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SOURCE Laka Industrija, No 2, 1949.FOOD RATIONS OF YUGOSLAV WORKERS

The table below shows the daily food and calorie requirements of Yugoslav workers:

Sex	Type of Labor	Proteins (gr)	Fats (gr)	Carbo- hydrates (gr)	Calories	Ration Category
M	Heaviest labor (lumberjack)	130	160	725	5,000	R1a, R1b, R1c (forestry)
M	Heavy labor (bricklayer, miner)	110	130	570	4,000	
M	Heavy labor (cabinetmaker)	110	120	480	3,500	
M	Medium labor (mechanic)	90	110	400	3,000	R1
M	Light labor (tailor)	85	105	360	2,800	R2
M	Office worker (sedentary)	80	100	340	2,500	R3
F	Heavy labor (washing)	90	110	400	3,000	R1
-	Medium labor (typist)	85	105	360	2,800	R2
-	Light labor	80	100	340	2,500	--

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Yugoslav workers' food supplies depend on the law of guaranteed supply [rationing], on supplementary supply through the republic's commercial sector, on the workers' supply service, and on the free market. The chief problem is to determine the proportion to be furnished by each of these sources. From the guaranteed supply chart one can see how much has to be added to the guaranteed supply from the remaining sources.

The following table shows the relation between the daily needs of workers of various categories and the proportions covered by the guaranteed supply, which allows for the different nutritional value of different kinds of meat:

	Proteins (gr)	Fats (gr)	Carbohy- drates (gr)	Calories
<b>R'a</b>				
Actual daily need	130	160	725	5,000
Guaranteed supply				
Beef	117	83	562	3,557
Lamb and mutton	107	118	562	3,841
Pork	103.1	132	562	3,988
Average deficiency	-20	-38	-85	-728
<b>R1b</b>				
Actual daily need	130	160	725	5,000
Guaranteed supply				
Beef	98	74	491	3,379
Lamb and mutton	90	102	491	3,307
Pork	88	106	491	3,337
Average deficiency	-27	-55	-118	-1,042
<b>Rs (forestry)</b>				
Actual daily need	110	130	570	4,000
Guaranteed supply	78	116	505	3,497
Average deficiency	-44	-29	-142	-1,003
<b>R1</b>				
Actual daily need				
Cabinet makers	100	120	480	3,500
Mechanics	90	110	400	3,000
Guaranteed supply				
Beef	68	55	387	2,378
Lamb and mutton	64	69	387	2,492
Pork	63	71	387	2,507
Average deficiency	-29	-52	-53	-804
<b>R2</b>				
Actual daily need	85	105	360	2,800
Guaranteed supply				
Beef	51	48	360	1,817
Lamb and mutton	48	60	360	1,912
Pork	47	62	360	1,924
Average deficiency	-36	-50	0	-930

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	<u>Proteins</u>	<u>Fats</u>	<u>Carbohydrates</u>	<u>Calories</u>
R3				
Actual daily need	80	100	340	2,500
Guaranteed supply	30	38	230	1,300
Average deficiency	-50	-62	-110	-1,200

According to the above table, the guaranteed supply covers 75 to 84 percent of food requirements in calories in all categories except the R3 category, in which the guaranteed supply covers 52 percent of the necessary calories.

The average daily deficiency fluctuates between 728 and 1,200 calories for individual categories. This deficiency can be expressed in terms of a daily deficiency of 20 to 50 grams of proteins, 29 to 62 grams of fats, and 0 to 142 grams of carbohydrates.

The problem of the deficiency of necessary nutrients has been solved by establishing public mess halls and restaurants. According to the order on the establishment of restaurants for laborers and office workers, these institutions must provide holders of R1a, R1b, and R2 ration cards with a minimum of 4,500 calories daily, and holders of R1, R2, R3, G1 and E ration cards with a minimum of 3,500 calories per day.

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