



Government of West Bengal  
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No. 1341/Jails

Date:- 10 / 12 /2009

From : Ardhendhu Sen, Additional Chief Secretary to the  
Govt. of West Bengal

To : The Principal Accountant General (A & E), West Bengal,  
Treasury Buildings, Kolkata-700001  
Sub.: Revised scale of diet for the diabetic inmates in the correctional  
homes

Ref.: This Department's Number 1249-HJ/4M-175/07 dated 28/11/07

Whereas this Department notified revised diets for the adult inmates in the correctional homes and the accompanying children vide the Department's Notification number referred above, the recommendations of the Committee of Experts formed for the purpose could not be acted upon in relation to the scale of diet for the diabetic inmates.

Now, therefore, on further consideration of the recommendations of the said Committee of Experts and as recommended by the Inspector General of Prisons and agreed to by the Department of Finance, Government of West Bengal vide their U.O.No. 1368 dated 9/10/2007, Government, in the Department of Jails do hereby notify the following detailed scale of diet, as indicated in the table on page two, for the diabetic inmates in the correctional homes of the State.

**The scale shall apply to those inmates certified by the Medical Officer attached to the correctional home as suffering from diabetes and is in need of special diet.**

Since relatively enhanced diet scales are approved for the diabetic inmates, due care should be taken before certifying an inmate as eligible for the special diet as notified. O review of the health status of the certified inmates, the admissibility of special diet will be reviewed by the Medical officers at regular intervals.

All such certificates would be kept in a separate file and a new register shall be opened to enter the details of the inmates eligible, from time to time, for receiving special diet, as indicated. Accounts of special diabetic diets issued to the inmates shall be kept separately and shall be subject to checking by the senior officers in course of their visit to the correctional home.

As far as practicable diabetic patients in the correctional homes should be accommodated in a separate Ward, with the exception of those accommodated in the hospital for management of their illness or those lodged in Cells for administrative reasons.

**Table**  
**Scale of diet for diabetic patients at the correctional homes in West Bengal**  
**(1800 Kcal Regular Vegetarian/Non-Vegetarian Diet)**

Meal	Menu	Weight	Measure
<b>Morning</b>	Tea without sugar		1 cup
	Marie biscuit	10 grams	2 pieces
<b>Breakfast</b>	Bread/ Muri/ Chapati	60/50 grams	3/2 pieces
	Double toned milk	200 ml.	1 cup
	Curry salad	50 grams	
<b>Mid-morning</b>	Fruit (apple/ musambi/ guava/ orange/ papaya or any seasonal fruit) available at the time)	100 grams	1 piece
<b>Lunch</b>	Rice or <b>Chapati</b> (raw weight for rice/ weight of atta for chapatti)	100 grams	4 pieces in case of roti
	Dal (raw weight)	25 grams	1 katori
	Assorted vegetables	200 grams	1 katori
	Cooking oil	15 grams	3 tsf
	Fish or chicken (for non-vegetarians)	50 gram	1 piece
	Home-made curd (for vegetarians)	100 grams	1 katori
<b>Evening snacks</b>	Tea without sugar		1 cup
	Marie biscuit	5 grams	1 piece
	Muri/ Khoi/ Chira/ Suji	40 grams	
<b>Dinner</b>	Rice or Chapati (raw weight for rice/ weight of atta for chapatti)	75 grams	3 pieces in case of roti
	Dal (raw weight)	25 grams	1 katori
	Assorted vegetables	200 grams	1 katori
	Cooking oil	10 grams	3 tsf
	Fish or chicken (for non-vegetarians)	50 gram	1 piece
	Home-made curd (for vegetarians)	100 grams	1 katori

Since dinner is usually served at the times of evening lock-up, the diabetic patients should also be served with 4 biscuits and 100 grams of fruit, of appropriate seasonal variety, as bed time meal between 9 and 10 PM.

A packet of glucose and an additional packet of glucose may also be kept with the Warder in charge of the Ward where diabetic patients are located in order to manage contingencies.

Additional Chief Secretary,  
Department of Jails

**No. 1341/1/Jails**

**Date:- 10 / 12 /2009**

Copy forwarded to the Treasury Officer (All Treasuries)

ADG (P) & IG of Correctional Services with a request to circulate to all concerned.

Officer-on-Special Duty  
& ex-Officio Deputy Secretary.