

## **CHAPTER 20 - Dietary**

### ***Power to fix scales of prison diet***

#### ***Rule 468***

The Inspector-General, with the sanction of Government, shall fix the scale of prison diet to be provided in respect of each class of prisoners and with like sanction, may from time to time —

- (a) vary the scale of prison diet generally, or that prescribed in respect of the prisoners of any class;
- (b) prescribed a special scale of prison diet in respect of the prisoners confined in any prison or in the prisons situated within any specified local area; and
- (c) prescribed a special scale of prison diet in respect of any period or during my season of the year.

### ***Prisoners to receive diet according to scale***

#### ***Rule 469***

- (i) Every prisoner shall be entitled to receive daily at the appointed meal hours, food according to the scale prescribed for the class to which he belongs, unless he is permitted by rules to receive food from private sources. No prisoner shall at any time receive, consume or possess any articles of food or drink not provided for or supplied to him under the rules.
- (ii) Rules regarding diet of superior class prisoners will be found in rule 260.

### ***Power reserved to Medical Officer to vary prison diet***

#### ***Rule 470***

In the case, of any prisoner in which the Medical Officer considers the prescribed die to be unsuitable or insufficient for reasons of health, he may order in, writing a special diet or extra articles of diet for such prisoner. The change, in the dietary of any class of prisoners requires the sanction of the Inspector-General.

### ***Labouring and non-labouring diet***

#### ***Rule 471***

- (i) The following classes of prisoners shall be entitled to the labouring diet: -
  - (1) Male convicted prisoners over 16 years of age sentenced to rigorous imprisonment.
  - (2) Male convicted prisoner over 16 years of age sentenced to simple imprisonment who labour voluntarily.
  - (3) Prisoners under sentence of death
- (ii) The following classes of prisoners shall be entitled to non-labouring diet:-
  - (1) Male convicted prisoners sentenced to simple imprisonment.
  - (2) Women prisoners
  - (3) Civil prisoners maintained at Government expenses.

- (4) Male convicted prisoners under 16 years of age.
- (5) Under-trial prisoners.

### **Morning meal**

#### **Rule 472**

The following scales are prescribed for the morning meal of all prisoners

Tea	2.5	Grs
Milk	58	”
Sugar	29	”
Wheat flour	58	”

**Explanation** If the majority of the prisoners do not favour this breakfast, the IG Prison / Superintendent Jail is authorized to issue suitable substitute, provided the cost does not exceed that of the scale of the items that are being substituted

### **Midday and evening meals**

#### **Rule 473**

- (i) The following scale is prescribed for each of the midday and evening meal per prisoner for all labouring prisoners:-

Wheat flour	262	Grs
Dal	43	Grs.
Vegetables	58	”
Salt	7	”
Vegetable ghee (Vanaspati)	12	”
Chilies	1.16	”
Turmeric	0.58	”
Garlic or onion	2.16	”

Non-labouring prisoners shall also get the above scale except in the case of wheat flour which shall be 203 Grs per prisoner per meal.

**Explanation** In accounting for the issue of petty rations, such as vegetable ghee, chilies, turmeric, etc. fractions up to one half should be disregarded and those in excess of one half should be shown as one chatak and entered accordingly in the diet register and stock book of rations, provided that the total issued does not exceed the scale fixed.

- (ii) Dal of the same kind should not be issued at two consecutive meals. Vegetable shall be issued cut up and ready for the pot.
- (iii) Beef at the scale of 58 Grs. per head per meal shall be issued twice a week in place of dal. Beef and vegetables will be cooked as one dish. Beef without bones shall be issued.

**Note** Potatoes instead of beef shall be issued to Hindu and Sikh prisoners.

- (iv) On the first Thursday of every month 233 Grs. rice per prisoner will be cooked either as plua or sweet rice, Beef allowed at (iii) above will be used for plua. No dal will be issued for the meal time when beef is cooked nor wheat flour when rice or plua is given. Vegetable ghee at 12 Grs. per head will be allowed to cook plua and sweet rice and 117 Gra. of gur per head if sweet rice is made. No vegetables and did will be cooked when plua or sweet rice is issued.
- (v) The following scale of condiments is allowed per prisoner for cooking pulao: —

(1)	Alaichi Kalan	1.16	Grs.
(2)	Zeera	1.16	”
(3)	Dar Chini	1.16	”

### **Scale of fuel**

#### **Rule 474**

- (i) The daily scale of fuel shall be as follows: -  
Firewood 350 Grs per prisoner
- (ii) Scale of firewood may be increased from 350 to 467 Grs. per prisoner in prisons where the population does not exceed one hundred prisoners.
- (iii) In addition to the above scale of fuel, an allowance of 117 Grs. of firewood per prisoner is allowed for the preparation of morning meals.
- (iv) 6 Kgr.—532 Grs. firewood shall be allowed for boiling one maund milk in hospital and cookhouse.

### **Issue of special diet on eids**

#### **Rule 475**

All prisoners shall receive the following special diets on the occasion of Eid-ul-Fitar and Eid-ul-Azha;

(a)	Eid-ul-Fitar:		
	Morning		Swayyan with milk and sugar.
	Mid-day		Beef with vegetable and roti.
	Evening		Pulao and beef with vegetables
(b)	Eid-ul-Azha		
	Morning		Halva.
	Mid-day		Beef with vegetable and roti.
	Evening		Pulao and beef with vegetable.

The scale of issue per prisoner is given below:-

- (i) Morning:  
*Swayyan*  
Swayyan 58 Grs  
Sugar 58 ”  
Milk 233 ”  
Firewood as per scale,
- Halva*  
Wheat flour 87 ”  
Vegetable ghee 29 ”  
Sugar 58 ”  
firewood as per scale.
- (ii) Midday:  
Beef 58 Grs  
Vegetable ghee 12 Grs  
Vegetable 58 ”  
Condiments as per scale  
Roti as per scale

Firewood as per scale

(iii) Evening		
Beef	58	Grs
Rice	233	”
Vegetable ghee	29	”
Beef for vegetable	58	”
Vegetable ghee	32	”
Vegetable	58	”

Condiments as per scale plus condiments sanctioned for pulao.  
Firewood as per scale.

**Note** A special extra diet consisting of 233 Grs. rice, 117 Grs. gur, 29 Grs. vegetable ghee and 233 Grs. Firewood per prisoner cooked into sweet rice shall be served to the Christian prisoners on Christmas and to Hindu and Sikh prisoners on Dusehra and Guru Nanak's Birth day respectively. This diet will be divided into two dishes and issue along with mid-day and evening meals.

### ***Diet of prisoners in extral-mural labour camps***

#### ***Rule 476***

The following scale of diet are prescribed per prisoner in extra mural labour camps:-

Morning meal:

Wheat flour	146	Grs.
Vegetable ghee	12	”
Tea leaves	2.3	”
Milk	117	”
Gur	29	”

Mid-day

Wheat flour	292	”
Dal	117	”
Vegetable ghee	12	”
Salt	10	”
Chilies	1.93	”
Turmeric	0.96	”
Garlic or onion	1.93	”

Evening:

Wheat flour	292	Gr.
Beef	117	” (twice a week in lieu of, dal).
Vegetable ghee	12	”
Dal	117	”
Salt	10	”
Chilies	1.93	”
Turmeric	0.96	”
Garlic or onion	1.93	”

Firewood shall be issued at the rate of 467 Grs. per prisoner per day.

**Explanation** Where beef is not readily available mutton may be issued, provided the cost does not exceed that of beef.

## ***Aftari to prisoners observing fasts during Ramzan***

### ***Rule 477***

Prisoners who observe fast during the month of Ramzan shall be allowed the following additional diet per prisoner:-

In Summer:

Milk	233	Gr.
Ice	233	”
Gut	58	”
(Made into sharbat)		

In Winter:

Milk	17	Gr.
Our	58	”
Tea leaves	2.3	”
Firewood	58	”
(Made into tea)		

**Note** Morning meal prescribed in rule 472 will not be issued during the month of Ramzan.

## ***Food provided by Private Societies***

### ***Rule 478***

Whenever any philanthropic society offers to provide & special meal or fruits on any special occasion like Eids, etc; to the entire population of the prison, it may, at the discretion of the Superintendent be permitted to issue the food or fruit to the prisoners and the Superintendent shall record the fact in his order book.

## ***Rice diet***

### ***Rule 479***

In the case of prisoners who are accustomed to rice diet the Superintendent may direct the issue of 233 Gr. of rice for each meal in lieu of wheat atta. Prisoners on rice diet shall also be provided with morning meal as prescribed in rule 472.

**Explanation** 233 Gr. of rice when cooked should weigh not less than 700 Gr. Cooked weight varies with the quality of rice and the Superintendent should experiment with each variety of rice and fix the exact quantity of cooked weight in each case.

## ***Variety of dals***

### ***Rule 480***

Gram dal should be issued to prisoners at two meals in a week, and masur, mash, moong or some other variety at the remaining meals at the discretion of the Superintendent, provided that one and the same dal shall not be issued for both the meals in a day.

## ***Manner of issuing dal***

### ***Rule 481***

Gram should be split before issue for use as dal and the husk should be carefully removed. Masur, mash and moong shall ordinarily be issued whole. The Superintendent may, at his discretion authorise in writing, the issue of crushed mash, moong or masur as dal. This may be necessary at the end of the

Season when these pulses are liable to attack by weavils. When masur is issued after crushing, all husk shall be carefully removed.

### **Programme of issuing different dais**

#### **Rule 482**

In arranging programme of issue of dais of different kinds, the Superintendent shall pay special regard to their prices. Dal which are cheaper or which are the staple food of locality shall be issued oftener than other dals. The programme showing the days on which a particular dal is to be issued shall be noted by the Superintendent in his order book and copies of it shall be kept in office, grain godown and the cookhouse.

### **Issue of Vegetables**

#### **Rule 483**

- (i) The Superintendent shall daily inspect the vegetables when they are cut up ready for use and see that they are of good quality and free from stalks, decayed or fibrous portions. The vegetables should be weighed after they are ready for the pot. Arrangements must be made for ample and continuous supply of vegetable during hot and rainy months, more specially those kinds which are of anti-scorbutic value such as onions, tomatoes, cabbages, potatoes when obtainable and radishes.
- (ii) Succulent fresh vegetables should be used in the dietary in preference to dry vegetables. As far as possible only one vegetable shall be issued at one meal and to give variety to the food, there shall be change in the kinds of vegetables issued at different meals. Issue of chaulai and other sago shall be restricted to our meals in a week.

### **Diet of convalescent prisoners**

#### **Rule 484**

Every prisoner on the convalescent list shall ordinarily receive wheat bread daily. He may when ordered by the Medical Officer, receive upto 467 Gr. of milk with 29 Grs. of Gur or 117 Gr. of meat or dahlia additional to diet to which he is ordinarily entitled.

### **Scale of diet for sick prisoners**

#### **Rule 485**

- (i) The following scales of diet are prescribed for patients in the hospital :—

Scale No. I	Milk diet	Milk 1 Kgr.—165 Gr. and sugar 73 Gr.
Scale No. II	Milk and sago	Milk 933 Gr., Sugar 58 Gr., Sago 117 Gr.
Scale No. III	Milk and Rice	Milk 933 Gr., Sugar 58 Gr., Rice 233 Gr.
Scale No. IV	Rice and Dal	Rice 467 Gr., Dal moong 117 Gr., Vegetable 117 Gr.
Scale No. V	Roti and Dal	Wheat atta 467 Gr., Dal moong 73 Gr., Vegetable 117 Gr.

350 Gr. of firewood is allowed for each of the above five scales.

The following additional articles shall be issued for scales IV and V :

Salt 19 Gr. Ghee 23 Gr. Chilies 2.32 Gr. onion or garlic 2.32 Gr. and turmeric 1.16 Gr.

**Note** Diet scale No.IV, rice and dal may be cooked as “khichri” for issue to any patient. Sweetened wheat dalia be issued to hospital patients as breakfast in diets number III, IV and V. It will consist of wheat 29 Gr. and sugar 29 Gr.

The above quantities are for the whole day and may be issued at the times fixed by the Medical Officer.

- (ii) The Medical Officer is authorised to order such extra articles of diet to prisoners sick in hospital, as may, in his opinion appear necessary.
- (iii) The Junior Medical Officer is responsible for the preparation of diet of hospital patients subject to the control of the Medical Officer.
- (iv) When the Medical Officer considers necessary, he may allow ordinary diet to a patient in hospital.

### ***Diet of patients and prisoners on convalescent list to be recorded***

#### ***Rule 486***

The diet scale and the details of the extras, if any, ordered for each patient admitted to the hospital or to the infirm and convalescent prisoners shall be recorded on the bed-head tickets in the case of patients in hospital and on the history tickets in the case of prisoners on infirm and convalescent list, under the initials of the Medical Officer.

### ***Extra diet for nursing mothers***

#### ***Rule 487***

A nursing mother with a child admitted to prison, shall receive, in addition to the ordinary diet 467 Gr. of milk and 29 Gr. sugar daily. This issue shall cease when the child is one year old.

### ***Diet for the pregnant women***

#### ***Rule 488***

The Medical Officer shall pay special attention to the dietary of pregnant women prisoners, and shall, for each such prisoner, draw up a special diet scale, to include milk, fresh vegetables, fruit or any other article of diet. He shall determine the quantities of these according to necessity.

The quantities shall not usually exceed the following scales:

Milk	700	Gr.
Fresh fruits	233	”
Fresh vegetables	233	”

### ***Diet scale for children***

#### ***Rule 489***

- (i) A child admitted to prison with his mother shall receive according to age, one or other of the following allowance of food daily :—

(a)	Under twelve months	Milk	467 Gr.	sugar	29 Gr.
(b)	Over twelve months and upto 1 ½ years.	Milk	467 Gr.	sugar	29 Gr.
		Rice	117 Gr.	dal	29 Gr.
		salt	10 Gr.	ghee	12 Gr.

- (ii) Extras when necessary shall be given as the Medical Officer directs.

- (iii) 117 Gr. fresh fruit thrice weekly shall be issued to all children above the age of one year.

### **Treatment of grain before grinding**

#### **Rule 490**

Wheat before being ground into flour should be thoroughly cleaned and freed from dirt, unsound or inedible grains and any other deleterious substances. The flour shall be sifted through a fine wire gauze with 22 to 25 holes to 2 Cm—5 Mm.

### **Cleaning and winnowing loss**

#### **Rule 491**

- (i) The maximum loss allowed for cleaning, winnowing and grinding the various grains and pulses is given below :—

<b>Article</b>	<b>Loss -in cleaning per maund</b>	<b>Las in grinding per maund</b>	<b>Bran.</b>
Wheat	467 Grs.	467 Grs.	467 Grs.
Dals	467 ”	933 ”	”
Gram for bullocks	467 ”	----	---
Chilies	2 Kgr. – 333	---	---

- (ii) When the actual loss in cleaning is less than authorised, the actual loss shall be charged.
- (iii) In the case of gram 37 Kgr.—324 Gr. should yield 25 Kgr.—194 Gr. dal. The remaining 11 Kgr.—197 Gr. consisting of husk and coarse should be issued to bullocks in lieu of 7 Kgr.—165 Gr. gram 933 Gr. loss is allowed in cleaning this gram.
- (iv) Brand over and above the requirements of the prison cattle should be sold at short intervals and not allowed to accumulate

### **The issue of uncooked rations**

#### **Rule 492**

- (i) The store-keeper shall weigh out the rations to the Assistant Superintendent, the warder incharge of the cook house, and the junior Medical Officer who shall be responsible that the correct quantities are issued. Ghee be added dal and vegetables in the presence of the junior Medical Officer and the Assistant Superintendent.
- (ii) The time for the Issue of raw rations from the grain godown shall be fixed Superintendent and shall be strictly adhered to. The whole day's ration shall be issued once in the morning.

### **Charge of cook house**

#### **Rule 493**

Each cook house shall be under the charge of a warder and an Assistant Superintendent, who shall be held responsible for any irregularity detected in connection with the preparation of food. This shall not absolve the Deputy Superintendent and other officers from responsibility in connection with the correct weight and quality of rations.

### **Issue of ghee and condiments**

#### **Rule 494**

Ghee and condiments for the whole day shall be issued once in the morning and shall be kept in two boxes duly locked, separate for each meal. The condiments and ghee shall be added to the dal and

vegetables while they are being cooked in the presence of Assistant Superintendent and the junior Medical Officer.

### **Scales, weights and measures**

#### **Rule 495**

Properly adjusted beam-scales and standard weights shall be used for weighing supplies in bulk and individual rations; these shall be frequently tested by the Superintendent. Pieces of bricks, stones or other unauthorised weights shall not be used as weights. Dal and vegetable measures of standard pattern shall be kept in sufficient number for distribution of food to prisoners. All complaints made by the prisoners regarding the quantity, quality or cooking of food shall on the first opportunity be brought to the notice of the Superintendent.

### **Method of kneading flour and making roti**

#### **Rule 496**

- (i) The cooks shall perform the duty of preparing food with care and attention. The flour issued to the cookhouse shall be fresh and free from adulteration. It shall be soaked in water for half an hour and then slowly and thoroughly kneaded by hand. In a well-kneaded dough of proper consistency, if a finger is inserted, atta should not stick to finger. While kneading, some salt and Khamir, may be added to the dough, if the prisoners like it.
- (ii) Tanoor-ki-roti shall be prepared from this dough. For this purpose sufficient number of tanours shall be installed in the cookhouse, keeping a couple in reserve. Arrangement should be made so that smoke emitted from tanours does not spread all over the cookhouse but is exhausted through a special chimney. New garah cloth should be issued for making gaddies for cooking of roti in tanoor.
- (iii) One part of wheat gives 1.4 to 1.5 parts of bread. 262 gr. of wheat flour should give two rotis weighing 355 gr. to 392 gr. 203 gr. wheat atta should give 292 gr. to 305 gr. rotis. Roti should not be less than 30.5 Cm in dia meter and should be of the same thickness throughout.

### **Brass vessels to be used in cookhouse**

#### **Rule 497**

Iron vessels shall not be used in the cookhouse. Degs, dal buckets, spoons, measures, scales and weights etc. used in the cookhouse shall all be made of brass, and the Assistant Superintendent incharge shall be responsible for seeing that all cooking pots and other vessels are kept scrupulously bright and clean. The cookhouse shall at all times be neat and tidy. All food shall be distributed from brass or other trays provided with handles and served hot.

### **Cooks**

#### **Rule 498**

The cooks should be well-behaved and as far as possible, short termers. No convicted prisoner shall be permitted to cook his own food separately. As far as possible the cooks should be changed every six months. A careful watch shall be kept to prevent any theft or tampering with food.

### **Medical examination of cooks**

#### **Rule 499**

All prisoners employed as cooks in the prison cook-house shall be examined by the Medical Officer prior to their employment and any prisoner suffering from any disease shall not be so employed. All prisoners working in the cookhouse shall be given a medical check up every month and the result

noted on the chart which will be maintained in the cookhouse. The result will also be noted on the history tickets.

### ***Protection from flies***

#### ***Rule 500***

All food shall be carefully protected from flies. The doors, windows and sky-lights of the cookhouse shall be fly proof. The main entrance of the cook-house shall have double doors.

### ***Shelter from rain and heat during meals***

#### ***Rule 501***

Prisoners shall be protected from rain and intense heat while having meals. Dining sheds shall be provided for the purpose in enclosures and factories.

### ***Provision of electric fans***

#### ***Rule 502***

Electric fans shall be provided in all cookhouses.

### ***Duty of Inspector-General to ensure adequate food***

#### ***Rule 503***

- (i) It shall be duty of the Inspector-General to take all such measures as may be necessary to ensure that every prisoner is at times so supplied with food and drink as to maintain him in good physical health and vigour.
- (ii) He shall ensure that every non-labouring prisoner gets not less than 2,400 calories and every labouring prisoner not less than 2,800 calories in his food every day.

### ***Supervision of foodstuffs and water supply***

#### ***Rule 504***

It shall be the duty of the Superintendent, the Medical Officer and, the Deputy superintendent at all times to satisfy themselves, that:-

- (a) Pure and wholesome water is provided for consumption by the prisoners, and that a supply of such water is at all times freely available to every prisoner for drinking purposes;
- (b) every article issued, or meant for issue for the food of any prisoner is of the prescribed quality and quantity, and is good, wholesome and fit for, human consumption;
- (c) every cooked article of food supplied to any prisoner is properly and cleanly cooked so as to be wholesome and palatable;
- (d) every article of food, whether raw or cooked is subjected to proper examination and inspection before it is issued for consumption by any prisoner.
- (e) all food stuffs at any time contained and stored are frequently inspected, and that all article which are unwholesome or in any respect unfit for human consumption are forthwith rejected and are not issued for the use of prisoners, and
- (f) proper places for convenient and orderly distribution of food and suitable utensils, etc., for consumption of food are duty provided.

### ***Examination of food by Medical Officer***

#### ***Rule 505***

The Medical Officer shall ordinarily examine the food daily and when defective in quality, make a note of the fact in his report book, which shall be brought to the notice of the Superintendent. He should at uncertain times and at least once a week when the food is cooked and ready for issue and occasionally after distribution to the prisoners, cause such food to be weighed in his presence and note the result in his report book.

### ***Inspection of food by the Superintendent***

#### ***Rule 506***

The Superintendent shall daily inspect the cooked food and frequently while it is being issued to prisoners.

### ***Deputy Superintendent to check food daily***

#### ***Rule 507***

The Deputy Superintendent shall daily inspect all the food prepared for prisoners. He shall taste the food to test its quality, weigh ten percent of rations at random and record the fact daily in his report book.