

# 1812 Navy Sailor's Weekly Diet Chart

	<b>Beef</b> (lbs)	<b>Pork</b> (lbs)	<b>Flour</b> (lbs)	<b>Suet</b> (lbs)	<b>Bread</b> (oz)	<b>Cheese</b> (oz)	<b>Butter</b> (oz)	<b>Peas</b> (pts)	<b>Rice</b> (pts)	<b>Molasses</b> (pts)	<b>Vinegar</b> (pts)	<b>Spirits</b> (pts)
<b>Sunday</b>	1 ¼		½	¼	14							½
<b>Monday</b>		1			14			½				½
<b>Tuesday</b>	1				14	2						½
<b>Wednesday</b>		1			14				½			½
<b>Thursday</b>	1 ¼		½	¼	14							½
<b>Friday</b>					14	4	2		½	½		½
<b>Saturday</b>		1			14			½			½	½
<b>Total</b>	3 ½	3	1	½	98	6	2	1	1	½	½	3 ½