Nutritional information

				Year							
	Per 100 gm	Per serve 50 gm		2 to 3	4 to 6	7 to 9	10 to 12	13 to 15	16 to 17	Men 18 & above	Women 18 & above
Energy (Kcal)	395.85	197.925	RDA	1060	1350	1690	2190	2750	3020	2730	2230
			RDA % per Serve	18.67	14.66	11.71	9.0	7.20	5.554	7.25	6.88
Protein (gm)	18.09	9.045	RDA	17	20	30	40	54	62	60	55
			RDA % per Serve	54.16	45.00	30.66	22.7	16.66	14.707	15.08	16.45
Carbohydrate (gm)	63.69	31.845	RDA	130	130	130	130	130	130	130	130
			RDA % per Serve	24.50	24.50	24.50	24.5	24.50	24.496	24.50	24.50
Total Dietary Fiber(gm)	7.54	3.77	RDA	14	20	25	25	31	31	31	31
			RDA % per Serve	26.93	19.23	14.96	15.0	12.24	12.240	12.24	12.24
Total Fat (gm)	7.63	3.815	RDA	27	25	30	35	45	50	30	25
			RDA % per Serve	14.13	15.26	12.72	10.9	8.48	7.630	12.72	15.26
Transfat (gm)	0	0	RDA	0	0	0	0	0	0	0	0
			RDA % per Serve								
Cholesterol (gm)	0	0	RDA	0	0	0	0	0	0	0	0
			RDA % per Serve	0	0	0	0	0	0	0	0