

	Para No.	
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The revised recommended items per head are as under :-

S. No.	Food items now recommended	Quantity / Head	Quantity enhanced	Quantity Decreased / Deleted
1.	Rice	9 Kg.	4 Kg	
2.	Atta	5 Kg.		4 Kg
3.	Milk (Amul Spray)	2 Kg / month upto the age of 13 years	enhanced	
4.	Moong Dal	200 gms.	New item	
5.	Green leafy vegetables	400 gms. per week or 200 gms twice in a week	New item	
6.	Other vegetables	500 gms. per week or 250 gms twice in a week	New item	
7.	Jaggery	400 Gms /month	New item	
8.	Eggs	1 Per day	New item	
9.	Tobacco	50 gms.		Deleted
10.	Sugar	500 gms.		
11.	Amul Milk	500 gms.		
12.	G.N. Oil/Refined Oil	500 gms.		
13.	Dalda	500 gms.		
14.	Arhar Dal	200 gms.		
15.	Masoor Dal	200 gms.		
16.	Tamarind	100 gms.		
17.	Chilly powder	50 gms.		
18.	Dhanya Powder	50 gms.		
19.	Haldi Powder	50 gms.		
20.	Onion	500 gms		
21.	Match box	2 Nos.		
22.	Candle (M)	1 Pkt.		
23.	Washing Soap	2 Nos.		
24.	Bathing Soap	2 Nos.		
25.	Salt	500 gms.		
26.	Kerosene Oil	2 Lit.		
27.	B.B. Tea	500 gms.		