

APPENDIX IV

Item	Foodstuff	Cooked SM	Raw SM
Chapatti	Atta	1 Very big	70 gm ; 2/3 Kotori
		1 Big	50 gm ; 1/2 Kotori
		1 Small	35 gm ; 1/3 Kotori
Rice	Rice	1 Std plate	220 gm ; 1 Kotori
Dal	Lentil		150 gm ; 1 Kotori
	Moong		150 gm ; 1 Kotori
Veg.	Papaya		150 gm ; 1 Kotori
	Bottle gourd		150 gm ; 1 Kotori
	Pumpkin		150 gm ; 1 Kotori
	Ladies finger		120 gm ; 1 Kotori
	Cabbage		120 gm ; 1 Kotori
	Amaranthus •		500 gm ; 1 Bunch
	Pumpkin stem		500 gm ; 1 Bunch
	Golocassia leaves		250 gm ; 1 Bunch
	Brinjal		120 gm ; 1 Kotori
	Snake gourd		120 gm ; 1 Kotori
	Ridge gourd		120 gm ; 1 Kotori
	Banana flower		150 gm ; 1 Kotori
	Potato		150 gm ; 1 Big 100 gm ; 1 Medium 80 gm ; 1 Small

contd..

Appendix IV contd..

Item	Foodstuff	Cooked SM	Raw SM

	Onion		80 gm ; 1 Big 60 gm ; 1 Medium 30 gm ; 1 Small
	Oil		15 gm ; 1 Tbsp 5 gm ; 1 Tsp
	Fish		1 kg ; 1 Big 500 gm ; 1 Medium 300 gm ; 1 Small
	Mutton		80 gm ; 1 Big Kotori 65 gm ; 1 Medium Kotori 50 gm ; 1 Small Kotori
	Egg		45 gm ; 1 No.
