

File to - Raper

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Ca CONTENT OF MARSHALLESE FOODS

SYMBOL: HSA:JFH: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

9-12-56

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

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