.43	13.74
	23	3	1306.03	14.86	802.49	17.72	5.22	2940.38	103.49	13.51	601.50	1577.31	106.03	8192.48	2.04	2.37	214.99
	38	4	891.13	18.76	309.45	8.90	0.84	2380.46	80.53	18.96	472.65	826.63	19.28	174.78	1.52	0.77	30.61
	50	8	814.61	7.92	398.09	7.74	2.47	1723.44	50.28	17.56	340.14	358.72	14.67	113.59	1.03	0.57	34.80
	59	6	832.79	13.75	408.83	9.54	2.18	1708.37	71.58	10.59	331.68	880.15	16.39	1453.99	1.42	0.80	7.89
	73	9	992.90	9.96	540.27	6.56	3.55	1896.34	48.28	22.96	375.20	147.00	15.84	11015.68	1.71	0.79	24.94
	95	7	1171.76	13.18	558.24	11.50	3.61	2434.87	78.11	14.51	507.97	730.19	25.75	4095.16	1.72	0.96	36.10
	Avrg		874.16	11.44	389.37	8.91	2.41	2053.84	67.91	13.32	418.99	549.65	34.21	1648.67	1.44	0.83	30.27
4	01	6	639.90	8.40	187.21	6.88	0.94	1779.07	83.97	8.39	352.99	289.61	23.86	190.19	1.19	0.64	17.77
	07	9	1299.51	13.95	564.68	13.08	3.45	2912.75	110.25	7.09	602.80	540.56	47.81	3789.08	2.82	1.70	192.64
	08	4	363.79	6.06	165.31	3.55	0.62	798.66	24.63	13.57	156.67	110.66	5.35	12.32	0.41	0.21	21.51
	09	7	720.70	8.30	259.85	7.16	1.15	1889.07	51.46	14.87	387.52	279.92	15.76	1753.45	1.39	0.69	44.10
	13	6	658.77	6.97	169.17	7.10	0.99	1964.70	50.05	7.62	423.83	340.00	17.08	2692.00	1.48	0.82	8.31
	14	7	583.30	7.13	179.07	6.75	1.76	1624.04	67.40	8.29	321.13	191.48	20.37	3367.90	1.21	0.68	18.92
	15	4	357.83	6.39	44.99	6.87	0.00	1233.19	42.23	2.42	260.59	282.21	10.92	55.09	0.85	0.44	0.00
	18	3	665.01	10.33	77.53	7.02	0.00	2456.28	125.48	26.46	428.92	141.42	35.55	49.87	1.49	0.66	0.00
	22	6	474.66	6.39	87.02	4.86	0.97	1588.02	66.04	11.99	303.89	101.81	18.99	104.18	1.12	0.58	0.00
	32	5	944.31	9.78	317.58	8.44	2.31	2537.50	63.94	15.45	538.18	253.01	21.30	4069.35	1.86	0.99	26.60
	52	5	862.28	14.82	386.53	9.95	1.28	1899.37	79.70	17.21	368.98	627.87	27.18	4525.28	1.46	0.68	57.32
	55	3	711.70	9.87	192.92	8.31	0.88	2116.39	118.77	15.22	375.94	415.25	31.84	231.64	1.30	0.70	14.03
	63	9	972.43	12.02	306.24	8.73	1.67	2686.69	99.85	15.32	538.76	252.29	30.75	163.88	1.88	0.97	12.31
	72	7	1173.19	15.51	470.76	12.21	2.43	2837.64	67.94	31.30	571.40	725.07	25.76	1375.44	1.96	1.43	48.60
	105	6	454.41	4.59	146.75	4.23	0.97	1245.61	29.25	6.81	267.11	101.52	9.86	85.34	0.92	0.47	7.98
	120	6	880.57	11.91	283.99	8.48	0.98	2346.89	77.01	12.47	498.45	288.86	20.24	68.99	1.67	0.82	27.93
	131	4	864.51	14.19	289.43	9.80	0.66	2353.43	86.39	18.92	459.30	652.97	20.11	3435.55	1.60	0.83	15.51
	Avrg		803.23	10.25	276.40	8.34	1.49	2119.28	74.21	13.54	428.26	352.28	23.90	1766.74	1.57	0.87	38.43



Monu river project 7th phase  
Food intake per day by weight in grams,  
price in taka and food value in grams

Cl ss	H. ld	Me- mb- er	Avg. Weight	Avg. Price	Water content	Mine- rals	Fibre	Calory	Pro- tein	Fat	CHO	Cal cium (mg)	Caro		-----Vitamin-----		
													Iron (mg)	tin (mcg)	B1 (mg)	B2 (mg)	C (mg)
1	40	6	1378.02	14.49	765.91	13.33	5.34	2425.73	80.76	8.21	532.49	667.58	150.53	1264.01	2.11	1.43	98.71
	41	11	895.29	14.58	335.78	8.57	4.17	2239.95	108.01	8.85	432.71	268.45	41.00	292.96	1.82	0.79	40.67
	43	9	784.90	8.70	271.42	7.25	1.32	2022.44	56.41	5.88	446.63	325.73	43.65	3857.51	1.42	0.79	30.68
	85	13	1772.89	24.32	1019.85	15.44	3.91	3034.18	90.56	19.24	643.10	732.19	106.07	2967.51	2.39	1.82	118.70
	Avrg		1103.06	14.42	514.43	10.23	3.43	2344.92	83.55	9.63	492.47	441.22	73.26	2076.47	1.85	1.09	61.84
2	04	9	960.73	13.94	386.01	10.45	3.36	2247.35	113.67	10.75	438.11	425.84	70.31	4457.08	1.57	0.80	38.58
	20	8	973.95	19.04	353.58	10.93	1.16	2345.02	103.47	16.46	488.18	1041.35	43.47	1378.86	1.45	0.96	78.36
	41	11	995.33	10.82	353.04	10.26	1.62	2727.51	104.45	8.50	525.55	313.92	75.37	2327.44	1.63	0.78	12.24
	43	10	962.53	10.27	478.18	7.26	3.51	1903.07	49.72	9.08	412.48	344.72	50.70	1236.31	1.49	0.71	44.55
	44	10	1269.07	10.95	655.44	12.62	3.14	2384.20	73.61	7.70	515.23	596.56	41.49	63.98	2.05	1.49	155.05
	69	13	1137.54	12.70	625.73	11.46	6.01	2020.92	82.05	8.59	431.35	827.49	164.35	383.57	1.68	1.08	61.64
Avrg		1049.73	12.62	477.28	10.46	3.25	2277.34	87.86	9.81	467.99	565.75	79.03	1672.84	1.65	0.96	60.55	
3	03	6	1258.67	11.43	726.83	16.04	4.00	2115.80	83.90	9.55	423.73	948.22	53.76	3782.46	1.82	1.86	178.29
	05	9	812.95	9.20	415.15	9.66	3.68	1560.50	49.92	4.06	339.30	334.91	58.58	4113.49	1.25	0.97	83.07
	06	6	1022.53	8.71	461.76	12.63	4.02	2200.69	56.80	4.39	482.99	1031.72	22.75	5871.77	1.74	1.40	32.91
	12	6	1102.31	10.11	504.83	13.48	3.52	2371.13	71.31	7.30	504.75	875.01	47.78	915.74	2.03	1.69	109.94
	17	3	822.00	14.61	158.59	13.74	0.94	2783.16	144.53	37.28	475.18	514.68	77.49	124.42	1.63	0.71	2.37
	19	9	632.66	6.52	275.46	5.03	5.79	1448.99	48.43	9.68	293.21	180.37	21.18	2834.12	1.11	0.54	13.16
	22	2	825.54	9.70	260.55	8.99	4.16	2294.06	105.26	17.51	431.34	223.22	32.01	937.63	1.48	0.76	41.96
	38	6	900.61	14.25	336.32	9.54	1.97	2267.00	102.42	13.04	436.08	543.97	35.06	7052.17	1.57	0.90	28.51
	50	9	1037.93	12.40	412.65	9.44	2.73	2511.08	70.27	17.43	523.35	324.29	46.76	975.69	1.84	1.11	76.01
	59	7	1331.84	21.04	684.47	13.86	3.81	2656.79	85.21	27.54	531.35	793.84	88.36	295.14	1.82	1.23	29.72
	73	5	945.37	11.20	419.70	7.74	5.43	2129.07	69.23	17.99	439.34	185.25	110.55	321.92	1.86	1.01	20.46
	95	7	1450.22	14.21	803.23	14.11	4.59	2521.30	123.83	6.65	515.43	479.47	100.39	4623.33	2.16	1.50	107.97
Avrg		1025.54	11.52	433.58	11.31	3.85	2163.66	78.95	11.46	442.91	555.81	55.99	3181.47	1.69	1.19	67.88	
4	02	3	1638.46	16.14	1014.30	19.99	4.97	2472.72	102.95	8.42	508.89	617.46	106.08	8276.84	2.33	2.01	213.30
	03	4	1313.38	14.81	687.62	13.64	5.18	2458.50	83.74	16.69	527.76	818.83	161.27	1766.12	1.91	1.57	158.76
	04	6	803.83	8.33	258.08	8.15	1.14	2177.12	67.16	6.12	468.58	487.11	50.62	5069.79	1.64	0.89	5.77
	08	3	1949.56	18.69	1098.88	18.82	5.09	3432.23	164.28	23.17	675.95	452.31	194.19	14609.21	2.83	2.04	189.13
	09	7	661.20	8.49	194.38	7.29	0.82	1901.75	51.85	13.77	393.97	247.94	15.32	206.82	1.34	0.77	14.24
	12	5	988.36	10.76	246.04	13.00	2.49	2942.40	98.90	6.94	621.07	806.90	60.58	10258.04	2.18	1.47	60.68
	13	6	1199.13	10.10	489.35	12.98	1.48	2834.76	81.35	8.04	608.96	565.25	40.58	6906.69	2.46	1.69	83.79
	14	7	1039.93	9.42	598.58	11.86	3.57	1743.38	63.03	4.80	372.13	526.92	93.79	797.36	1.54	1.38	141.92
	22	6	1035.50	10.61	399.85	11.97	3.51	2521.90	75.01	16.24	528.90	786.97	23.33	544.34	1.81	1.13	110.19
	23	4	977.20	8.40	592.15	11.40	2.12	1555.13	70.67	8.83	298.23	261.52	21.91	4578.94	1.60	1.36	132.87
	32	5	695.59	8.75	169.04	7.29	1.05	2106.18	59.47	6.91	452.02	327.07	18.08	164.45	1.58	0.81	19.10
	52	5	1000.46	13.81	382.94	13.12	3.54	2450.52	113.03	13.75	474.62	1202.46	84.59	3294.38	1.72	1.66	110.46
	55	4	851.81	8.81	365.24	7.90	3.40	1907.36	58.38	6.45	419.44	442.98	81.67	303.61	1.39	0.70	22.12
	63	9	794.55	10.77	233.74	8.08	1.48	2250.63	62.81	9.91	477.71	435.28	28.17	3805.84	1.64	0.95	42.28
	73	7	1067.16	10.34	379.00	12.24	4.16	2747.46	88.77	8.97	576.93	380.25	25.57	2217.04	2.51	1.20	50.34
105	6	641.37	5.41	312.70	5.57	2.22	1334.44	32.04	8.20	282.41	264.67	12.31	4490.89	1.06	0.61	59.35	
120	6	820.18	11.12	222.46	7.27	1.47	2424.41	64.79	14.19	515.60	183.09	47.95	122.36	1.61	0.78	13.83	
131	2	2387.35	25.09	1331.27	25.81	7.23	4194.88	145.17	14.23	896.95	1357.40	217.95	13986.08	3.60	2.95	271.07	
Avrg		1000.39	10.74	425.79	10.82	2.66	2296.05	74.55	10.09	483.22	497.00	58.16	3565.97	1.83	1.21	77.18	



Monu river project 8th phase  
Food intake per day by weight in grams,  
price in taka and food value in grams

Cl a ss	H. ho ld	Me- mb- er	Avg. Weight	Avg. Price	Water content	Mine- rals	Fibre	Calory	Pro- tein	Fat	CHO	Cal		Caro		-----Vitamin-----		
												cium (mg)	Iron (mg)	tin (mcg)	B1 (mg)	B2 (mg)	C (mg)	
1	40	6	1071.40	14.16	453.90	10.87	4.35	2506.34	104.11	20.11	501.01	632.08	147.29	387.36	1.72	0.85	28.44	
	41	13	1211.27	27.27	646.43	13.82	2.04	1177.60	102.26	49.15	409.77	1039.73	23.69	798.46	2.17	55.91	79.57	
	43	8	678.57	10.48	187.20	7.84	0.90	1885.09	107.48	9.18	366.40	284.63	26.80	131.56	1.25	0.67	20.64	
	85	14	968.24	19.40	504.54	11.42	5.99	1878.34	109.64	15.92	324.66	1105.88	27.14	3475.25	1.69	1.22	73.42	
	Avg		1077.66	22.11	532.38	12.22	2.60	1524.48	104.26	35.23	401.30	881.23	37.70	990.93	1.91	33.97	63.70	
2	04	11	1135.49	16.34	520.97	10.46	5.70	2407.37	81.64	7.01	541.76	336.24	228.34	3566.67	2.00	1.02	46.67	
	20	9	987.54	20.95	326.64	9.08	1.63	2658.94	80.76	10.89	560.13	1143.65	25.85	239.36	1.32	0.73	30.35	
	41	11	712.27	12.36	230.95	7.84	0.71	2064.38	111.77	22.83	353.33	328.69	26.26	191.28	1.18	0.64	13.59	
	43	10	793.85	8.67	300.41	8.27	1.50	1983.86	143.34	8.25	335.76	253.51	52.70	1660.72	1.13	0.70	45.64	
	44	15	886.73	12.41	336.01	9.20	1.05	2076.75	92.03	9.18	440.10	689.48	19.49	3579.49	1.60	0.78	52.56	
	69	11	1776.51	26.65	1060.78	14.68	5.91	2842.57	112.64	15.09	597.36	775.27	183.18	3407.97	1.96	1.07	119.21	
	Avg		1057.15	16.16	474.68	10.00	2.76	2328.58	105.92	12.67	465.53	565.32	89.81	2123.11	1.53	0.82	52.90	
3	03	6	621.35	7.43	272.30	7.78	1.25	1385.62	50.99	5.29	283.97	536.51	16.68	2875.47	0.97	0.65	40.39	
	05	8	625.58	6.65	226.61	7.43	0.39	1602.74	81.66	5.53	306.36	170.98	22.56	4424.74	1.21	0.74	41.68	
	06	7	768.65	9.07	143.03	9.28	0.76	2490.42	162.82	4.93	448.44	348.45	46.24	215.22	1.56	0.80	6.40	
	12	6	741.66	7.75	368.09	9.29	1.25	1527.31	123.06	11.67	232.05	389.97	34.15	6682.47	1.03	0.87	67.76	
	17	4	908.50	12.37	286.66	8.55	1.74	2604.99	91.91	30.98	490.45	145.88	29.26	2598.77	2.34	0.85	120.80	
	19	9	553.02	8.41	147.68	6.44	0.86	1653.96	74.20	13.69	310.08	184.56	20.69	747.04	1.18	0.44	39.49	
	38	14	994.71	13.08	404.53	9.38	2.21	2356.97	79.65	5.69	495.44	263.50	20.61	6539.28	1.92	1.10	78.59	
	50	8	966.23	9.65	598.86	9.00	3.72	1492.79	45.95	10.90	312.60	319.34	73.70	5483.32	1.35	0.88	119.44	
	59	6	818.97	14.27	534.48	6.03	4.92	1206.01	40.18	19.47	242.18	408.03	142.98	333.48	0.99	0.73	11.91	
	73	4	762.58	9.81	219.87	7.83	2.30	2170.72	95.84	8.64	429.52	179.42	26.81	216.13	1.57	1.00	17.42	
	95	7	829.50	10.68	124.20	10.17	0.35	2811.59	196.79	5.72	493.01	261.76	53.57	128.16	1.76	0.84	0.00	
	Avg		788.11	9.59	304.14	8.55	1.63	1950.66	99.96	9.40	369.11	298.05	42.73	3179.34	1.43	0.83	49.86	
4	02	3	1129.05	9.57	648.00	12.67	1.69	1924.07	83.07	5.09	385.93	261.75	23.82	4710.71	1.85	1.53	143.02	
	03	4	1173.47	11.30	492.35	13.22	2.84	2719.56	118.84	7.26	544.28	262.55	34.23	1293.78	2.35	1.55	99.23	
	04	6	425.98	4.50	64.74	3.92	0.01	1456.60	36.21	5.48	315.58	75.62	11.84	933.21	1.10	0.50	0.64	
	08	4	776.58	9.67	178.70	7.34	0.87	2352.69	125.47	10.21	442.60	156.90	35.74	44.88	1.44	0.63	12.93	
	09	7	997.50	11.54	443.20	12.81	1.35	2228.23	122.48	10.90	409.80	452.30	37.07	6449.09	1.63	1.18	90.82	
	12	5	556.61	6.67	70.55	5.96	1.72	1969.96	53.83	11.16	413.36	107.89	18.54	189.05	1.75	0.72	0.46	
	13	6	874.68	9.81	242.00	9.55	1.20	2560.32	180.36	12.04	431.62	281.56	50.13	4618.22	1.59	0.76	44.75	
	14	7	823.61	9.03	386.44	7.96	1.39	1777.18	71.25	11.36	347.79	186.49	21.20	4744.03	1.47	0.96	57.50	
	22	6	657.61	7.33	150.04	6.06	0.36	2013.41	81.88	4.39	415.40	117.11	23.76	52.83	1.51	0.66	4.43	
	22	3	735.94	13.16	144.16	14.76	1.50	2352.03	106.59	10.25	459.16	608.03	24.75	294.00	1.58	0.67	7.57	
	23	4	436.41	5.31	81.46	5.49	0.77	1409.75	75.92	2.77	270.20	152.40	22.52	705.73	0.98	0.53	13.09	
	32	5	1102.30	11.64	421.90	12.10	1.01	2752.61	177.82	12.88	480.89	276.64	49.44	5773.84	1.94	1.17	68.05	
	52	5	1136.20	11.04	562.77	14.71	2.83	2271.68	85.46	5.38	470.06	550.90	41.82	9019.91	2.13	1.64	142.64	
	55	3	1107.23	14.24	283.93	13.96	0.66	3276.44	197.78	7.62	603.80	889.89	56.32	211.13	2.11	1.19	5.54	
	63	9	831.22	11.60	317.77	7.03	2.62	2042.52	62.57	6.11	448.73	165.16	94.86	377.04	1.66	0.80	7.70	
	73	7	1121.83	13.43	315.71	13.55	1.95	3236.00	276.21	11.47	505.73	462.92	75.18	3124.48	1.97	1.02	53.20	
	105	6	326.25	4.72	37.51	3.73	0.31	1160.22	61.49	5.35	216.48	92.31	26.51	84.72	0.62	0.32	0.82	
	120	6	755.90	10.52	161.47	7.60	0.93	2413.10	97.28	14.16	474.98	192.51	30.72	70.49	1.48	0.71	10.64	
	131	2	1235.80	16.68	399.13	14.65	2.54	3352.51	201.90	34.14	584.70	888.27	92.12	3362.84	1.99	1.37	101.96	
	Avg		863.95	10.17	298.28	9.70	1.50	2268.77	116.96	9.52	431.08	295.35	44.22	2953.84	1.65	0.94	45.89	



Monu river project 9th phase  
Food intake per day by weight in grams,  
price in taka and food value in grams

Cl a ss	H. ld	Me- er	Avg. Weight	Avg. Price	Water content	Mine- rals	Fibre	Calory	Pro- tein	Fat	CHO	Cal cium (mg)	Caro tin (mcg)	-----Vitamin-----			
														B1 (mg)	B2 (mg)	C (mg)	
1	40	6	1031.64	12.21	275.41	12.45	1.65	3043.97	258.25	12.60	473.44	684.08	69.31	3267.63	1.62	0.85	49.46
	41	12	460.88	8.66	175.79	5.78	1.06	1162.16	69.07	9.65	199.75	405.58	17.24	637.92	0.68	0.41	24.15
	43	8	704.55	9.17	215.63	7.48	0.16	1867.20	77.47	6.10	397.67	699.43	16.73	80.79	1.35	0.63	20.34
	85	14	633.18	13.70	221.75	6.57	0.54	1766.31	64.17	26.80	313.43	298.08	18.40	145.93	0.96	0.66	10.48
	Avrg		648.64	10.79	212.67	7.39	0.82	1772.03	98.61	14.42	315.17	476.23	25.54	789.04	1.04	0.60	23.30
2	04	15	1655.58	19.95	635.68	24.05	3.90	524.13	472.27	24.16	482.74	1366.56	150.04	3301.00	1.97	1.51	159.04
	20	7	1623.55	23.28	724.06	17.99	1.87	3713.81	226.31	34.06	625.62	823.11	59.63	6830.18	2.40	1.51	148.23
	41	9	1252.46	12.25	666.17	13.26	2.20	2358.56	89.53	14.35	469.28	582.41	27.62	1698.73	2.15	1.69	119.74
	43	10	834.89	8.32	301.97	10.22	1.05	2135.50	166.18	7.70	350.83	531.27	57.65	2789.94	1.37	0.91	49.99
	44	10	885.27	14.48	312.07	10.49	1.17	2126.59	104.91	17.08	439.19	732.07	31.45	3982.71	1.52	0.88	54.82
	69	11	894.67	9.95	328.34	10.36	3.66	2266.86	81.87	10.92	460.84	874.34	59.04	87.39	1.77	1.33	60.08
Avrg		1192.31	14.25	488.97	14.78	2.44	1989.90	208.52	17.07	459.45	846.56	71.29	2835.36	1.83	1.31	99.27	
3	03	6	817.00	8.87	606.19	8.90	0.80	2060.13	68.59	9.21	425.55	467.66	20.43	2287.44	1.63	0.89	16.98
	05	8	414.27	4.62	71.77	5.16	0.72	1373.83	66.88	5.32	264.54	218.13	27.77	3006.19	0.92	0.54	15.99
	06	7	908.49	9.53	419.54	9.84	1.26	2000.95	65.61	15.40	399.88	443.52	17.94	53.52	1.74	0.98	97.62
	12	6	913.56	9.19	479.81	11.01	1.47	1751.36	60.32	9.51	355.77	410.44	18.23	3512.30	1.57	1.22	100.44
	17	3	373.29	7.23	66.86	4.33	0.68	1322.23	67.05	24.97	208.56	138.27	19.23	122.64	0.84	0.52	0.00
	19	9	390.03	3.83	67.39	4.82	1.19	1283.55	78.72	3.12	235.05	162.47	25.08	3049.69	0.90	0.42	3.51
	38	4	1401.26	15.34	843.55	15.18	4.03	2252.73	80.11	19.30	439.90	936.37	58.92	6511.32	2.06	1.86	234.53
	50	9	1124.97	13.15	524.58	13.97	2.85	2362.35	88.37	10.67	488.31	531.07	33.92	4553.78	2.18	1.76	117.51
	59	6	843.98	11.46	379.43	8.27	3.17	1901.43	72.63	16.19	366.77	470.24	20.25	1735.71	1.60	1.28	16.78
	73	4	1764.33	17.63	961.99	19.90	2.60	3230.70	127.10	22.48	639.78	529.23	34.75	11517.54	2.83	2.21	201.45
	95	7	787.18	9.30	194.04	8.92	0.40	2367.00	172.75	11.55	400.56	406.05	46.03	77.22	1.41	0.63	6.85
	Avrg		835.50	9.24	378.78	9.54	1.55	1947.41	87.69	11.36	376.00	413.25	29.56	2964.35	1.54	1.02	66.27
4	02	4	588.54	6.90	100.10	7.96	4.17	1931.53	83.77	5.10	387.58	275.31	23.88	329.78	1.47	0.71	11.19
	03	4	721.27	8.65	227.57	9.12	1.00	1966.55	65.26	6.75	411.80	522.33	20.75	1402.17	1.44	0.79	31.97
	04	6	758.28	7.95	154.01	8.66	0.97	2429.51	100.01	10.01	484.80	413.85	46.66	5761.56	1.70	0.99	35.68
	08	4	970.90	12.31	139.18	11.82	1.69	3367.39	216.64	17.69	585.12	304.86	58.57	275.56	2.22	1.30	0.00
	09	7	668.50	7.96	200.53	6.32	1.28	1901.90	51.56	12.77	396.54	174.64	16.29	384.82	1.40	0.78	17.67
	12	5	452.20	5.67	85.76	6.60	3.46	1445.54	47.56	4.01	304.78	261.45	12.49	323.85	1.14	0.53	10.58
	13	6	561.55	6.27	121.02	6.24	0.30	1787.44	79.26	10.09	344.80	243.46	23.26	708.44	1.20	0.58	13.44
	14	7	472.15	5.30	113.06	4.90	0.33	1404.66	47.25	5.87	300.70	187.87	12.92	374.29	1.05	0.51	12.34
	22	5	907.25	9.76	172.32	9.66	0.00	2894.01	125.16	9.42	590.95	307.79	33.48	68.39	2.05	0.91	16.38
	22	3	759.43	9.85	182.47	8.76	1.55	2312.91	79.78	15.11	472.09	337.95	20.95	1855.44	1.79	0.99	13.41
	23	8	591.01	6.61	183.66	5.65	0.84	1613.38	67.00	6.61	327.88	179.09	18.03	101.83	1.19	0.60	12.67
	32	5	1595.99	12.30	1248.02	17.50	4.71	2524.21	77.13	9.33	538.68	590.60	38.24	3458.00	2.33	1.96	185.36
	52	5	1146.46	11.58	322.83	14.28	0.56	3378.78	252.35	9.53	548.71	610.86	68.28	12679.04	1.97	1.03	17.29
	55	3	884.45	10.16	212.27	10.07	0.15	2751.86	124.99	6.17	531.08	795.71	31.71	106.81	1.79	0.80	12.06
	63	12	891.40	10.02	610.40	9.40	1.81	1964.95	75.44	9.90	407.89	533.09	29.56	224.26	1.47	0.93	76.69
	73	7	1257.89	12.99	146.10	15.27	0.00	4483.72	336.38	18.09	743.47	375.57	92.02	86.45	2.59	1.15	0.00
105	6	389.34	4.67	47.40	4.67	1.08	1392.23	59.46	9.27	267.57	115.20	18.30	79.80	1.06	0.39	0.00	
120	6	536.81	5.75	130.75	6.04	1.44	1662.81	49.59	3.72	345.57	182.09	14.77	2826.48	1.29	0.68	11.82	
131	3	1418.66	17.35	532.55	13.55	0.88	3368.55	132.94	24.69	715.14	624.54	29.95	71.82	2.22	1.07	61.40	
Avrg		778.36	8.60	268.26	8.74	1.30	2214.10	102.01	9.71	433.17	354.32	31.19	1409.48	1.56	0.84	30.02	



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Monu river project 10th phase  
Food intake per day by weight in grams,  
price in taka and food value in grams

Cl ss	H. a ld	Me- mb- er	Avg. Weight	Avg. Price	Water content	Mine- rals	Fibre	Calory	Pro- tein	Fat	CHO	Cal cium (mg)	Caro tin (mcg)	-----Vitamin-----			
														Bi (mg)	B2 (mg)	C (mg)	
1	40	6	1266.96	21.13	492.56	12.64	3.35	3154.28	193.77	22.41	544.09	1317.78	50.40	448.63	2.13	1.50	35.22
	41	12	654.61	9.02	381.90	6.39	0.53	1616.98	60.70	14.14	321.75	442.77	13.38	326.70	0.95	0.44	35.78
	43	8	926.73	12.81	326.82	10.97	0.01	2525.86	92.01	20.41	476.54	720.45	18.49	45.05	1.42	0.60	35.62
	85	14	860.33	27.37	362.68	8.71	0.14	2075.40	114.35	21.12	357.63	783.57	16.50	173.10	1.42	1.08	24.10
	Avrg		856.40	14.10	381.89	9.00	0.80	2182.95	97.44	18.08	407.07	703.91	21.27	247.96	1.33	0.73	34.37
2	04	9	1172.58	11.61	600.86	12.49	1.30	2313.48	76.66	17.27	469.75	502.03	20.36	1635.43	2.08	1.54	120.28
	20	7	1491.04	17.63	371.07	18.96	5.10	4677.80	288.17	14.03	794.85	1096.66	81.59	301.69	2.92	1.20	71.03
	41	9	1199.10	15.30	381.64	14.31	0.11	3553.77	152.20	21.02	630.34	696.18	38.87	92.35	1.88	0.89	18.55
	43	10	804.14	9.87	350.04	7.89	2.40	2162.01	65.38	17.03	439.90	446.29	37.64	261.47	1.53	0.88	45.60
	44	10	934.97	13.28	293.62	10.13	0.03	2544.77	96.71	19.17	515.52	527.21	21.48	58.05	1.68	0.74	30.37
	69	11	855.70	9.62	313.21	9.22	2.64	2140.56	92.30	10.35	429.63	594.04	41.35	1287.22	1.59	0.96	57.02
	Avrg		1047.67	12.50	382.57	11.73	1.90	2788.51	120.54	16.24	530.73	623.18	39.00	648.52	1.90	1.03	57.18
	3	03	6	841.25	9.33	226.89	10.40	2.97	2462.63	75.44	12.79	511.98	795.18	69.15	881.63	1.83	1.41
05		8	422.16	5.71	74.44	4.99	1.03	1399.94	50.58	9.76	281.34	152.56	13.05	94.72	1.07	0.58	9.92
06		6	545.37	6.29	160.26	6.42	0.06	1553.61	62.63	7.78	308.25	487.83	16.94	53.49	1.08	0.56	12.08
12		6	785.66	9.30	156.85	9.62	1.07	2531.94	121.19	11.67	485.54	430.56	31.24	115.24	1.78	0.90	19.04
17		3	620.17	10.87	74.31	10.22	2.31	2213.14	84.75	15.95	432.57	352.63	25.54	169.23	1.86	1.15	0.00
19		9	420.85	5.88	102.86	6.82	0.11	1360.26	54.72	5.57	250.89	282.82	13.07	166.57	0.84	0.39	4.65
38		4	784.71	11.02	150.14	9.11	0.55	2472.46	127.14	9.97	488.07	264.07	34.12	202.63	1.65	0.91	12.44
50		8	605.94	10.01	208.51	7.42	2.60	1650.47	63.46	19.54	305.84	282.30	28.22	3074.19	1.16	0.70	38.72
59		7	787.31	12.71	377.56	9.88	2.54	1646.62	72.34	12.49	312.29	995.31	45.54	4593.66	1.25	1.03	72.10
73		4	1033.32	14.48	248.54	12.55	2.70	3175.32	192.25	19.06	559.11	512.15	52.39	2591.12	2.18	1.26	23.70
95		6	812.71	8.92	208.70	9.60	1.85	2400.89	189.58	14.24	391.20	330.08	55.11	4586.55	1.41	0.66	25.92
Avrg		660.90	8.80	177.37	8.27	1.48	1952.01	92.52	11.89	369.79	430.68	33.15	1501.67	1.36	0.80	28.34	
4		02	4	707.64	7.92	187.28	9.44	0.98	2222.61	75.26	11.08	423.91	417.61	38.78	5969.43	1.40	0.82
	03	4	712.10	8.20	178.54	8.73	1.24	2132.84	82.46	7.59	433.51	575.72	23.44	104.98	1.61	0.87	1.38
	04	6	685.36	7.98	145.62	8.89	1.53	2211.57	66.62	7.98	451.78	315.04	18.59	231.20	1.67	0.71	13.17
	08	5	934.33	9.98	145.10	11.11	1.27	3147.86	205.91	7.32	564.28	411.24	55.01	126.35	2.01	1.02	0.00
	09	7	729.75	9.10	177.51	8.58	1.16	2239.01	127.01	13.65	402.58	275.48	37.57	672.69	1.44	0.77	16.85
	12	3	486.19	8.21	105.07	5.96	0.05	1614.17	65.43	22.39	287.73	211.47	16.57	250.18	1.02	0.57	14.99
	13	6	713.76	7.82	141.82	7.89	0.00	2315.97	105.15	11.70	447.45	363.53	29.39	51.87	1.56	0.73	7.98
	14	6	568.57	6.27	105.57	7.53	2.58	1839.03	99.91	5.23	347.98	357.17	34.66	2295.96	1.30	0.70	15.14
	22	5	565.00	7.39	159.47	6.38	0.00	1997.87	64.71	5.94	428.48	210.67	15.82	47.88	1.43	0.63	12.12
	22	2	890.00	14.19	212.33	17.14	0.78	2820.87	153.88	15.94	490.23	899.02	42.25	2859.50	1.78	1.06	13.96
	23	5	854.60	10.02	252.74	10.62	0.15	2746.58	76.78	14.38	500.21	250.12	20.13	61.87	1.57	0.67	12.76
	32	5	944.30	9.71	260.98	8.83	1.60	2744.31	92.83	9.39	571.89	249.70	29.31	6931.53	2.05	1.01	28.49
	52	5	690.00	7.18	319.65	9.15	1.41	2149.78	135.35	5.71	374.80	486.71	52.70	5398.16	1.34	0.86	27.93
	55	3	1142.28	12.52	321.47	15.02	0.50	3382.70	249.68	13.79	534.18	745.25	70.40	51.29	1.78	0.92	21.88
	63	12	760.70	8.35	193.22	7.79	0.97	2274.08	132.91	7.77	418.85	212.55	38.50	110.61	1.40	0.67	10.12
	73	7	972.17	10.02	145.44	11.60	0.20	3330.69	255.96	13.23	547.05	290.69	69.90	63.76	1.90	0.84	3.64
	105	6	581.88	6.85	76.20	7.10	0.56	2032.94	103.32	7.86	387.12	179.96	29.35	210.72	1.33	0.65	2.90
	120	6	720.31	8.88	194.84	7.82	0.16	2165.65	96.98	13.74	406.12	310.63	26.92	38.72	1.23	0.53	15.25
	131	3	1097.25	13.23	349.91	13.92	3.19	3009.56	119.21	20.24	589.34	1236.23	79.47	13405.40	2.12	1.40	89.77
	Avrg		762.53	8.71	183.96	9.04	0.93	2391.58	123.09	10.38	443.74	350.84	37.49	1517.23	1.54	0.77	14.89



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Monu river project 11th phase  
Food intake per day by weight in grams,  
price in taka and food value in grams

Cl a ss	H. ld	Me- mb- er	Avg. Weight	Avg. Price	Water content	Mine- rals	Fibre	Calory	Pro- tein	Fat	CHO	Cal cium (mg)	Caro tin (mcg)	Iron (mg)	-----Vitamin-----		
															B1 (mg)	B2 (mg)	C (mg)
1	40	6	1366.83	22.41	279.53	19.46	20.67	4901.11	210.38	142.07	703.43	496.56	135.19	743.49	2.88	1.50	71.00
	41	11	776.90	8.82	243.28	9.24	1.96	2223.34	85.91	6.53	430.21	400.61	32.50	2907.42	1.26	0.71	70.13
	43	8	1315.04	12.97	514.81	14.85	4.09	3492.92	99.66	9.89	672.03	432.34	24.08	208.02	2.27	1.00	195.76
	85	15	794.32	13.92	298.29	9.71	6.96	2136.18	128.09	26.28	330.70	498.54	31.85	224.87	1.24	0.63	256.63
	Avrg		970.60	13.32	318.62	11.95	6.80	2824.36	121.10	33.71	481.78	454.06	45.69	1165.50	1.68	0.85	157.67
2	04	9	1074.17	14.75	609.34	12.16	4.88	2697.37	97.84	31.11	507.89	798.55	38.44	5186.05	1.93	1.12	197.73
	20	7	1051.99	11.90	255.81	13.06	6.17	3297.81	154.53	20.81	602.10	536.07	71.21	1537.51	2.33	1.27	170.66
	41	9	849.77	11.50	318.67	10.43	1.80	2269.06	74.13	15.61	433.32	675.91	64.47	3405.19	1.35	0.95	53.44
	43	13	1248.30	26.22	507.61	12.63	11.76	3325.24	111.59	91.13	514.49	316.32	45.84	5052.89	1.84	0.90	150.13
	44	10	725.41	8.33	261.49	8.80	3.98	1849.62	67.70	9.26	374.10	663.79	40.96	3562.20	1.38	0.93	153.70
	69	11	784.32	8.61	244.64	11.07	3.95	2221.56	128.99	8.29	387.81	784.95	81.60	2620.12	1.43	1.20	133.68
Avrg		933.47	13.13	358.09	11.17	5.15	2534.86	102.77	27.54	457.94	646.75	57.53	3568.31	1.65	1.05	138.37	
3	03	7	938.68	11.48	381.53	9.87	6.51	2368.94	73.08	39.03	430.70	431.19	30.03	2272.50	1.68	0.96	45.80
	05	8	503.14	6.06	147.32	5.67	0.74	1525.25	57.09	12.24	281.04	139.35	15.82	4350.30	0.98	0.44	7.89
	06	11	748.49	10.06	326.51	7.26	2.22	1753.64	57.74	17.46	339.26	411.98	16.45	3755.83	1.39	0.77	76.15
	12	6	607.32	8.92	208.01	5.93	0.71	1677.51	56.86	12.83	322.99	226.63	14.17	45.42	1.15	0.54	3.62
	17	3	530.62	7.90	86.29	7.69	3.99	1832.82	106.56	19.72	307.01	239.04	29.75	229.70	1.40	0.63	3.94
	19	12	735.94	12.56	186.35	7.46	0.72	2206.77	83.82	11.08	443.64	191.81	19.82	87.42	1.40	0.77	14.06
	38	5	655.97	11.91	175.26	7.12	0.37	2078.53	63.48	28.27	379.18	352.45	19.23	76.17	1.09	0.54	22.43
	50	8	1107.23	13.20	266.22	10.34	1.20	3431.64	138.49	21.71	670.34	203.33	39.68	234.21	2.62	1.29	4.88
	59	7	1017.63	16.53	584.95	10.80	10.44	1786.81	114.92	21.47	275.84	750.03	27.46	352.58	1.63	1.01	365.42
	73	4	922.20	14.17	272.62	10.25	1.28	2668.54	124.47	36.67	461.47	285.90	33.92	130.35	1.61	0.84	64.47
	95	7	757.67	10.41	263.39	8.42	3.17	2088.95	86.19	11.58	385.15	328.95	21.14	95.28	1.23	0.53	146.79
	Avrg		752.95	10.76	267.08	7.92	2.68	2030.74	78.52	19.59	376.68	321.84	21.90	1450.28	1.38	0.71	68.92
4	02	6	599.69	7.05	189.35	7.05	1.54	1694.59	49.45	9.65	339.85	381.77	29.96	366.50	1.22	0.78	39.18
	03	4	665.00	7.17	175.93	7.91	0.50	2096.93	62.88	6.13	411.67	302.40	17.29	125.35	1.46	0.74	0.00
	04	6	631.62	6.29	88.20	5.95	0.46	2175.36	55.94	5.98	474.40	90.26	17.81	1630.83	1.69	0.79	0.13
	08	3	1022.41	23.48	308.14	12.74	0.00	3018.37	135.49	42.65	522.88	1898.27	25.02	54.40	1.62	0.72	50.78
	09	7	680.75	8.29	108.55	8.66	0.55	2320.79	169.04	13.10	381.51	267.71	45.65	112.08	1.35	0.63	2.79
	12	4	697.90	7.93	203.82	6.88	1.67	2004.73	77.38	12.15	401.65	158.65	53.03	4575.01	1.39	0.62	12.36
	13	6	722.20	7.95	117.74	7.35	0.73	2456.31	98.44	14.67	482.58	202.13	28.62	70.04	1.70	0.76	33.78
	14	8	635.74	7.98	165.40	7.80	0.82	1996.79	76.11	9.38	376.55	291.72	30.24	3295.10	1.31	0.75	25.80
	18	4	1008.43	11.36	407.27	9.88	3.84	2420.48	73.65	13.03	504.20	498.93	21.36	4206.01	2.25	0.82	28.44
	22	6	548.64	5.99	111.39	5.37	0.86	1748.46	65.77	8.34	356.97	132.37	18.06	57.77	1.26	0.56	40.39
	23	3	899.97	10.23	104.87	12.36	1.16	3169.75	258.25	7.60	516.78	349.51	69.35	89.54	1.85	0.84	1.66
	32	5	966.11	12.91	303.90	10.10	1.94	2720.91	77.29	24.04	548.91	357.50	25.16	1922.91	1.95	0.96	14.09
	52	5	704.89	7.93	139.76	9.72	0.79	2273.94	198.09	10.27	347.08	554.87	69.99	5359.90	1.22	0.77	27.93
	55	4	2443.87	26.76	513.79	31.83	3.21	7813.52	225.29	18.11	1651.74	1553.10	126.38	9074.97	5.76	3.32	104.73
	63	13	692.19	9.24	237.49	8.65	0.81	1938.78	65.01	18.06	362.74	445.40	30.01	984.99	1.27	0.91	33.94
	73	9	931.56	8.51	235.41	10.53	7.20	2775.53	220.00	11.53	447.78	271.96	61.36	235.63	1.81	0.80	332.25
	105	7	655.04	8.08	89.45	7.71	3.50	2281.75	81.51	12.70	460.44	179.48	23.95	270.61	1.88	1.15	2.54
120	8	587.65	7.02	137.33	5.80	0.23	1827.22	54.73	5.50	384.05	237.66	15.33	57.93	1.21	0.57	4.72	
131	4	867.54	9.52	247.34	11.52	1.76	2599.67	143.15	9.40	454.91	759.14	75.80	1942.74	1.42	1.06	59.85	
Avrg		797.01	9.32	196.75	9.33	1.65	2457.02	109.66	12.34	467.65	403.90	39.79	1705.25	1.66	0.89	52.12	



Monu river project 12th phase  
Food intake per day by weight in grams,  
price in taka and food value in grams

Cl ss	H. ld	Me- er	Avg. Weight	Avg. Price	Water content	Mine- rals	Fibre	Calory	Pro- tein	Fat	Cal		Caro		-----Vitamin-----		
											CHO	cium (mg)	Iron (mg)	tin (mcg)	B1 (mg)	B2 (mg)	C (mg)
1	40	6	2153.15	30.15	513.41	22.67	1.78	6717.57	224.07	30.32	1362.15	1243.91	63.70	272.27	4.59	2.12	51.99
	41	11	724.29	9.21	256.06	8.40	0.67	1930.20	93.36	9.26	357.20	347.11	23.47	370.95	1.31	0.55	50.06
	43	8	1603.40	25.11	823.94	21.14	2.35	2768.76	180.39	21.61	525.87	1953.96	62.14	3365.14	1.73	1.47	212.41
	85	14	593.14	9.47	187.25	8.00	1.80	1690.69	93.52	21.13	274.07	276.58	26.41	210.64	1.04	0.56	73.31
	Avrg		1027.98	15.20	370.53	12.59	1.63	2626.19	127.67	19.57	487.70	747.02	37.58	868.13	1.71	0.94	91.77
2	04	9	941.20	12.56	252.08	11.27	1.40	2780.78	160.50	24.38	480.19	441.79	56.08	3422.60	1.77	0.95	51.45
	20	8	955.41	15.08	419.88	11.05	3.99	2131.75	80.70	13.42	421.05	776.95	38.28	1290.77	1.42	0.91	222.25
	41	12	2815.72	52.99	832.71	31.81	5.20	4410.12	266.37	128.88	1526.94	681.82	51.97	557.98	4.56	2.94	11.84
	43	11	881.90	10.26	229.33	11.03	1.82	2793.95	137.65	16.23	486.38	547.78	64.79	3839.04	1.57	0.94	58.75
	44	10	819.58	14.26	338.30	8.82	2.34	1955.43	77.36	11.95	382.24	604.91	16.59	134.48	1.51	0.63	88.81
	69	11	1047.74	13.24	336.27	9.60	7.16	2940.51	116.93	43.03	519.73	757.26	55.90	1458.87	1.75	0.84	84.55
	Avrg		1236.89	19.48	399.00	13.69	3.90	2844.81	138.32	40.31	632.49	643.53	47.38	1715.68	2.09	1.18	84.14
3	03	7	598.56	8.07	153.02	7.47	0.28	1841.49	59.47	12.46	365.94	340.32	16.28	5081.95	1.34	0.67	11.61
	05	8	508.99	6.96	116.50	5.69	0.04	1687.57	47.37	13.53	325.88	156.19	12.37	40.18	1.09	0.48	13.54
	06	7	2283.82	37.93	654.80	29.96	9.54	2683.44	334.88	82.88	1173.27	2006.74	83.57	3949.28	4.83	3.11	78.64
	12	6	618.97	7.11	127.96	8.09	1.59	1975.31	86.50	9.91	385.08	498.07	54.58	1630.16	1.41	0.99	49.77
	17	3	606.72	12.83	251.33	8.17	0.00	1768.02	262.59	45.26	232.49	879.27	9.95	21.33	0.68	0.28	43.84
	19	9	512.93	7.00	118.92	5.75	0.24	1605.75	89.78	11.46	286.56	182.46	23.90	38.90	0.94	0.44	13.68
	38	5	1827.06	33.41	945.83	22.92	0.31	3751.67	174.27	38.41	645.80	1406.97	22.49	81.50	1.25	0.52	143.49
	50	9	653.89	8.42	160.73	6.72	0.71	2017.28	59.26	9.89	413.78	149.42	15.97	120.57	1.49	0.75	13.11
	59	7	587.70	9.54	288.98	6.12	1.65	1311.08	42.88	19.42	235.64	416.76	46.09	164.62	0.97	0.50	11.13
	73	4	563.87	9.25	153.25	6.20	0.39	1803.12	51.34	25.38	327.57	168.27	13.14	130.24	1.10	0.60	17.15
	95	7	866.17	10.67	284.37	11.46	2.22	2352.59	103.41	13.31	451.57	873.85	70.29	2390.03	1.58	1.27	80.55
	Avrg		926.21	14.15	291.67	11.39	2.08	2062.73	117.56	25.93	483.20	659.17	38.05	1405.02	1.75	1.03	41.06
4	02	5	1138.63	29.09	402.85	18.11	0.19	3504.61	170.49	114.04	432.98	1095.35	26.92	67.54	1.44	0.65	136.01
	03	4	476.58	6.22	52.30	6.79	1.87	1762.63	154.67	19.32	242.30	200.33	41.71	72.99	0.91	0.45	1.55
	04	6	709.34	8.48	136.02	7.87	2.51	2313.35	70.20	11.62	481.82	276.19	23.83	142.56	2.00	0.78	6.68
	08	4	1245.03	15.19	242.94	12.62	0.89	4059.30	130.57	20.94	837.03	552.26	35.70	137.44	2.97	1.43	9.08
	09	7	789.25	9.30	265.88	10.16	2.13	2126.80	174.17	16.08	321.66	633.30	71.84	1643.66	1.25	1.03	155.79
	12	3	1777.76	30.82	604.23	20.72	3.53	4974.12	174.36	86.22	877.42	867.82	41.57	1293.94	3.19	1.41	149.10
	13	7	667.95	9.47	166.54	7.53	0.00	2089.57	65.90	13.26	414.84	359.10	16.69	46.55	1.41	0.62	19.95
	14	7	539.75	7.88	118.28	6.33	0.10	1704.94	54.98	9.45	350.40	398.82	14.01	39.90	1.25	0.56	9.79
	18	4	927.20	15.47	302.48	9.80	0.52	2577.25	84.16	24.68	506.01	1035.97	22.39	51.29	1.66	0.76	20.99
	22	5	922.69	10.15	240.06	13.30	0.00	3022.84	267.45	13.96	389.35	463.42	70.19	37.40	1.20	0.54	0.00
	23	3	706.38	7.92	128.92	8.36	0.45	2304.90	174.55	5.81	389.36	210.14	47.87	61.44	1.34	0.63	7.38
	32	5	848.01	12.16	183.84	9.20	1.71	2513.55	120.28	17.10	516.37	244.61	33.51	93.52	1.68	0.84	18.35
	52	5	981.98	11.62	234.31	13.67	2.18	3028.29	220.56	19.47	492.59	938.25	101.88	2513.58	1.77	1.36	74.09
	55	3	1788.11	35.50	922.32	23.57	0.11	2912.72	294.63	32.83	515.13	1842.86	47.88	49.21	1.57	0.74	131.52
	63	12	1103.05	15.12	283.17	13.80	3.05	3697.42	127.98	41.28	634.36	652.71	36.31	361.24	1.99	1.09	10.90
	73	10	904.70	10.72	299.36	12.06	3.80	2632.05	97.99	23.90	467.97	889.35	73.34	2516.36	1.77	1.27	84.41
	105	6	714.30	8.89	154.62	9.14	3.24	2244.64	63.52	11.09	472.67	568.75	53.57	2050.86	1.74	1.14	58.96
	120	5	905.73	12.38	258.93	9.51	0.29	2676.51	87.10	8.50	541.44	452.73	20.56	92.64	1.87	0.85	16.29
	131	2	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
	Avrg		967.97	13.98	274.25	12.02	1.83	2900.13	136.44	27.53	515.95	644.61	45.44	738.36	1.81	0.96	51.56



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Monu river project 13th phase  
Food intake per day by weight in grams,  
price in taka and food value in grams

Cl ss	H. ld	Me- mb- er	Avg. Weight	Avg. Price	Water content	Mine- rals	Fibre	Calory	Pro- tein	Fat	Cal		Caro		-----Vitamin-----			
											CHO	cium (mg)	Iron (mg)	tin (mcg)	B1 (mg)	B2 (mg)	C (mg)	
1	40	6	2196.51	25.56	1210.41	21.05	5.75	3950.65	137.31	26.53	765.40	2522.14	40.22	1066.38	3.13	1.66	648.37	
	41	10	931.72	11.02	278.73	14.12	0.73	2763.03	260.18	12.02	367.37	1148.93	66.44	75.76	1.15	0.52	6.53	
	43	8	1026.30	13.38	402.33	13.06	2.48	2435.31	99.93	17.35	463.13	1146.43	46.29	2264.57	1.54	0.98	62.85	
	85	13	1047.97	15.06	522.04	9.70	0.70	2164.77	83.94	12.02	419.12	1562.81	19.95	430.96	1.44	0.79	330.22	
	Avrg		1136.66	15.00	518.55	12.44	1.72	2505.74	119.62	15.00	458.21	1473.96	36.44	977.64	1.59	0.89	235.64	
2	04	11	1139.00	15.45	668.16	14.87	1.00	2772.70	111.80	35.32	502.36	2206.22	35.40	3463.38	1.77	0.93	43.17	
	20	10	1085.51	14.48	380.02	11.24	2.07	2945.60	91.36	10.74	589.91	1123.25	23.81	285.68	2.07	0.93	144.28	
	41	11	1039.27	16.48	333.87	10.91	0.77	2968.47	94.63	23.83	575.91	710.39	23.61	491.56	1.71	0.98	17.59	
	43	10	1236.21	12.74	493.68	16.03	0.87	4092.65	297.06	17.87	633.32	459.24	80.87	132.22	2.01	0.82	33.86	
	44	9	764.44	9.32	599.45	9.28	0.51	2043.78	79.81	11.76	399.01	396.79	16.97	87.79	1.33	0.63	20.78	
	69	11	1189.05	14.78	422.18	14.79	1.09	3074.88	145.57	22.04	583.56	1538.94	53.59	1177.26	1.79	1.05	66.04	
	Avrg		1063.31	13.86	479.82	12.60	1.06	2932.97	129.33	19.98	543.46	1060.83	36.70	910.22	1.77	0.89	55.07	
	3	03	6	706.15	9.27	239.31	8.42	0.12	2019.19	64.92	17.04	374.33	460.74	14.85	5069.70	1.26	0.55	23.22
		05	7	547.36	5.99	150.57	7.18	1.08	1597.80	83.70	8.56	296.41	568.65	22.68	291.89	1.07	0.54	17.59
06		7	672.40	8.45	161.59	6.75	0.00	2127.75	60.97	7.66	435.47	371.15	16.42	48.24	1.47	0.66	3.10	
12		6	857.15	9.38	252.92	10.26	0.89	2559.56	112.95	17.28	462.77	723.87	30.85	391.28	1.55	0.74	7.40	
17		2	829.50	12.27	212.27	9.68	0.00	2736.00	78.13	35.66	493.82	315.56	18.48	53.32	1.62	0.71	22.51	
19		9	512.27	8.38	148.79	6.36	1.11	1544.80	59.63	25.47	269.13	326.59	24.00	4852.20	0.98	0.57	46.09	
38		5	910.47	16.95	262.26	10.22	1.80	2562.87	96.20	23.09	510.19	336.31	23.54	435.44	1.71	0.87	44.93	
50		8	528.57	6.74	137.91	5.61	1.77	1594.87	69.19	15.77	295.20	159.74	20.19	634.66	1.17	0.47	12.11	
59		7	615.77	9.07	287.24	6.14	1.48	1336.23	49.35	10.37	255.76	436.98	11.42	297.18	1.12	0.49	22.51	
73		5	476.09	7.90	76.24	5.27	0.47	1685.10	120.44	21.78	251.67	178.52	32.38	356.94	1.00	0.68	2.64	
95		10	988.83	11.41	226.40	12.07	1.64	3248.95	160.08	23.40	561.12	327.38	45.27	118.50	1.93	0.74	24.03	
Avrg			671.34	8.99	188.03	7.84	0.99	2020.62	86.36	17.12	369.05	388.31	24.28	1342.10	1.31	0.62	20.34	
4		02	3	834.37	9.56	335.22	9.95	3.04	2069.94	73.97	31.44	372.99	1117.02	22.62	424.01	1.37	0.73	34.95
	03	4	726.40	10.82	159.23	10.44	2.89	2261.38	88.73	8.86	456.54	459.69	23.84	716.81	1.86	1.22	10.52	
	04	6	611.80	6.17	124.64	7.72	1.54	1963.50	132.86	9.86	335.71	290.57	41.28	7995.96	1.28	0.66	6.38	
	08	4	733.16	8.10	166.67	7.58	0.56	2225.83	131.42	13.84	393.78	337.76	35.12	433.80	1.40	0.73	58.39	
	09	7	915.18	14.81	381.19	9.03	1.27	2105.95	100.20	15.39	408.48	505.43	29.62	4418.46	1.51	0.88	72.79	
	12	3	720.42	11.15	251.82	7.92	0.57	2047.27	59.51	33.03	365.26	247.63	15.12	33.25	1.14	0.52	39.60	
	13	6	748.12	11.09	223.02	8.34	0.91	2214.61	72.45	29.57	414.42	510.79	18.53	5526.26	1.46	0.67	42.18	
	14	9	602.93	7.04	113.62	5.56	0.53	1784.02	50.01	4.73	391.86	108.41	15.60	2395.57	1.41	0.67	8.37	
	18	4	1115.72	13.01	364.27	11.93	1.58	3025.75	197.72	16.18	526.42	478.80	53.75	149.62	1.75	0.94	33.25	
	22	6	1422.66	16.02	281.87	14.24	0.00	4592.79	198.64	18.49	907.91	469.36	56.37	172.47	3.01	1.51	15.44	
	23	3	715.24	7.49	82.11	9.25	0.21	2536.28	210.21	7.40	406.87	245.08	56.90	70.84	1.43	0.66	0.00	
	32	5	782.48	8.95	157.09	7.68	0.50	2603.80	75.42	23.43	508.39	317.75	20.95	82.46	1.78	0.84	0.00	
	52	5	748.35	8.96	160.75	10.42	0.14	2498.47	186.83	14.31	376.68	499.83	48.35	103.78	1.28	0.56	2.71	
	55	4	1092.46	10.77	355.04	12.33	0.10	3135.88	98.05	14.39	612.69	644.12	28.83	57.24	1.97	0.94	8.67	
	63	12	1153.26	14.33	314.07	14.80	1.54	3682.10	165.97	25.28	631.75	545.68	44.93	185.17	2.22	0.98	18.41	
	73	8	954.18	10.04	129.10	12.79	0.00	3313.53	311.82	11.43	490.45	442.06	83.82	56.99	1.71	0.79	0.00	
	105	8	737.20	7.19	151.42	9.84	2.89	2350.96	165.81	11.15	396.78	409.44	56.34	298.29	1.33	0.75	11.39	
120	6	1066.00	11.46	133.70	15.02	0.24	3722.17	377.78	9.03	531.99	436.20	101.48	81.71	1.86	0.86	1.19		
131	3	1558.77	20.24	428.54	19.37	2.55	4788.51	288.43	47.32	773.49	892.07	73.55	1093.96	2.32	1.07	38.12		
Avrg		878.29	10.66	220.95	10.38	1.05	2694.15	148.96	17.07	476.32	444.31	41.42	1505.33	1.66	0.82	20.98		



Monu river project 14th phase  
Food intake per day by weight in grams,  
price in taka and food value in grams

Cl a ss	H. ld	Me- nb- er	Avg. Weight	Avg. Price	Water content	Mine- rals	Fibre	Calory	Pro- tein	Fat	CHO	Cal	Caro	-----Vitamin-----			
												cium (mg)	Iron (mg)	tin (mcg)	B1 (mg)	B2 (mg)	C (mg)
1	40	6	1296.75	18.67	407.48	15.07	4.66	3549.44	159.85	33.04	677.75	757.62	41.93	2157.54	2.35	0.97	33.22
	41	10	951.60	16.92	226.36	11.56	1.04	3003.94	156.34	6.71	550.42	318.65	42.05	160.95	1.62	0.93	1.19
	43	8	1111.10	14.48	299.25	14.53	0.29	3400.95	203.48	13.06	581.08	995.75	54.95	101.71	1.95	0.97	0.00
	85	13	1339.94	28.20	607.79	14.95	3.63	2968.49	165.63	23.08	526.12	1298.41	44.30	202.72	1.90	0.96	57.60
	Avrg		1171.04	20.02	393.51	13.99	2.22	3189.71	172.74	17.75	571.76	878.53	46.28	477.95	1.91	0.96	23.46
2	04	11	874.16	10.20	293.02	10.21	1.34	2317.44	73.30	14.53	481.75	536.21	38.03	1148.90	1.55	0.93	100.65
	20	10	1710.16	24.93	594.64	19.44	5.07	4576.99	172.72	14.20	904.65	1265.41	49.08	1431.01	3.27	1.79	121.07
	41	9	1042.31	16.42	342.47	11.77	0.49	2969.19	92.50	23.40	570.67	804.95	22.72	2211.63	1.74	0.87	24.65
	43	10	894.30	11.79	230.63	10.26	1.92	2812.73	85.87	12.03	553.95	296.06	34.27	2259.74	1.74	0.95	10.93
	44	10	869.56	12.92	228.10	12.13	0.55	2654.24	197.65	14.60	417.18	945.49	52.29	82.27	1.45	0.71	4.63
	69	11	734.91	10.35	193.62	9.27	1.77	2203.20	101.63	14.46	414.36	493.81	41.88	1160.68	1.35	0.84	40.11
	Avrg		969.82	13.65	292.50	11.69	1.70	2796.64	118.93	15.45	529.69	691.18	39.88	1324.49	1.75	0.96	46.55
3	03	6	775.72	7.84	276.68	7.99	1.52	1991.97	103.75	5.24	381.79	266.81	29.17	1526.49	1.34	0.71	6.87
	05	7	435.90	5.05	102.99	5.48	1.69	1330.40	35.81	6.33	282.32	177.43	16.19	155.46	1.16	0.51	0.00
	12	7	575.91	6.75	110.34	6.98	0.02	1951.10	99.43	6.07	352.69	197.94	29.20	112.13	1.12	0.56	0.94
	13	6	532.46	6.31	68.22	5.81	0.15	1863.80	85.34	5.81	367.47	119.05	24.60	97.64	1.28	0.57	1.31
	17	2	938.13	14.55	256.86	11.37	0.80	2748.88	82.93	14.47	571.84	744.06	20.85	306.99	1.82	0.78	12.93
	19	9	652.25	8.87	175.09	7.08	1.10	1900.72	55.67	5.50	407.32	404.92	16.74	2656.83	1.47	0.72	45.45
	38	5	1448.67	23.41	470.33	16.94	1.74	4300.95	124.29	39.14	790.78	1030.50	48.45	480.22	2.02	0.98	20.81
	50	8	656.73	9.30	229.91	8.05	1.76	1639.92	99.26	16.26	297.34	342.33	27.78	821.57	1.32	0.46	33.67
	59	8	649.12	9.48	235.93	6.69	1.62	1658.33	51.37	7.17	340.96	304.66	14.89	921.56	1.19	0.56	25.63
	73	4	648.80	7.71	182.45	9.17	0.98	1998.08	113.11	8.67	334.55	418.05	29.84	389.32	1.10	0.61	0.83
	95	10	735.18	8.81	159.85	7.50	0.38	2288.38	91.98	5.64	470.30	183.52	25.86	56.28	1.52	0.65	16.31
	Avrg		673.50	8.66	184.12	7.63	1.04	1988.86	81.29	8.79	389.41	305.11	24.32	748.90	1.35	0.62	16.63
4	02	5	761.04	10.28	237.41	9.37	1.57	2103.15	71.73	10.42	430.71	902.50	44.77	7963.63	1.66	0.89	58.59
	03	4	889.77	11.44	181.70	10.01	1.65	2865.92	155.23	15.41	526.36	422.07	47.74	6591.13	1.97	0.95	98.42
	04	7	390.14	3.99	89.77	3.93	0.00	1209.74	72.81	4.65	219.17	101.96	20.39	91.43	0.78	0.35	58.18
	06	8	607.22	6.98	133.85	8.40	4.32	1882.82	117.14	7.67	336.23	355.13	39.77	474.97	1.38	0.77	12.20
	08	3	913.26	14.95	207.47	22.43	3.01	2761.94	120.52	8.84	549.72	1004.31	29.93	321.35	2.34	1.07	0.00
	09	7	770.00	9.75	213.96	9.17	0.61	2456.34	87.84	19.17	439.72	226.22	24.19	1052.06	1.51	0.54	12.59
	12	3	812.64	11.54	247.19	10.18	0.65	2322.44	127.02	20.11	407.68	804.28	34.17	20478.27	1.52	0.96	83.79
	14	7	575.69	7.32	185.09	7.50	1.30	1497.56	56.89	7.37	317.37	450.48	15.13	388.63	1.06	0.62	15.99
	18	3	788.69	15.60	178.31	10.97	5.26	2434.57	97.10	11.31	485.92	1090.00	22.94	325.02	1.81	0.95	21.81
	22	5	712.29	11.42	193.18	9.84	0.00	2196.21	113.37	25.00	371.18	375.29	25.65	39.90	1.22	0.53	26.60
	23	3	608.41	8.33	142.64	9.84	4.32	1838.73	67.82	6.54	377.42	430.53	20.84	478.90	1.69	0.71	13.46
	32	5	821.28	11.10	167.67	9.23	1.64	2653.06	136.29	15.97	490.87	306.44	41.71	93.00	1.55	0.82	4.65
	52	5	1143.80	27.50	336.91	16.81	7.82	3287.60	106.87	27.95	652.64	856.79	41.16	14642.62	2.52	1.50	54.45
	55	3	1035.92	12.13	222.86	12.40	3.31	3317.38	195.20	13.23	580.51	302.98	60.19	3733.23	2.03	0.91	74.23
	63	13	692.28	11.12	219.96	8.83	1.37	1946.71	90.17	11.12	361.35	450.59	34.58	971.71	1.07	0.69	37.85
	73	8	914.85	10.92	327.31	11.64	2.81	2413.26	79.68	14.54	478.93	1008.58	69.09	94.00	1.69	1.36	89.64
	105	8	836.67	12.54	178.10	16.97	0.14	2791.05	139.74	7.81	494.37	631.96	33.65	42.74	1.44	0.62	0.00
	120	6	810.60	9.38	114.67	9.58	0.25	2823.84	166.25	6.23	514.23	206.98	47.12	79.71	1.79	0.81	0.00
	131	3	964.70	15.63	263.26	9.58	0.21	2800.40	96.94	16.27	578.39	386.58	22.15	115.71	1.82	0.87	22.61
	Avrg		755.55	10.63	202.81	10.13	1.81	2262.38	103.36	12.20	425.26	499.82	35.94	1753.77	1.47	0.80	35.37



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Monu river project 15th phase  
Food intake per day by weight in grams,  
price in taka and food value in grams

Cl a ss	H. ho ld	Me- mb- er	Avg. Weight	Avg. Price	Water content	Mine- rals	Fibre	Calory	Pro- tein	Fat	CHO	Cal cium (mg)	Iron (mg)	Caro tin (mcg)	-----Vitamin-----		
															B1 (mg)	B2 (mg)	C (mg)
1	40	11	1669.44	21.64	615.49	15.83	6.86	4288.04	143.10	35.96	848.15	777.38	49.50	446.40	3.09	1.35	162.26
	41	10	1027.21	13.50	496.01	11.10	3.15	2148.05	98.26	24.06	396.70	968.98	40.37	795.28	1.46	1.11	182.72
	43	8	1238.22	19.19	392.29	15.28	1.16	3566.11	192.18	14.49	623.16	1353.75	50.48	322.53	2.15	1.18	25.19
	85	12	811.98	22.68	434.24	7.61	3.53	1546.86	60.92	15.01	292.12	326.80	16.77	579.98	1.35	0.78	67.88
	Avrg		1155.50	19.97	482.40	11.92	3.80	2765.56	115.81	21.83	519.70	773.80	36.40	533.32	1.97	1.07	104.12
2	04	10	933.97	12.35	382.76	9.46	2.44	2250.44	87.95	17.79	434.67	436.27	25.22	431.66	1.54	0.84	103.52
	20	11	698.41	9.73	539.79	8.00	2.50	1762.07	76.00	7.01	348.69	590.94	21.23	411.06	1.33	0.65	37.96
	41	8	1160.94	17.97	354.41	12.25	1.74	3226.41	154.80	17.59	621.09	391.66	39.23	238.06	1.95	1.11	44.26
	43	10	930.28	13.14	311.51	11.35	1.26	2567.64	77.55	9.82	506.84	782.07	21.53	111.78	1.82	0.85	41.79
	44	10	994.59	12.87	283.31	11.66	1.66	2832.23	177.93	11.68	503.47	615.70	49.61	106.27	1.60	0.80	42.20
	69	11	838.38	10.74	372.03	8.55	3.59	1869.96	70.99	10.80	375.05	417.50	22.26	148.42	1.54	0.87	138.50
	Avrg		903.13	12.37	385.19	9.90	2.35	2325.40	104.10	12.07	447.73	527.91	29.15	250.61	1.59	0.84	72.43
3	03	6	599.85	5.96	265.44	8.88	7.19	1295.75	43.08	8.32	262.24	747.79	39.86	918.45	1.18	0.97	28.62
	05	7	474.57	5.98	131.43	4.97	0.51	1372.13	42.00	4.05	291.87	337.80	12.06	47.02	1.24	0.47	20.60
	06	12	832.46	8.60	268.71	9.56	2.93	2250.66	74.41	9.05	467.85	630.76	37.53	4164.87	1.83	1.00	28.66
	12	7	479.24	5.91	92.76	5.37	1.46	1615.03	46.52	10.23	322.89	133.66	14.01	372.26	1.18	0.61	1.82
	17	2	1202.78	19.74	421.15	12.06	2.83	3195.92	91.65	32.86	633.71	573.69	26.99	1419.44	2.36	1.16	77.00
	19	11	585.66	10.00	152.05	8.05	0.58	1759.15	78.22	11.37	335.96	475.99	20.03	3058.66	1.22	0.58	9.91
	38	7	1092.83	18.88	306.15	12.19	2.23	3218.82	155.42	22.46	594.75	782.39	38.58	709.09	2.00	0.87	25.04
	50	8	580.02	9.00	214.06	5.86	1.25	1472.86	54.35	19.66	277.96	359.39	12.50	4757.83	1.01	0.61	22.95
	59	8	671.50	9.63	314.96	8.06	1.65	1445.85	60.61	9.32	277.64	479.29	18.56	2014.73	1.07	0.75	21.36
	73	4	673.88	9.03	243.03	7.90	1.38	1711.73	71.33	18.52	331.86	394.25	17.35	610.57	1.13	0.63	23.08
	95	7	996.91	12.74	393.86	9.96	4.70	2375.41	105.94	13.67	472.04	642.72	35.63	977.26	1.42	0.68	27.06
	Avrg		683.98	9.30	229.38	7.89	2.16	1828.81	69.92	12.22	361.70	480.50	23.62	2197.40	1.33	0.71	21.11
4	02	5	512.18	6.68	352.47	5.46	0.70	1572.63	50.20	6.84	327.46	331.66	14.22	1806.76	1.16	0.59	0.98
	03	4	770.30	11.46	234.04	10.12	1.81	2175.65	199.50	15.18	400.44	791.01	25.96	524.02	1.59	0.60	51.39
	04	6	1106.12	13.69	269.95	14.28	0.35	3382.74	286.67	18.11	517.84	866.71	83.14	1222.27	1.81	0.90	14.63
	08	3	774.35	10.52	260.31	8.41	2.00	2078.27	125.43	11.51	368.07	527.64	36.10	7633.01	1.42	0.65	124.50
	09	7	626.50	8.13	113.13	6.56	1.84	2079.17	64.76	11.94	428.33	162.22	18.76	137.54	1.64	0.94	2.44
	12	3	770.65	8.85	577.34	7.95	1.84	1727.11	119.75	6.95	316.13	300.06	29.71	352.67	1.66	0.46	68.84
	13	6	806.86	11.58	180.48	9.66	0.13	2555.63	113.32	11.99	491.53	341.32	30.01	51.87	1.65	0.74	11.97
	14	7	579.51	7.34	172.86	6.79	0.54	1607.81	76.64	4.94	318.15	516.98	22.83	3568.54	1.18	0.59	36.73
	18	3	915.04	12.49	319.67	11.30	2.76	2413.55	120.65	19.28	439.19	544.76	33.16	18405.20	1.70	0.83	47.68
	22	5	809.08	9.72	287.08	8.98	2.12	2035.60	71.60	13.08	426.95	588.21	18.99	316.42	1.44	0.72	24.01
	23	3	305.73	4.16	40.53	4.06	1.44	1055.51	70.65	2.95	186.48	109.92	19.37	147.30	0.72	0.40	2.78
	32	5	1157.10	14.71	321.35	11.41	1.33	3320.14	167.64	21.52	631.28	471.08	46.82	131.67	2.00	1.00	19.28
	52	5	900.68	9.69	320.10	10.06	2.63	2325.98	142.32	8.91	418.37	302.12	39.83	453.42	1.38	0.77	34.03
	55	4	802.99	10.59	183.68	10.25	0.84	2490.69	185.93	22.17	398.48	480.97	47.17	284.45	1.39	0.67	22.68
	63	12	1086.16	17.31	317.43	10.68	1.91	3083.49	128.29	12.77	614.77	582.23	38.80	285.34	1.96	1.06	98.83
	73	8	1408.38	15.88	517.13	14.73	6.14	3580.90	107.24	18.56	744.89	617.40	39.55	672.07	2.74	1.32	28.30
	105	8	903.31	11.22	172.08	10.51	2.13	2927.24	166.38	9.54	543.74	299.76	62.15	5675.13	2.29	1.06	42.77
	120	6	762.20	13.09	185.81	8.64	0.25	2397.93	95.61	25.61	446.37	624.43	23.79	57.85	1.19	0.55	30.18
	131	4	1205.31	20.86	348.60	15.00	1.18	3449.93	206.64	17.08	617.40	1247.70	74.07	3547.11	2.00	0.90	49.12
	Avrg		851.87	11.55	262.71	9.55	1.69	2445.09	124.49	13.25	464.50	483.50	35.11	1766.19	1.65	0.80	39.14



Monu river project 16th phase  
Food intake per day by weight in grams,  
price in taka and food value in grams

Cl a ss	H. ho ld	Me- mb- er	Avg. Weight	Avg. Price	Water content	Mine- rals	Fibre	Calory	Pro- tein	Fat	Cal		Caro		-----Vitamin-----		
											CHO	cium (mg)	Iron (mg)	tin (mcg)	B1 (mg)	B2 (mg)	C (mg)
1	40	6	1223.02	16.99	282.93	11.58	2.67	3412.83	95.80	11.65	747.26	258.48	40.47	969.97	2.64	1.23	34.69
	41	10	1024.99	12.41	377.82	10.07	3.56	2543.99	91.16	10.37	533.35	414.51	44.06	3909.53	1.48	0.72	51.02
	43	8	1466.77	16.98	686.60	14.98	3.95	3192.66	111.11	28.01	623.60	1108.57	34.10	513.12	2.57	1.30	123.44
	85	12	2020.59	55.07	1227.83	23.78	7.85	3328.79	254.98	29.23	511.14	2626.57	68.84	2229.21	3.07	1.13	315.67
	Avrg		1473.86	27.47	704.72	15.78	4.86	3078.79	147.72	20.82	580.78	1251.48	48.74	2103.53	2.42	1.07	148.86
2	04	11	864.85	10.38	236.13	8.03	1.19	2334.72	77.28	15.18	478.59	418.64	21.81	187.96	1.49	0.67	8.61
	20	8	1235.59	25.60	520.20	13.13	5.75	2896.27	120.93	21.74	553.43	1786.34	32.99	4932.03	2.87	1.25	200.55
	41	8	1198.34	18.51	604.44	12.35	3.49	2458.09	79.46	26.99	473.66	1104.44	30.28	3781.26	2.17	0.78	123.27
	43	10	1084.52	15.39	340.84	10.95	2.43	2870.17	86.91	11.05	619.33	506.73	25.04	482.01	2.00	1.20	32.82
	44	10	905.06	11.61	364.85	8.93	2.93	2157.47	69.60	7.59	452.42	555.00	19.86	364.21	1.50	0.82	41.73
	69	12	1341.60	23.89	566.95	13.44	2.43	3100.09	114.27	23.39	621.38	1362.41	34.51	1561.17	1.90	1.12	71.43
	Avrg		1097.11	17.14	429.26	10.97	2.80	2634.41	90.67	17.27	535.02	908.77	27.13	1590.79	1.91	0.96	69.37
3	03	7	638.19	6.13	193.94	6.60	2.48	1793.20	69.76	9.33	357.55	225.57	44.17	4451.32	4.67	0.79	92.31
	05	7	736.67	11.01	320.95	7.25	5.33	1692.58	58.07	12.22	337.70	294.27	19.45	850.22	1.26	0.53	16.08
	06	7	513.79	5.38	122.81	5.28	1.20	1570.29	67.10	6.89	309.92	150.09	26.40	4625.19	1.09	0.50	64.04
	12	6	1094.15	10.68	493.55	10.40	3.10	2430.23	78.24	14.13	496.51	685.32	24.19	73.47	1.61	0.89	49.77
	17	2	1163.28	18.14	470.61	11.46	2.53	2732.70	97.41	13.46	569.90	733.61	26.53	1339.91	1.69	0.86	35.74
	18	3	801.28	10.47	248.35	8.09	3.75	2259.21	136.96	15.52	392.82	200.46	41.27	5060.93	1.42	0.61	3.94
	19	11	531.67	6.11	191.38	4.92	1.65	1360.07	39.67	4.44	290.72	191.43	12.58	963.19	1.02	0.45	13.97
	38	5	797.90	10.70	305.52	11.14	9.17	1966.51	77.15	12.85	385.47	376.78	21.34	2272.31	1.98	1.02	12.59
	50	10	597.37	7.64	161.17	6.43	0.68	1767.55	49.66	16.19	356.52	387.49	13.90	173.63	1.42	0.75	19.74
	59	8	706.68	11.17	302.13	5.89	1.79	1697.89	44.23	21.58	330.17	532.82	16.47	1615.15	1.05	0.61	16.08
	73	5	633.98	9.50	170.54	7.46	0.32	1895.63	97.70	26.35	331.95	519.10	25.72	1951.29	1.12	0.53	38.29
	95	8	1090.20	13.52	374.00	10.52	3.43	2852.15	101.23	12.87	591.58	525.44	30.36	5046.05	2.27	1.00	51.18
	Avrg		718.79	8.97	254.65	7.22	2.52	1876.46	68.25	12.68	374.33	360.85	23.60	2264.65	1.68	0.67	36.71
4	02	5	712.98	9.25	232.89	6.82	0.65	1954.09	57.89	12.81	402.61	400.59	15.89	44.43	1.63	0.60	34.89
	03	4	1113.21	16.46	223.86	15.78	5.61	3574.48	169.28	20.54	679.03	528.14	41.74	166.03	2.67	1.20	25.93
	04	6	999.28	9.88	345.06	11.06	2.10	2726.50	103.89	8.54	529.78	486.33	29.48	618.89	1.73	0.76	33.79
	08	3	1509.55	21.87	492.72	18.92	6.57	4082.45	151.52	23.34	816.66	1033.18	57.78	632.08	2.87	1.55	212.10
	09	7	771.82	8.67	191.55	7.02	1.53	2351.51	63.54	13.22	495.60	127.34	19.73	132.70	1.94	0.90	22.75
	12	4	1032.34	13.14	538.58	9.91	3.63	1953.70	78.76	17.71	387.32	584.24	23.52	7197.38	1.29	0.62	42.43
	13	6	757.36	7.47	275.05	7.03	1.18	1925.72	63.82	4.76	406.75	378.12	22.40	7213.77	1.75	0.77	134.47
	14	7	775.83	9.47	358.72	7.83	2.46	1633.24	59.80	7.40	331.74	606.73	21.92	3622.38	2.02	0.57	71.56
	22	5	744.79	7.63	172.71	9.36	1.65	2277.29	147.04	6.25	408.32	262.08	40.21	70.84	1.43	0.66	99.75
	23	3	1261.14	11.09	579.57	11.11	4.19	2723.58	125.00	7.27	538.01	308.33	37.95	6533.05	1.76	0.89	24.38
	32	5	1052.30	12.82	323.33	11.45	1.27	3005.85	83.84	12.96	619.82	660.21	24.02	130.23	2.19	0.94	69.95
	52	5	624.22	9.06	140.97	7.81	0.11	1956.16	112.41	10.70	352.40	639.28	29.11	40.56	1.25	0.56	13.47
	55	3	602.20	7.73	167.10	6.54	0.44	1777.80	106.64	12.30	309.94	395.85	29.41	33.25	1.31	0.46	25.12
	63	12	1225.41	15.62	396.90	12.79	1.85	3330.34	148.29	19.43	646.88	876.96	48.03	2518.35	2.23	1.03	45.33
	73	8	768.32	7.26	203.48	7.22	1.13	2272.50	56.08	8.93	491.81	182.63	25.55	1301.02	1.68	0.75	41.03
	105	7	721.76	8.93	140.66	6.86	0.53	2140.08	63.23	4.78	461.55	231.06	20.60	122.30	1.62	0.85	4.43
	120	6	693.28	8.51	161.47	7.81	0.68	2123.28	153.18	4.95	366.26	321.15	42.51	51.07	1.55	0.56	32.83
	131	2	874.00	10.99	151.99	9.87	3.91	2855.31	95.56	4.90	608.11	214.69	29.06	233.69	2.23	1.37	7.59
	Avrg		886.95	10.50	281.75	9.34	1.83	2429.12	98.32	11.02	483.06	465.02	30.60	1883.50	1.82	0.80	53.00





ANNEX F

VILLAGE AND CLASS-WISE FOOD INTAKE PER DAY



Name of village Fatehpur  
Village-wise food intake per day by weight in grams,  
price in taka foodvalue in grams

Cl ss	H. ld	Me- mb- er	Avg. Weight	Avg. Price	Water content	Mine- rals	Fibre	Calory	Pro- tein	Fat	CHO	Cal cium (mg)	Iron (mg)	Caro tin (mcg)	-----Vitamin-----		
															B1 (mg)	B2 (mg)	C (mg)
1																	
	29	10	1161.00	10.47	301.11	11.13	1.54	3473.36	93.94	16.64	737.07	383.38	39.30	4220.15	2.82	1.38	68.22
	29	10	2076.38	29.38	775.16	20.97	5.39	5430.30	167.55	73.33	1025.38	1355.13	77.19	1964.90	3.21	2.58	101.38
	29	10	1485.21	15.57	506.16	15.73	4.59	3917.24	96.91	15.22	848.45	685.97	40.56	1563.17	2.77	1.75	31.04
	29	10	935.31	12.03	874.84	11.00	1.05	2650.92	103.22	16.87	521.52	788.77	23.89	183.98	1.89	0.96	12.36
	29	10	791.96	8.52	159.31	7.97	1.23	2553.87	69.05	13.14	539.76	277.72	21.74	175.49	2.01	0.93	7.04
	29	10	524.92	5.77	295.96	5.45	0.49	1659.82	45.69	8.18	350.96	181.01	13.44	1181.68	1.21	0.61	4.23
	29	10	920.03	14.20	259.93	9.92	0.52	2654.27	104.71	13.16	529.43	841.16	27.80	243.65	1.78	0.88	18.90
	29	11	1110.67	14.50	442.86	12.12	1.62	2916.05	74.26	30.13	557.52	924.21	57.77	948.22	1.85	0.82	30.13
	29	10	603.90	6.87	155.35	6.03	0.91	1829.60	49.72	9.13	383.01	167.16	15.73	73.66	1.35	0.64	7.20
	29	10	781.05	7.74	180.12	8.33	0.64	2413.25	68.99	4.28	518.79	272.98	24.49	895.09	1.79	0.93	1.90
	29	12	894.07	8.87	284.15	9.02	0.70	2832.14	74.95	6.06	620.66	230.45	30.61	192.66	2.09	1.03	11.22
	29	11	714.38	8.41	164.34	7.45	0.35	2202.90	71.38	6.86	464.24	341.38	18.68	170.06	1.69	0.88	12.87
	29	11	974.37	15.76	315.26	8.58	0.64	2662.48	81.69	21.58	535.97	468.70	20.01	187.52	1.68	0.87	91.86
	29	11	776.81	8.65	228.54	7.92	0.33	2262.10	68.98	9.56	461.81	472.16	19.71	135.46	1.55	0.76	8.59
	29	15	711.58	7.73	183.15	7.97	1.44	2109.01	61.87	10.11	447.59	280.98	23.27	2333.69	1.62	0.76	29.71
	29	15	786.04	8.48	186.80	8.48	2.45	2386.79	58.71	6.22	523.97	303.83	36.42	707.73	1.84	0.84	45.83
	55	8	796.39	7.70	244.03	7.82	1.68	2236.46	60.07	14.85	469.11	300.29	19.85	918.15	1.70	0.80	19.18
	55	9	1630.26	18.59	556.85	15.11	3.14	4399.35	122.66	33.81	901.78	864.37	37.14	327.99	3.39	1.56	57.15
	55	11	1446.87	16.78	690.18	11.32	3.17	3080.91	89.73	22.35	632.64	502.04	27.27	2436.26	2.56	1.09	80.28
	55	11	881.87	8.84	376.37	7.72	2.20	2083.26	63.41	18.96	415.47	564.81	19.45	2421.08	1.51	0.78	18.26
	55	10	768.13	8.92	313.42	6.39	1.31	1904.97	48.57	19.20	384.74	255.38	14.79	2433.84	1.33	0.70	11.85
	55	9	960.44	11.86	312.24	9.51	1.56	2647.98	71.20	19.35	547.43	787.57	28.70	5257.53	1.96	1.03	33.73
	55	7	1118.82	10.02	394.69	11.75	1.82	2909.10	115.83	13.46	584.35	711.50	54.33	2211.73	2.01	1.20	22.75
	55	7	1085.54	11.37	403.14	11.53	1.78	2827.57	107.21	14.98	552.72	727.98	57.48	751.11	1.93	1.07	19.76
	55	7	705.60	9.02	248.04	6.73	1.03	1849.71	60.04	10.30	380.04	558.05	16.21	113.13	1.36	0.67	12.98
	55	7	846.67	10.44	379.36	7.71	2.88	1885.49	62.17	11.81	402.38	438.67	120.76	1940.52	1.34	0.72	37.40
	55	4	555.62	5.74	212.83	5.92	1.16	1259.25	55.95	5.52	274.76	316.44	28.52	5949.07	1.09	0.69	56.62
	55	6	705.56	8.13	249.78	7.40	0.17	1900.06	63.71	7.58	377.17	547.86	18.96	1823.86	1.32	0.62	32.45
	55	6	605.38	6.38	183.75	6.92	2.10	1774.93	54.54	19.35	339.21	630.76	22.05	3293.42	1.27	0.65	30.05
	55	13	795.29	9.12	303.96	8.31	3.66	2016.43	49.63	14.58	414.16	278.13	33.22	1387.48	1.73	0.86	66.98
	55	9	1172.99	13.13	314.85	14.75	4.72	3493.18	113.07	22.63	703.96	517.89	43.14	4293.72	2.86	1.31	55.73
	55	14	941.92	10.69	261.04	9.97	3.35	2716.45	71.68	8.81	587.71	333.35	31.21	2575.03	1.98	1.02	19.71
	Avg		931.73	10.71	328.67	9.39	1.82	2561.44	75.82	15.37	528.43	461.26	32.07	1551.71	1.88	0.95	31.31
2																	
	51	6	1356.37	10.18	619.99	11.22	5.76	2967.13	74.44	14.23	635.39	372.82	78.54	1113.07	3.62	1.34	217.22
	51	6	803.09	8.04	273.89	7.53	1.71	2129.16	65.42	9.56	446.41	308.46	27.93	167.90	1.77	0.83	50.60
	51	6	508.64	4.64	127.09	4.79	0.94	1525.28	40.81	4.08	331.56	167.75	13.28	726.96	1.21	0.55	8.26
	51	6	737.75	5.69	237.14	7.49	1.51	2016.32	58.50	9.49	424.75	458.65	18.18	5301.96	1.56	0.81	13.58
	51	6	837.73	9.77	292.35	7.69	1.60	2246.55	67.84	26.70	443.31	514.84	18.17	8324.27	1.58	0.74	27.49
	51	6	1024.35	8.91	381.46	9.65	3.27	2595.57	64.02	13.66	554.31	296.50	23.08	5773.77	1.89	1.05	33.81
	51	6	887.57	9.24	427.28	8.98	5.29	1837.38	55.38	9.29	396.73	279.39	90.01	4823.97	1.56	0.84	72.29
	51	6	726.60	6.65	204.21	6.49	0.96	2068.91	50.64	7.44	457.29	182.07	16.61	131.23	1.44	0.71	16.78
	51	6	445.95	4.28	138.99	4.74	1.00	1239.74	38.27	6.33	257.12	215.24	11.57	3769.37	0.96	0.47	15.32
	51	6	435.09	3.39	158.56	4.94	1.44	1097.74	35.19	3.56	231.57	430.74	34.71	1462.05	0.83	0.67	43.79
	51	6	447.12	4.20	148.58	5.26	2.45	1203.77	32.10	3.34	255.80	183.47	21.58	4499.17	1.06	0.52	11.90



200

Cl	H.	Me-										Cal		Caro	-----Vitamin-----		
a	ho	mb-	Avg.	Avg.	Water	Mine-	Fibre	Calory	Pro-	Fat	CHO	cium	Iron	tin	B1	B2	C
ss	ld	er	Weight	Price	content	rals			tein			(mg)	(mg)	(mcg)	(mg)	(mg)	(mg)
	51	6	543.29	5.41	194.88	4.91	0.80	1391.78	40.19	3.54	299.84	158.80	16.80	2266.29	1.16	0.54	21.66
	51	6	372.08	3.32	137.64	4.05	1.70	962.24	25.60	8.02	194.51	289.53	27.69	2976.74	0.77	0.52	44.15
	51	6	686.03	7.98	190.76	7.00	2.74	1985.08	54.26	8.13	424.12	172.16	28.93	4977.70	1.67	0.85	38.54
	51	6	922.76	9.76	236.47	9.07	2.10	2629.14	88.70	16.33	531.75	676.46	24.49	957.00	1.74	0.84	10.35
	51	6	556.15	5.99	125.69	5.42	1.09	1711.82	49.29	4.88	370.09	169.11	26.72	4426.68	1.33	0.71	38.87
	80	8	550.15	6.04	264.06	5.03	1.88	1219.76	39.64	8.83	245.18	230.60	12.24	1040.32	0.77	0.38	35.03
	80	10	703.86	7.08	247.61	6.36	1.87	1829.27	58.90	9.37	381.61	305.37	16.64	843.36	1.32	0.60	78.81
	80	7	562.67	5.06	186.39	5.20	0.95	1499.91	45.36	6.33	319.40	377.24	12.73	396.11	1.12	0.51	8.08
	80	7	711.74	11.54	314.03	6.91	2.70	1602.70	55.61	11.16	323.90	451.36	15.24	5111.33	1.23	2.55	21.94
	80	8	636.58	6.53	216.18	5.46	1.22	1712.12	44.39	10.94	359.42	174.79	16.57	819.00	1.33	0.67	11.41
	80	8	579.68	6.25	212.15	4.80	0.71	1518.94	37.86	13.83	311.10	167.43	12.41	2653.87	1.17	0.63	6.38
	80	9	673.28	6.29	245.31	6.09	0.62	1723.17	53.81	8.15	359.98	305.65	14.58	3501.70	1.41	0.62	17.78
	80	9	713.16	5.60	384.36	7.98	1.09	1318.44	43.72	5.49	273.35	338.15	14.40	2433.51	1.24	0.87	64.31
	80	7	603.81	6.46	248.25	6.59	0.77	1426.27	66.44	5.29	278.13	242.10	19.33	76.71	1.05	0.64	43.88
	80	7	1035.24	9.64	271.15	10.47	0.87	3049.00	84.70	6.49	662.88	489.51	29.01	659.62	2.41	1.25	32.12
	80	8	417.74	4.15	126.15	4.30	1.07	1167.23	35.58	3.52	248.06	269.72	10.20	5318.89	0.93	0.49	13.32
	80	12	268.82	2.81	86.29	2.95	0.00	736.45	27.33	3.64	148.59	251.19	6.59	17.62	0.53	0.26	6.77
	80	7	1157.69	14.54	472.33	10.52	1.73	2911.46	82.63	54.25	525.63	379.90	22.54	483.76	2.08	1.58	50.58
	80	11	530.61	5.82	132.17	5.43	0.24	1588.34	51.55	7.45	331.24	310.59	14.49	752.39	1.16	0.59	14.46
	80	15	697.59	8.02	147.35	10.49	6.29	2300.79	73.71	37.89	421.80	387.25	19.29	1270.43	1.60	0.79	14.95
	80	9	311.49	3.45	80.82	3.00	0.59	929.30	24.22	5.06	196.69	66.29	11.79	204.69	0.83	0.34	12.45
	Avg		617.00	6.21	216.69	6.09	1.52	1614.48	48.23	8.77	336.94	281.91	20.35	2234.45	1.28	0.72	30.68
3	02	7	736.05	11.26	269.87	6.91	1.45	1945.73	60.48	19.32	383.21	333.12	29.51	5154.52	1.73	0.76	69.07
	02	8	819.26	9.10	332.91	7.95	4.74	1948.63	51.66	14.90	402.54	248.45	16.46	279.43	1.42	0.64	126.27
	02	10	821.95	9.75	430.85	5.79	0.95	1618.60	49.16	17.55	318.28	393.30	14.80	2822.80	1.14	0.57	9.41
	02	9	722.08	8.83	248.63	7.23	1.51	1926.65	65.53	21.62	378.97	482.45	16.96	3220.50	1.34	0.61	19.94
	02	8	373.98	5.20	136.56	3.47	0.85	995.72	28.47	14.01	189.97	111.74	8.24	1656.18	0.68	0.43	13.97
	02	7	476.22	7.09	153.52	5.03	0.34	1337.22	43.62	13.38	260.76	273.19	10.84	1291.13	0.96	0.59	3.09
	02	14	829.94	10.15	277.51	8.45	0.87	2280.76	100.26	20.52	423.62	350.89	26.13	2020.45	1.57	0.93	33.27
	02	9	733.16	9.80	211.23	7.18	0.92	2113.32	67.54	11.62	434.95	142.39	17.63	3336.99	1.49	0.92	7.12
	02	6	526.26	7.05	221.77	5.63	0.11	1250.84	51.41	11.20	236.27	588.73	10.95	5928.86	0.84	0.51	3.02
	02	6	491.76	7.36	169.48	4.83	0.26	1321.28	47.49	5.12	265.07	197.01	10.66	78.40	0.90	0.52	9.20
	02	8	577.67	8.28	162.56	5.52	0.13	1685.73	56.91	9.27	343.61	80.86	12.60	69.69	1.18	0.56	5.70
	02	8	495.04	4.81	137.53	5.06	1.63	1421.72	40.53	3.07	308.00	99.73	12.89	4386.42	1.27	0.59	17.48
	02	7	995.46	12.00	242.07	11.15	0.19	3210.06	95.19	39.86	605.54	787.87	24.50	113.56	1.99	0.93	21.69
	02	15	1195.67	14.95	310.64	12.52	3.80	120.80	83.10	20.31	761.98	360.83	43.67	1791.51	2.44	1.19	55.69
	02	9	678.01	8.13	182.47	7.00	0.56	1982.47	63.13	13.29	411.84	435.93	19.58	32.16	1.67	0.68	26.48
	02	7	1033.14	11.42	300.82	10.90	1.98	2911.24	148.59	5.90	565.70	525.85	58.44	4325.39	2.09	1.01	70.62
	62	8	740.32	6.77	260.11	6.77	2.13	1935.23	59.21	8.51	405.42	266.15	25.66	4185.29	1.78	0.75	62.85
	62	10	930.18	9.69	358.20	8.94	2.43	2332.00	74.27	16.11	472.36	456.43	21.12	1073.91	1.88	0.78	95.47
	62	8	781.59	7.03	292.97	7.36	2.28	1961.72	63.15	7.23	410.83	381.61	25.13	4000.08	1.50	0.71	38.32
	62	8	755.37	7.42	213.84	6.99	0.86	2099.77	58.52	13.91	438.36	214.65	17.49	3143.51	1.51	0.70	15.04
	62	8	653.29	7.32	210.82	6.06	1.15	1717.58	51.97	13.67	346.52	398.01	14.49	3172.12	1.24	0.62	10.47
	62	8	665.01	7.56	212.70	6.34	0.94	1830.27	52.33	9.58	383.69	331.81	14.87	102.05	1.30	0.65	15.96
	62	8	574.41	7.49	139.08	5.68	0.52	1755.51	52.23	12.10	366.02	234.59	18.98	1513.49	1.28	0.69	15.53
	62	8	532.05	4.87	139.33	5.40	0.57	1539.08	51.78	3.62	331.54	208.52	15.77	355.24	1.08	0.56	13.83
	62	7	426.12	4.06	143.35	4.18	0.43	1160.86	29.86	5.49	237.25	147.13	9.85	79.75	0.80	0.39	16.59
	62	7	530.41	4.42	173.65	6.71	2.52	1413.94	47.15	5.07	295.43	616.37	51.40	6042.53	1.08	0.98	68.16



Cl a ss	H. ld	Me- mb- er	Avg. Weight	Avg. Price	Water content	Mine- rals	Fibre	Calory	Pro- tein	Fat	CHO	Cal cium (mg)	Iron (mg)	Caro tin (mcg)	-----Vitamin-----		
															B1 (mg)	B2 (mg)	C (mg)
62	7		449.07	4.93	110.12	5.25	0.78	1356.66	40.77	5.14	284.73	302.25	19.37	947.87	0.92	0.54	15.59
62	7		547.08	5.56	169.12	6.21	0.42	1532.95	52.63	6.09	312.68	617.50	20.49	2515.21	1.06	0.55	18.53
62	7		640.33	6.18	163.09	7.18	0.65	1973.89	60.15	12.36	396.96	547.37	22.69	1678.37	1.40	0.73	9.82
62	9		626.52	6.51	179.95	7.37	1.54	1838.40	83.45	9.03	345.59	401.35	30.11	2914.35	1.20	0.64	25.23
62	8		948.73	8.32	291.41	8.45	2.08	2622.28	71.70	8.56	567.70	310.75	34.19	775.22	2.41	0.97	80.21
62	11		755.24	7.51	177.66	7.81	0.68	2317.03	102.73	7.71	459.03	284.02	30.22	130.04	1.78	0.78	28.25
72	8		600.60	5.84	164.24	6.13	0.87	1754.91	47.57	7.44	374.82	213.25	24.35	3701.23	1.41	0.77	33.19
72	8		484.68	5.94	196.66	4.55	0.56	1170.16	39.06	10.20	234.05	365.54	10.19	63.56	0.81	0.46	30.01
72	8		671.45	7.77	228.79	5.92	0.79	1827.69	47.10	16.51	373.01	271.05	20.60	2994.50	1.39	0.75	27.12
72	9		414.33	3.50	136.11	3.72	1.08	1123.70	31.83	5.41	237.08	102.74	13.22	2856.49	0.91	0.50	10.98
72	8		772.86	6.50	314.85	7.22	4.16	1861.89	53.49	14.55	380.75	211.83	19.16	7185.38	1.82	0.77	11.93
72	8		582.49	5.92	208.45	5.45	1.74	1533.06	42.13	12.45	313.24	197.31	13.66	688.89	1.25	0.71	7.18
72	10		474.46	6.67	187.50	4.98	0.15	1181.96	39.92	13.34	228.67	681.25	9.38	41.23	0.80	0.42	7.60
72	8		559.36	5.31	114.31	6.40	0.63	1746.44	98.10	4.63	335.64	239.41	27.06	57.31	1.14	0.57	5.65
72	8		304.21	3.55	74.32	3.18	0.52	956.33	29.67	10.22	186.55	142.46	8.92	37.91	0.68	0.42	2.31
72	8		304.64	3.03	71.92	3.06	0.40	925.29	28.21	2.89	196.82	114.07	8.83	35.31	0.70	0.36	5.38
72	8		500.65	5.08	83.66	4.88	0.80	1671.04	45.60	4.16	361.62	72.62	14.28	71.56	1.30	0.64	2.27
72	8		443.92	4.32	102.31	4.60	0.72	1365.92	38.97	4.43	293.07	229.22	17.90	1818.81	1.06	0.60	15.30
72	8		251.83	3.75	41.81	2.56	0.19	855.95	22.02	6.75	176.79	34.64	6.82	62.47	0.65	0.34	4.64
72	11		625.59	11.32	184.12	6.06	0.49	1914.69	64.58	38.44	328.06	210.87	13.23	165.57	1.21	0.78	14.92
72	8		479.25	4.71	110.26	10.36	1.31	1435.58	59.54	6.02	285.73	529.45	12.79	2007.16	1.05	0.46	28.95
72	8		499.79	5.73	194.03	4.97	1.13	1203.78	48.99	5.72	238.96	195.94	13.98	51.39	0.82	0.35	31.43
86	8		804.04	8.46	303.97	7.26	1.32	2014.96	65.70	8.63	418.43	387.59	31.40	4460.02	2.16	0.83	81.18
86	8		686.26	5.95	247.50	5.74	1.06	1759.32	48.12	5.87	378.39	169.06	16.52	210.57	1.68	0.62	53.24
86	8		816.42	7.68	338.15	5.88	0.47	1928.46	51.73	7.76	413.26	199.82	17.43	46.61	1.43	0.67	21.72
86	8		939.94	7.99	386.13	7.28	2.54	2268.24	57.66	18.95	467.52	215.47	19.67	869.50	1.74	0.80	19.36
86	8		498.63	5.78	157.49	4.51	0.58	1403.58	36.28	14.95	285.23	178.10	10.97	2546.26	1.04	0.55	7.21
86	8		494.37	5.03	121.44	4.69	0.17	1490.45	41.87	4.71	321.50	168.84	13.15	681.53	1.16	0.62	6.07
86	8		444.94	3.91	143.26	4.43	0.00	1225.60	39.29	7.35	250.63	223.79	18.23	1971.85	0.88	0.67	45.90
86	9		542.72	4.18	280.12	6.13	0.75	1059.28	40.78	5.84	210.77	397.64	16.35	3536.10	0.94	0.67	42.20
86	8		659.16	6.09	206.15	8.02	3.53	1726.54	83.14	6.59	334.17	277.08	36.11	2962.48	1.56	0.65	62.38
86	8		487.31	3.77	123.20	5.53	1.17	1508.33	45.17	3.65	308.46	234.35	15.63	93.60	1.21	0.52	1.17
86	8		625.26	5.40	133.50	6.55	1.21	1980.81	54.59	5.65	421.79	163.51	17.33	214.70	1.69	0.68	11.86
86	8		484.77	4.83	117.23	5.09	0.00	1437.14	47.94	5.25	308.48	351.43	12.28	35.59	1.06	0.47	5.68
86	8		403.03	3.94	97.32	4.24	0.52	1235.12	36.39	6.67	257.40	291.21	10.23	121.88	0.96	0.40	2.98
86	9		495.25	5.02	110.55	5.02	0.76	1413.47	44.99	7.65	296.13	347.28	12.34	359.56	1.02	0.45	6.49
86	8		609.70	5.17	185.51	7.08	5.43	1716.34	58.19	13.09	341.06	408.05	37.19	7569.24	1.70	0.71	49.90
86	8		373.52	3.79	85.40	5.99	1.47	1137.78	40.31	2.88	237.55	283.36	10.69	614.84	0.88	0.38	5.84
100	5		465.12	5.90	112.99	6.53	0.46	1404.98	50.65	4.93	289.53	281.48	12.98	116.27	1.20	0.56	13.61
100	5		685.80	5.22	248.98	5.40	1.36	1755.12	43.57	5.82	381.97	100.79	21.58	2909.43	2.09	0.63	80.17
100	5		665.68	6.64	230.35	7.20	1.67	1770.74	56.22	11.57	360.64	322.44	17.39	8254.46	1.34	0.68	20.83
100	5		513.47	3.83	101.07	5.94	0.42	1653.83	44.33	5.93	356.05	156.76	13.66	889.59	1.23	0.57	7.17
100	5		971.75	7.19	390.64	10.62	7.21	2373.76	68.06	21.10	477.62	303.49	28.47	6921.01	2.48	1.06	30.60
100	5		470.68	6.99	185.98	6.56	1.34	1146.39	43.16	7.55	229.43	488.34	26.47	2256.51	0.81	0.46	15.49
100	4		361.60	3.52	76.58	3.73	0.01	1159.23	50.02	9.16	222.21	127.12	13.70	2812.57	0.78	0.36	2.42
100	5		857.82	6.58	493.31	9.78	2.36	1395.33	39.77	6.26	296.28	428.05	22.12	6815.51	1.21	0.96	106.17
100	5		463.30	3.73	208.37	9.03	5.43	991.86	39.37	6.29	194.78	1133.09	93.96	4555.93	0.78	1.30	144.64
100	5		567.26	4.75	118.98	5.78	0.68	1857.04	47.59	3.30	390.95	155.31	14.99	51.01	1.34	0.61	1.13
100	5		233.06	1.81	60.95	2.30	0.87	674.61	17.26	1.52	147.99	87.33	12.43	4338.72	0.60	0.32	17.51



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Cl ss	H. ld	Me- mh- er	Avg. Weight	Avg. Price	Water content	Mine- rals	Fibre	Calory	Pro- tein	Fat	CHO	Cal cium (mg)	Iron (mg)	Caro tin (mcg)	-----Vitamin-----		
															B1 (mg)	B2 (mg)	C (mg)
	100	5	312.00	2.42	77.41	2.79	0.31	950.07	22.36	1.56	203.53	55.74	15.03	3192.87	0.76	0.35	24.48
	100	5	335.23	3.48	74.86	2.98	0.68	1041.38	29.25	4.32	221.34	108.00	8.37	33.49	0.80	0.35	1.64
	100	5	301.64	3.22	73.31	2.91	0.38	921.66	26.34	5.19	192.39	161.05	15.17	3056.94	0.77	0.39	23.19
	100	5	347.79	2.86	115.26	3.18	1.00	921.20	28.66	2.02	197.07	178.72	24.73	6367.48	0.85	0.45	49.59
	100	5	351.32	3.23	131.51	4.28	0.73	881.17	31.09	4.66	178.69	241.45	22.45	5726.84	0.87	0.40	53.67
	Avrg		601.63	6.45	189.52	6.15	1.15	1583.11	53.68	9.90	339.78	293.07	19.37	1947.31	1.27	0.64	26.34
4	20	11	660.89	5.93	264.85	5.67	2.04	1558.91	50.91	5.50	333.67	229.36	21.14	3794.91	1.69	0.59	66.72
	20	11	571.66	4.08	185.37	4.84	1.77	1551.64	39.61	5.26	336.39	100.68	14.13	1706.19	1.46	0.53	25.33
	20	11	385.13	2.97	133.19	3.20	1.45	1014.52	26.31	4.02	218.53	50.62	9.46	1730.40	0.86	0.33	16.92
	20	11	335.97	2.36	98.97	3.14	0.80	960.76	25.86	5.06	202.97	122.07	8.27	2832.37	0.83	0.33	4.16
	20	11	327.33	3.04	126.26	2.64	0.57	813.61	22.42	4.13	171.92	122.15	11.31	572.93	0.65	0.31	16.54
	20	11	649.59	7.22	232.54	5.69	1.39	1747.82	45.65	21.05	344.23	189.71	13.81	890.12	1.29	0.74	9.09
	20	13	476.37	3.59	164.90	4.10	0.97	1245.24	32.41	2.85	272.15	135.13	17.91	531.88	1.06	0.53	46.42
	20	11	330.54	2.41	141.78	3.72	0.25	752.44	32.48	1.41	152.31	83.39	9.24	576.28	0.62	0.41	26.65
	20	11	292.71	2.76	77.75	3.27	0.54	851.49	30.33	3.40	177.44	198.46	13.16	1421.53	0.63	0.38	10.04
	20	11	304.32	2.44	72.94	3.28	0.28	931.99	28.38	2.12	197.30	199.28	14.68	1895.20	0.68	0.40	9.83
	20	11	477.23	4.09	109.07	4.90	0.25	1466.59	41.93	2.84	318.26	195.87	12.97	739.86	1.14	0.55	0.68
	20	10	592.25	5.25	87.91	5.84	0.28	2012.96	53.66	4.50	439.41	150.07	17.35	57.16	1.55	0.70	0.41
	20	10	370.33	3.42	85.81	3.58	0.13	1163.91	33.16	6.27	241.53	130.20	12.22	1209.54	0.85	0.38	13.63
	20	12	584.53	6.90	71.37	6.27	1.71	2064.37	61.38	8.71	435.05	113.81	18.60	120.25	1.65	0.87	0.00
	20	10	446.52	4.27	102.34	4.56	0.07	1387.07	43.24	5.71	290.66	212.18	12.55	33.60	1.06	0.47	10.40
	20	10	374.86	4.13	75.03	4.29	0.71	1199.17	34.46	3.67	257.03	101.45	10.03	363.14	1.02	0.44	8.66
	27	9	797.22	8.27	296.71	8.08	2.06	2393.34	64.55	5.73	521.39	191.58	33.26	4505.39	1.84	1.01	27.18
	27	8	687.81	5.96	264.38	6.46	3.98	1671.64	51.11	6.51	358.38	155.30	18.48	3477.00	1.35	0.65	16.11
	27	8	458.14	3.80	124.63	3.92	0.91	1341.44	33.05	4.99	291.76	53.28	11.29	1038.31	0.99	0.45	14.85
	27	8	377.47	3.74	149.51	3.59	0.86	899.26	31.02	7.34	186.02	179.49	7.83	2972.94	0.65	0.30	21.32
	27	8	488.13	5.01	106.24	4.77	0.49	1537.09	41.29	6.05	329.48	187.19	12.55	1074.67	1.16	0.57	3.02
	27	8	549.28	4.53	162.79	4.90	0.86	1546.82	40.14	4.12	337.01	179.96	13.07	249.07	1.18	0.55	14.02
	27	8	300.00	2.86	56.46	2.95	0.01	974.17	28.12	4.20	208.22	97.31	8.42	61.47	0.72	0.33	3.58
	27	8	437.76	3.57	137.82	5.15	0.83	1191.35	56.16	2.57	235.69	154.17	18.19	3189.39	0.83	0.46	26.55
	27	8	302.57	3.33	87.51	2.73	0.59	868.41	23.94	3.92	184.24	94.95	7.27	3122.18	0.65	0.33	13.64
	27	9	202.19	2.30	59.54	1.95	0.30	568.76	16.81	1.37	122.33	110.20	5.04	1415.31	0.45	0.24	6.53
	27	10	289.20	2.52	81.28	3.12	0.69	824.69	25.34	1.74	177.07	113.02	7.53	1579.86	0.63	0.33	24.95
	27	8	409.42	5.27	81.02	4.42	0.04	1253.51	42.45	12.71	242.39	182.76	10.33	44.90	0.85	0.39	15.64
	27	7	293.55	2.48	58.61	2.95	0.15	941.13	27.51	3.20	200.52	160.74	10.55	675.58	0.71	0.35	5.02
	27	9	678.91	9.09	164.41	8.08	3.63	2148.41	60.27	21.18	420.54	225.21	21.62	3178.05	1.67	0.91	12.59
	27	9	695.77	9.08	360.05	9.46	0.82	1410.28	47.72	21.59	256.65	665.08	26.50	5226.22	1.05	0.85	45.32
	27	8	411.15	4.61	158.44	3.49	0.61	1026.40	28.61	6.23	213.94	135.21	9.35	264.44	0.88	0.39	12.69
	57	8	750.09	6.73	137.63	6.91	0.97	2477.13	61.22	11.36	532.68	107.69	21.23	961.03	1.87	0.88	4.84
	57	8	492.28	4.44	169.96	4.83	1.03	1386.12	38.79	6.38	293.53	153.98	12.82	499.36	1.04	0.46	36.41
	57	8	572.94	6.14	168.59	5.24	1.11	1652.47	45.53	11.47	341.98	215.97	14.14	899.64	1.25	0.63	4.44
	57	8	592.26	5.74	131.09	5.90	0.84	1876.99	49.18	12.06	393.53	122.60	21.67	276.26	1.37	0.65	9.15
	57	8	603.46	6.81	183.76	5.84	0.65	1688.13	46.48	12.64	351.59	182.76	13.54	2069.01	1.26	0.64	13.51
	57	8	652.95	6.04	166.56	5.82	0.51	1989.86	50.18	13.74	416.60	219.84	15.38	46.35	1.40	0.63	5.79
	57	10	387.03	4.56	82.90	3.86	0.63	1251.25	36.15	10.72	252.87	139.69	10.49	39.91	0.90	0.42	4.89
	57	9	570.34	6.06	182.29	5.87	1.18	1552.42	41.32	11.79	324.28	207.10	16.78	4402.39	1.15	0.53	34.96
	57	8	553.63	6.44	225.50	5.71	2.17	1277.05	37.43	11.62	255.93	272.51	17.15	5455.53	0.98	0.56	63.85
	57	8	459.90	5.50	146.88	5.15	1.66	1182.68	48.13	3.53	239.96	156.39	19.69	1666.66	0.88	0.46	48.28



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Cl a ss	H. ho ld	Me- mb- er	Avg. Weight	Avg. Price	Water content	Mine- rals	Fibre	Calory	Pro- tein	Fat	CHO	Cal cium (mg)	Iron (mg)	Caro tin (mcg)	-----Vitamin-----		
															B1 (mg)	B2 (mg)	C (mg)
57	8		390.76	3.47	94.17	3.78	0.11	1146.89	34.83	2.89	255.08	92.50	9.47	1912.09	0.89	0.41	6.14
57	8		430.40	4.68	107.42	4.01	0.41	1289.48	40.56	3.07	275.21	177.38	15.50	1937.13	1.03	0.52	16.92
57	8		553.63	5.80	115.17	6.48	0.15	1834.47	93.58	12.83	325.68	229.66	24.73	93.34	1.16	0.59	2.78
57	10		519.55	6.13	136.01	4.98	2.71	1584.58	36.95	11.79	327.23	114.52	14.36	797.31	1.05	0.51	3.73
57	8		405.56	3.76	116.82	4.41	2.62	1146.45	35.74	3.59	242.70	276.94	18.80	3944.99	0.85	0.41	27.18
57	8		746.69	7.05	214.53	7.35	1.35	2124.55	83.04	6.54	433.46	218.13	24.62	128.66	1.92	0.75	42.84
84	3		1233.43	10.46	511.88	10.11	2.87	2901.63	83.81	10.96	616.73	421.65	59.37	13162.88	3.53	1.22	189.77
84	3		880.65	6.61	192.49	7.81	1.05	2770.95	67.96	9.99	602.34	158.62	38.97	6795.42	2.25	1.06	78.15
84	3		420.41	3.57	106.81	3.57	0.56	1271.02	30.52	6.43	273.09	77.93	20.91	4440.15	1.04	0.50	37.55
84	3		311.11	2.27	68.65	3.40	1.37	974.27	26.87	4.64	206.15	88.66	9.81	70.38	0.87	0.32	0.85
84	3		836.88	6.76	269.34	11.78	5.53	2235.74	66.49	6.69	477.01	428.73	27.03	2434.01	2.03	0.87	45.06
84	3		740.31	6.28	250.83	6.53	2.99	1972.57	53.47	8.96	419.61	239.86	65.60	19598.58	2.01	1.06	151.08
84	3		617.23	7.36	79.52	6.62	0.66	2181.79	66.53	11.97	451.89	119.48	18.90	356.89	1.79	1.06	1.35
84	3		732.34	6.12	203.68	7.59	0.00	2128.92	77.72	8.92	434.40	453.20	20.60	50.21	1.51	0.75	7.72
84	3		602.89	4.84	136.76	5.87	0.62	1855.61	46.33	3.30	410.07	151.78	14.46	10095.95	1.49	0.70	1.03
84	3		214.59	1.70	50.64	2.83	1.03	634.52	21.93	3.19	134.99	106.43	7.03	62.65	0.62	0.20	3.86
84	3		616.04	4.98	91.71	7.20	4.72	2079.61	58.26	5.80	448.34	154.40	20.78	2483.37	2.03	0.75	3.92
84	3		569.93	4.95	105.09	5.71	1.03	1851.59	54.15	3.81	400.10	223.33	17.22	58.19	1.42	0.68	1.71
84	3		509.85	4.47	86.34	5.69	1.33	1638.77	52.80	4.56	359.09	280.58	14.84	166.34	1.38	0.73	1.71
84	3		677.23	6.95	78.58	8.34	0.77	2412.38	180.76	10.09	399.42	205.48	49.39	55.23	1.41	0.62	1.28
84	3		689.60	6.16	195.46	6.91	4.45	1955.52	59.38	12.26	411.79	356.03	35.78	7530.74	1.62	0.82	53.62
84	3		478.96	4.77	109.76	4.88	1.30	1503.22	45.89	11.18	304.61	273.59	15.04	591.34	1.05	0.52	0.48
93	3		600.83	7.90	159.13	6.43	0.00	1762.15	64.71	4.12	366.42	463.07	20.04	42.48	1.28	0.69	0.00
93	3		527.02	4.66	193.87	4.91	1.39	1340.21	42.01	5.47	280.72	180.42	12.48	1128.81	1.34	0.43	38.07
93	4		695.66	7.01	331.08	7.75	3.02	1455.90	48.91	6.49	301.58	336.86	15.15	30.90	0.99	0.53	220.99
93	3		483.30	3.05	130.55	4.06	0.79	1407.93	36.37	2.60	309.78	129.14	31.35	8037.96	1.27	0.61	62.03
93	3		469.22	3.49	105.12	5.19	2.80	1456.76	41.71	5.67	309.50	110.43	15.65	5138.44	1.49	0.54	2.86
93	3		634.02	5.54	146.39	5.97	0.76	1957.19	51.64	6.13	423.89	210.09	30.44	6929.32	1.62	0.77	48.23
93	3		528.25	5.41	125.92	5.35	0.45	1610.81	46.70	4.94	344.86	301.49	13.63	159.13	1.19	0.59	8.43
93	3		456.64	3.88	102.72	4.42	0.03	1425.26	43.41	5.53	300.49	135.18	11.31	109.43	1.04	0.46	7.29
93	3		652.33	4.78	249.26	7.62	0.00	1931.59	42.16	3.24	350.30	163.08	9.87	30.90	1.03	0.41	4.63
93	3		362.79	3.86	54.54	4.09	1.81	1221.77	31.89	2.50	267.92	82.14	10.24	249.77	0.97	0.44	6.86
93	3		381.89	3.30	87.28	3.86	0.47	1135.98	35.63	2.88	251.75	133.26	9.90	33.99	0.87	0.40	3.64
93	3		441.19	3.84	145.65	5.51	1.54	1162.95	39.71	4.70	240.60	496.97	41.88	10327.03	0.86	0.74	58.71
93	3		601.87	5.10	128.53	5.88	0.51	1901.85	57.87	7.53	400.64	207.67	15.89	52.27	1.40	0.64	6.26
93	3		404.27	4.06	86.77	3.81	0.00	1250.67	38.22	3.34	266.96	112.44	9.89	30.90	0.92	0.41	5.02
93	3		510.44	4.36	140.82	4.35	2.07	1463.23	36.65	6.51	319.51	128.89	34.34	9276.40	1.33	0.65	69.87
93	3		387.98	3.46	107.91	3.90	0.21	1110.46	38.21	2.48	233.74	255.13	17.29	2194.32	0.86	0.46	16.73
102	3		567.38	3.91	171.46	4.70	1.32	1583.62	39.99	3.74	347.54	122.64	31.79	7470.44	1.39	0.67	91.30
102	3		763.67	5.51	201.65	6.76	1.70	2242.71	57.67	4.49	492.96	146.64	28.79	3961.29	1.82	0.87	109.53
102	3		789.53	6.29	292.30	6.67	2.33	1995.14	50.45	7.01	433.25	248.98	51.32	952.92	1.82	0.96	130.67
102	3		731.74	6.51	311.96	8.22	2.04	1693.85	62.03	10.46	339.20	748.03	57.27	645.93	1.59	0.82	141.11
102	3		963.24	7.71	643.17	12.49	5.66	1244.46	40.83	5.52	260.86	686.32	101.59	8148.44	1.51	1.23	304.36
102	3		710.57	6.40	230.44	7.42	1.84	1918.33	53.08	6.70	412.25	206.64	17.27	748.46	1.82	0.88	15.87
102	3		417.72	3.75	129.86	3.95	0.83	1170.25	26.97	7.94	248.44	163.42	9.72	151.06	0.82	0.46	11.15
102	3		457.78	3.50	168.92	5.49	0.00	1151.31	57.10	3.43	222.82	583.09	17.10	25.75	0.78	0.51	0.00
102	3		311.58	3.16	69.94	4.48	1.82	954.60	28.54	2.72	204.03	280.88	24.05	5229.82	0.75	0.51	29.65
102	3		573.64	4.89	154.33	6.30	0.54	1670.33	61.35	4.00	347.10	443.64	19.13	141.43	1.22	0.66	2.74
102	3		399.13	3.62	99.74	3.67	0.12	1196.92	35.17	3.16	257.39	98.81	9.46	28.96	0.87	0.39	7.27

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Cl a ss	E ho ld	Me- mb- er	Avg. Weight	Avg. Price	Water content	Mine- rals	Fibre	Calory	Pro- tein	Fat	CHO	Cal cium (mg)	Iron (mg)	Caro tin (mcg)	-----Vitamin-----		
															B1 (mg)	B2 (mg)	C (mg)
102	5		506.76	4.56	134.89	5.27	0.00	1534.54	48.02	5.67	311.13	258.53	14.52	96.35	1.08	0.60	0.00
102	3		600.83	5.09	164.67	5.83	0.00	1740.27	56.73	3.81	369.72	340.32	17.85	93.98	1.30	0.66	45.06
102	3		378.66	3.85	99.87	4.17	0.78	1079.95	35.72	8.22	228.58	234.06	21.14	3924.39	0.80	0.49	28.51
102	3		578.39	5.31	237.86	4.84	1.58	1401.63	43.04	11.50	281.50	300.83	52.85	242.66	1.39	0.82	123.60
102	3		488.35	3.96	199.33	4.36	1.21	1170.56	39.50	6.30	238.96	322.93	42.59	148.44	1.13	0.64	94.51
Avg			491.73	4.67	145.25	4.89	1.06	1400.07	41.90	6.53	293.39	183.91	16.93	1798.90	1.11	0.54	24.39



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Name of village Islampur  
Village-wise food intake per day by weight in grams,  
price in taka foodvalue in grams

Cl	H.	Me-	Avg.	Avg.	Water	Mine-	Fibre	Calory	Pro-	Fat	CHO	Cal	Caro	-----Vitamin-----			
a	ho	mb-												B1	B2	C	
ss	ld	er	Weight	Price	content	rals			tein			cium (mg)	Iron (mg)	tin (mcg)	(mg)	(mg)	(mg)
1																	
104	3		889.23	10.75	347.39	7.93	1.35	1959.40	60.46	10.86	405.44	527.58	37.74	8716.37	1.86	0.88	95.16
104	3		1936.75	22.88	2134.62	18.58	1.41	5057.56	174.97	29.07	1025.71	995.30	39.92	253.04	3.53	1.86	44.34
104	5		896.52	9.79	291.96	9.09	1.42	2478.43	68.19	20.21	506.30	592.32	33.60	5316.72	1.89	1.02	59.84
104	4		1496.78	14.33	599.58	16.69	3.56	3628.48	122.92	31.08	726.64	1011.46	30.92	14297.47	2.74	1.40	20.86
104	4		1039.46	10.91	365.45	8.96	2.32	2749.45	73.97	18.20	573.03	395.23	36.48	8371.62	2.18	1.11	49.21
104	6		705.81	6.87	181.89	6.82	0.97	2113.37	55.26	9.19	452.69	194.56	26.83	4623.99	1.68	0.80	33.25
104	3		917.23	23.22	324.34	8.92	0.00	2555.87	131.69	43.39	409.57	119.94	15.94	47.62	1.63	0.98	2.82
104	8		696.07	6.56	207.03	7.14	0.37	1990.76	62.27	12.96	406.33	451.73	18.96	115.49	1.42	0.79	5.02
104	3		687.78	7.10	177.32	7.44	0.00	2078.14	67.90	13.21	422.00	372.67	16.88	3349.62	1.45	0.66	19.05
104	3		824.05	8.63	194.65	9.02	0.71	2518.64	78.23	7.98	533.44	518.21	20.26	2848.41	1.87	0.85	6.89
104	7		742.34	7.54	161.21	7.22	0.45	2317.82	69.59	4.78	499.08	349.55	19.16	1831.29	1.74	0.79	3.77
104	3		620.88	5.24	205.33	6.95	1.55	1650.43	52.69	4.93	349.77	556.96	42.64	8504.76	1.21	0.90	51.50
104	4		579.52	5.77	138.43	5.74	0.00	1754.54	58.46	13.05	364.02	240.29	16.03	86.07	1.28	0.66	7.51
104	3		673.11	9.61	218.08	6.58	0.53	1837.59	62.14	12.42	369.42	361.04	25.58	3604.33	1.37	0.69	44.70
104	3		946.85	9.59	255.15	16.71	4.78	2622.71	109.73	13.95	533.17	823.94	40.98	7866.33	2.08	1.00	70.41
104	5		1013.04	15.00	353.37	10.74	0.00	2459.03	133.40	17.46	498.05	336.02	19.89	57.15	1.71	0.98	31.75
Avg			858.21	9.94	314.39	8.94	1.06	2364.66	80.35	14.90	483.31	448.44	26.25	3836.29	1.77	0.91	30.59
2																	
71	6		818.45	9.09	300.02	7.94	1.41	2093.13	64.13	14.19	431.81	421.92	17.58	264.16	1.85	0.86	71.79
71	6		1030.02	7.95	383.71	9.07	2.63	2617.48	69.89	13.46	553.84	236.05	22.27	5747.64	2.41	0.88	51.64
71	6		969.48	8.14	269.26	9.01	1.48	2815.50	77.41	10.17	603.22	367.26	25.72	969.24	2.07	1.01	6.81
71	6		996.73	7.41	208.78	9.62	1.20	3160.22	82.45	9.62	686.15	246.73	41.80	5940.17	2.48	1.17	41.78
71	6		1021.69	8.56	301.60	9.48	1.96	2901.52	76.05	11.37	624.05	218.97	31.80	7929.15	2.40	1.10	38.18
71	6		664.40	6.78	203.27	6.33	0.91	1879.92	51.89	12.38	390.27	266.53	15.86	4233.07	1.44	0.76	7.97
71	6		542.29	8.91	194.87	5.81	0.00	1423.63	57.93	11.38	272.28	706.22	11.46	31.21	0.93	0.41	20.17
71	7		699.91	10.11	161.53	7.37	1.31	2143.75	70.91	4.95	453.82	411.96	13.09	91.61	1.63	0.77	12.94
71	5		722.88	6.74	132.17	7.38	0.68	2368.91	66.93	7.65	508.05	231.79	19.97	1394.51	1.79	0.83	3.17
71	7		492.92	4.05	118.31	6.07	2.09	1486.29	41.14	4.21	321.06	432.99	42.91	1721.32	1.16	0.86	53.22
71	6		597.30	5.12	156.96	7.34	3.88	1740.04	50.42	4.77	373.89	356.62	24.06	318.55	1.52	0.85	13.24
71	6		506.97	4.19	173.27	5.30	0.52	1329.99	47.58	3.25	277.54	335.20	14.11	31.40	0.99	0.52	4.69
71	6		476.06	5.93	110.39	4.98	0.00	1475.34	59.85	6.38	294.53	272.08	16.88	34.05	1.02	0.50	3.46
71	6		338.60	3.49	52.05	3.18	0.38	1151.48	30.00	5.91	244.54	84.46	9.69	32.72	0.86	0.39	0.63
71	10		843.51	14.07	332.42	8.56	0.16	2113.08	95.69	20.73	385.91	636.24	15.02	46.04	1.35	0.82	29.07
71	6		1007.30	10.36	552.60	12.31	5.95	1807.59	64.78	11.61	361.38	794.31	32.15	3563.50	1.93	2.75	79.76
89	14		1153.25	13.00	433.40	10.74	1.80	2763.29	96.61	17.44	564.42	591.90	28.80	738.76	2.65	1.11	77.05
89	14		1138.44	12.06	268.09	9.44	0.61	3152.12	110.76	12.85	651.60	356.29	25.58	142.39	2.27	1.32	8.12
89	14		787.82	12.81	252.23	6.14	0.36	1932.17	76.31	12.08	379.67	447.57	14.25	45.06	1.33	0.82	16.02
89	14		737.75	5.17	191.74	7.18	1.09	2187.20	58.88	8.29	471.98	190.09	18.64	1275.01	1.74	0.78	11.54
89	14		654.31	6.43	160.13	6.73	1.49	1997.70	73.89	7.77	407.94	246.94	22.54	1508.19	1.58	0.69	3.78
89	14		896.22	9.40	220.07	8.66	0.37	16.23	78.43	11.56	577.18	393.54	23.16	144.50	2.04	1.04	8.93
89	15		682.09	10.92	148.85	7.07	0.73	178.92	64.49	50.74	411.57	279.54	20.57	1035.90	1.60	0.86	11.35
89	16		770.89	7.87	169.69	8.63	0.06	417.23	69.34	8.76	514.39	320.59	19.81	61.45	1.81	0.88	6.62
89	14		629.65	7.28	226.72	6.45	0.75	1547.92	50.14	5.60	324.58	266.79	15.10	1058.38	1.16	0.63	43.64
89	14		660.06	6.47	191.55	6.35	0.48	1867.37	48.78	4.43	398.28	185.55	15.46	41.34	1.36	0.63	28.30
89	14		463.40	4.23	68.80	4.68	0.69	1571.89	42.16	2.99	344.04	116.23	13.33	47.85	1.21	0.55	1.15



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Cl	H.	Me-	Avg.	Avg.	Water	Mine-	Fibre	Calory	Pro-	Fat	CHO	Cal	Iron	Caro	-----Vitamin-----		
ss	ld	er	Weight	Price	content	rals			tein			cium (mg)	(mg)	tin (mcg)	B1 (mg)	B2 (mg)	C (mg)
	89	14	671.86	6.41	92.54	6.81	1.18	2310.85	61.19	5.47	504.19	113.17	18.97	157.96	1.81	0.88	2.36
	89	14	573.17	6.02	117.03	6.76	0.20	1831.96	56.36	5.17	387.63	286.72	14.51	153.71	1.33	0.59	4.80
	89	14	573.35	6.12	130.27	5.72	0.03	1764.18	52.60	6.82	369.33	283.09	14.99	53.75	1.26	0.58	8.44
	89	14	931.76	9.51	297.76	9.90	3.60	2518.07	68.57	7.36	545.16	286.90	25.60	3026.98	2.14	1.80	10.90
	Avrg		733.64	8.08	203.50	7.39	1.01	1686.09	65.28	11.42	437.83	324.21	19.90	948.73	1.63	0.87	19.33
3	15	5	548.13	5.81	194.64	5.32	1.27	1410.67	44.97	4.49	297.55	600.56	33.05	243.07	1.16	0.70	68.44
	15	5	541.79	5.20	1034.02	4.64	1.90	924.64	38.36	5.30	180.62	355.43	40.14	2715.08	0.89	0.49	104.26
	15	6	1315.99	10.61	476.98	11.55	2.55	3352.87	84.82	8.82	732.63	322.05	29.62	139.58	2.93	1.19	57.16
	15	6	614.54	5.90	206.49	5.93	0.80	1642.88	52.75	7.22	341.79	284.23	24.11	4484.66	1.29	0.65	52.06
	15	6	432.03	4.32	173.83	4.32	0.76	1040.65	33.38	4.73	216.12	240.37	8.90	91.53	0.85	0.42	18.55
	15	6	285.64	3.07	116.65	2.85	0.83	685.92	20.20	4.75	140.59	205.51	12.37	2411.84	0.52	0.27	20.40
	15	7	965.53	14.59	156.56	7.80	0.00	3515.15	82.28	63.88	652.66	158.77	28.71	165.63	2.17	1.17	3.07
	15	6	375.85	3.67	65.92	3.92	0.10	1247.28	33.29	4.73	267.88	107.55	10.72	260.46	0.93	0.43	6.02
	15	6	403.71	3.42	79.47	4.17	0.00	1302.64	51.27	4.34	264.53	161.57	15.27	1806.41	0.93	0.44	0.26
	15	7	648.95	4.92	188.79	8.82	3.14	1822.87	53.72	6.23	388.21	815.02	76.07	3274.94	1.41	1.31	102.10
	15	5	706.24	6.41	243.37	6.82	1.31	1844.01	53.20	4.02	398.81	221.52	15.74	44.25	1.44	0.70	8.23
	15	5	447.48	4.30	77.15	4.56	1.44	1470.53	41.19	3.40	318.87	132.68	12.18	75.80	1.14	0.51	3.69
	15	5	564.44	5.56	141.75	7.40	2.01	1674.77	54.14	3.82	355.91	333.71	29.23	6080.64	1.39	0.68	45.48
	15	5	494.93	5.03	176.60	4.89	0.67	1292.53	37.10	8.94	259.99	306.98	21.09	3831.45	0.99	0.50	47.46
	15	5	522.06	5.21	136.30	8.64	2.95	1526.74	57.24	5.79	311.32	492.00	26.22	5513.81	1.20	0.68	35.99
	15	5	719.43	6.58	374.93	7.02	2.78	1389.85	55.23	9.96	269.28	616.37	17.15	870.98	0.91	0.68	8.98
	24	9	991.89	8.12	282.73	8.76	1.10	2842.79	77.86	7.98	614.38	470.08	23.56	67.80	2.05	0.94	12.00
	24	9	315.45	2.25	63.13	5.51	0.01	1006.79	27.36	1.87	220.09	86.16	8.80	2202.87	0.76	0.38	0.54
	24	9	823.38	6.24	203.88	7.08	2.10	2484.00	63.53	6.88	542.00	130.82	29.97	5624.26	1.99	0.89	26.36
	24	9	686.15	4.31	159.75	5.95	0.88	2113.04	52.44	6.40	461.61	100.58	17.74	724.09	1.59	0.72	5.80
	24	9	561.11	4.76	177.31	5.24	1.24	1552.18	42.54	5.60	332.89	126.83	13.08	2261.04	1.29	0.58	10.88
	24	10	649.71	6.68	135.85	6.99	0.63	2059.04	56.88	6.64	443.07	178.98	21.41	2866.24	1.64	0.81	16.87
	24	9	617.51	7.91	90.64	5.20	0.02	2212.47	51.89	26.66	441.14	139.12	20.29	121.90	1.41	0.81	0.45
	24	9	706.05	7.43	167.56	7.30	0.25	2161.07	65.37	7.47	457.97	576.18	19.24	109.61	1.58	0.78	4.02
	24	9	449.62	3.94	81.81	4.42	0.38	1473.52	42.12	4.28	316.56	166.36	13.50	62.90	1.11	0.53	1.06
	24	10	504.83	4.12	133.47	6.28	1.87	1473.87	46.11	4.28	312.79	492.46	40.32	2391.99	1.13	0.83	45.97
	24	9	678.00	6.51	105.53	7.28	2.16	2271.22	62.80	4.61	494.59	204.56	19.64	143.01	1.78	0.92	4.76
	24	9	371.70	4.44	61.39	5.33	1.41	1229.25	39.64	2.99	260.95	229.02	20.12	2499.05	1.01	0.61	14.39
	24	8	604.85	6.47	131.17	9.28	1.77	1881.44	63.48	7.31	390.38	482.22	24.20	2890.26	1.35	0.72	15.98
	24	8	712.47	7.13	121.84	8.26	0.00	2361.07	87.10	6.18	489.17	320.30	25.32	56.50	1.70	0.80	0.00
	24	8	753.34	6.38	192.55	7.98	0.00	2237.40	80.00	5.12	467.66	546.92	24.86	54.24	1.64	0.87	0.00
	24	8	768.40	6.73	225.00	8.18	1.35	2162.36	124.07	4.03	406.89	290.18	36.11	160.00	1.35	0.70	9.94
	36	5	725.91	6.21	180.08	7.82	1.60	2184.42	60.40	6.65	470.72	226.03	31.00	6291.44	1.75	0.82	38.51
	36	6	918.13	7.05	207.03	8.83	1.61	2835.50	79.79	5.28	617.17	257.10	26.47	2223.84	2.17	0.99	1.69
	36	7	768.39	5.92	190.27	6.71	1.70	2315.65	60.35	5.99	505.10	166.23	30.44	5876.80	1.88	0.85	32.85
	36	8	1004.44	6.60	369.67	9.83	3.13	2515.29	68.74	5.21	548.74	382.10	23.93	1171.01	1.82	0.88	10.04
	36	6	653.52	7.42	206.10	6.50	0.91	1755.04	62.42	10.16	368.38	310.18	17.49	5225.30	1.34	0.66	11.48
	36	6	578.12	6.12	132.64	5.92	0.37	1786.26	53.17	5.57	380.81	262.63	25.36	3848.40	1.42	0.68	29.38
	36	6	764.29	3.39	112.24	6.93	0.00	2590.20	65.50	4.72	571.27	236.43	28.49	195.38	1.75	1.12	0.41
	36	9	633.62	6.92	180.75	8.77	0.82	1813.89	61.19	8.03	374.23	400.77	16.49	85.11	1.28	0.66	2.05
	36	6	404.09	3.88	74.14	4.40	0.83	1321.62	39.06	4.53	281.09	173.92	12.08	73.35	1.00	0.48	1.98
	36	6	691.00	5.92	167.27	8.79	2.94	2076.83	58.44	5.92	447.61	622.82	59.93	2438.56	1.61	1.20	74.97
	36	6	465.42	5.10	81.67	5.00	0.85	1527.12	44.08	3.12	330.68	195.17	12.24	47.88	1.16	0.51	3.60



Cl	H.	Me-	Avg.	Avg.	Water	Mine-	Fibre	Calory	Pro-	Fat	CHO	Cal	Iron	Caro	-----Vitamin-----		
															B1	B2	C
ss	ld	er	Weight	Price	content	rals			tein			cium	(mg)	tin	(mg)	(mg)	(mg)
36	6		585.93	5.56	155.89	6.25	0.27	1679.34	57.10	6.57	360.44	433.16	14.31	41.43	1.24	0.55	6.90
36	6		601.87	6.38	176.80	6.38	0.87	1695.16	62.86	7.53	347.38	573.04	14.97	414.88	1.17	0.54	4.88
36	6		731.68	6.67	206.95	8.31	0.68	2095.91	68.29	6.56	440.86	450.11	22.78	870.10	1.53	0.83	37.66
36	6		525.37	4.83	120.69	8.29	2.27	1612.09	56.17	7.09	330.85	397.98	14.53	905.73	1.13	0.52	21.09
36	6		559.17	7.45	179.60	5.81	0.68	1513.81	56.39	7.83	308.98	135.01	12.54	454.62	1.15	0.83	3.25
62	7		499.39	4.69	185.15	5.00	1.41	1262.34	38.58	6.07	268.77	295.36	41.68	239.46	0.94	0.54	8.95
62	7		568.98	6.30	186.77	5.19	0.54	1538.53	46.10	6.55	327.68	302.63	34.28	716.33	1.14	0.58	5.74
62	7		579.58	5.03	117.87	5.71	0.35	1854.24	52.16	6.28	397.18	218.45	16.60	2733.18	1.40	0.67	1.35
62	7		653.15	5.59	137.69	7.12	1.02	2052.54	62.02	4.65	440.61	387.57	29.80	3446.69	1.56	0.86	18.64
62	7		388.72	3.35	66.22	3.99	0.00	1287.07	52.48	2.47	263.66	124.43	15.55	1088.19	0.92	0.43	0.00
62	7		692.13	6.41	174.52	7.75	0.09	2078.49	76.20	7.83	425.75	489.71	21.32	86.44	1.51	0.79	10.17
62	7		532.52	4.58	86.86	6.03	0.00	1767.39	105.19	3.67	328.26	224.94	29.69	38.13	1.14	0.54	0.00
62	7		382.51	4.62	70.84	3.39	1.41	1257.20	31.66	9.51	261.49	61.38	10.90	152.93	0.93	0.50	4.94
62	7		824.90	8.57	241.55	8.69	3.17	2525.71	68.86	22.76	480.74	332.50	21.62	1593.62	1.64	0.98	1.17
62	7		326.89	3.21	134.46	5.77	1.40	754.84	27.17	2.77	155.33	255.91	6.52	707.27	0.65	0.76	4.97
63	6		1552.06	24.49	677.69	18.28	3.40	3490.14	165.30	14.01	675.49	1877.84	52.97	3061.80	2.40	1.68	16.03
63	6		1387.09	13.47	500.92	19.79	1.87	3562.36	127.18	15.09	729.68	989.07	40.08	1709.12	2.74	1.55	21.63
63	7		480.20	4.88	202.47	4.77	0.82	1111.13	39.74	4.14	228.61	356.07	13.07	98.75	1.12	0.48	30.80
63	7		1004.57	7.68	477.89	10.03	4.54	2092.19	65.16	7.88	440.76	619.73	21.49	4243.39	1.47	0.72	21.36
63	7		971.81	9.75	471.51	10.61	3.89	1999.42	61.07	11.16	414.50	753.63	16.21	4978.78	1.33	0.62	21.65
63	7		459.41	3.69	167.43	4.21	1.34	1180.68	30.84	6.00	250.87	119.31	10.00	1990.99	0.98	0.49	5.65
157	6		668.48	7.68	138.46	7.22	0.52	2105.71	116.97	7.13	398.86	166.83	31.87	119.86	1.61	0.72	18.76
157	9		651.01	6.83	158.06	6.12	0.33	1976.46	59.47	6.37	420.85	274.99	17.81	61.20	1.42	0.65	5.33
157	10		597.06	5.71	161.01	5.98	0.64	1754.54	52.15	7.30	370.44	331.38	15.73	506.33	1.27	0.62	7.71
157	10		626.21	5.43	193.28	5.86	0.79	1749.27	47.85	9.64	367.83	210.87	15.28	3536.64	1.36	0.67	17.13
157	9		386.36	4.74	87.20	3.91	0.10	1200.63	36.75	6.86	251.53	144.47	10.13	73.61	0.88	0.38	11.40
157	10		459.54	3.96	104.49	4.05	0.57	1425.69	34.93	4.95	310.70	80.73	17.02	3612.51	1.11	0.56	18.45
157	10		382.90	4.18	81.43	3.79	0.08	1234.96	35.84	8.91	252.90	115.15	10.00	174.83	0.89	0.40	7.70
157	11		552.15	5.47	184.34	6.83	0.92	1490.28	53.83	9.94	296.33	562.59	21.85	2219.42	1.03	0.67	25.16
157	10		409.81	3.73	103.99	4.94	1.04	1255.82	35.10	5.73	259.02	306.91	26.16	900.58	0.89	0.57	31.72
157	11		487.95	5.00	145.37	4.79	0.41	1373.51	32.33	3.53	291.79	87.83	10.28	29.27	0.99	0.44	27.47
157	10		278.57	2.84	54.18	3.28	0.62	893.43	26.95	2.31	191.19	168.81	8.00	97.27	0.68	0.32	2.35
157	10		426.88	4.17	120.81	4.99	0.71	1226.26	47.96	4.94	247.47	406.95	23.66	3852.82	0.92	0.61	22.60
157	11		639.26	7.04	193.88	7.78	3.02	1816.85	65.02	9.82	359.95	518.65	19.48	437.00	1.49	0.66	12.73
157	7		398.47	4.05	126.31	4.71	0.12	1098.21	48.41	5.79	212.98	423.49	14.82	67.88	0.77	0.51	0.00
157	7		436.31	3.97	145.21	5.00	0.00	1175.04	51.26	6.25	228.27	490.23	16.31	35.97	0.78	0.50	0.00
157	7		657.82	7.64	228.67	7.44	0.91	1738.73	57.27	10.77	353.07	420.87	22.08	2833.08	1.26	0.64	54.13
Avg			594.56	5.85	174.87	6.33	1.04	1712.61	53.81	7.62	357.09	316.03	20.75	1544.52	1.28	0.67	17.07
4	06	5	2545.33	12.90	1529.38	24.15	16.10	3996.66	108.90	12.07	864.02	1031.83	249.87	1693.58	5.84	6.07	692.83
	06	5	871.65	7.04	291.07	8.46	3.12	2323.29	69.42	7.37	494.91	320.58	72.16	7524.79	2.35	1.28	151.28
	06	5	412.69	2.89	164.72	3.17	1.37	989.00	25.84	1.92	217.14	138.36	42.73	174.00	1.09	0.57	107.36
	06	5	476.38	3.66	219.32	4.68	1.68	1064.26	31.35	11.20	209.48	269.08	9.61	1173.55	0.77	0.51	9.35
	06	4	1096.96	4.52	776.81	10.55	8.75	1237.93	14.35	6.18	281.96	251.06	24.65	6501.87	0.86	0.34	79.18
	06	4	328.92	2.39	116.01	2.87	1.12	867.26	21.19	5.61	183.03	70.04	14.20	6915.87	0.75	0.36	35.13
	06	5	257.51	4.15	86.27	2.51	0.06	687.61	29.48	2.50	136.95	106.51	6.63	15.45	0.53	0.25	2.57
	06	5	463.88	4.78	77.37	4.58	0.00	1565.40	41.70	7.77	332.11	141.52	14.01	77.76	1.13	0.59	0.23
	06	5	264.32	2.51	35.76	2.69	0.88	908.63	22.92	1.74	200.30	42.36	7.41	88.95	0.72	0.32	2.54
	06	5	269.47	2.29	61.70	2.83	0.38	927.65	27.54	1.86	175.14	163.07	8.60	24.72	0.62	0.31	0.64



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Cl a ss	H. ho ld	Me- mb- er	Avg. Weight	Avg. Price	Water content	Mine- rals	Fibre	Calory	Pro- tein	Fat	CHO	Cal cium (mg)	Iron (mg)	Caro tin (mcg)	-----Vitamin-----		
															B1 (mg)	B2 (mg)	C (mg)
06	5		176.82	1.75	22.14	1.89	1.03	609.81	15.65	1.26	133.97	30.71	4.89	27.29	0.49	0.21	1.71
06	5		192.27	1.62	34.91	1.83	0.00	614.39	17.86	1.20	133.00	72.61	5.71	15.45	0.46	0.22	0.00
06	5		311.94	2.69	38.36	2.98	0.00	1080.61	38.02	1.92	227.77	43.70	11.56	26.48	0.79	0.35	0.00
06	5		328.32	3.29	82.91	3.80	1.94	971.74	35.20	2.58	201.85	243.98	10.76	45.38	0.75	0.39	3.21
06	5		246.28	2.74	77.38	5.16	2.70	656.45	34.71	2.42	123.86	366.54	8.32	190.73	0.49	0.28	5.23
06	5		772.50	3.52	541.56	10.98	7.68	860.90	21.62	2.95	187.67	227.45	7.21	3398.57	1.25	2.87	121.88
42	4		605.47	7.32	159.56	11.83	0.84	1755.76	65.61	4.06	363.97	498.69	13.72	51.50	1.22	0.56	23.17
42	4		546.53	3.68	128.03	5.01	0.69	1672.66	40.69	4.03	368.31	85.64	13.42	79.35	1.25	0.56	28.30
42	4		591.30	5.50	124.98	5.88	0.22	1869.24	54.94	5.58	399.72	274.32	17.78	155.50	1.39	0.70	1.48
42	4		1002.00	6.53	373.71	9.03	3.31	2505.73	69.88	6.47	542.47	284.69	24.32	2843.05	1.82	0.87	27.68
42	4		738.77	7.58	330.31	5.92	1.57	1694.37	42.06	16.23	344.49	209.47	13.40	4451.86	1.17	0.72	10.62
42	6		668.80	5.54	288.75	6.30	1.86	1709.76	42.46	5.08	373.72	176.46	27.99	1359.96	1.42	0.67	57.54
42	5		853.44	11.90	153.58	7.06	0.00	2937.85	71.83	35.10	583.50	153.91	26.13	3602.94	1.94	1.09	1.17
42	5		883.74	7.79	287.36	12.60	1.84	2373.94	220.79	8.35	353.76	557.41	58.72	1283.89	1.17	0.60	6.48
42	5		332.20	3.04	64.71	3.41	0.94	1074.80	32.08	4.44	226.57	149.84	10.12	37.01	0.81	0.39	1.56
42	5		329.59	2.63	102.29	3.64	0.42	906.02	32.32	2.42	188.62	288.67	16.40	3317.63	0.67	0.43	15.27
42	4		477.23	4.84	113.12	5.35	0.53	1448.71	52.18	3.15	302.88	486.22	14.20	70.55	1.06	0.51	5.32
42	4		298.05	2.49	62.36	2.90	0.77	927.22	25.73	1.88	201.81	87.83	8.12	2677.87	0.72	0.36	1.28
42	6		675.79	5.51	139.52	6.84	2.37	2183.64	56.25	4.57	465.40	202.96	18.84	921.24	1.58	0.72	1.32
42	7		755.89	7.45	155.45	9.49	1.81	2418.58	77.25	9.80	502.32	459.63	27.42	1389.23	1.99	0.87	8.93
42	7		527.29	5.18	144.02	5.32	2.01	1533.95	48.90	6.77	319.27	454.03	22.48	4109.86	1.17	0.55	29.52
42	4		622.30	3.45	451.61	9.29	4.29	643.96	47.61	3.21	106.26	709.62	14.52	2424.79	0.83	2.21	4.29
52	6		975.93	9.10	304.69	12.48	1.11	2690.78	87.66	10.58	561.24	616.54	22.42	61.80	2.02	0.89	26.17
57	9		449.43	4.68	75.46	4.77	0.07	1502.78	74.69	5.26	289.09	92.21	20.62	157.93	1.04	0.46	3.89
57	9		432.30	4.16	88.11	4.19	0.10	1381.24	39.02	4.33	296.52	184.01	13.91	611.70	1.03	0.51	4.43
57	10		545.54	5.79	71.17	6.14	0.70	1894.72	52.33	4.93	410.23	126.81	15.52	153.56	1.48	0.71	1.94
57	9		366.94	3.23	59.46	3.45	0.64	1227.30	33.88	2.75	266.73	99.13	10.17	38.30	0.94	0.42	1.07
57	10		252.64	2.24	45.36	2.41	0.37	821.29	22.48	1.63	179.25	71.71	7.24	24.54	0.63	0.29	1.28
57	9		368.22	3.34	108.36	4.46	1.43	1036.24	34.05	4.10	215.79	395.23	14.88	4109.79	0.82	0.46	8.56
57	9		233.34	2.15	48.87	2.57	1.48	724.16	21.63	1.78	155.39	112.60	7.67	1049.41	0.59	0.29	3.16
57	9		358.83	3.35	87.60	3.50	0.00	1094.27	38.03	4.62	225.05	231.81	10.48	26.07	0.78	0.37	0.00
57	9		470.39	4.85	83.80	6.99	1.03	1557.15	47.84	9.62	319.77	230.88	15.26	626.05	1.19	0.63	12.34
57	9		424.80	4.02	64.44	5.02	0.11	1447.03	108.11	4.67	243.00	122.31	29.63	28.14	0.92	0.37	6.25
58	11		529.02	5.14	114.14	5.07	0.13	1633.05	48.59	4.83	356.32	156.71	14.89	166.00	1.29	0.57	11.10
58	10		583.40	7.28	152.75	6.07	0.74	1719.14	57.63	5.35	360.14	183.79	15.46	969.51	1.27	0.58	4.54
58	9		437.67	4.55	98.10	5.10	0.57	1361.25	45.28	5.09	283.57	235.54	14.82	151.75	1.05	0.56	13.81
58	9		649.83	4.63	265.01	5.90	1.93	1549.58	37.56	7.59	333.04	137.71	12.42	2319.44	1.09	0.55	11.33
58	9		404.17	5.55	116.26	3.95	0.50	1156.49	42.81	7.19	233.90	63.66	9.24	1660.93	0.85	0.40	3.14
58	7		532.93	4.05	222.84	5.30	2.12	1236.25	26.86	5.29	270.80	102.71	9.38	1149.73	0.85	0.37	7.85
80	5		664.01	5.57	153.70	7.07	0.42	2032.24	68.43	4.16	433.03	305.42	35.76	217.53	1.50	0.73	4.39
80	5		463.39	5.02	138.02	5.53	0.11	1319.08	42.29	8.05	269.35	323.24	12.00	281.53	0.95	0.52	6.15
80	5		274.76	2.61	42.74	2.64	0.77	933.30	24.38	3.80	200.40	47.89	7.33	32.05	0.71	0.31	2.44
80	5		1030.00	5.77	470.71	17.51	9.27	2193.90	78.79	13.39	440.32	2420.50	213.72	10346.35	1.69	2.93	324.45
80	5		300.64	3.09	39.84	3.42	1.18	1029.80	27.27	2.05	225.57	69.23	8.34	84.20	0.81	0.36	2.83
80	5		349.18	3.09	115.97	5.38	6.87	902.14	26.69	3.76	190.47	292.09	17.10	351.61	0.96	0.59	18.79
80	5		299.23	2.88	38.15	3.09	0.53	1053.22	42.56	4.58	210.40	54.16	12.62	68.11	0.74	0.33	1.62
80	5		448.05	4.26	93.76	4.61	0.77	1405.88	44.30	3.05	300.23	229.88	13.94	43.64	1.06	0.53	1.28
80	5		504.28	4.05	186.82	5.81	1.32	1366.79	41.76	2.80	265.81	293.55	12.23	5951.46	0.89	0.51	2.77
80	5		412.52	2.24	255.18	4.35	3.24	609.99	15.84	1.47	133.54	134.72	31.22	1277.94	0.94	1.27	82.65



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Cl ss	H. ld	Me- mb- er	Avg. Weight	Avg. Price	Water content	Mine- rals	Fibre	Calory	Pro- tein	Fat	CHO	Cal cium (mg)	Iron (mg)	Caro tin (mcg)	-----Vitamin-----		
															B1 (mg)	B2 (mg)	C (mg)
81	5		685.81	5.75	150.42	6.05	0.81	1976.33	50.49	5.14	435.79	115.36	15.87	50.21	1.68	0.66	15.10
81	5		997.99	8.35	282.24	8.20	1.24	2787.05	79.38	10.95	533.69	269.98	47.08	9820.40	2.28	1.18	83.00
81	5		679.80	4.97	156.16	5.99	1.70	2088.54	53.58	3.63	460.40	87.99	18.89	2346.63	1.63	0.71	2.79
81	5		309.57	1.84	100.41	2.49	0.66	833.78	20.87	1.62	184.23	72.04	21.18	5810.00	0.77	0.38	47.12
81	5		339.48	3.01	118.31	3.57	0.89	875.66	23.54	1.82	191.33	122.48	7.68	18.54	0.62	0.28	2.24
81	5		259.57	2.14	54.53	2.39	0.26	817.93	20.90	1.47	180.26	55.69	13.09	2630.56	0.69	0.32	20.26
89	14		531.14	5.00	166.74	5.77	1.71	1440.09	43.93	5.92	307.21	419.03	13.40	589.46	1.16	0.54	17.55
90	4		698.47	7.11	145.89	7.09	0.10	2204.10	66.59	4.46	474.31	319.58	21.58	279.06	1.65	0.82	4.50
90	4		999.66	7.77	397.80	8.52	3.25	2407.43	73.61	6.69	513.06	363.71	41.00	9012.50	2.50	0.96	95.91
90	4		778.94	7.80	179.89	7.62	0.12	2421.78	73.67	11.45	506.30	379.81	23.36	57.93	1.75	0.87	3.21
90	4		688.81	4.64	242.45	6.01	2.47	1747.52	54.24	4.02	382.13	203.81	33.44	8998.01	1.51	0.71	56.97
90	4		788.47	9.29	189.26	7.95	0.00	2344.28	80.75	9.43	501.05	361.14	22.14	57.93	1.74	0.83	10.81
90	4		547.97	5.90	147.52	5.65	0.55	1602.20	51.54	8.66	334.64	240.45	14.38	3793.83	1.21	0.57	10.83
90	4		871.65	8.03	221.03	8.08	1.45	2605.85	77.06	8.51	551.87	252.58	56.25	143.96	1.98	0.98	6.74
90	4		718.85	12.34	222.10	8.60	0.40	1994.63	74.49	8.58	404.66	1283.85	17.72	268.31	1.45	0.69	9.89
90	4		515.01	5.03	100.55	5.76	1.19	1660.68	50.80	6.11	350.56	252.63	15.60	109.88	1.25	0.61	3.05
90	4		539.03	5.80	76.01	6.24	2.67	1835.16	48.61	3.76	401.71	129.04	15.09	255.18	1.46	0.66	7.89
90	4		443.54	4.42	87.98	5.06	1.04	1412.52	42.50	3.03	303.98	193.75	12.80	68.26	1.07	0.51	3.66
90	4		405.57	4.18	79.82	4.71	0.74	1308.55	46.32	5.47	268.53	200.20	12.07	67.59	0.99	0.51	9.27
90	4		609.42	5.85	180.55	7.27	1.73	1735.59	66.50	11.20	342.24	479.59	16.58	780.74	1.15	0.54	22.66
90	4		469.81	4.16	90.47	5.43	1.93	1518.83	49.24	6.03	316.68	239.76	17.00	112.91	1.37	0.55	0.64
90	4		692.75	7.09	169.60	14.41	5.90	2064.19	79.08	9.90	414.64	663.98	35.58	8618.89	1.67	0.79	63.74
90	6		735.30	8.79	265.59	8.18	1.03	1833.88	75.84	10.85	373.14	542.46	19.59	284.10	1.24	0.89	17.16
122	9		616.08	8.59	214.05	5.01	1.17	1531.89	48.51	12.33	314.32	368.77	24.66	28.50	1.48	0.41	42.79
122	8		752.53	6.21	190.66	6.19	0.95	2113.63	55.75	6.31	464.22	151.55	35.71	126.54	1.78	0.84	62.16
122	8		875.50	7.56	253.98	8.07	1.80	2498.15	73.41	9.04	530.63	379.81	29.32	3798.34	1.87	0.92	17.28
122	8		670.85	16.38	230.60	7.03	1.10	1749.32	61.06	9.53	354.89	468.74	15.69	1104.23	1.20	0.59	20.93
122	8		419.84	4.67	159.49	4.50	0.93	1061.30	34.94	7.32	213.82	244.21	9.32	4315.50	0.82	0.38	9.31
122	8		417.44	3.47	110.52	3.79	0.83	1230.36	30.74	5.02	266.66	90.28	11.22	4340.95	0.93	0.47	4.36
122	9		685.80	7.30	150.29	6.85	0.62	2146.46	64.46	7.79	454.57	397.39	23.42	928.56	1.58	0.92	10.07
122	8		434.81	4.84	98.59	4.85	0.05	1366.39	44.70	8.24	278.41	251.98	11.48	34.94	0.96	0.43	11.62
122	8		724.53	7.87	187.90	8.42	1.58	2143.15	61.58	7.56	457.26	182.83	38.43	2605.16	1.60	0.78	16.99
122	9		409.42	3.96	149.43	4.84	1.43	1011.91	30.48	3.36	211.71	346.26	25.72	883.27	0.76	0.55	48.17
122	8		308.75	2.67	54.38	2.98	0.38	1009.54	27.00	1.91	221.04	83.61	8.64	1235.03	0.73	0.36	0.64
122	8		503.23	5.01	82.11	5.63	0.75	1679.74	48.52	4.16	362.03	180.11	14.02	80.26	1.28	0.57	4.03
122	8		383.79	4.11	84.37	4.01	0.45	1185.11	36.43	4.97	248.62	247.75	10.39	54.25	0.89	0.42	9.01
122	8		388.70	4.17	76.72	4.22	0.15	1256.29	54.71	5.41	247.94	201.76	15.10	28.69	0.87	0.39	2.08
122	8		490.47	5.10	156.66	5.52	1.10	1327.17	47.07	3.65	276.44	395.32	12.37	177.33	0.92	0.56	7.30
122	8		723.45	8.63	369.43	9.73	3.42	1386.56	52.84	7.58	277.53	1079.29	16.51	3637.61	1.19	1.55	36.34
149	2		678.77	4.80	419.37	7.06	3.91	1033.91	32.99	7.32	209.32	381.61	8.17	20.85	1.50	0.27	257.75
149	4		520.78	3.56	242.16	5.84	2.43	1099.23	35.26	3.32	232.37	297.61	24.25	5805.19	0.92	0.47	173.38
149	4		824.00	5.85	295.52	6.50	2.48	2108.26	54.57	3.98	463.63	239.54	73.14	8004.57	2.17	1.10	172.45
149	4		329.60	2.53	103.67	3.66	0.62	898.01	27.53	1.87	192.91	162.91	22.16	5811.28	0.80	0.40	45.97
149	2		618.00	15.68	110.41	15.82	0.44	1994.42	85.73	5.45	400.60	705.89	15.41	3050.51	1.43	0.64	1.71
149	2		766.06	9.16	265.39	8.35	1.06	2033.34	75.15	12.77	404.60	542.81	35.06	9364.63	1.59	0.78	74.99
149	4		673.17	12.56	157.99	6.73	1.19	2243.34	72.79	42.42	392.50	124.70	17.56	474.16	1.57	0.79	10.00
149	2		361.53	4.22	141.20	4.62	0.50	935.54	37.70	14.87	162.65	467.62	10.28	141.52	0.57	0.38	12.51
149	2		456.29	4.47	121.48	7.61	2.03	1342.38	79.52	8.28	237.60	599.83	62.10	12380.85	0.81	0.81	64.89
149	2		406.86	4.30	101.03	5.26	2.02	1209.77	43.38	3.09	252.04	302.13	13.04	230.39	0.93	0.48	6.82

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Cl	H.	Me-										Cal		Caro	-----Vitamin-----		
ss	ld	er	Avg. Weight	Avg. Price	Water content	Mine- rals	Fibre	Calory	Pro- tein	Fat	CHO	cium (mg)	Iron (mg)	tin (mcg)	B1 (mg)	B2 (mg)	C (mg)
149	2		301.28	2.91	64.09	3.13	1.55	940.13	25.44	2.00	205.06	105.57	7.43	3053.69	0.76	0.35	2.96
149	2		362.56	3.11	84.82	3.86	0.36	1101.58	68.13	2.36	201.62	100.42	19.20	3731.17	0.72	0.33	13.39
149	2		352.78	3.01	64.96	3.10	0.64	1132.16	28.02	2.06	250.38	54.84	15.60	2634.16	0.94	0.43	20.72
149	2		520.16	4.80	119.79	4.44	0.66	1587.61	39.55	2.84	350.98	100.42	29.14	6587.23	1.38	0.65	51.11
149	2		464.19	4.88	63.74	7.25	2.58	1565.86	48.36	3.46	335.31	226.58	12.63	172.19	1.23	0.55	6.30
149	2		1012.83	5.85	689.69	18.38	9.52	1201.06	46.01	4.72	244.48	786.83	10.55	3140.21	1.33	2.72	245.48
Avrg			541.12	5.28	165.23	5.91	1.41	1501.04	49.52	5.95	312.72	283.91	20.79	1676.43	1.17	0.66	26.43



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Name of village Noyanagar  
Village-wise food intake per day by weight in grams,  
price in taka foodvalue in grams

Cl	H.	Me-	Avg.	Avg.	Water	Mine-	Fibre	Calory	Pro-	Fat	CHO	Cal	Caro	-----Vitamin-----			
a	ho	mb-												B1	B2	C	
ss	ld	er	Weight	Price	content	rals		tein				cium	Iron	(mg)	(mg)	(mg)	
												(mg)	(mg)				
1																	
	01	9	511.22	8.83	191.28	5.43	0.84	1305.48	47.17	9.64	257.20	522.38	11.36	138.59	0.86	0.42	12.87
	01	12	876.17	9.55	237.51	8.29	1.11	2473.24	76.13	9.45	521.09	361.88	22.94	785.09	1.66	0.85	11.62
	01	12	914.97	8.36	345.62	8.57	1.37	2268.27	71.15	4.83	484.61	500.76	22.13	51.95	1.61	0.81	13.08
	01	12	1074.84	15.88	246.94	9.33	0.43	3039.29	114.28	14.21	613.65	439.18	24.99	132.18	2.12	1.11	20.41
	01	12	572.84	6.82	198.62	5.70	0.86	1523.72	47.47	10.22	310.33	327.16	13.99	409.24	1.13	0.60	5.58
	01	12	826.66	8.25	292.40	7.86	1.39	2163.49	56.49	12.48	456.57	323.20	41.43	597.84	1.84	0.99	86.52
	01	12	641.93	6.02	109.47	6.52	0.09	2153.06	61.54	9.92	454.39	215.19	18.46	103.21	1.61	0.77	4.56
	01	12	679.26	7.28	209.15	6.65	1.09	1923.91	57.68	13.72	391.87	367.41	15.94	695.70	1.43	0.72	34.25
	01	9	716.95	8.56	213.27	7.67	0.22	2031.98	70.58	14.26	405.56	533.28	16.62	44.64	1.39	0.62	30.38
	01	9	782.63	8.70	227.79	8.59	2.75	2219.66	69.59	9.17	475.38	348.35	75.42	256.14	1.65	0.73	21.69
	01	9	436.57	3.78	146.94	5.15	0.13	1254.52	43.73	2.79	237.86	305.99	11.80	76.79	0.82	0.46	0.00
	01	15	710.89	6.79	120.64	7.26	0.91	2352.79	64.30	4.89	512.91	296.00	25.04	1961.91	1.82	0.88	12.47
	01	5	669.12	11.76	214.38	10.34	0.19	2075.24	72.80	47.83	319.03	737.50	11.74	32.65	1.04	0.50	22.55
	01	4	1159.93	15.48	332.80	17.44	1.19	3396.26	126.59	29.99	643.97	1155.34	25.27	79.58	2.21	0.98	47.83
	01	7	667.59	8.43	217.12	8.41	1.51	1788.19	72.76	6.55	359.61	1136.88	16.91	473.96	1.27	0.64	28.29
	01	7	1339.31	20.86	509.65	17.04	1.28	3351.36	133.12	24.76	653.44	1941.63	30.88	369.09	2.33	1.51	49.38
	Avrg		763.90	9.08	227.99	8.02	0.94	2144.38	69.54	11.61	439.03	508.42	22.55	498.20	1.54	0.78	22.87
2	35	7	1693.34	13.85	715.50	17.64	4.02	3921.76	117.16	15.04	827.77	720.98	47.75	5493.59	2.79	1.49	64.55
	35	7	647.90	4.53	147.01	5.67	0.80	1998.49	49.73	3.57	441.88	132.88	34.26	7310.10	1.71	0.82	57.45
	35	7	764.81	6.40	181.55	8.38	1.04	2321.07	58.47	5.10	510.24	277.20	21.87	1309.61	1.77	0.95	27.28
	35	7	500.83	3.07	84.26	4.59	0.47	1662.24	41.60	2.90	367.43	65.49	14.00	700.76	1.28	0.57	1.63
	35	7	668.44	6.75	117.75	6.07	0.40	2194.23	53.75	7.91	480.85	157.12	21.35	2059.36	1.54	0.86	4.93
	35	7	368.07	3.24	79.73	3.63	0.40	1149.30	30.24	2.09	252.39	95.30	19.44	4123.29	0.98	0.46	31.61
	35	8	400.23	3.23	79.13	3.99	0.06	1292.19	37.21	4.78	275.03	161.73	12.13	167.69	0.95	0.47	2.73
	35	7	657.08	6.24	110.20	6.41	0.03	2208.04	59.83	9.24	471.37	190.87	18.67	125.25	1.64	0.75	5.06
	35	7	414.54	4.15	52.05	4.34	1.30	1451.93	36.76	4.91	315.16	72.82	11.47	51.39	1.13	0.50	2.16
	35	7	414.27	3.91	81.98	4.55	0.77	1321.99	40.52	2.80	283.63	197.02	12.62	118.81	1.01	0.49	2.77
	35	6	688.10	7.30	114.77	7.48	4.15	2270.49	57.66	4.76	499.25	139.60	19.71	743.35	1.83	0.86	19.29
	35	6	822.24	3.03	103.28	7.37	0.00	2860.83	69.67	4.91	634.46	81.97	22.95	73.77	2.21	0.98	0.00
	35	6	595.88	5.30	153.82	6.45	0.59	1761.18	63.18	4.14	367.66	436.45	19.67	98.46	1.30	0.69	1.93
	35	6	440.75	5.09	83.86	4.14	0.00	1477.70	40.71	15.33	294.16	191.68	12.39	34.05	1.02	0.43	0.47
	35	6	609.78	5.63	143.89	6.06	0.00	1896.79	62.95	11.42	385.43	380.22	18.51	44.69	1.34	0.66	0.00
	35	6	522.10	5.18	92.69	5.24	0.00	1718.57	49.27	5.91	367.12	174.97	14.18	42.56	1.27	0.56	8.51
	46	4	2241.63	18.45	1347.59	17.84	10.42	3590.14	123.00	15.64	736.57	1680.50	37.06	5471.40	2.16	1.16	64.19
	46	4	1240.08	9.03	474.67	10.76	3.72	3091.16	85.89	14.13	654.40	395.83	27.82	2772.94	2.18	1.00	23.05
	46	4	1042.79	12.64	346.60	10.10	0.56	2834.37	77.63	19.47	589.12	429.81	21.70	68.10	2.02	1.04	20.74
	46	5	771.80	6.76	152.16	10.10	0.11	2471.80	72.18	6.86	530.35	343.99	19.97	309.85	1.86	0.89	6.10
	46	4	526.26	3.81	148.10	4.90	1.16	1512.83	33.98	4.98	333.13	70.56	11.85	83.42	1.10	0.43	3.92
	46	4	709.42	9.20	239.09	7.08	0.35	1925.20	51.78	16.25	393.04	496.81	14.93	108.81	1.41	0.79	9.74
	46	4	339.66	2.84	76.34	3.31	0.07	1067.11	31.22	5.55	223.19	148.75	10.04	74.91	0.77	0.38	2.41
	46	5	683.43	7.40	127.80	6.67	0.01	2255.91	64.60	11.95	472.53	240.86	18.35	109.60	1.65	0.76	7.86
	46	4	383.78	3.93	63.27	4.06	0.01	1293.26	35.78	5.53	275.09	100.69	10.13	56.60	0.95	0.42	2.41
	46	4	1002.80	9.80	206.14	11.52	2.52	3165.58	99.96	6.95	675.68	527.37	30.77	338.09	2.42	1.19	8.67
	46	4	913.67	8.42	152.49	9.35	0.90	3034.06	84.25	6.06	660.60	266.97	26.15	197.49	2.32	1.07	4.93



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Cl	H.	Me-										Cal		Caro	-----Vitamin-----		
ss	ld	er	Avg. Weight	Avg. Price	Water content	Mine- rals	Fibre	Calory	Pro- tein	Fat	CHO	cium (mg)	Iron (mg)	tin (mcg)	B1 (mg)	B2 (mg)	C (mg)
	46	6	795.93	7.70	148.09	8.15	3.25	2503.70	75.01	6.63	554.76	173.44	21.02	186.95	2.01	0.90	17.69
	46	6	660.58	8.43	177.93	7.25	3.60	1940.99	62.05	14.30	391.08	553.53	16.41	82.57	1.45	0.68	23.52
	46	6	725.38	9.02	194.39	8.89	0.00	2130.42	80.37	8.39	433.34	893.24	19.49	49.79	1.62	0.78	11.91
	46	6	745.79	7.55	241.58	6.85	0.75	2000.34	64.78	4.63	427.92	414.08	29.57	4826.99	1.79	0.76	62.54
	46	8	792.88	8.20	284.11	6.58	1.41	2024.55	63.62	6.81	427.08	517.43	39.17	124.85	1.61	0.81	75.39
	Avg		720.07	6.73	200.45	7.14	1.22	2081.30	59.79	7.80	443.65	322.21	21.17	1277.41	1.56	0.76	19.00
3	08	12	579.32	8.16	181.05	5.80	0.52	1595.40	53.04	8.35	331.00	491.12	13.31	237.08	1.11	0.50	7.10
	08	11	711.38	5.32	162.24	6.17	0.79	2192.02	56.19	6.73	480.08	141.25	37.14	2745.38	1.86	0.88	62.92
	08	12	558.88	5.30	127.77	6.56	0.55	1714.16	48.13	3.11	373.26	191.32	19.70	2436.46	1.33	0.61	20.76
	08	12	574.71	3.88	115.73	5.14	0.40	1822.68	47.08	4.68	401.97	93.94	19.64	2041.77	1.43	0.65	23.46
	08	11	499.93	5.21	104.50	4.89	0.07	1592.60	43.73	6.24	340.56	366.12	12.74	45.53	1.17	0.52	2.35
	08	11	559.86	8.36	340.36	5.63	0.27	1586.52	52.98	8.44	331.46	311.00	18.38	1929.56	1.16	0.57	29.10
	08	11	440.87	4.52	154.06	4.94	0.47	1103.32	40.39	6.24	235.15	200.89	10.17	2789.55	0.81	0.40	28.25
	08	11	537.09	6.10	100.42	5.33	0.00	1733.12	50.07	5.37	371.08	401.20	14.69	60.30	1.24	0.59	5.10
	15	2	650.88	7.21	152.76	7.23	0.04	2012.15	63.90	9.67	417.25	675.71	18.30	146.61	1.45	0.69	1.97
	15	4	770.91	11.13	210.71	7.72	0.00	2360.72	79.75	29.60	443.82	720.31	18.54	216.03	1.57	0.91	12.55
	15	2	454.83	3.97	75.54	4.46	0.85	1510.95	41.86	3.00	329.10	138.14	13.42	47.88	1.16	0.54	1.41
	15	2	189.28	1.80	42.00	2.22	1.70	581.24	19.50	1.56	122.27	115.82	5.97	33.47	0.47	0.23	2.82
	15	2	364.43	4.85	83.29	6.43	3.41	1101.46	45.10	3.24	222.93	361.45	11.30	64.41	0.86	0.44	5.65
	15	2	676.59	6.02	150.85	7.19	0.85	2092.47	68.74	6.56	439.57	384.48	20.33	60.59	1.55	0.75	7.76
	15	2	573.48	6.06	104.02	6.23	1.13	1873.21	90.33	4.74	357.22	292.76	24.31	55.37	1.30	0.58	7.86
	15	2	598.91	5.78	139.27	6.18	0.85	1821.70	60.53	4.49	384.72	321.62	17.79	54.24	1.36	0.67	3.95
	15	2	784.72	7.39	248.66	8.03	0.37	2054.65	75.04	8.41	444.55	536.75	18.33	50.85	1.79	0.67	35.46
	15	3	1853.95	24.48	743.23	16.10	2.63	4581.64	151.58	39.69	904.00	1352.86	55.33	7895.24	3.51	1.75	121.22
	28	7	1500.87	13.67	721.68	12.51	5.74	2870.96	95.59	8.02	632.66	552.49	35.82	4850.97	2.00	1.16	51.41
	28	5	847.51	5.82	444.27	8.38	4.14	1595.18	57.91	3.97	331.56	492.49	19.30	2425.73	1.09	0.59	94.16
	28	6	1111.92	7.28	522.83	9.05	3.25	2341.85	56.71	3.53	519.29	239.96	19.66	50.85	1.57	0.78	21.69
	28	5	713.31	4.93	354.66	6.20	2.35	1431.71	43.93	4.30	303.64	329.39	21.72	3170.78	1.02	0.56	57.63
	28	5	750.00	4.70	377.65	5.84	2.85	1516.64	35.40	9.42	321.76	137.36	12.93	6272.91	1.12	0.55	21.36
	28	5	644.61	6.76	203.86	6.25	1.05	1706.60	50.46	11.41	359.31	150.19	13.82	79.10	1.23	0.54	19.42
	28	5	296.63	2.27	92.29	3.34	0.00	814.87	34.19	2.11	164.66	294.93	10.42	19.06	0.57	0.33	0.00
	28	5	781.83	7.54	159.16	9.18	0.41	2450.06	173.53	6.21	425.06	241.06	47.58	128.53	1.49	0.67	26.36
	28	5	604.83	5.80	96.03	6.16	0.86	2048.71	53.29	8.30	440.18	151.25	16.72	1737.79	1.56	0.71	1.90
	28	5	950.15	11.62	201.68	12.29	2.71	2967.00	100.65	6.61	626.16	734.97	28.14	428.97	2.24	1.09	14.21
	28	5	526.47	4.32	199.47	6.38	0.00	1303.22	66.52	3.98	250.11	695.72	19.87	28.89	0.88	0.59	0.00
	28	5	572.53	5.13	114.90	6.03	1.06	1822.04	56.08	3.86	390.66	273.00	17.56	88.79	1.38	0.68	2.39
	28	5	376.67	3.43	183.24	4.61	0.00	766.51	36.06	2.26	150.47	477.42	19.68	12023.20	0.53	0.65	60.26
	28	5	494.38	4.33	153.82	5.57	0.00	1358.11	56.99	3.53	274.44	491.55	17.37	31.78	0.96	0.56	0.00
	28	5	621.97	5.45	184.92	6.53	2.50	1738.43	52.20	4.80	371.42	270.54	16.22	3464.32	1.35	0.68	57.20
	28	5	534.24	4.71	221.51	6.84	2.22	1248.61	42.44	7.10	254.16	327.44	10.05	30.41	0.85	0.37	152.86
	48	4	660.35	6.32	92.29	6.86	1.70	2266.85	59.75	5.78	493.93	151.38	18.71	76.69	1.76	0.79	2.82
	48	4	592.91	5.44	109.83	5.85	0.45	1929.70	52.23	5.55	417.76	161.78	15.70	1607.85	1.47	0.66	9.83
	48	4	610.20	5.63	182.58	6.06	1.17	1699.87	55.07	4.14	351.56	326.32	17.41	68.37	1.24	0.64	10.03
	48	4	525.45	4.54	71.61	5.96	3.70	1796.51	47.13	3.81	393.43	112.14	14.60	171.57	1.45	0.65	7.81
	48	4	427.99	6.21	116.79	5.19	3.02	1230.72	45.76	13.66	243.68	313.54	9.80	125.57	0.91	0.41	18.51
	48	4	471.78	5.11	160.45	5.80	1.46	1269.69	52.35	10.69	241.01	515.98	13.62	107.70	0.87	0.45	20.38
	48	5	572.23	7.89	273.44	6.45	1.50	1205.34	52.40	7.91	230.78	777.15	12.88	79.86	0.92	0.49	44.41



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Cl	H.	Me-	Avg.	Avg.	Water	Mine-	Fibre	Calory	Pro-	Fat	CHO	Cal	Iron	Caro	-----Vitamin-----		
ss	ld	er	Weight	Price	content	rals			tein			cium (mg)	(mg)	tin (mcg)	B1 (mg)	B2 (mg)	C (mg)
	48	4	437.11	4.32	130.02	4.19	0.47	1250.84	38.17	7.71	257.19	291.77	23.17	4816.05	1.02	0.54	36.72
	Avrg		618.49	6.29	199.09	6.26	1.06	1712.75	56.34	7.04	359.33	344.68	18.67	1554.62	1.27	0.62	25.78
4	07	2	649.75	5.46	208.15	5.70	1.45	1733.96	49.52	3.92	382.35	159.14	15.43	1238.29	1.30	0.58	8.94
	07	3	849.76	8.50	313.36	8.96	1.03	2125.80	74.51	6.60	446.16	773.78	18.37	48.28	1.56	0.74	18.79
	07	2	1184.51	13.71	543.04	14.79	2.38	2541.91	124.46	6.77	495.24	2159.91	26.47	1687.26	1.92	0.97	30.25
	07	2	921.48	13.77	334.69	8.75	1.48	2380.85	85.74	14.39	477.94	806.61	19.96	1687.26	1.60	0.71	20.60
	07	2	600.84	8.38	176.55	6.96	0.22	1717.48	64.22	14.18	338.91	737.82	14.13	1540.70	1.27	0.59	12.10
	07	2	556.15	5.15	138.08	4.59	0.42	1694.11	39.05	9.38	364.73	85.27	13.78	53.04	1.18	0.57	10.72
	20	3	387.54	2.97	133.25	4.53	0.01	1013.64	46.52	2.83	200.37	443.54	14.08	45.57	0.70	0.43	0.45
	20	3	213.73	2.18	54.90	2.78	0.14	630.47	20.90	1.36	133.60	137.69	6.72	329.08	0.46	0.24	6.30
	20	3	323.17	4.65	41.37	5.88	9.35	1086.00	53.53	3.88	209.25	164.47	13.91	174.58	0.97	0.44	16.35
	20	2	465.22	5.09	77.42	4.44	0.00	1540.36	44.30	2.78	334.54	272.95	12.80	38.62	1.15	0.51	3.09
	20	3	464.43	5.80	148.49	4.89	0.50	1339.70	42.37	4.12	264.44	82.44	9.84	2801.22	0.96	0.51	10.67
	20	2	602.55	5.26	125.19	6.26	1.55	1878.72	59.34	4.18	400.85	309.25	18.63	64.11	1.44	0.71	2.57
	20	2	682.38	7.84	153.92	7.45	0.00	2109.95	115.82	4.82	400.67	443.54	29.79	46.35	1.39	0.61	11.33
	20	2	549.77	5.00	131.51	5.69	0.00	1658.62	56.74	3.66	349.55	356.95	17.73	40.55	1.22	0.63	0.00
	20	2	618.00	6.49	144.97	5.86	0.00	1893.65	61.79	4.94	400.41	363.59	16.06	46.35	1.38	0.61	5.66
	20	2	849.75	10.75	332.79	7.95	0.92	2063.86	76.96	5.26	426.62	871.63	20.46	46.35	1.42	0.75	23.17
	21	6	1232.32	9.65	296.12	10.52	1.47	3697.73	96.92	7.37	820.68	275.89	68.82	270.74	3.16	1.57	120.28
	21	6	360.50	2.55	58.42	3.42	0.20	1204.54	29.63	2.16	266.64	51.07	9.79	105.57	0.92	0.41	13.08
	21	6	978.50	6.09	461.31	7.70	3.36	2056.22	49.88	3.53	455.38	236.90	38.71	8715.51	1.64	0.84	111.58
	21	6	739.32	4.93	131.89	6.77	0.20	2423.76	63.32	4.38	532.72	150.03	21.00	136.64	1.87	0.85	9.27
	21	5	896.10	5.59	387.54	8.12	2.36	2023.48	56.97	7.59	438.68	121.95	17.54	3200.72	1.99	0.80	53.04
	21	6	303.33	2.66	48.55	2.98	0.08	1022.84	25.74	3.02	223.15	46.69	8.14	25.75	0.79	0.35	2.14
	21	5	496.87	4.17	112.21	5.33	1.55	1541.49	50.59	6.03	321.13	298.95	15.74	54.84	1.16	0.59	2.57
	21	7	702.69	6.67	148.98	7.06	1.20	2227.90	67.68	9.24	468.51	330.54	18.39	67.89	1.66	0.75	11.49
	21	5	327.03	2.96	43.12	3.12	0.79	1130.42	27.86	2.10	250.01	40.17	9.17	82.65	0.89	0.39	2.18
	21	5	262.65	2.79	66.58	2.46	0.05	782.74	26.51	1.76	165.16	155.47	7.94	17.61	0.54	0.27	0.00
	21	5	571.65	5.08	105.26	5.82	1.55	1855.80	54.43	3.92	400.64	226.08	17.26	64.11	1.44	0.69	2.57
	21	5	270.38	2.88	33.73	3.10	3.88	930.21	23.93	2.34	203.37	46.35	7.50	67.59	0.81	0.36	6.43
	21	5	716.78	6.19	150.61	7.30	0.81	2266.59	66.93	7.67	482.39	390.62	30.52	3294.04	1.69	0.90	16.35
	21	5	440.84	4.38	75.29	4.56	1.13	1453.17	36.46	2.76	320.61	84.76	12.68	495.79	1.14	0.54	10.55
	21	5	690.10	5.64	227.11	5.69	2.75	1843.52	47.40	3.64	405.35	194.32	58.27	17396.52	1.86	0.94	135.61
	21	5	643.76	5.61	175.41	6.04	0.64	1868.80	57.22	3.86	401.24	310.93	34.24	6548.22	1.55	0.79	50.21
	22	3	1718.56	14.87	779.21	19.42	5.89	3717.18	124.23	10.26	781.59	930.11	36.06	108.82	3.13	1.33	285.82
	22	3	1010.70	7.04	366.37	11.58	3.39	2484.23	75.81	7.46	546.04	354.70	20.02	173.42	1.84	0.82	243.65
	22	3	1351.88	7.43	784.02	11.65	6.88	2240.89	56.19	4.75	492.40	442.90	50.85	13050.10	1.77	0.95	294.83
	22	3	811.13	6.61	303.61	7.59	1.41	1963.82	62.94	6.50	429.98	259.30	16.84	46.35	1.40	0.65	44.67
	22	3	438.49	2.41	208.03	4.22	2.09	906.74	18.09	1.95	204.37	71.11	7.00	49.58	0.64	0.26	8.53
	22	3	497.15	6.16	63.87	6.93	0.00	1721.36	50.77	3.21	372.32	202.81	13.62	43.26	1.29	0.57	0.00
	43	4	1054.31	10.84	455.10	9.65	2.08	2361.16	79.50	18.31	491.51	445.61	20.55	145.60	1.60	0.88	50.06
	43	4	746.75	8.18	181.99	8.23	0.61	2221.19	72.66	5.82	478.03	542.61	18.92	872.60	1.66	0.73	9.01
	43	4	1164.71	10.36	377.40	9.74	1.88	3169.36	86.52	11.70	679.41	459.20	47.76	8746.41	3.27	1.18	129.17
	43	3	1163.05	10.07	250.49	11.64	1.42	3536.13	117.05	8.63	774.74	266.55	31.89	1566.88	2.86	1.45	16.48
	43	4	431.69	5.25	111.62	4.38	0.31	1279.74	37.23	6.40	268.41	152.68	10.67	930.63	0.94	0.43	18.11
	43	3	427.10	4.20	100.25	4.60	0.42	1307.73	36.72	4.12	281.00	145.43	10.67	54.79	0.95	0.42	6.66
	43	3	383.84	3.77	75.95	3.78	0.14	1242.79	32.85	5.14	266.25	74.70	10.83	409.30	0.95	0.52	6.24
	43	3	361.08	3.78	52.25	4.90	0.95	1226.39	77.84	2.63	222.74	138.10	21.52	234.75	0.79	0.37	5.43

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Cl	H.	Me-										Cal		Caro	-----Vitamin-----		
a	ho	mb-	Avg.	Avg.	Water	Mine-	Fibre	Calory	Pro-	Fat	CHO	cium	Iron	tin	B1	B2	C
ss	ld	er	Weight	Price	content	rals			tein			(mg)	(mg)	(mcg)	(ng)	(ng)	(ng)
43	3		509.84	4.37	89.13	4.92	0.02	1679.15	46.81	3.18	365.76	163.25	15.18	102.22	1.27	0.60	1.20
43	3		446.07	4.40	107.67	5.57	1.91	1340.90	48.83	3.40	278.66	338.90	14.36	53.95	1.02	0.53	3.16
43	3		228.32	2.82	41.24	2.92	3.58	731.98	19.45	1.97	159.11	63.23	6.56	346.25	0.64	0.30	11.53
43	5		473.80	3.10	98.89	4.79	0.51	1494.44	46.39	3.17	320.01	237.75	14.37	43.00	1.13	0.55	1.80
43	5		290.05	2.94	34.81	3.69	1.07	1022.07	66.16	3.79	180.77	87.73	18.58	49.85	0.65	0.29	2.07
43	5		461.44	6.17	125.76	4.93	0.00	1341.43	51.85	3.69	275.18	515.82	13.09	31.51	0.94	0.46	6.63
43	5		560.45	7.09	167.50	6.64	0.09	1577.58	57.58	8.71	317.24	766.18	14.08	49.18	1.16	0.57	14.69
43	10		889.62	8.99	206.45	8.19	0.77	2732.33	74.68	6.45	593.90	364.10	41.66	2720.84	2.28	1.07	64.34
52	5		1075.70	14.83	552.38	10.56	2.45	2146.50	69.68	18.88	424.11	878.81	49.35	4467.92	1.72	1.02	111.32
52	6		849.75	6.87	338.18	8.71	2.66	2014.85	67.19	4.96	430.55	369.12	20.12	2226.51	1.45	0.69	13.34
52	6		1244.59	8.75	546.67	9.87	3.09	2736.62	71.79	5.20	610.57	249.77	23.26	61.80	1.90	0.92	27.03
52	6		635.50	6.68	360.01	6.66	1.80	1109.75	52.74	5.23	212.73	521.00	24.57	4997.35	1.14	0.60	58.65
52	6		442.22	4.32	122.95	4.50	0.42	1293.12	39.28	6.80	268.70	294.21	21.00	4365.48	1.03	0.48	34.24
52	6		583.38	4.78	124.21	6.02	0.00	1846.24	58.27	6.67	388.18	314.95	18.20	45.06	1.35	0.67	0.00
52	6		625.15	6.05	150.11	6.45	0.02	1907.35	60.35	6.61	401.60	371.55	17.40	96.99	1.40	0.69	6.00
52	6		580.85	5.35	84.62	5.67	0.25	1992.77	50.71	6.30	433.28	114.73	16.11	1057.42	1.52	0.68	0.42
52	6		621.43	5.54	89.26	5.73	0.51	2117.25	54.12	4.10	465.96	86.86	16.94	59.99	1.63	0.72	2.40
52	7		6503.71	74.68	2051.37	68.03	3.76	1523.22	556.67	54.73	3773.12	1229.52	130.78	4389.56	12.90	6.16	95.34
52	7		534.40	4.15	97.35	4.95	1.04	1740.30	44.43	3.43	383.30	106.93	14.02	75.15	1.34	0.60	6.63
52	15		880.03	9.27	247.35	10.46	3.09	2539.50	103.70	13.15	501.43	758.15	62.66	2242.42	1.77	1.34	60.54
52	7		603.75	6.67	131.45	6.00	0.00	1901.07	59.54	7.14	399.59	289.47	17.93	46.35	1.39	0.68	1.93
52	7		533.94	5.52	145.52	5.30	0.64	1540.09	46.27	3.37	331.32	343.13	21.10	3395.47	1.27	0.59	36.41
52	7		922.58	10.14	287.34	8.50	1.75	2527.43	73.33	8.56	543.73	386.25	20.88	378.30	1.82	0.83	32.83
Avrg			815.32	8.17	242.86	8.29	1.29	1814.83	72.64	7.59	483.08	354.68	24.61	1324.37	1.73	0.84	29.85



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Name of village Panchgaon  
Village-wise food intake per day by weight in grams,  
price in taka foodvalue in grams

price in data food bank																	
Cl	H.	Me-	Avg.	Avg.	Water	Mine-	Fibre	Calory	Pro-	Fat	CHO	Cal	Caro	-----Vitamin-----			
ss	ld	er	Weight	Price	content	rals			tein			cium (mg)	Iron (mg)	tin (mcg)	B1 (mg)	B2 (mg)	C (mg)
1																	
	40	7	776.28	6.96	347.14	6.82	3.34	1780.40	45.51	19.13	357.43	156.72	16.06	2221.91	1.68	0.65	118.45
	40	13	717.12	10.85	283.46	6.91	3.21	1735.71	60.98	7.83	356.33	669.16	20.50	3787.46	1.35	0.71	50.67
	40	10	565.99	9.37	238.56	6.88	2.04	1265.99	47.76	9.05	262.94	281.49	14.80	1645.19	0.90	0.52	15.01
	40	13	902.40	10.77	307.43	8.81	3.29	2374.50	79.34	8.09	497.06	210.32	28.86	271.98	1.96	1.09	11.80
	40	6	815.23	21.21	333.18	8.46	1.87	2041.08	79.26	28.80	367.77	942.54	19.66	4951.62	1.42	0.77	27.62
	40	9	1009.60	17.80	345.08	10.07	2.33	2658.56	81.63	9.98	562.28	758.88	23.84	3413.06	2.20	1.03	38.84
	40	6	1383.21	14.56	768.78	13.38	5.36	2434.85	81.06	8.24	534.50	670.09	151.09	1268.76	2.11	1.43	99.08
	40	6	1075.42	14.22	455.60	10.91	4.37	2515.77	104.50	20.19	502.89	634.45	147.85	388.81	1.72	0.86	28.55
	40	6	1035.52	12.25	276.44	12.50	1.65	3055.41	259.22	12.65	475.22	686.65	69.57	3279.91	1.63	0.85	49.64
	40	6	1271.71	21.20	494.41	12.68	3.36	3166.14	194.50	22.50	546.13	1322.73	50.59	450.32	2.14	1.51	35.35
	40	6	1371.97	22.50	280.58	19.53	20.75	4919.53	211.17	142.60	706.08	498.42	135.70	746.28	2.89	1.51	71.26
	40	6	2161.25	30.27	515.34	22.75	1.79	6742.82	224.91	30.43	1367.27	1248.59	63.94	273.29	4.61	2.13	52.18
	40	6	1301.63	18.73	409.01	15.13	4.67	3562.79	160.45	33.16	680.30	760.47	42.09	2165.65	2.36	0.98	33.35
	40	6	2204.75	25.65	1214.96	21.13	5.78	3965.50	137.83	26.63	768.28	2531.62	40.37	1070.38	3.14	1.67	650.81
	40	11	1675.71	21.74	617.80	15.89	6.88	4304.16	143.64	36.10	851.34	780.30	49.69	448.08	3.10	1.35	162.87
	40	6	1227.63	17.06	284.00	11.63	2.68	3425.66	96.16	11.69	750.07	259.45	40.63	973.62	2.65	1.23	34.82
	41	10	857.73	9.12	411.55	8.67	3.61	1813.93	62.63	13.95	360.18	467.22	30.12	1472.18	1.30	0.65	52.89
	41	15	804.71	10.33	349.55	7.93	3.45	1887.96	64.60	20.71	361.42	699.05	25.56	1588.03	1.26	0.76	35.84
	41	14	870.59	9.94	390.64	7.86	4.31	1914.54	63.23	9.12	397.39	421.70	19.99	2883.41	1.40	0.71	99.51
	41	10	725.73	11.38	349.56	6.65	1.71	1681.01	48.77	29.26	291.38	267.67	11.93	4015.81	1.00	0.52	13.71
	41	10	922.11	11.03	444.66	9.63	3.13	1911.32	69.76	10.59	386.27	675.42	19.85	2733.42	1.54	0.97	98.21
	41	11	952.70	12.50	484.40	10.67	4.36	1866.08	63.68	14.68	376.86	649.78	20.05	792.64	1.25	0.87	128.03
	41	11	895.29	14.58	335.78	8.57	4.17	2239.95	108.01	8.85	432.71	268.45	41.00	292.96	1.82	0.79	40.67
	41	13	1211.27	27.27	646.43	13.82	2.04	1177.60	102.26	49.15	409.77	1039.73	23.69	798.46	2.17	55.91	79.57
	41	12	460.88	8.66	175.79	5.78	1.06	1162.16	69.07	9.65	199.75	405.58	17.24	637.92	0.68	0.41	24.15
	41	12	654.61	9.02	381.90	6.39	0.53	1616.98	60.70	14.14	321.75	442.77	13.38	326.70	0.95	0.44	35.78
	41	11	776.90	8.82	243.28	9.24	1.96	2223.34	85.91	6.53	430.21	400.61	32.50	2907.42	1.26	0.71	70.13
	41	11	724.29	9.21	256.06	8.40	0.67	1930.20	93.36	9.26	357.20	347.11	23.47	370.95	1.31	0.55	50.06
	41	10	951.60	16.92	226.36	11.56	1.04	3003.94	156.34	6.71	550.42	318.65	42.05	160.95	1.62	0.93	1.19
	41	10	931.72	11.02	278.73	14.12	0.73	2763.03	260.18	12.02	367.37	1148.93	66.44	75.76	1.15	0.52	6.53
	41	10	1027.21	13.50	496.01	11.10	3.15	2148.05	98.26	24.06	396.70	968.98	40.37	795.28	1.46	1.11	182.72
	41	10	1024.99	12.41	377.82	10.07	3.56	2543.99	91.16	10.37	533.35	414.51	44.06	3909.53	1.48	0.72	51.02
	Avrg		975.57	14.76	404.29	10.41	3.12	2211.52	97.52	21.54	446.91	622.60	36.16	1567.61	1.68	7.57	66.40
2																	
	04	9	601.61	8.41	218.86	8.30	1.81	1552.78	62.95	11.68	299.61	457.82	15.45	3616.94	1.08	0.52	24.64
	04	9	555.87	12.57	172.39	5.30	0.94	1558.30	60.90	9.23	308.06	80.48	12.84	752.09	1.18	0.54	4.83
	04	9	846.17	15.27	372.75	10.78	3.89	1926.17	95.65	16.50	349.12	660.39	34.68	3991.35	1.78	1.04	76.78
	04	9	1011.54	12.94	435.28	11.34	2.36	2781.54	81.14	19.94	569.16	479.66	26.81	3429.74	2.10	1.08	22.75
	04	9	973.52	12.88	544.92	10.18	3.02	2136.24	71.96	17.99	421.89	484.63	18.52	2724.73	1.49	0.84	23.48
	04	11	682.82	11.52	205.56	10.86	1.44	1954.47	72.42	18.51	374.50	614.04	16.04	2439.15	1.42	0.71	16.51
	04	9	928.32	13.48	372.99	10.10	3.24	2171.59	109.84	10.39	423.34	411.48	67.94	4306.84	1.52	0.77	37.28
	04	11	1097.22	15.81	503.41	10.10	5.51	2321.22	78.88	6.77	523.50	324.90	220.64	3446.44	1.93	0.98	45.10
	04	15	1599.77	19.28	614.25	23.23	3.76	506.46	456.35	23.35	466.47	1320.50	144.99	3189.73	1.90	1.46	153.67
	04	9	1133.06	11.23	580.61	12.07	1.26	2235.50	74.08	16.69	453.92	485.10	19.67	1580.30	2.01	1.49	116.23
	04	9	1037.97	14.26	588.80	11.75	4.72	2606.45	94.54	30.06	490.77	771.63	37.15	5011.24	1.87	1.09	191.06



Cl a ss	H. ho ld	Me- mb- er	Avg. Weight	Avg. Price	Water content	Mine- rals	Fibre	Calory	Pro- tein	Fat	CHO	Cal cium (mg)	Iron (mg)	Caro tin (mcg)	-----Vitamin-----		
															B1 (mg)	B2 (mg)	C (mg)
04	9		909.46	12.13	243.58	10.89	1.35	2587.05	155.09	23.55	464.01	426.89	54.19	3307.23	1.71	0.92	49.71
04	11		844.69	9.86	283.14	9.87	1.30	2233.32	70.83	14.04	465.51	518.14	36.75	1110.17	1.50	0.90	97.26
04	11		1100.62	14.94	645.64	14.37	0.96	2573.24	108.04	34.13	485.43	2131.86	34.21	3346.64	1.71	0.90	41.71
04	10		902.48	11.91	369.86	9.14	2.36	2174.58	84.98	17.19	420.02	421.57	24.37	417.11	1.49	0.81	100.03
04	11		835.69	10.02	228.17	7.76	1.15	2256.02	74.68	14.67	462.46	404.53	21.07	181.63	1.44	0.65	8.32
43	12		825.61	10.88	266.83	7.42	3.29	2252.32	62.05	17.60	464.05	176.92	19.88	3686.98	1.98	0.77	25.50
43	10		1537.44	18.64	788.28	14.13	7.74	2561.80	98.17	11.65	624.04	1158.36	31.93	4890.77	2.45	1.00	176.29
43	12		660.69	7.39	250.61	6.25	2.86	1636.72	48.88	5.72	348.09	259.65	15.77	1778.39	1.28	0.66	11.46
43	10		938.32	12.90	534.88	8.53	3.33	2270.71	60.96	19.63	464.61	369.58	21.61	1771.13	1.55	0.77	31.85
43	10		797.18	11.01	553.66	7.61	2.31	1774.12	51.70	10.12	370.27	468.73	37.23	2181.06	1.37	0.75	111.27
43	10		451.63	6.28	153.96	4.36	1.12	1200.94	29.22	7.55	254.46	204.40	10.07	2015.56	0.80	0.44	9.88
43	10		962.53	10.27	478.18	7.26	3.51	1903.07	49.72	9.08	412.48	344.72	50.70	1236.31	1.49	0.71	44.55
43	10		793.85	8.67	300.41	8.27	1.50	1983.86	143.34	8.25	335.76	253.51	52.70	1660.72	1.13	0.70	45.64
43	10		834.89	8.32	301.97	10.22	1.05	2135.50	166.18	7.70	350.83	531.27	57.65	2789.94	1.37	0.91	49.99
43	10		804.14	9.87	350.04	7.89	2.40	2162.01	65.38	17.03	439.90	446.29	37.64	261.47	1.53	0.88	45.60
43	13		1248.30	26.22	507.61	12.63	11.76	3325.24	111.59	91.13	514.49	316.32	45.84	5052.89	1.84	0.90	150.13
43	11		881.90	10.26	229.33	11.03	1.82	2793.95	137.65	16.23	486.38	547.78	64.79	3839.04	1.57	0.94	58.75
43	10		894.30	11.79	230.63	10.26	1.92	2812.73	85.87	12.03	553.95	296.06	34.27	2259.74	1.74	0.95	10.93
43	10		1236.21	12.74	498.68	16.03	0.87	4092.65	297.06	17.87	633.32	459.24	80.87	132.22	2.01	0.82	33.86
43	10		930.28	13.14	311.51	11.35	1.26	2567.64	77.55	9.82	506.84	782.07	21.53	111.78	1.82	0.85	41.79
43	10		1084.52	15.39	340.84	10.95	2.43	2970.17	86.91	11.05	619.33	506.73	25.04	482.01	2.00	1.20	32.82
69	11		968.98	11.38	426.46	11.77	2.11	2179.78	86.82	18.23	423.68	886.45	49.26	4400.30	1.53	0.76	116.70
69	11		840.35	10.78	386.49	8.10	2.41	1856.61	72.97	16.88	355.86	589.23	32.90	1250.14	1.22	0.64	69.47
69	11		1065.66	12.74	463.25	10.77	4.41	2416.39	82.82	11.16	498.41	486.18	23.88	2326.03	1.85	0.96	22.84
69	11		1244.07	23.93	400.42	14.74	3.50	3423.42	136.13	24.26	666.91	476.33	27.98	479.69	3.02	1.23	34.26
69	11		997.78	13.73	440.52	9.93	2.79	2276.69	70.29	20.42	454.78	1038.42	20.78	1114.13	1.54	0.87	72.74
69	12		775.94	10.63	320.42	8.21	3.62	1821.55	63.95	7.75	374.37	480.73	34.17	723.80	1.52	0.97	58.34
69	13		1137.54	12.70	625.73	11.46	6.01	2020.92	82.05	8.59	431.35	827.49	164.35	383.57	1.68	1.08	61.64
69	11		1776.51	26.65	1060.78	14.68	5.91	2842.57	112.64	15.09	597.36	775.27	183.18	3407.97	1.96	1.07	119.21
69	11		894.67	9.95	328.34	10.36	3.66	2256.86	81.87	10.92	460.84	874.34	59.04	87.39	1.77	1.33	60.08
69	11		855.70	9.62	313.21	9.22	2.64	2140.56	92.30	10.35	429.63	594.04	41.35	1287.22	1.59	0.96	57.02
69	11		784.32	8.61	244.64	11.07	3.95	2221.56	128.99	8.29	387.81	784.95	81.60	2620.12	1.43	1.20	133.68
69	11		1047.74	13.24	336.27	9.60	7.16	2940.51	116.93	43.03	519.73	757.26	55.90	1458.87	1.75	0.84	84.55
69	11		734.91	10.35	193.62	9.27	1.77	2203.20	101.63	14.46	414.36	493.81	41.88	1160.68	1.35	0.84	40.11
69	11		1189.05	14.78	422.18	14.79	1.09	3074.88	145.57	22.04	583.56	1538.94	53.59	1177.26	1.79	1.05	66.04
69	11		838.38	10.74	372.03	8.55	3.59	1869.96	70.99	10.80	375.05	417.50	22.26	148.42	1.54	0.87	138.50
69	12		1341.60	23.89	566.85	13.44	2.43	3100.09	114.27	23.39	621.38	1362.41	34.51	1561.17	1.90	1.12	71.43
Avg			966.97	12.99	402.66	10.55	3.06	2274.62	104.99	17.07	452.03	614.41	51.71	2046.24	1.64	0.92	65.63
3	50	8	772.54	8.55	241.40	7.64	1.10	2053.19	70.06	13.66	439.11	236.43	20.22	4134.45	1.73	0.81	39.14
	50	9	709.09	8.43	240.07	6.83	1.86	1913.90	63.28	13.68	384.99	364.40	16.52	7269.01	1.45	0.74	8.79
	50	9	815.66	6.52	395.71	6.78	3.16	1691.45	48.19	8.94	354.84	301.61	15.71	1032.20	1.17	0.59	34.97
	50	10	632.63	6.83	344.36	5.23	1.81	1678.55	42.17	15.00	344.80	110.45	13.94	4815.41	1.30	0.55	18.62
	50	10	1371.52	11.88	711.13	10.65	4.14	2852.42	67.86	26.83	584.80	340.99	24.13	55.29	1.76	0.90	37.12
	50	8	814.61	7.92	398.09	7.74	2.47	1723.44	50.28	17.56	340.14	358.72	14.67	113.59	1.03	0.57	34.80
	50	9	1037.98	12.40	412.65	9.44	2.73	2511.08	70.27	17.43	523.35	324.29	46.76	975.69	1.84	1.11	76.01
	50	8	356.23	9.65	598.86	9.00	3.72	1492.79	45.95	10.90	312.60	319.34	73.70	5433.32	1.35	0.88	113.44
	50	9	1124.97	13.15	524.58	13.97	2.85	2962.35	88.37	10.67	488.31	531.07	33.92	4553.78	2.18	1.76	117.51
	50	8	605.94	10.01	208.51	7.42	2.60	1650.47	63.46	19.54	305.84	282.30	28.22	3074.19	1.16	0.70	38.72



200

Cl	H.	Me-										Cal		Caro	-----Vitamin-----		
a	ho	mb-	Avg.	Avg.	Water	Mine-	Fibre	Calory	Pro-	Fat	CHO	cium	Iron	tin	B1	B2	C
ss	ld	er	Weight	Price	content	rals			tein			(mg)	(mg)	(mcg)	(mg)	(mg)	(mg)
50	8		1107.23	13.20	265.22	10.34	1.20	3431.64	138.49	21.71	670.34	203.33	39.68	234.21	2.62	1.29	4.88
50	9		653.89	8.42	160.73	6.72	0.71	2017.28	59.26	9.89	413.78	149.42	15.97	120.57	1.49	0.75	13.11
50	8		656.73	9.30	229.91	8.05	1.76	1699.92	99.26	16.26	297.34	342.33	27.78	821.57	1.32	0.45	33.67
50	8		528.57	6.74	137.91	5.61	1.77	1594.87	69.19	15.77	295.20	159.74	20.19	634.66	1.17	0.47	12.11
50	8		580.02	9.00	214.06	5.86	1.25	1472.86	54.35	19.66	277.96	359.39	12.50	4757.83	1.01	0.61	22.95
50	10		597.37	7.64	161.17	6.43	0.68	1767.55	49.66	16.19	356.52	387.49	13.90	173.63	1.42	0.75	13.74
59	11		700.10	9.42	397.28	5.94	1.34	1195.75	48.01	7.31	240.39	360.09	14.95	563.31	1.09	0.45	53.30
59	10		540.78	7.48	233.04	5.61	2.13	1233.05	44.40	6.56	249.48	254.59	15.19	846.65	1.18	0.58	34.08
59	8		831.87	10.15	372.56	7.51	5.08	1788.18	66.69	7.03	377.70	316.86	21.83	6095.02	1.31	0.61	16.59
59	8		473.93	6.12	214.44	4.35	1.63	1089.44	35.34	14.31	205.36	158.96	9.57	1072.91	0.77	0.42	9.51
59	7		1368.15	16.81	733.15	14.20	4.56	2585.31	79.30	22.08	517.84	786.05	23.29	499.45	2.03	1.41	30.70
59	6		832.79	13.75	408.83	9.54	2.18	1708.37	71.58	10.59	331.68	880.15	16.39	1453.99	1.42	0.80	7.89
59	7		1331.84	21.04	684.47	13.86	3.81	2556.79	85.21	27.54	531.35	793.84	88.35	295.14	1.82	1.23	29.72
59	6		818.97	14.27	534.48	6.03	4.92	1206.01	40.18	19.47	242.18	408.03	142.95	333.48	0.99	0.73	11.91
59	6		843.98	11.46	379.43	8.27	3.17	1901.43	72.63	16.19	366.77	470.24	20.25	1735.71	1.60	1.28	16.78
59	7		787.31	12.71	377.56	9.88	2.54	1645.62	72.34	12.49	312.29	995.31	45.54	4593.66	1.25	1.03	72.10
59	7		1017.63	16.53	584.95	10.80	10.44	1786.81	114.92	21.47	275.84	750.03	27.46	352.58	1.63	1.01	365.42
59	7		587.70	9.54	288.98	6.12	1.65	1311.08	42.88	19.42	235.64	416.76	46.09	164.62	0.97	0.50	11.13
59	8		649.12	9.48	235.93	6.69	1.62	1658.33	51.37	7.17	340.96	304.66	14.89	921.56	1.19	0.56	25.63
59	7		615.77	9.07	287.24	6.14	1.48	1336.23	49.35	10.37	255.76	436.98	11.42	297.18	1.12	0.49	22.51
59	8		706.68	11.17	302.13	5.89	1.79	1697.89	44.23	21.58	330.17	532.82	16.47	1615.15	1.05	0.61	16.08
59	8		671.50	9.63	314.96	8.06	1.65	1445.85	60.61	9.32	277.64	479.29	13.56	2014.73	1.07	0.75	21.36
73	14		1851.65	19.90	947.48	15.67	10.25	682.49	153.12	42.45	693.66	1074.52	50.70	2551.80	3.03	1.90	283.60
73	13		940.00	9.17	392.21	9.02	3.38	2189.88	68.53	8.83	460.67	344.01	22.29	574.00	1.63	0.93	25.30
73	16		1386.76	13.01	193.22	11.35	5.62	174.04	80.38	11.48	66.08	168.78	28.81	364.92	2.10	1.30	62.36
73	10		961.45	7.73	440.27	8.37	3.54	2110.38	58.19	12.13	442.07	223.20	18.41	4976.44	1.60	0.91	20.66
73	7		1142.87	21.60	500.08	23.96	3.66	2553.70	117.67	20.97	473.25	1191.99	21.57	1875.26	1.86	1.16	86.46
73	9		992.90	9.96	540.27	6.56	3.55	1896.34	48.28	22.96	375.20	147.00	15.84	11015.68	1.71	0.79	24.94
73	5		945.37	11.20	419.70	7.74	5.43	2129.07	69.23	17.99	439.34	185.25	110.55	321.92	1.86	1.01	20.46
73	4		762.58	9.81	219.87	7.83	2.30	2170.72	95.84	8.64	429.52	179.42	26.81	216.13	1.57	1.00	17.42
73	4		1764.33	17.63	961.99	19.90	2.60	3230.70	127.10	22.48	639.78	529.23	34.751	1517.54	2.83	2.21	201.45
73	4		1033.32	14.48	248.54	12.55	2.70	3175.32	192.25	19.06	559.11	512.15	52.39	2591.12	2.18	1.26	23.70
73	4		922.20	14.17	272.62	10.25	1.28	2668.54	124.47	36.67	461.47	285.90	33.92	130.35	1.61	0.84	64.47
73	4		563.87	9.25	153.25	6.20	0.39	1803.12	51.34	25.38	327.57	168.27	13.14	130.24	1.10	0.60	17.15
73	4		648.80	7.71	182.45	9.17	0.98	1998.08	113.11	8.67	334.55	418.05	29.84	389.32	1.10	0.61	0.83
73	5		476.09	7.90	76.24	6.27	0.47	1685.10	120.44	21.78	251.67	178.52	32.38	356.94	1.00	0.68	2.64
73	5		633.98	9.50	170.54	7.46	0.32	1895.63	97.70	26.35	331.95	519.10	25.72	1951.29	1.12	0.53	38.29
73	4		673.88	9.03	243.03	7.90	1.38	1711.73	71.33	18.52	331.86	394.25	17.35	610.57	1.13	0.63	23.08
95	7		978.98	8.47	452.84	8.63	3.58	2113.84	68.68	14.56	434.31	303.65	19.98	1349.48	2.52	0.69	37.91
95	7		1694.87	14.54	918.27	14.68	7.60	3117.80	158.67	27.39	576.19	506.12	45.17	5425.58	2.80	1.06	102.04
95	9		1070.38	13.68	466.85	9.30	3.79	2461.46	79.36	18.26	496.46	326.06	21.06	1421.16	1.66	0.83	105.93
95	7		705.79	9.13	306.19	7.80	3.20	1642.46	55.36	18.66	313.62	329.03	20.14	137.85	1.34	0.64	34.89
95	11		741.11	11.86	273.96	9.28	2.09	1838.67	74.31	8.40	374.12	582.37	31.48	265.15	1.52	0.85	66.96
95	7		1171.76	13.18	558.24	11.50	3.61	2434.87	78.11	14.51	507.97	730.19	25.75	4095.16	1.72	0.96	36.10
95	7		1450.22	14.21	803.23	14.11	4.59	2521.30	123.83	6.65	515.43	479.47	100.39	4623.33	2.16	1.50	107.97
95	7		829.50	10.68	124.20	10.17	0.35	2811.59	196.79	5.72	493.01	261.76	53.57	128.16	1.76	0.84	0.00
95	7		787.18	9.30	194.04	8.92	0.40	2367.00	172.75	11.55	400.56	406.05	46.03	77.22	1.41	0.63	6.85
95	6		812.71	8.92	208.70	9.60	1.85	2400.89	189.58	14.24	391.20	330.08	55.11	4586.55	1.41	0.66	25.92
95	7		757.67	10.41	263.39	8.42	3.17	2088.95	86.19	11.58	385.15	328.95	21.14	95.28	1.23	0.53	146.79



Cl a ss	H. ld	Me- mb- er	Avg. Weight	Avg. Price	Water content	Mine- rals	Fibre	Calory	Pro- tein	Fat	CHO	Cal cium (mg)	Caro tin (mcg)	-----Vitamin----- B1 (mg) B2 (mg) C (mg)			
95	7		866.17	10.67	284.37	11.46	2.22	2352.59	103.41	13.31	451.57	873.85	70.29	2390.03	1.58	1.27	80.55
95	10		735.18	6.81	159.85	7.50	0.38	2288.38	91.98	5.64	470.30	183.52	25.36	56.28	1.52	0.65	16.31
95	10		988.83	11.41	226.40	12.07	1.64	3248.95	160.08	23.40	561.12	327.38	45.27	118.50	1.93	0.74	24.03
95	7		996.91	12.74	393.86	9.96	4.70	2375.41	105.94	13.67	472.04	642.72	35.63	977.26	1.42	0.68	27.06
95	8		1090.20	13.52	374.00	10.52	3.43	2852.15	101.23	12.87	591.58	525.44	30.36	5046.05	2.27	1.00	51.18
Avg			976.96	11.32	340.99	9.55	3.30	1668.82	84.85	14.89	346.26	383.44	31.52	1660.09	1.66	0.93	56.28
4	09	7	860.68	8.41	370.42	8.30	2.55	1933.42	75.70	8.08	397.94	307.53	22.37	5564.26	2.27	0.71	79.83
	09	7	892.13	8.73	317.02	7.79	2.04	2334.41	66.24	19.29	482.02	164.35	19.81	3767.76	1.96	0.96	80.05
	09	7	443.33	3.99	55.86	3.99	0.00	1547.23	37.68	2.66	343.14	44.33	12.41	39.90	1.19	0.53	0.00
	09	8	1274.96	8.59	639.71	9.13	5.63	2389.64	57.92	17.44	500.89	245.40	21.03	5708.77	1.81	0.99	32.33
	09	7	772.64	8.11	366.76	8.25	2.74	1582.72	44.05	14.71	318.37	450.30	14.40	6950.31	1.20	0.81	69.61
	09	7	720.70	8.30	259.85	7.16	1.15	1889.07	51.46	14.87	387.52	279.92	15.76	1753.45	1.39	0.69	44.10
	09	7	661.20	8.49	194.38	7.29	0.82	1901.75	51.85	13.77	393.97	247.94	15.32	206.82	1.34	0.77	14.24
	09	7	997.50	11.54	443.20	12.81	1.35	2228.23	122.48	10.90	409.80	452.30	37.07	6449.09	1.63	1.18	90.82
	09	7	668.50	7.96	200.53	6.32	1.28	1901.90	51.56	12.77	396.54	174.64	16.29	384.82	1.40	0.78	17.67
	09	7	729.75	9.10	177.51	8.58	1.16	2239.01	127.01	13.65	402.58	275.48	37.57	672.69	1.44	0.77	16.85
	09	7	680.75	8.29	108.55	8.66	0.55	2320.79	169.04	13.10	381.51	267.71	45.65	112.08	1.35	0.63	2.79
	09	7	789.25	9.30	265.88	10.16	2.13	2126.80	174.17	16.08	321.66	633.30	71.84	1643.66	1.25	1.03	156.79
	03	7	770.00	9.75	213.96	9.17	0.61	2486.34	87.94	19.17	439.72	226.22	24.19	1052.06	1.51	0.64	12.59
	09	7	915.18	14.81	381.19	9.03	1.27	2105.95	100.20	15.39	408.48	505.43	29.62	4418.46	1.51	0.88	72.79
	09	7	771.82	8.67	191.55	7.02	1.53	2351.51	63.54	13.22	495.60	127.34	19.73	102.70	1.94	0.90	22.75
	09	7	626.50	8.13	113.13	6.56	1.84	2079.17	64.76	11.94	428.33	162.22	18.76	137.54	1.64	0.94	2.44
	22	6	916.88	10.03	603.75	8.25	3.15	2472.46	77.71	25.71	493.55	254.19	23.14	4360.87	1.79	0.87	9.55
	22	6	1194.15	13.63	486.30	10.09	4.36	2873.84	88.01	38.54	571.37	278.34	25.95	4835.84	1.94	0.87	39.18
	22	6	1179.09	13.83	406.72	10.29	5.05	3100.09	94.26	29.18	638.62	252.25	30.20	6829.22	2.28	0.98	13.62
	22	6	736.28	9.46	196.91	8.17	2.02	2195.73	81.42	17.11	429.54	225.06	25.29	1980.07	1.54	0.70	13.89
	22	6	873.36	11.76	216.88	9.86	1.82	2624.02	80.08	24.17	540.52	243.03	20.62	55.86	1.94	0.83	90.44
	22	6	474.66	6.39	87.02	4.86	0.97	1588.02	66.04	11.99	303.89	101.81	18.99	104.18	1.12	0.58	0.00
	22	6	1035.50	10.61	399.85	11.97	3.51	2521.90	75.01	16.24	528.90	786.97	23.33	544.34	1.81	1.13	110.19
	22	6	657.61	7.33	150.04	6.06	0.36	2013.41	81.88	4.39	415.40	117.11	23.76	52.83	1.51	0.66	4.43
	22	5	907.25	9.76	172.32	9.66	0.00	2894.01	125.16	9.42	590.95	307.79	33.48	68.39	2.05	0.91	16.38
	22	5	665.00	7.39	159.47	6.38	0.00	1997.87	64.71	5.94	428.48	210.67	15.82	47.88	1.43	0.63	12.12
	22	6	548.64	5.99	111.39	5.37	0.86	1748.46	65.77	8.34	356.97	132.37	18.06	57.77	1.26	0.56	40.39
	22	5	922.69	10.15	240.06	13.30	0.00	3022.84	267.45	13.96	389.35	463.42	70.19	37.40	1.20	0.54	0.00
	22	5	712.29	11.42	193.18	9.84	0.00	2196.21	113.37	25.00	371.18	375.29	25.65	39.90	1.22	0.53	26.60
	22	6	1422.66	16.02	281.87	14.24	0.00	4592.79	198.64	18.49	907.91	469.36	56.37	172.47	3.01	1.51	15.44
	22	5	809.08	9.72	287.08	8.98	2.12	2035.60	71.60	13.08	426.95	388.21	18.99	316.42	1.44	0.72	24.01
	22	5	744.79	7.63	172.71	9.36	1.65	2277.29	147.04	6.25	408.32	262.08	40.21	70.84	1.43	0.66	99.75
	32	5	1257.88	10.47	552.34	11.55	4.94	2886.38	83.26	21.99	588.64	267.99	25.76	5999.97	3.50	1.16	106.62
	32	5	1006.19	9.79	285.80	9.02	1.04	2833.37	83.19	16.42	611.82	195.35	23.35	3658.72	2.35	0.96	37.77
	32	11	1338.34	16.27	222.60	12.23	9.53	132.05	78.33	40.52	421.81	88.48	31.93	152.25	1.69	1.33	160.43
	32	5	937.55	10.00	323.53	8.53	3.01	2518.97	66.59	20.49	518.18	159.15	20.12	7863.22	1.99	0.97	15.96
	32	5	883.34	9.36	326.28	9.36	2.88	2262.01	62.00	14.98	470.99	259.66	24.13	74.03	1.85	0.89	35.02
	32	5	944.31	9.78	317.58	8.44	2.31	2537.50	63.94	15.45	538.18	253.01	21.30	4069.35	1.86	0.99	26.60
	32	5	695.59	8.75	169.04	7.29	1.05	2106.18	59.47	6.91	452.02	327.07	18.08	164.45	1.58	0.81	19.10
	32	5	1102.30	11.64	421.90	12.10	1.01	2752.61	177.82	12.88	480.89	276.64	49.44	5773.84	1.94	1.17	68.05
	32	5	1595.99	12.30	1248.02	17.50	4.71	2524.21	77.13	9.33	538.68	590.60	38.24	3458.00	2.33	1.96	185.36
	32	5	944.30	9.71	260.98	8.83	1.60	2744.31	92.83	9.39	571.89	249.70	29.31	6931.53	2.05	1.01	28.49



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Cl a ss	H. ld	Me- mb- er	Avg. Weight	Avg. Price	Water content	Mine- rals	Fibre	Calory	Pro- tein	Fat	CHO	Cal cium (mg)	Iron (mg)	Caro tin (mcg)	-----Vitamin-----		
															B1 (mg)	B2 (mg)	C (mg)
32	5		966.11	12.91	303.90	10.10	1.94	2720.91	77.29	24.04	548.91	357.50	25.16	1922.91	1.95	0.96	14.09
32	5		848.01	12.16	183.84	9.20	1.71	2613.55	120.28	17.10	516.37	244.61	33.51	93.52	1.68	0.84	18.35
32	5		821.28	11.10	167.67	9.23	1.64	2653.06	136.29	15.97	490.87	306.44	41.71	93.00	1.55	0.82	4.65
32	5		782.48	8.95	167.09	7.68	0.50	2603.80	75.42	23.43	508.39	317.75	20.95	82.46	1.78	0.84	0.00
32	5		1052.30	12.82	323.33	11.45	1.27	3005.85	83.84	12.96	619.82	660.21	24.02	130.23	2.19	0.94	69.95
32	5		1157.10	14.71	321.35	11.41	1.33	3320.14	167.64	21.52	631.28	471.08	46.82	131.67	2.00	1.00	19.28
63	5		1680.52	15.76	747.24	13.62	4.14	3726.46	98.47	25.81	790.58	417.42	37.60	972.66	3.44	1.22	121.28
63	8		704.82	13.95	503.71	13.42	1.08	1937.93	105.85	20.24	344.53	632.15	20.98	1058.15	1.07	0.48	14.91
63	10		1395.83	23.03	563.87	12.69	3.19	3331.45	126.32	26.82	661.85	807.47	29.66	7267.70	2.24	1.36	113.05
63	9		1417.61	36.70	537.61	14.19	2.51	3572.97	163.74	24.04	678.64	246.46	33.04	389.03	3.03	1.60	32.14
63	9		999.94	12.04	383.95	9.18	1.80	2499.92	70.01	17.15	516.81	374.56	20.37	113.78	1.60	0.81	24.38
63	9		972.43	12.02	306.24	8.73	1.67	2686.69	99.85	15.32	538.76	252.29	30.75	163.88	1.88	0.97	12.31
63	9		794.55	10.77	233.74	8.08	1.48	2250.63	62.81	9.91	477.71	435.28	28.17	3805.84	1.64	0.95	42.28
63	9		831.22	11.60	317.77	7.03	2.62	2042.52	62.57	6.11	448.73	165.16	94.86	377.04	1.66	0.80	7.70
63	12		891.40	10.02	610.40	9.40	1.81	1964.95	75.44	9.90	407.89	533.09	29.56	224.26	1.47	0.93	76.69
63	12		760.70	8.35	193.22	7.79	0.97	2274.08	132.91	7.77	418.85	212.55	38.50	110.61	1.40	0.67	10.12
63	13		692.19	9.24	237.49	8.65	0.81	1938.78	65.01	18.06	362.74	445.40	30.01	984.99	1.27	0.91	33.94
63	13		692.28	11.12	219.96	8.83	1.37	1946.71	90.17	11.12	361.35	450.59	34.58	971.71	1.07	0.69	37.85
63	12		1103.05	15.12	283.17	13.80	3.05	3697.42	127.98	41.28	634.36	652.71	36.31	361.24	1.99	1.09	10.90
63	12		1153.26	14.33	314.07	14.80	1.54	3682.10	165.97	25.28	631.75	545.68	44.93	185.17	2.22	0.98	18.41
63	12		1086.16	17.31	317.43	10.68	1.91	3083.49	128.29	12.77	614.77	582.23	38.80	285.34	1.96	1.06	98.83
63	12		1225.41	15.62	396.90	12.79	1.85	3330.34	148.29	19.43	646.88	876.96	48.03	2518.35	2.23	1.03	45.33
72	7		807.50	8.05	316.61	8.30	2.81	2012.41	60.24	16.56	405.51	310.04	23.88	3288.89	1.97	0.64	55.41
72	11		965.26	9.73	353.57	10.03	2.66	2473.21	72.41	17.96	510.91	358.49	21.20	73.55	1.84	0.90	54.20
72	9		1059.97	10.46	360.07	9.57	2.96	2823.11	73.96	19.79	596.40	206.95	23.83	2432.28	1.98	0.91	28.47
72	7		967.60	15.51	443.05	10.90	4.02	2156.62	83.76	24.96	400.80	895.22	19.76	5410.10	1.78	0.91	33.59
72	7		1179.51	14.57	564.50	13.28	3.42	2476.85	74.21	16.95	509.41	803.70	21.73	2306.41	1.91	1.37	35.14
72	7		1173.19	15.51	470.76	12.21	2.43	2837.64	67.94	31.30	571.40	725.07	25.76	1375.44	1.96	1.43	48.60
73	7		1067.16	10.34	379.00	12.24	4.16	2747.46	88.77	8.97	576.93	380.25	25.57	2217.04	2.51	1.20	50.34
73	7		1121.83	13.43	315.71	13.55	1.95	3236.00	276.21	11.47	505.73	462.92	75.18	3124.48	1.97	1.02	53.20
73	7		1257.89	12.99	146.10	15.27	0.00	4483.72	336.38	18.09	743.47	375.57	92.02	86.45	2.59	1.15	0.00
73	7		972.17	10.02	145.44	11.60	0.20	3330.69	255.96	13.23	547.05	290.69	69.90	63.76	1.90	0.84	3.64
73	9		931.56	8.51	235.41	10.53	7.20	2775.53	220.00	11.53	447.78	271.96	61.36	235.63	1.81	0.80	332.25
73	10		904.70	10.72	299.36	12.06	3.80	2632.05	97.99	23.90	467.97	889.35	73.34	2516.36	1.77	1.27	84.41
73	8		914.85	10.92	327.31	11.64	2.81	2413.26	79.68	14.54	478.93	1008.58	69.09	94.00	1.69	1.36	89.64
73	8		954.18	10.04	129.10	12.79	0.00	3313.53	311.82	11.43	490.45	442.06	83.82	56.99	1.71	0.79	0.00
73	8		768.32	7.26	203.48	7.22	1.13	2272.50	56.08	8.93	491.81	182.63	25.55	1301.02	1.68	0.75	41.03
73	8		1408.38	15.88	517.13	14.73	6.14	3580.90	107.24	18.56	744.89	617.40	39.55	672.07	2.74	1.32	28.30
105	6		993.23	9.88	382.54	8.80	4.22	2484.08	66.05	18.39	514.89	248.23	23.45	5553.69	1.85	0.87	18.62
105	6		883.24	8.32	184.25	7.98	0.88	2853.08	90.51	18.55	581.78	123.19	28.28	4297.10	2.04	0.93	8.46
105	6		724.61	6.84	273.68	6.87	3.13	1808.02	47.38	8.47	386.57	168.04	16.73	3847.40	1.42	0.70	15.34
105	6		528.94	6.61	167.54	4.37	1.34	1468.98	38.58	14.16	302.90	102.36	12.85	2227.18	1.04	0.48	10.02
105	6		552.46	6.44	129.95	5.58	0.48	1711.04	43.80	9.01	364.02	174.43	19.86	2650.79	1.32	0.65	23.73
105	6		454.41	4.59	146.75	4.23	0.97	1245.61	29.25	6.81	267.11	101.52	9.86	85.34	0.92	0.47	7.98
105	6		641.37	5.41	312.70	5.57	2.22	1334.44	32.04	8.20	282.41	264.67	12.31	4490.89	1.06	0.61	59.35
105	6		326.25	4.72	37.51	3.73	0.31	1160.22	61.49	5.35	216.48	92.31	26.51	84.72	0.62	0.32	0.82
105	6		389.34	4.67	47.40	4.67	1.08	1392.23	59.46	9.27	267.57	115.20	18.30	79.80	1.06	0.39	0.00
105	6		581.88	6.85	76.20	7.10	0.56	2032.94	103.32	7.86	387.12	179.96	29.35	210.72	1.33	0.65	2.90
105	7		655.04	8.08	89.45	7.71	3.50	2281.75	81.51	12.70	460.44	179.48	23.95	270.61	1.88	1.15	2.54

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Cl	H.	Me-															-----Vitamin-----		
a	ho	mb-	Avg.	Avg.	Water	Mine-	Fibre	Calory	Pro-	Fat	CHO	Cal	Iron	Caro			B1	B2	C
ss	ld	er	Weight	Price	content	rals			tein			cium	(mg)	(mcg)			(mg)	(mg)	(mg)
105	6		714.30	8.89	154.62	9.14	3.24	2244.64	63.52	11.09	472.67	568.75	53.57	2050.86			1.74	1.14	58.96
105	8		836.67	12.54	178.10	16.97	0.14	2791.05	139.74	7.81	494.37	631.96	33.65	42.74			1.44	0.62	0.00
105	8		737.20	7.19	151.42	9.84	2.89	2350.96	165.81	11.15	396.78	409.44	56.34	298.29			1.33	0.75	11.39
105	8		903.31	11.22	172.08	10.51	2.13	2927.24	166.38	9.54	543.74	299.76	62.15	5675.13			2.29	1.06	42.77
105	7		721.76	8.98	140.66	6.86	0.53	2140.08	63.23	4.78	461.55	231.06	20.60	122.30			1.62	0.85	4.43
Avrg			953.53	11.47	288.42	10.00	2.97	2172.37	100.51	18.48	471.84	347.09	34.28	1557.69			1.73	0.96	57.57



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Name of village Rokta  
Village-wise food intake per day by weight in grams,  
price in taka foodvalue in grams



Cl a ss	H. ld	Me- er	Avg. Weight	Avg. Price	Water content	Mine- rals	Fibre	Calory	Pro- tein	Fat	CHO	Cal cium (mg)	Iron (mg)	Caro tin (mcg)	Vitamin			
															B1 (mg)	B2 (mg)	C (mg)	
1																		
	43	9	781.95	8.68	270.40	7.22	1.31	2014.87	56.20	5.86	444.96	324.51	43.49	3843.06	1.41	0.78	30.56	
	43	8	678.57	10.48	187.20	7.84	0.90	1885.09	107.48	9.18	366.40	284.63	26.80	131.56	1.25	0.67	20.64	
	43	8	704.55	9.17	215.63	7.48	0.16	1867.20	77.47	6.10	397.67	699.43	16.73	80.79	1.35	0.63	20.34	
	43	8	926.73	12.81	326.82	10.97	0.01	2525.86	92.01	20.41	476.54	720.45	18.49	45.05	1.42	0.60	35.62	
	43	8	1315.04	12.97	514.81	14.85	4.09	3492.92	99.66	9.89	672.03	432.34	24.08	208.02	2.27	1.00	195.76	
	43	8	1603.40	25.11	823.94	21.14	2.35	2768.76	180.39	21.61	525.87	1953.96	62.14	3365.14	1.73	1.47	212.41	
	43	8	1111.10	14.48	299.25	14.53	0.29	3400.95	203.48	13.06	581.08	995.75	54.95	101.71	1.95	0.97	0.00	
	43	8	1026.30	13.38	402.33	13.06	2.48	2435.31	99.93	17.35	463.13	1146.43	45.29	2264.57	1.54	0.98	62.85	
	43	8	1238.22	19.19	392.29	15.28	1.16	3566.11	192.18	14.49	623.16	1353.75	50.48	322.53	2.15	1.18	25.19	
	43	8	1466.77	16.98	686.60	14.98	3.95	3192.66	111.11	28.01	623.60	1108.57	34.10	513.12	2.57	1.30	123.44	
	45	7	1837.72	37.82	715.93	17.96	4.50	4675.87	170.16	58.12	871.51	500.85	32.31	2264.01	2.55	1.80	44.24	
	45	7	1979.91	22.37	917.18	19.04	7.16	4258.73	135.46	21.19	886.11	1164.73	48.57	2784.39	3.53	1.71	92.42	
	45	10	1708.54	26.60	810.33	16.86	7.55	3591.17	145.30	26.35	696.84	811.08	46.41	133.21	2.72	1.92	117.46	
	45	7	1300.46	14.52	530.84	12.52	3.46	3051.84	90.78	8.87	655.10	782.98	30.67	603.94	2.27	1.30	71.35	
	45	8	1059.32	10.66	465.31	9.96	2.99	2371.39	70.77	7.26	505.70	597.87	33.77	3993.02	1.96	1.10	105.90	
	45	8	629.32	7.65	190.60	6.38	1.03	1745.86	49.93	4.86	377.07	253.14	16.22	139.80	1.27	0.70	14.30	
	55	15	1407.52	58.15	714.69	14.27	2.48	2329.93	176.08	24.21	352.11	2499.02	24.80	291.72	1.35	0.91	138.93	
	55	15	1416.85	41.97	681.49	16.16	2.16	2881.19	135.36	49.05	475.77	2805.97	32.17	157.12	1.44	0.80	155.71	
	55	15	1198.12	31.91	624.85	11.43	1.82	2635.59	111.95	79.06	370.70	560.86	17.73	1629.71	1.47	0.95	54.73	
	55	15	662.67	14.97	298.90	9.78	3.44	1534.14	87.09	27.36	236.48	876.66	20.59	524.14	1.42	1.24	18.50	
	55	13	1029.06	22.21	401.43	10.69	0.93	2539.12	109.55	15.42	491.90	941.39	22.97	264.93	1.72	1.16	28.27	
	55	16	1119.17	24.27	382.76	12.00	2.34	2999.53	110.94	22.41	589.77	580.23	25.95	1711.57	2.10	1.28	36.26	
	55	13	1772.89	24.32	1019.85	15.44	3.91	3034.18	90.56	19.24	643.10	732.19	106.07	2967.51	2.39	1.82	118.70	
	55	14	968.24	19.40	504.54	11.42	5.99	1878.34	109.64	15.92	324.66	1105.88	27.14	3475.25	1.69	1.22	73.42	
	55	14	633.18	13.70	221.75	6.57	0.54	1766.31	64.17	26.80	313.43	298.08	18.40	145.93	0.96	0.66	10.48	
	55	14	860.33	27.37	362.68	8.71	0.14	2075.40	114.35	21.12	357.63	783.57	16.50	173.10	1.42	1.08	24.10	
	55	15	794.32	13.92	298.29	9.71	6.96	2136.18	128.09	26.28	330.70	498.54	31.85	224.87	1.24	0.63	256.63	
	55	14	593.14	9.47	187.25	8.00	1.80	1690.69	93.52	21.13	274.07	276.58	26.41	210.64	1.04	0.56	73.31	
	55	13	1339.94	28.20	607.79	14.95	3.63	2968.49	165.63	23.08	526.12	1298.41	44.30	202.72	1.90	0.96	57.60	
	55	13	1047.97	15.06	522.04	9.70	0.70	2164.77	83.94	12.02	419.12	1562.81	19.95	430.96	1.44	0.79	330.23	
	55	12	811.98	22.68	434.24	7.61	3.53	1546.86	60.92	15.01	292.12	326.80	16.77	579.98	1.35	0.78	67.88	
	55	12	2020.59	55.07	1227.83	23.78	7.85	3328.79	254.98	29.23	511.14	2626.57	68.84	2229.21	3.07	1.13	315.67	
	Avg		1099.55	21.51	480.16	11.97	2.73	2509.57	115.24	22.80	459.09	960.85	32.34	1022.07	1.70	1.00	94.39	
2	20	10	2046.31	37.00	1090.44	22.77	6.12	3705.93	198.00	44.04	688.41	1641.33	38.10	2209.36	2.85	1.59	147.70	
	20	8	2088.19	28.62	1516.61	15.01	4.32	4150.99	142.72	41.42	823.30	424.53	35.14	4321.17	2.73	1.38	101.74	
	20	10	1578.57	29.46	649.66	18.01	5.86	3757.00	151.09	29.07	726.46	1097.17	34.36	2115.53	2.75	1.19	81.27	
	20	8	895.49	14.41	347.27	10.73	3.34	2145.21	89.33	16.90	410.17	474.17	23.92	5229.06	1.81	1.20	36.92	
	20	12	1134.68	24.13	337.53	13.21	1.21	3092.55	113.05	16.68	627.10	633.20	28.35	198.76	1.91	1.09	27.93	
	20	8	1257.74	18.63	572.79	14.49	3.38	2756.76	110.40	15.38	543.22	1031.39	33.00	6536.89	2.04	1.22	82.59	
	20	8	973.95	19.04	353.58	10.93	1.16	2345.02	103.47	16.46	488.18	1041.35	43.47	1378.86	1.45	0.96	78.36	
	20	9	987.54	20.95	326.64	9.08	1.63	2658.94	80.76	10.89	560.13	1143.65	25.85	239.36	1.32	0.73	30.35	
	20	7	1623.55	23.28	724.06	17.99	1.87	3713.81	226.31	34.06	625.62	823.11	59.63	6830.18	2.40	1.51	148.23	
	20	7	1491.04	17.63	371.07	18.96	5.10	4677.80	288.17	14.03	794.85	1096.66	81.59	301.69	2.92	1.20	71.03	
	20	7	1051.99	11.90	255.81	13.06	6.17	3297.81	154.53	20.81	602.10	586.07	71.21	1537.51	2.33	1.27	170.66	



Cl a ss	H. ld	Me- mb- er	Avg. Weight	Avg. Price	Water content	Mine- rals	Fibre	Calory	Pro- tein	Fat	CHO	Cal cium (mg)	Caro tin (mcg)	Iron (mg)	-----Vitamin-----		
															B1 (mg)	B2 (mg)	C (mg)
	20	8	955.41	15.08	419.88	11.05	3.99	2131.75	80.70	13.42	421.05	776.95	38.28	1290.77	1.42	0.91	222.25
	20	10	1710.16	24.93	594.64	19.44	5.07	4576.99	172.72	14.20	904.65	1265.41	49.08	1431.01	3.27	1.79	121.07
	20	10	1085.51	14.48	380.02	11.24	2.07	2945.60	91.36	10.74	589.91	1123.25	23.81	285.68	2.07	0.93	144.28
	20	11	698.41	9.73	539.79	8.00	2.50	1762.07	76.00	7.01	348.69	590.94	21.23	411.06	1.33	0.65	37.96
	20	8	1235.59	25.60	520.20	13.13	5.75	2896.27	120.93	21.74	553.43	1786.34	32.99	4332.03	2.87	1.25	200.55
	41	11	995.33	10.82	353.04	10.26	1.62	2727.51	104.45	8.50	525.55	313.92	75.37	2327.44	1.63	0.78	12.24
	41	11	712.27	12.36	230.95	7.84	0.71	2064.38	111.77	22.83	353.33	328.69	26.26	191.28	1.18	0.64	13.59
	41	9	1252.46	12.25	666.17	13.26	2.20	2358.56	89.53	14.35	469.28	582.41	27.62	1698.73	2.15	1.69	119.74
	41	9	1199.10	15.30	381.64	14.31	0.11	3553.77	152.20	21.02	630.34	696.18	38.87	92.35	1.88	0.89	18.55
	41	9	849.77	11.50	318.67	10.43	1.80	2269.06	74.13	15.61	433.32	675.91	64.47	3405.19	1.35	0.95	53.44
	41	12	2815.72	52.99	832.71	31.81	5.20	4410.12	266.37	128.88	1526.94	681.82	51.97	557.98	4.56	2.94	11.84
	41	9	1042.31	16.42	342.47	11.77	0.49	2969.19	92.50	23.40	570.67	804.95	22.72	2211.63	1.74	0.87	24.65
	41	11	1039.27	16.48	333.87	10.91	0.77	2968.47	94.63	23.83	575.91	710.39	23.61	491.56	1.71	0.98	17.59
	41	8	1160.94	17.97	354.41	12.25	1.74	3226.41	154.80	17.59	621.09	391.66	39.23	238.06	1.95	1.11	44.26
	41	8	1198.34	18.51	604.44	12.35	3.49	2458.09	79.46	26.99	473.66	1104.44	30.28	3781.26	2.17	0.78	123.27
	42	9	1065.36	12.66	479.61	10.21	3.24	2325.71	84.69	15.48	475.22	473.91	22.37	87.51	2.00	0.79	67.49
	42	9	1276.60	15.11	452.50	12.30	3.83	3373.73	123.94	26.53	661.62	704.40	36.53	4713.69	2.26	1.04	28.88
	42	9	1377.22	26.43	520.99	10.69	3.50	3354.42	118.20	41.47	629.75	221.88	25.65	2925.35	2.17	1.11	165.79
	42	9	1927.82	29.78	815.00	16.39	4.88	4637.04	130.93	60.52	893.42	1159.45	62.25	3579.92	3.27	1.71	108.82
	42	14	1082.61	12.45	480.57	9.77	3.57	2445.29	70.12	17.44	503.22	504.76	41.62	834.03	2.03	1.14	89.85
	42	13	1194.45	13.71	414.05	12.38	2.56	3150.87	86.35	16.74	664.96	395.68	25.95	952.61	2.42	1.31	17.36
	44	10	1171.71	17.91	444.84	12.40	2.98	2974.24	111.04	25.57	576.46	1197.22	28.22	4587.12	2.27	1.23	34.11
	44	12	1177.12	13.12	511.19	12.10	3.68	2614.98	87.81	8.50	556.01	841.92	32.83	2714.52	2.13	1.25	94.57
	44	14	966.21	13.26	366.30	10.08	1.08	2368.73	79.57	6.91	499.42	739.15	20.41	656.98	1.71	0.86	44.17
	44	10	1268.07	10.95	655.44	12.62	3.14	2384.20	73.61	7.70	515.23	596.56	41.49	63.98	2.05	1.49	155.05
	44	15	886.73	12.41	336.01	9.20	1.05	2076.75	92.03	9.18	440.10	689.48	19.49	3579.49	1.60	0.78	52.56
	44	10	885.27	14.43	312.07	10.49	1.17	2126.59	104.91	17.08	439.19	732.07	31.45	3992.71	1.52	0.88	54.82
	44	10	934.97	13.28	293.62	10.13	0.03	2544.77	96.71	19.17	515.52	527.21	21.48	58.05	1.68	0.74	30.37
	44	10	725.41	8.33	261.49	8.80	3.98	1849.62	67.70	9.26	374.10	663.79	40.96	3562.20	1.38	0.93	153.70
	44	10	819.58	14.26	338.30	8.82	2.34	1955.43	77.36	11.95	382.24	604.91	16.59	134.48	1.51	0.63	88.81
	44	10	869.56	12.92	228.10	12.13	0.55	2654.24	197.65	14.60	417.18	945.49	52.29	82.27	1.45	0.71	4.63
	44	9	764.44	9.32	599.45	9.28	0.51	2043.78	79.81	11.76	399.01	396.79	16.97	87.79	1.33	0.63	20.78
	44	10	994.59	12.87	283.31	11.66	1.66	2832.23	177.93	11.68	503.47	615.70	49.61	106.27	1.60	0.80	42.20
	44	10	905.06	11.61	364.85	8.83	2.93	2159.47	69.60	7.59	452.42	555.00	19.86	364.21	1.50	0.82	41.73
	66	9	1154.86	10.78	508.55	10.43	5.22	2585.71	80.32	10.04	545.00	284.22	25.75	2513.96	2.71	1.04	73.40
	66	9	1183.80	11.60	529.11	10.49	3.70	2634.93	87.56	12.53	544.03	803.29	25.48	1420.88	1.76	0.87	125.29
	66	11	643.75	6.59	237.41	6.32	1.67	1622.02	46.73	6.42	345.68	159.83	15.05	338.52	1.24	0.59	42.88
	Avrg		1136.90	16.39	459.85	12.07	2.66	2749.77	111.32	19.86	553.07	708.82	35.09	1741.97	1.97	1.05	72.55
3	03	7	797.29	7.69	235.06	8.48	2.14	2270.59	64.10	11.46	477.67	230.12	19.58	1438.61	1.66	0.80	7.34
	03	7	859.91	7.34	357.24	7.09	3.32	2053.04	56.73	15.31	423.07	206.49	18.12	6000.16	1.62	0.86	16.75
	03	6	851.15	7.37	437.46	7.14	2.13	1700.90	63.29	14.64	328.77	243.35	18.46	36.73	2.61	0.54	125.68
	03	11	663.60	7.22	212.89	6.82	1.73	1825.65	52.85	11.14	379.37	222.46	19.67	6228.19	1.49	0.73	24.20
	03	8	860.08	8.84	400.38	8.36	2.98	1887.13	49.26	17.52	383.38	527.55	18.04	4290.65	1.40	0.92	51.22
	03	6	611.86	7.57	168.31	7.93	1.81	1779.07	55.18	8.72	369.88	383.72	15.76	265.44	1.42	0.83	8.68
	03	6	1156.22	10.49	667.67	14.73	3.68	1943.58	77.07	8.77	389.24	871.04	49.38	3474.58	1.67	1.71	163.78
	03	6	570.78	6.83	250.14	7.15	1.14	1272.84	46.84	4.86	260.85	492.84	15.32	2641.42	0.89	0.60	37.11
	03	6	750.50	8.15	556.85	8.18	0.73	1892.44	63.01	8.46	390.91	429.60	18.77	2101.26	1.50	0.82	15.60
	03	6	772.78	8.57	208.42	9.55	2.73	2262.18	69.30	11.75	470.31	730.45	63.52	809.87	1.68	1.29	80.34



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Cl	H.	Me-										Cal		Caro	-----Vitamin-----		
ss	ld	er	Avg. Weight	Avg. Price	Water content	Mine- rals	Fibre	Calory	Pro- tein	Fat	CHO	cium (mg)	Iron (mg)	tin (mcg)	B1 (mg)	B2 (mg)	C (mg)
03	7		862.26	10.55	350.48	9.07	5.98	2176.12	67.13	35.86	395.64	396.09	27.59	2087.53	1.54	0.88	42.07
03	7		549.85	7.40	140.57	6.87	0.26	1691.60	54.63	11.45	336.16	312.62	14.96	4668.30	1.23	0.61	10.66
03	6		712.58	7.19	254.16	7.34	1.40	1829.83	95.31	4.81	350.72	245.09	26.80	1402.24	1.23	0.65	6.31
03	6		648.67	8.52	219.83	7.74	0.11	1854.84	59.64	15.66	343.86	423.24	13.64	4657.05	1.15	0.50	21.33
03	6		551.03	5.49	243.83	8.16	6.61	1190.28	39.58	7.64	240.90	686.92	36.61	843.70	1.09	0.89	26.29
03	7		586.26	5.62	178.16	6.07	2.28	1647.24	64.08	8.57	328.44	207.21	40.58	4089.00	4.29	0.72	84.80
06	6		1057.71	11.53	447.55	10.02	2.81	2500.37	92.82	19.87	487.46	510.17	27.78	2224.17	2.57	0.93	51.41
06	6		928.25	8.04	373.63	7.89	5.36	2241.29	87.42	10.73	448.81	231.40	54.27	2710.02	1.88	0.87	81.63
06	6		822.10	8.01	259.47	7.14	1.96	2251.72	61.02	14.47	480.11	139.23	19.10	68.13	1.72	0.79	17.40
06	6		620.81	6.72	128.91	5.62	1.36	1977.97	52.17	6.68	427.28	83.77	17.49	1770.47	1.55	0.72	1.43
06	6		977.63	10.08	451.23	9.28	3.45	2091.88	57.17	13.85	444.73	571.59	43.79	71.42	1.78	1.14	108.95
06	6		1014.23	13.11	554.88	10.67	2.71	2450.99	83.49	14.67	495.65	680.08	25.82	405.68	1.54	0.95	32.72
06	6		1022.53	8.71	461.76	12.63	4.02	2200.69	56.80	4.39	482.99	1031.72	22.75	5871.77	1.74	1.40	32.91
06	7		769.65	9.07	143.03	9.28	0.76	2490.42	162.82	4.93	448.44	348.45	46.24	215.22	1.56	0.80	6.40
06	7		908.49	9.53	419.54	9.84	1.26	2000.95	65.61	15.40	399.88	443.52	17.94	53.52	1.74	0.98	97.62
06	6		545.37	6.29	160.26	6.42	0.06	1553.61	62.63	7.78	308.25	487.83	16.94	53.49	1.08	0.56	12.08
06	11		748.49	10.06	326.51	7.26	2.22	1753.64	57.74	17.46	339.26	411.98	16.45	3755.83	1.39	0.77	76.15
06	7		2283.82	37.93	654.80	29.96	9.54	2683.44	334.88	82.88	1173.27	2006.74	83.57	3949.28	4.83	3.11	78.64
06	7		672.40	8.45	161.59	6.75	0.00	2127.75	60.97	7.66	435.47	371.15	16.42	48.24	1.47	0.66	3.10
06	12		832.46	8.60	268.71	9.56	2.93	2250.66	74.41	9.05	467.85	630.76	37.53	4164.87	1.83	1.00	28.66
06	7		513.79	5.38	122.81	5.28	1.20	1570.29	67.10	6.89	309.92	150.09	26.40	4625.19	1.09	0.50	64.04
12	6		753.79	7.23	251.94	7.30	2.63	2030.03	74.23	10.40	409.85	200.95	22.20	982.56	1.80	0.81	26.13
12	6		350.43	3.77	100.72	3.20	0.81	1051.04	29.23	8.84	218.40	62.95	9.01	882.00	0.77	0.36	6.41
12	6		641.29	5.76	377.51	5.91	3.24	1101.77	33.63	17.80	206.34	229.08	10.03	3953.71	0.88	0.34	82.74
12	6		572.75	6.67	178.22	5.20	1.80	1644.71	41.81	18.37	328.65	116.39	13.18	384.46	1.23	0.61	23.56
12	8		601.39	12.08	170.60	8.32	2.16	1717.30	58.64	11.10	350.54	291.64	19.77	2036.34	1.32	0.87	41.66
12	6		692.58	8.30	198.32	7.45	1.30	2005.55	52.92	12.62	419.99	381.51	17.46	274.62	1.45	0.80	17.50
12	6		1102.31	10.11	504.83	13.48	3.52	2371.13	71.31	7.30	504.75	875.01	47.78	915.74	2.03	1.69	109.94
12	6		741.66	7.75	368.09	9.29	1.25	1527.31	123.06	11.67	232.05	389.97	34.15	6682.47	1.03	0.87	67.76
12	6		913.56	9.19	479.81	11.01	1.47	1751.36	60.32	9.51	355.77	410.44	18.23	3512.30	1.57	1.22	100.44
12	6		785.66	9.30	156.85	9.62	1.07	2531.94	121.19	11.67	485.54	430.56	31.24	115.24	1.78	0.90	19.04
12	6		607.32	8.92	208.01	5.93	0.71	1677.51	56.86	12.83	322.99	226.63	14.17	45.42	1.15	0.54	3.62
12	6		618.97	7.11	127.96	8.09	1.59	1975.31	86.50	9.91	385.08	498.07	54.58	1630.16	1.41	0.99	49.77
12	7		575.91	6.75	110.34	6.98	0.02	1951.10	99.43	6.07	352.69	197.94	29.20	112.13	1.12	0.56	0.94
12	6		857.15	9.38	252.92	10.26	0.89	2559.56	112.95	17.28	462.77	723.87	30.85	391.28	1.55	0.74	7.40
12	7		479.24	5.91	92.76	5.37	1.46	1615.03	46.52	10.23	322.89	133.66	14.01	372.26	1.18	0.61	1.82
12	6		1094.15	10.68	493.55	10.40	3.10	2430.23	78.24	14.13	496.51	685.32	24.19	73.47	1.61	0.89	49.77
13	6		532.46	6.31	68.22	5.81	0.15	1863.80	85.34	5.81	367.47	119.05	24.60	97.64	1.28	0.57	1.31
38	7		931.85	12.77	397.00	8.28	3.67	2038.87	69.44	16.75	415.36	419.70	19.77	1893.82	1.59	0.62	101.57
38	4		1057.50	20.47	482.06	12.00	3.57	2335.53	95.77	17.55	449.58	1475.09	24.82	126.75	1.66	0.84	26.07
38	5		1255.78	23.55	529.90	11.74	4.39	2836.54	119.31	13.93	579.85	434.79	31.37	4077.38	2.20	1.03	52.33
38	7		955.51	13.51	351.47	9.67	2.35	2472.02	73.98	21.78	496.49	779.41	27.37	2025.95	1.79	0.93	59.84
38	4		896.08	10.68	338.09	10.40	3.17	2200.78	70.46	10.05	465.48	553.70	22.97	8991.64	1.74	1.06	24.19
38	4		891.13	18.76	309.45	8.90	0.84	2380.46	80.53	18.96	472.65	826.63	19.28	174.78	1.52	0.77	30.61
38	6		900.61	14.25	336.32	9.54	1.97	2267.00	102.42	13.04	436.08	543.97	35.06	7052.17	1.57	0.90	28.51
38	14		994.71	13.08	404.53	9.38	2.21	2356.97	79.65	5.69	495.44	263.50	20.61	6539.28	1.92	1.10	78.59
38	4		1401.26	15.34	843.55	15.18	4.03	2252.73	80.11	19.30	439.90	936.37	58.92	6511.32	2.06	1.86	234.53
38	4		784.71	11.02	150.14	9.11	0.55	2472.46	127.14	9.97	488.07	264.07	34.12	202.63	1.65	0.91	12.44
38	5		655.97	11.91	175.26	7.12	0.37	2078.53	63.48	28.27	379.18	352.45	19.23	76.17	1.09	0.54	22.43



Cl a ss	H. ld	Me- er	Avg. Weight	Avg. Price	Water content	Mine- rals	Fibre	Calory	Pro- tein	Fat	CHO	Cal cium (mg)	Iron (mg)	Caro tin (mcg)	-----Vitamin-----		
															B1 (mg)	B2 (mg)	C (mg)
	38	5	1827.06	33.41	945.83	22.92	0.31	3751.67	174.27	38.41	645.80	1406.97	22.49	81.50	1.25	0.52	143.49
	38	5	1448.67	23.41	470.33	16.94	1.74	4300.95	124.29	39.14	790.78	1030.50	48.45	480.22	2.02	0.98	20.81
	38	5	910.47	16.95	262.26	10.22	1.80	2562.87	96.20	23.09	510.19	336.31	23.54	435.44	1.71	0.87	44.93
	38	7	1092.83	18.88	306.15	12.19	2.23	3218.82	155.42	22.46	594.75	782.39	38.58	709.09	2.00	0.87	25.04
	38	5	797.90	10.70	305.52	11.14	9.17	1966.51	77.15	12.85	385.47	376.78	21.34	2272.31	1.98	1.02	12.59
	Avrg		843.94	10.53	316.35	9.23	2.34	2063.58	80.99	14.98	426.99	483.11	27.76	2232.73	1.67	0.90	46.55
4	01	6	1506.85	11.76	612.76	12.51	2.84	3622.54	101.53	18.98	761.11	350.16	30.45	85.32	4.59	1.13	175.02
	01	10	577.17	4.65	195.93	4.71	0.99	1545.05	38.94	8.33	329.34	116.48	19.13	3448.96	1.43	0.56	46.82
	01	7	827.56	8.00	245.07	7.81	1.98	2357.79	65.65	12.55	495.99	145.93	19.58	991.58	2.26	0.78	42.26
	01	6	705.57	7.00	182.44	6.41	1.36	2124.87	53.05	12.40	451.13	91.77	16.90	5879.69	1.66	0.75	10.20
	01	6	719.08	7.29	214.86	6.09	1.79	2005.64	48.67	8.37	434.11	129.36	33.68	7905.87	1.70	0.79	70.09
	01	6	718.20	9.41	210.12	7.72	1.06	1996.77	94.24	9.42	396.18	325.05	26.73	713.46	1.34	0.72	19.95
	04	6	803.83	8.33	258.08	8.15	1.14	2177.12	67.16	6.12	468.58	487.11	50.62	5069.79	1.64	0.89	5.77
	04	6	425.98	4.50	64.74	3.92	0.01	1456.60	36.21	5.48	315.58	75.62	11.84	933.21	1.10	0.50	0.64
	04	6	758.28	7.95	154.01	8.66	0.97	2429.51	100.01	10.01	484.80	413.85	46.66	5761.56	1.70	0.99	35.68
	04	6	685.36	7.98	148.62	8.89	1.53	2211.57	66.62	7.98	451.78	315.04	18.59	231.20	1.67	0.71	13.17
	04	6	631.62	6.29	88.20	5.95	0.46	2175.36	55.94	5.98	474.40	90.26	17.81	1630.83	1.69	0.79	0.13
	04	6	709.34	8.48	136.02	7.87	2.51	2313.35	70.20	11.62	481.82	276.19	23.83	142.56	2.00	0.78	6.68
	04	7	390.14	3.99	89.77	3.93	0.00	1209.74	72.81	4.65	219.17	101.96	20.39	91.43	0.78	0.35	58.18
	04	6	611.80	6.17	124.64	7.72	1.54	1963.50	132.86	9.86	335.71	290.57	41.28	7995.96	1.28	0.66	6.38
	04	6	1106.12	13.69	269.95	14.28	0.35	3382.74	286.67	18.11	517.84	866.71	33.14	1222.27	1.81	0.90	14.63
	04	6	999.28	9.88	345.06	11.06	2.10	2726.50	103.89	8.54	529.78	486.33	29.48	618.89	1.73	0.76	83.79
	06	8	607.22	6.98	133.85	8.40	4.32	1882.82	117.14	7.67	336.23	355.13	39.77	474.97	1.38	0.77	12.20
	13	6	721.26	6.94	342.39	6.34	2.04	2137.20	59.65	14.51	441.99	185.79	19.22	2779.18	1.57	0.68	2.14
	13	6	651.70	5.48	196.88	6.06	1.57	1835.22	47.53	8.44	392.82	118.32	15.58	3109.54	1.56	0.61	21.50
	13	7	684.56	7.57	232.57	6.25	2.39	1844.51	52.27	12.35	381.49	266.66	16.77	3221.72	1.33	0.59	22.84
	13	6	1315.22	13.72	425.43	13.32	4.87	3637.63	107.57	30.14	737.98	322.00	30.76	25940.91	3.12	1.43	16.99
	13	6	843.86	8.48	369.00	10.48	3.96	1905.93	45.85	12.52	402.02	908.98	20.06	887.43	1.39	1.19	33.02
	13	6	658.77	6.97	169.17	7.10	0.99	1964.70	50.05	7.62	423.83	340.00	17.08	2692.00	1.48	0.82	8.31
	13	6	1199.13	10.10	469.35	12.98	1.48	2834.76	81.35	8.04	608.96	565.25	40.58	6906.69	2.46	1.69	83.79
	13	6	874.68	9.81	242.00	9.55	1.20	2560.32	180.36	12.04	431.62	281.56	50.13	4618.22	1.59	0.76	44.75
	13	6	561.55	6.27	121.02	6.24	0.30	1787.44	79.26	10.09	344.80	243.46	23.26	708.44	1.20	0.58	13.44
	13	6	713.76	7.82	141.82	7.89	0.00	2315.97	105.15	11.70	447.45	363.53	29.39	51.87	1.56	0.73	7.98
	13	6	722.20	7.95	117.74	7.35	0.73	2456.31	98.44	14.67	482.58	202.13	28.62	70.04	1.70	0.76	33.78
	13	7	667.95	9.47	166.54	7.53	0.00	2089.57	65.90	13.26	414.84	359.10	16.69	46.55	1.41	0.62	19.95
	13	6	748.12	11.09	223.02	8.34	0.91	2214.61	72.45	29.57	414.42	510.79	19.53	5526.26	1.46	0.67	42.18
	13	6	806.86	11.58	180.48	9.66	0.13	2555.63	113.32	11.99	491.53	341.32	30.01	51.87	1.65	0.74	11.97
	13	6	757.36	7.47	275.05	7.03	1.18	1925.72	63.82	4.76	406.75	378.12	22.40	7213.77	1.75	0.77	134.47
	52	5	631.74	11.35	201.12	7.53	2.51	1720.46	62.66	5.92	354.07	566.24	17.23	2900.61	1.36	0.66	14.40
	52	5	1349.95	20.69	607.16	16.29	3.72	3023.75	137.86	23.25	565.18	2024.06	29.32	3438.05	1.88	0.85	27.39
	52	5	1222.99	13.22	606.80	11.03	2.96	2512.66	72.14	23.22	503.80	564.35	22.49	84.96	1.68	0.94	37.20
	52	5	865.34	12.44	528.01	8.95	2.04	2183.71	77.80	25.58	414.35	339.69	21.72	7510.62	1.55	0.74	40.21
	52	5	686.28	10.50	205.90	7.95	1.32	1937.84	90.68	14.10	362.08	552.26	25.16	4032.11	1.30	0.67	23.40
	52	5	862.28	14.82	386.53	9.95	1.28	1899.37	79.70	17.21	368.98	627.87	27.18	4525.28	1.46	0.68	57.32
	52	5	1000.46	13.81	382.94	13.12	3.54	2450.52	113.03	13.75	474.62	1202.46	84.59	3294.38	1.72	1.66	110.46
	52	5	1136.20	11.04	562.77	14.71	2.83	2271.68	85.46	5.38	470.06	550.90	41.82	9019.91	2.13	1.64	142.64
	52	5	1146.46	11.58	322.83	14.28	0.56	3378.78	252.35	9.53	548.71	610.86	68.28	12679.04	1.97	1.03	17.29
	52	5	690.00	7.18	319.65	9.15	1.41	2149.78	135.35	5.71	374.80	486.71	52.70	5398.16	1.34	0.86	27.93



Cl a ss	H. ho ld	Me- mb- er	Avg. Weight	Avg. Price	Water content	Mine- rals	Fibre	Calory	Pro- tein	Fat	CHO	Cal	Iron	Caro	-----Vitamin-----		
												cium (mg)		tin (mcg)	B1 (mg)	B2 (mg)	C (mg)
52	5	704.89	7.93	139.76	9.72	0.79	2273.94	198.09	10.27	347.08	554.87	69.99	5359.90	1.22	0.77	27.93	
52	5	981.98	11.62	234.31	13.67	2.18	3028.29	220.56	19.47	492.59	938.25	101.88	2513.58	1.77	1.36	74.09	
52	5	1143.80	27.50	336.91	16.81	7.82	3287.60	106.87	27.95	652.64	856.79	41.16	14642.62	2.52	1.50	54.45	
52	5	749.35	8.96	160.75	10.42	0.14	2498.47	186.83	14.31	376.68	499.83	48.35	103.78	1.28	0.56	2.71	
52	5	900.68	9.69	320.10	10.06	2.63	2325.98	142.32	8.91	418.37	302.12	39.83	453.42	1.38	0.77	34.03	
52	5	624.22	9.06	140.97	7.81	0.11	1956.16	112.41	10.70	352.40	639.28	29.11	40.56	1.25	0.56	13.47	
55	5	470.82	8.32	117.44	6.07	0.00	1567.19	51.89	35.61	259.89	370.48	11.49	29.92	0.89	0.39	19.15	
55	3	849.15	7.63	387.15	9.39	2.25	1876.52	52.11	13.73	386.57	324.11	14.52	36.83	1.16	0.58	22.50	
55	3	990.11	9.38	377.69	11.48	3.42	2450.08	76.84	11.24	512.29	354.11	22.81	6603.04	1.99	1.01	21.98	
55	3	828.59	9.94	257.00	9.23	1.54	2329.32	80.89	20.11	457.98	242.64	23.09	5867.22	1.60	0.75	25.56	
55	3	952.93	12.59	287.79	9.49	1.18	2481.35	80.15	13.16	511.50	834.04	21.36	244.94	1.72	0.90	25.41	
55	3	711.70	9.87	192.92	8.31	0.88	2116.39	118.77	15.22	375.94	415.25	31.84	231.64	1.30	0.70	14.03	
55	4	881.81	9.81	365.24	7.90	3.40	1907.36	58.38	6.45	419.44	442.98	81.67	303.61	1.39	0.70	22.12	
55	3	1107.23	14.24	283.93	13.96	0.66	3276.44	197.78	7.62	603.80	839.89	56.32	211.13	2.11	1.19	5.54	
55	3	894.45	10.16	212.27	10.07	0.15	2751.86	124.99	6.17	531.08	795.71	31.71	106.81	1.79	0.90	12.06	
55	3	1142.28	12.52	321.47	15.02	0.50	3382.70	249.68	13.79	534.18	745.25	70.40	51.29	1.78	0.92	21.88	
55	4	2443.87	26.76	513.79	31.83	3.21	7813.52	225.29	18.11	1651.74	1553.10	126.38	9074.97	5.76	3.32	104.73	
55	3	1738.11	35.50	922.32	23.57	0.11	2912.72	294.63	32.83	515.13	1842.86	47.88	49.21	1.57	0.74	131.52	
55	3	1035.92	12.13	222.86	12.40	3.31	3317.38	195.20	13.23	580.51	302.98	60.19	3733.23	2.03	0.91	74.23	
55	4	1092.46	10.77	355.04	12.33	0.10	3135.88	98.05	14.39	612.69	644.12	28.83	57.24	1.87	0.94	8.67	
55	4	812.59	10.59	183.68	10.25	0.84	2490.69	185.93	22.17	398.48	430.97	47.17	284.45	1.39	0.67	22.68	
55	3	622.20	7.73	167.10	6.54	0.44	1777.80	106.64	12.30	309.94	395.85	29.41	33.25	1.31	0.46	25.12	
120	7	1078.42	24.18	446.14	9.96	1.63	2643.51	92.50	33.75	492.91	930.61	20.26	59.51	2.57	0.86	105.48	
120	8	731.39	10.64	177.66	6.48	0.38	2412.56	65.77	10.44	514.68	298.69	20.50	49.87	1.63	0.74	9.69	
120	6	698.25	11.24	183.63	10.91	1.93	2183.52	74.45	34.87	393.75	573.28	19.89	1518.97	1.52	0.67	14.51	
120	6	698.92	7.42	189.04	6.03	1.19	2061.46	52.96	11.46	439.40	94.71	17.11	698.61	1.51	0.75	13.06	
120	7	656.77	7.63	276.59	5.93	1.30	1552.09	49.99	10.65	313.59	289.57	22.85	1186.86	1.17	0.59	52.31	
120	6	830.57	11.91	283.99	8.48	0.98	2346.89	77.01	12.47	498.45	288.86	20.24	68.99	1.67	0.82	27.93	
120	6	820.18	11.12	222.46	7.27	1.47	2424.41	64.79	14.19	515.60	183.09	47.95	122.36	1.61	0.78	13.83	
120	6	755.90	10.52	161.47	7.60	0.93	2413.10	97.28	14.16	474.98	192.51	30.72	70.49	1.48	0.71	10.64	
120	6	536.81	5.75	130.75	6.04	1.44	1662.81	49.59	3.72	345.57	182.09	14.77	2826.48	1.29	0.68	11.82	
120	6	720.31	8.88	194.84	7.82	0.16	2165.65	96.98	13.74	406.12	310.63	26.92	38.72	1.23	0.53	15.25	
120	8	597.65	7.02	137.33	5.80	0.23	1827.22	54.73	5.50	384.05	237.66	15.33	57.93	1.21	0.57	4.72	
120	5	955.73	12.38	258.93	9.51	0.29	2676.51	87.10	8.50	541.44	452.73	20.56	92.64	1.87	0.35	16.29	
120	6	810.60	9.38	114.67	9.58	0.25	2823.84	166.25	6.23	514.23	206.98	47.12	79.71	1.79	0.81	0.00	
120	6	1056.30	11.46	133.70	15.02	0.24	3722.17	377.78	9.03	531.99	436.20	101.48	81.71	1.86	0.86	1.19	
120	6	752.20	13.09	185.81	8.64	0.25	2397.93	95.61	25.61	446.37	624.43	23.79	57.85	1.19	0.55	30.18	
120	6	693.28	8.51	161.47	7.81	0.68	2123.28	153.18	4.95	366.26	321.15	42.51	51.07	1.55	0.56	32.83	
131	2	874.00	10.51	217.71	7.98	0.78	2351.34	57.96	14.27	500.22	170.24	18.13	51.29	1.61	0.75	18.99	
131	2	1185.91	13.28	536.11	12.12	6.76	2627.96	98.49	16.62	522.66	1012.90	29.14	8500.36	1.84	0.79	27.70	
131	2	979.76	10.72	306.70	9.75	3.20	2700.52	70.15	16.99	568.35	233.65	22.85	2630.40	1.93	0.86	30.15	
131	2	1108.13	14.88	466.37	10.77	3.41	2695.79	84.73	37.86	505.61	377.44	23.91	121.36	1.94	0.91	33.58	
131	2	1684.46	19.92	967.77	16.98	6.38	2970.88	92.40	38.11	567.10	1201.15	28.92	2388.45	1.90	1.43	152.83	
131	4	864.51	14.19	289.43	9.80	0.66	2353.43	86.39	18.92	459.30	652.97	20.11	3435.55	1.60	0.83	15.51	
131	2	2387.35	25.09	1331.27	25.81	7.23	4194.88	145.17	14.23	896.95	1357.40	217.95	13986.08	3.60	2.95	271.07	
131	2	1235.90	16.68	399.13	14.65	2.54	3352.51	201.90	34.14	584.70	888.27	92.12	13362.84	1.99	1.37	101.96	
131	3	1418.66	17.35	532.55	13.55	0.88	3368.55	132.94	24.69	715.14	624.54	29.95	71.82	2.22	1.07	61.40	
131	3	1097.25	13.23	349.91	13.92	3.19	3009.56	119.21	20.24	589.34	1236.23	79.47	13405.40	2.12	1.40	89.77	
131	4	867.54	9.52	247.34	11.52	1.76	2599.67	143.15	9.40	454.91	759.14	75.80	1942.74	1.42	1.06	59.85	

2 2 2

Cl	H.	Me-										Cal		Caro	-----Vitamin-----		
a	ho	mb-	Avg.	Avg.	Water	Mine-	Fibre	Calory	Pro-	Fat	CHO	cium	Iron	tin	B1	B2	C
ss	ld	er	Weight	Price	content	rals			tein			(mg)	(mg)	(mcg)	(mg)	(mg)	(mg)
131	2		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
131	3		964.70	15.63	263.26	9.58	0.21	2800.40	96.94	16.27	578.39	386.58	22.15	115.71	1.82	0.87	22.61
131	3		1558.77	20.24	428.54	19.37	2.55	4788.51	288.43	47.32	773.49	892.07	73.55	1093.96	2.32	1.07	38.12
131	4		1205.31	20.86	348.60	15.00	1.18	3449.93	206.64	17.08	617.40	1247.70	74.07	3547.11	2.00	0.90	49.12
131	2		874.00	10.99	151.99	9.87	3.91	2855.31	95.56	4.90	608.11	214.69	29.06	233.69	2.23	1.37	7.59
Avrg			862.63	19.52	270.32	9.60	1.51	2425.71	104.53	13.74	469.61	466.63	35.94	2656.02	1.70	0.85	36.78



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Name of village Colony  
Village-wise food intake per day by weight in grams,  
price in taka foodvalue in grams

Cl a ss	H. ho ld	Me- mb- er	Avg. Weight	Avg. Price	Water content	Mine- rals	Fibre	Calory	Pro- tein	Fat	CHO	Cal cium (mg)	Iron (mg)	Caro tin (mcg)	-----Vitamin-----			
															B1 (mg)	B2 (mg)	C (mg)	
2																		
	44	5	787.56	13.71	216.60	8.60	0.52	2320.77	128.13	14.61	419.40	133.89	26.41	96.09	1.52	0.73	2.21	
	44	6	674.51	8.76	231.10	6.84	2.21	1785.20	77.57	8.31	350.45	404.68	21.07	2686.52	1.48	0.85	18.94	
	44	5	926.01	12.34	395.26	9.70	2.79	2115.60	74.16	11.70	431.93	437.86	18.52	8153.72	1.58	0.79	37.27	
	66	6	646.29	6.16	138.59	5.58	0.41	2024.42	49.02	4.12	449.00	68.51	16.27	55.05	1.52	0.70	9.21	
	66	5	656.84	7.16	188.58	5.80	0.68	1877.91	50.37	7.07	405.04	148.90	16.10	81.79	1.37	0.70	14.65	
	66	5	648.23	6.48	84.15	5.88	0.02	2252.01	54.94	3.88	499.32	69.33	18.19	114.16	1.74	0.77	1.12	
	Avg		731.14	9.43	220.10	7.22	1.22	2051.39	75.40	8.75	418.99	227.76	19.78	2066.17	1.52	0.76	14.83	
3	02	5	1091.13	13.03	535.32	10.52	3.41	2230.46	82.30	23.51	439.87	672.62	19.02	5754.47	1.59	0.80	51.33	
	02	5	606.25	7.04	307.34	5.03	2.68	1239.51	38.27	13.80	241.57	278.15	12.00	4976.76	0.88	0.40	68.13	
	02	5	984.21	12.36	479.92	12.24	4.30	1598.61	58.52	16.44	306.54	1012.62	22.45	8522.65	1.19	0.91	83.22	
	02	5	833.66	14.41	301.04	6.39	1.56	2273.32	54.47	40.50	424.19	119.83	17.62	1467.74	1.75	0.78	82.28	
	02	3	1043.46	12.26	455.49	9.67	2.74	2362.62	72.44	13.03	491.40	518.47	26.17	11652.56	1.72	1.12	27.64	
	02	3	964.39	10.92	296.04	10.01	1.68	2252.34	83.46	6.98	467.75	271.54	28.93	69.71	1.49	0.72	29.62	
	05	7	992.02	9.23	514.25	9.39	4.08	2264.43	73.70	6.76	486.90	287.28	22.78	4558.61	1.68	0.78	31.03	
	05	7	1211.33	9.95	518.77	10.34	3.66	2776.78	79.21	12.27	589.88	366.29	25.91	11862.90	2.22	1.05	67.14	
	05	9	928.21	10.06	315.73	8.13	1.22	2481.67	63.42	15.90	524.26	219.33	22.27	102.20	1.72	0.91	26.70	
	05	8	576.36	6.55	212.46	5.22	1.63	1488.15	39.00	11.92	308.03	118.74	12.68	1502.14	1.03	0.52	15.74	
	05	8	662.25	8.46	266.95	7.43	2.22	1598.76	47.41	10.55	328.82	553.55	15.20	1639.60	1.16	0.72	15.94	
	05	8	931.55	12.82	455.59	6.71	3.68	1909.59	55.05	10.53	419.29	444.07	124.52	245.39	1.37	0.67	16.19	
	05	9	812.95	9.20	415.15	9.66	3.68	1560.50	49.92	4.06	339.30	334.91	58.58	4113.49	1.25	0.97	83.07	
	05	8	625.58	6.65	226.61	7.43	0.39	1602.74	81.66	5.53	306.36	170.98	22.56	4424.74	1.21	0.74	41.68	
	05	8	414.27	4.62	71.77	5.16	0.72	1373.83	66.88	5.32	264.54	218.13	27.77	3066.19	0.92	0.54	15.99	
	05	8	422.16	5.71	74.44	4.99	1.03	1399.94	50.58	9.76	281.34	152.56	13.05	94.72	1.07	0.58	9.92	
	05	8	503.14	6.06	147.32	5.67	0.74	1525.25	57.09	12.24	281.04	139.35	15.82	4350.30	0.98	0.44	7.89	
	05	8	508.99	6.96	116.50	5.69	0.04	1687.57	47.37	13.53	325.88	156.19	12.37	40.18	1.09	0.48	13.54	
	05	7	547.36	5.99	150.57	7.18	1.08	1597.80	83.70	8.56	296.41	568.65	22.68	291.89	1.07	0.54	17.59	
	05	7	435.90	5.05	102.99	5.48	1.69	1330.40	35.81	6.33	282.32	177.43	16.19	155.46	1.16	0.51	0.00	
	05	7	736.67	11.01	320.95	7.25	5.33	1692.58	58.07	12.22	337.70	294.27	19.45	850.22	1.26	0.53	16.08	
	05	7	474.57	5.98	131.43	4.97	0.51	1372.13	42.00	4.05	291.87	337.80	12.06	47.02	1.24	0.47	20.60	
	17	3	822.00	14.61	158.59	13.74	0.94	2783.16	144.53	37.28	475.18	514.68	77.49	124.42	1.63	0.71	2.37	
	17	4	908.50	12.37	286.66	8.55	1.74	2604.99	91.91	30.98	490.45	145.88	29.26	2598.77	2.34	0.85	120.80	
	17	3	373.29	7.23	66.86	4.33	0.68	1322.23	67.05	24.97	208.56	138.27	19.23	122.64	0.84	0.52	0.00	
	17	3	620.17	10.87	74.31	10.22	2.31	2213.14	84.75	15.95	432.57	352.63	25.54	169.23	1.86	1.15	0.00	
	17	3	530.62	7.90	86.29	7.69	3.99	1832.82	106.56	19.72	307.01	239.04	29.75	229.70	1.40	0.63	3.94	
	17	3	606.72	12.83	251.33	8.17	0.00	1768.02	262.59	45.26	232.49	879.27	9.95	21.33	0.68	0.28	43.84	
	17	2	829.50	12.27	212.27	9.68	0.00	2736.00	78.13	35.66	493.82	315.56	18.48	53.32	1.62	0.71	22.51	
	17	2	938.13	14.55	256.86	11.37	0.80	2748.88	82.93	14.47	571.84	744.06	20.85	306.99	1.82	0.78	12.93	
	17	2	1163.28	18.14	470.61	11.46	2.53	2792.70	97.41	13.46	569.90	733.61	26.53	1339.91	1.69	0.86	35.74	
	17	2	1202.78	19.74	421.15	12.06	2.83	3195.92	91.65	32.86	633.71	573.69	26.99	11419.44	2.36	1.16	77.00	
	18	3	801.28	10.47	248.35	8.09	3.75	2259.21	136.96	15.52	392.82	200.46	41.27	5060.93	1.42	0.61	3.94	
	19	9	729.52	7.95	253.61	9.54	2.68	1890.96	156.17	5.72	304.01	323.83	46.47	3304.74	1.13	0.62	42.58	
	19	9	598.97	6.13	265.44	5.34	1.36	1361.83	44.91	10.05	272.63	339.34	14.35	2530.40	0.97	0.48	28.76	
	19	9	653.99	7.62	275.97	6.44	2.06	1563.11	49.09	17.33	304.15	281.63	14.24	2243.59	1.15	0.53	35.03	
	19	11	509.08	9.03	111.66	6.50	2.05	1652.96	78.60	19.31	291.37	302.76	21.72	264.40	1.30	0.76	6.92	



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Cl	H.	Me-										Cal		Caro	-----Vitamin-----		
a	ho	mb-	Avg.	Avg.	Water	Mine-	Fibre	Calory	Pro-	Fat	CHO	cium	Iron	tin	B1	B2	C
ss	ld	er	Weight	Price	content	erals			tein			(mg)	(mg)	(mcg)	(mg)	(mg)	(mg)
19	9		507.12	7.11	194.02	4.82	1.08	1262.89	40.01	6.75	260.48	261.34	10.98	132.05	0.97	0.48	7.66
19	9		576.71	8.01	178.63	6.00	0.99	1611.67	72.57	10.73	307.16	215.30	20.23	28.44	0.95	0.43	13.74
19	9		632.66	6.52	275.46	6.03	5.79	1448.99	48.43	9.68	293.21	180.37	21.18	2834.12	1.11	0.54	13.16
19	9		553.02	8.41	147.68	6.44	0.86	1653.96	74.20	13.69	310.08	184.56	20.69	747.04	1.18	0.44	39.49
19	9		390.03	3.83	67.39	4.82	1.19	1283.55	78.72	3.12	235.05	162.47	25.08	3049.69	0.90	0.42	3.51
19	9		420.85	5.88	102.86	6.82	0.11	1360.26	54.72	5.57	250.89	282.82	13.07	166.57	0.84	0.39	4.65
19	12		735.94	12.56	186.35	7.46	0.72	2206.77	83.82	11.08	443.64	191.81	19.82	87.42	1.40	0.77	14.06
19	9		512.93	7.00	118.92	5.75	0.24	1605.75	89.78	11.46	286.56	182.46	23.90	38.90	0.94	0.44	13.68
19	9		512.27	8.38	148.79	6.36	1.11	1544.80	59.63	25.47	269.13	326.59	24.00	4852.20	0.98	0.57	46.09
19	9		652.25	8.87	175.09	7.08	1.10	1900.72	55.67	5.50	407.32	404.92	16.74	2656.83	1.47	0.72	45.45
19	11		531.67	6.11	191.38	4.92	1.65	1360.07	39.67	4.44	290.72	191.43	12.58	963.19	1.02	0.45	13.97
19	11		585.66	10.00	152.05	8.05	0.58	1759.15	78.22	11.37	335.96	475.99	20.03	3058.66	1.22	0.58	9.91
22	2		826.54	9.70	260.55	8.99	4.16	2294.06	105.26	17.51	431.34	223.22	32.01	937.63	1.48	0.76	41.96
23	2		1634.32	11.49	920.74	13.06	8.09	2884.38	78.29	17.53	604.35	443.33	28.09	5069.82	1.81	0.90	54.51
23	2		1214.63	14.21	663.70	12.89	8.56	2183.16	109.49	7.15	420.30	1564.20	31.29	10307.62	1.81	0.81	54.51
23	8		950.31	10.82	291.13	19.51	1.06	2594.19	83.08	10.17	544.36	426.88	47.69	230.13	1.43	0.80	38.98
23	8		767.56	8.04	353.50	6.41	2.65	1646.15	48.23	5.59	350.67	256.92	20.11	4658.42	1.32	0.74	78.39
23	3		849.64	10.91	305.82	7.69	1.89	2217.59	58.45	15.91	461.48	122.15	19.09	2007.77	2.00	0.85	99.87
23	3		1306.03	14.86	802.49	17.72	5.22	2940.38	103.49	13.51	601.50	1577.31	106.03	8192.48	2.04	2.37	214.99
Avrg			672.15	8.50	243.89	7.43	1.93	1756.79	66.87	11.73	347.21	324.45	25.00	2362.58	1.25	0.65	30.57
4	02	3	1638.46	16.14	1014.30	19.99	4.97	2472.72	102.95	8.42	508.89	617.46	106.08	8276.84	2.33	2.01	213.30
	02	3	1267.20	10.73	727.29	14.22	1.89	2159.50	93.23	5.71	433.15	293.78	26.73	5287.13	2.07	1.71	160.52
	02	4	660.58	7.74	112.35	8.93	4.69	2167.88	94.02	5.72	435.01	309.00	26.80	370.13	1.65	0.79	12.56
	02	4	794.24	8.88	210.20	10.60	1.10	2494.58	84.47	12.44	475.78	468.71	43.52	6699.87	1.58	0.92	37.68
	02	6	673.07	7.93	212.52	7.92	1.73	1901.95	55.50	10.83	381.44	428.49	33.63	411.34	1.37	0.88	43.97
	02	5	1277.96	32.65	452.14	20.33	0.21	3933.44	191.35	127.99	485.96	1229.38	30.21	75.81	1.62	0.73	152.66
	02	3	936.47	10.71	376.24	11.16	3.42	2323.23	83.02	35.29	418.63	1253.70	25.39	475.89	1.54	0.82	39.23
	02	5	854.15	11.54	266.46	10.52	1.77	2350.50	80.51	11.70	483.42	1012.94	50.25	8938.08	1.86	1.11	65.76
	02	5	800.22	10.39	261.39	7.66	0.73	2193.20	64.98	14.38	451.88	449.61	17.84	49.87	1.83	0.68	39.16
	02	5	574.85	7.49	395.60	6.13	0.79	1765.07	56.34	7.68	367.53	372.25	15.96	2027.85	1.31	0.67	1.10
	03	4	1313.38	14.81	687.62	13.64	5.18	2458.50	83.74	16.69	527.76	818.83	161.27	1766.12	1.91	1.57	158.76
	03	4	1173.47	11.30	492.35	13.22	2.84	2719.56	118.84	7.26	544.28	262.55	34.23	1293.78	2.35	1.55	99.23
	03	4	721.27	8.65	227.57	9.12	1.00	1966.55	65.26	6.75	411.80	522.33	20.75	1402.17	1.44	0.79	31.97
	03	4	712.10	8.20	178.54	8.73	1.24	2132.84	82.46	7.59	433.51	575.72	23.44	104.98	1.61	0.87	1.38
	03	4	665.00	7.17	175.98	7.91	0.50	2096.93	62.88	6.13	411.67	302.40	17.29	125.35	1.46	0.74	0.00
	03	4	476.58	6.22	52.30	6.79	1.87	1762.63	154.67	19.32	242.30	200.33	41.71	72.98	0.91	0.45	1.55
	03	4	726.40	10.82	159.23	10.44	2.88	2261.38	88.73	8.86	456.54	459.69	23.84	716.81	1.86	1.22	10.52
	03	4	889.77	11.44	181.70	10.01	1.65	2865.92	155.23	15.41	526.36	422.07	47.74	6591.13	1.97	0.95	98.42
	03	4	1113.21	16.46	223.86	15.78	5.61	3574.48	169.28	20.54	679.03	528.14	41.74	166.03	2.67	1.20	25.93
	03	4	770.30	11.46	234.04	10.12	1.81	2175.65	199.50	15.18	400.44	791.01	25.96	524.02	1.59	0.60	51.39
	07	2	1241.34	16.51	580.19	13.06	5.82	2624.06	114.50	14.81	517.23	1081.29	31.38	3174.93	2.00	0.98	224.88
	07	2	1313.16	13.89	569.75	13.88	5.55	2988.32	106.76	17.66	604.33	919.82	29.15	2987.98	2.15	1.13	145.19
	07	4	1204.40	25.05	448.37	11.62	3.48	3067.05	120.83	20.79	599.51	622.29	31.88	13285.44	2.46	1.31	38.57
	07	2	846.76	12.74	257.18	9.46	1.33	2342.06	73.81	16.95	488.02	740.98	20.41	338.48	1.70	0.97	29.14
	07	6	1193.31	15.97	485.08	14.86	3.94	2805.30	100.54	9.55	582.18	446.06	28.40	3581.91	2.99	1.24	177.48
	07	9	1299.51	13.95	564.68	13.08	3.45	2912.75	110.25	7.09	602.80	540.56	47.81	3789.08	2.82	1.70	192.64
	08	3	1010.80	8.61	264.94	9.42	1.21	2972.77	75.99	7.80	652.52	164.87	24.33	106.26	2.22	1.06	22.16
	08	3	1839.83	16.31	902.88	15.84	8.61	3692.63	125.38	13.20	781.70	722.63	37.82	5755.68	2.64	1.29	143.08



Cl a ss	H. ld	Ke- mb- er	Avg. Weight	Avg. Price	Water content	Mine- rals	Fibre	Calory	Pro- tein	Fat	CHO	Cal	Caro	-----Vitamin-----		
												cium (mg)	Iron (mg)	tin (mcg)	B1 (mg)	B2 (mg)
08	6	1513.13	12.08	776.49	13.30	4.52	2957.94	94.74	16.88	608.56	448.75	28.93	86.24	1.72	0.90	53.40
08	4	1175.10	33.41	383.31	12.60	2.62	3194.98	146.38	19.04	611.31	297.12	33.22	494.05	2.72	1.72	20.34
08	3	766.41	11.96	398.41	8.12	0.19	2474.01	82.83	20.24	490.00	410.09	20.60	129.67	1.76	0.86	0.00
08	4	363.79	6.06	165.31	3.55	0.62	798.66	24.63	13.57	156.67	110.66	5.35	12.32	0.41	0.21	21.51
08	3	1949.56	18.69	1098.88	18.82	5.09	3432.23	164.28	23.17	675.95	452.31	194.191	4609.21	2.83	2.04	189.1
08	4	776.58	9.67	178.70	7.34	0.87	2352.69	125.47	10.21	442.60	156.90	35.74	44.88	1.44	0.63	12.93
08	4	970.90	12.31	139.18	11.82	1.69	3367.39	216.64	17.69	585.12	304.86	58.57	275.56	2.22	1.30	0.00
08	5	934.33	9.98	145.10	11.11	1.27	3147.86	205.91	7.32	564.28	411.24	55.01	126.35	2.01	1.02	0.00
08	3	1022.41	23.48	308.14	12.74	0.00	3018.37	135.49	42.65	522.88	1898.27	25.02	54.40	1.62	0.72	50.78
08	4	1245.03	15.19	242.94	12.62	0.89	4059.30	130.57	20.94	837.03	552.26	35.70	137.44	2.97	1.43	9.08
08	4	733.16	8.10	186.67	7.58	0.56	2225.83	131.42	13.84	393.78	337.76	35.12	433.80	1.40	0.73	58.39
08	3	913.26	14.95	207.47	22.43	3.01	2761.94	120.52	8.84	549.72	1004.31	29.93	321.35	2.34	1.07	0.00
08	3	1509.55	21.87	492.72	18.92	6.57	4082.45	151.52	23.34	816.66	1033.18	57.78	632.08	2.87	1.55	212.10
08	3	774.35	10.52	260.31	8.41	2.00	2078.27	125.43	11.51	368.07	527.64	36.10	7633.01	1.42	0.65	124.50
12	5	988.36	10.76	246.04	13.00	2.49	2942.40	98.90	6.94	621.07	806.90	60.581	0258.04	2.18	1.47	60.68
12	5	556.61	6.67	70.55	5.96	1.72	1969.96	53.83	11.16	413.36	107.89	18.54	189.05	1.75	0.72	0.46
12	5	452.20	5.67	85.76	6.60	3.46	1445.54	47.56	4.01	304.78	261.45	12.49	323.85	1.14	0.53	10.58
12	3	486.19	8.21	105.07	5.96	0.05	1614.17	65.43	22.39	287.73	211.47	16.57	250.18	1.02	0.57	14.99
12	4	697.90	7.93	203.82	6.88	1.67	2004.73	77.38	12.15	401.65	158.65	53.03	4675.01	1.39	0.62	12.36
12	3	1777.76	30.82	604.23	20.72	3.53	4974.12	174.36	86.22	877.42	867.82	41.57	1293.94	3.19	1.41	149.10
12	3	720.42	11.15	251.82	7.92	0.57	2047.27	59.51	33.03	365.26	247.63	15.12	33.25	1.14	0.52	39.60
12	3	812.64	11.54	247.19	10.18	0.66	2322.44	127.02	20.11	407.68	804.28	34.172	0478.27	1.52	0.86	83.79
12	4	1032.34	13.14	538.58	9.91	3.63	1953.70	78.76	17.71	387.32	584.24	23.52	7187.38	1.29	0.68	42.43
12	3	770.65	8.85	577.34	7.95	1.84	1727.11	119.75	6.95	316.13	300.06	29.71	352.67	1.66	0.46	68.84
14	8	1088.50	10.05	424.88	10.10	3.40	2647.22	103.88	9.06	540.74	330.67	32.12	1861.89	1.82	0.91	94.63
14	7	858.15	8.03	386.89	8.13	5.19	1916.49	75.39	16.01	371.82	225.94	24.18	1673.89	1.43	0.67	97.69
14	7	654.85	7.48	224.73	5.81	0.90	1687.89	50.17	5.54	368.54	195.96	14.11	60.81	1.22	0.59	22.27
14	8	496.04	5.04	213.98	5.87	2.05	1133.03	35.48	6.81	233.84	183.83	10.01	4041.05	0.92	0.48	15.96
14	7	673.23	7.62	229.08	6.40	2.15	1801.34	53.20	10.02	374.61	276.17	40.36	4913.08	1.56	0.76	75.36
14	7	583.30	7.13	179.07	6.75	1.76	1624.04	67.40	8.29	321.13	191.48	20.37	3367.90	1.21	0.68	18.92
14	7	1039.93	9.42	598.58	11.86	3.57	1743.38	63.03	4.80	372.13	526.92	93.79	797.36	1.54	1.38	141.92
14	7	823.61	9.03	386.44	7.96	1.39	1777.18	71.25	11.36	347.79	186.49	21.20	4744.03	1.47	0.96	57.50
14	7	472.15	5.30	113.06	4.90	0.33	1404.66	47.25	5.87	300.70	187.87	12.92	374.29	1.05	0.51	12.34
14	6	568.57	6.27	105.57	7.53	2.58	1839.03	99.91	5.23	347.98	357.17	34.66	2295.96	1.30	0.70	15.14
14	8	635.74	7.98	165.40	7.80	0.82	1996.79	76.11	9.38	376.55	291.72	30.24	3295.10	1.31	0.75	25.80
14	7	539.75	7.88	118.28	6.33	0.10	1704.94	54.98	9.45	350.40	398.82	14.01	39.90	1.25	0.56	9.79
14	9	602.93	7.04	113.62	5.56	0.53	1784.02	50.01	4.73	391.86	108.41	15.60	2395.57	1.41	0.67	8.37
14	7	575.69	7.32	185.09	7.50	1.30	1497.56	56.89	7.37	317.37	450.48	15.13	388.63	1.06	0.62	15.99
14	7	775.83	9.47	368.72	7.88	2.46	1633.24	59.80	7.40	331.74	606.73	21.92	3622.38	2.02	0.57	71.56
14	7	579.51	7.34	172.86	6.79	0.54	1607.81	76.64	4.94	318.15	516.98	22.83	3568.54	1.18	0.59	36.73
15	4	850.65	8.16	266.12	8.49	1.57	2327.86	67.47	7.05	500.73	221.05	21.23	247.04	1.80	0.91	34.66
15	4	958.71	8.67	402.60	9.24	3.46	2292.92	64.92	22.13	459.98	333.77	20.69	8362.37	1.79	0.91	32.14
15	4	1030.75	10.10	436.15	9.87	2.95	2364.74	75.83	8.45	499.91	373.12	23.71	1609.41	1.72	0.88	48.48
15	4	853.42	11.44	229.38	8.71	1.69	2490.31	76.77	10.15	525.03	247.65	26.23	256.85	1.74	1.20	16.62
15	4	576.34	16.22	110.56	14.67	0.19	1878.73	77.30	16.98	354.11	790.40	18.09	199.50	1.05	0.81	1.10
15	4	357.83	6.39	44.99	6.87	0.00	1233.19	42.23	2.42	260.59	282.21	10.92	55.09	0.85	0.44	0.00
18	5	766.97	11.20	251.81	6.62	1.53	2111.24	65.24	16.13	426.83	98.59	17.31	78.13	2.03	0.75	44.33
18	5	1071.76	8.83	435.25	8.99	2.63	2596.76	88.88	17.88	520.52	205.42	27.46	124.68	1.68	0.89	24.38
18	5	1015.64	9.28	362.57	8.35	1.86	2650.87	65.42	17.80	561.11	128.04	21.98	252.09	1.91	0.97	48.96

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Cl	H.	Me-										Cal		Caro	-----Vitamin-----		
a	ho	mb-	Avg.	Avg.	Water	Mine-	Fibre	Calory	Pro-	Fat	CHO	cium	Iron	tin	B1	B2	C
ss	ld	er	Weight	Price	content	rals			tein			(mg)	(mg)	(mcg)	(mg)	(mg)	(mg)
18	5	1978.38	20.54	1294.82	18.04	10.04	3907.62	130.35	18.96	801.48	865.74	51.30	815.45	3.42	2.28	208.64	
18	5	930.40	9.53	329.98	8.99	2.83	2608.38	70.59	9.98	560.57	169.84	22.85	3157.84	2.15	1.10	26.36	
18	3	655.01	10.33	77.53	7.02	0.00	2456.28	125.48	26.46	428.92	141.42	35.55	49.87	1.49	0.66	0.00	
18	4	1038.43	11.36	407.27	9.88	3.84	2420.48	73.65	13.03	504.20	498.93	21.35	4206.01	2.25	0.82	28.44	
18	4	927.20	15.47	302.48	9.80	0.52	2577.25	84.16	24.68	506.01	1035.97	22.39	51.29	1.66	0.76	20.99	
18	4	1115.72	13.01	364.27	11.93	1.58	3025.75	197.72	16.18	526.42	478.80	53.75	149.62	1.75	0.94	33.25	
18	3	788.69	15.60	178.31	10.97	5.26	2434.57	97.10	11.31	485.92	1090.00	22.94	325.02	1.81	0.95	21.81	
18	3	915.04	12.49	319.67	11.30	2.76	2413.55	120.65	19.28	439.19	544.76	33.16	18405.20	1.70	0.83	47.68	
22	3	735.94	13.16	144.16	14.76	1.50	2352.03	106.59	10.25	459.16	608.03	24.75	294.00	1.58	0.67	7.57	
22	3	759.43	9.85	182.47	8.76	1.55	2312.91	79.78	15.11	472.09	337.95	20.95	1855.44	1.79	0.99	13.41	
22	2	890.00	14.19	212.33	17.14	0.78	2820.87	153.88	15.94	490.23	899.02	42.25	2859.50	1.78	1.06	13.95	
23	4	977.20	8.40	592.15	11.40	2.12	1555.13	70.67	8.83	298.23	261.52	21.91	4578.94	1.60	1.36	132.87	
23	4	436.41	5.31	81.46	5.49	0.77	1409.75	75.92	2.77	270.20	152.40	22.52	705.73	0.98	0.53	13.09	
23	8	591.01	6.61	183.66	5.65	0.84	1613.38	57.00	6.61	327.88	179.09	18.03	101.83	1.19	0.60	12.67	
23	5	854.60	10.02	252.74	10.62	0.15	2746.58	76.78	14.38	500.21	250.12	20.13	61.87	1.57	0.67	12.76	
23	3	899.97	10.23	104.87	12.36	1.16	3169.75	258.25	7.60	516.78	349.51	69.35	89.54	1.85	0.84	1.66	
23	3	706.38	7.92	128.92	8.36	0.45	2304.90	174.55	5.81	389.36	210.14	47.87	61.44	1.34	0.63	7.38	
23	3	715.24	7.49	82.11	9.25	0.21	2536.28	210.21	7.40	406.87	245.08	56.90	70.84	1.43	0.66	0.00	
23	3	608.41	8.33	142.64	9.84	4.32	1838.73	67.82	6.54	377.42	430.53	20.84	478.90	1.69	0.71	13.46	
23	3	1251.14	11.09	579.57	11.11	4.19	2723.58	125.00	7.27	538.01	308.33	37.95	6533.05	1.76	0.89	24.38	
23	3	305.73	4.16	40.53	4.06	1.44	1055.51	70.65	2.95	186.48	109.92	19.37	147.30	0.72	0.40	2.78	
Avg		855.08	10.71	305.68	9.66	2.14	2248.17	92.23	13.24	441.24	416.92	32.03	2261.82	1.68	0.89	51.03	



