

1812 Navy Sailor's Weekly Diet Chart

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

A pound is a unit of weight. Sixteen ounces equal one pound. A pint, however, measures volume. Eight pints equal one gallon.