

BROOKHAVEN NATIONAL LABORATORY

M E M O R A N D U M

DATE: 12/19/77

TO: Dr. Conard

FROM: N. Gillespie

SUBJECT: Bikini Island Feeding Program

Three week cycle menu is nutritionally adequate with the exception of Calcium in the adult diet.

Diets contain an average of 610 mg. Ca when only eight ounces of milk is consumed per day.

Recommended Daily Dietary Allowance of Ca for:

Male & Female	11 - 18 yrs.	-	1,200 mg.
"	"	19 - + yrs.	- 800 mg.

The following available foods will supply additional Ca to the adult diet:

1 ounce	Processed Cheddar Cheese	218 mg. Ca
one	Egg	27 "
8 ounces	Milk	288 "
3 ounces	Sardines	345 "
1/2 cup	dry Beans (canned or cooked)	45 "
1/2 cup	Spinach	93 "
1/2 cup	Green Beans	50 "

N. Gillespie

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