

File to - Pape

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Ca CONTENT OF MARSHALLESE FOODS

SYMECL: HSA:JEH:GTM

#9

I am attaching a summary of our measurements on the Ca content of Marshallese foods. These are single values in most cases, but the arrowroot (entire) and coconut data are average values for several determinations.

We have made no measurements on chicken or pork, nor have we requested any samples of breadfruit in recent surveys.

HSA

5002303 Harley:gtm

	mg Ca/100 gm fresh material <u>Chadwick</u>	<u>HASL</u>
<u>Arrowroot</u>	7	30 (corm only) 70 (entire)
<u>Breadfruit</u>	84	--
<u>Coconut</u>		--
Meat	24	20
Milk	29	56
Husk		37
Shell		11
Meat and Milk		10
<u>Pandanus</u>	--	70 (skin)
<u>Papaya</u>	19	169 (seeds)
		37 (pulp and seeds)
		22 (pulp)
<u>Morinda</u>	--	65
<u>Fish</u>		43
Muscle		3000
Small, Entire		