

9 to 14 years	12 oz.	1.4 oz.	1.4 oz.	1.4 oz.	1.4 oz.	1.4 oz.	1.4 oz.	1.4 oz.	1.4 oz.	1.4 oz.	1.4 oz.	1.4 oz.	1.4 oz.	1.834
6 to 9 years	10 oz.	1.2 oz.	.73 oz.	.87 oz.	1.4 oz.	5.2 oz.	14 oz.							1,633
6 to 6 years	10 oz.	1.2 oz.	.73 oz.	.87 oz.	1.4 oz.	5.2 oz.	14 oz.							1,653
Up to 1 year	10 oz.	1.05 oz.	.73 oz.	.87 oz.	1.4 oz.	5.2 oz.	14 oz.							1,786
Up to 4a	10 oz.	1.05 oz.	.73 oz.	.87 oz.	1.4 oz.	5.2 oz.	14 oz.							1,882
White Collar & Non-Workers	14 oz.	1.7 oz.	1.4 oz.	1.50 oz.	1.4 oz.	5.2 oz.	14 oz.							2,202
Manual Workers	17 oz.	2.1 oz.	2.2 oz.	1.5 oz.	1.4 oz.	5.2 oz.	14 oz.							2,609
Heavy Workers	21 oz.	2.8 oz.	3.5 oz.	1.2 oz.	1.4 oz.	5.2 oz.	14 oz.							2,945
BREAD POTATOES CERALS MEAT SUGAR CHEESE COFFEE YEAST MILK CALORIES														

DAILY FOOD RATIONS FOR POPULATION IN WESTERN SECTORS OF BERLIN

Flour and Wheat 646 TONS

Potatoes 180 TONS

Cerals 125 TONS

Meat and Fish 109 TONS

Sugar 85 TONS

Fats 64 TONS

Milk (dry skimmed) 38 TONS

Salt 19 TONS

Coffee 11 TONS

Cheese 10 TONS

Milk (dried whole) 5 TONS

Yeast 3 TONS

DAILY FOOD FOR BERLIN