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)	399.04	199.52	RDA	1060	1350	1690	2190	2750	3020	2730	2230
			RDA % per Serve	18.4599	14.4944	11.5784	8.9349	7.1155	6.4793	7.1676	8.7747
Protein (gm)	9.88	4.94	RDA	17	20	30	40	54	62	60	55
			RDA % per Serve	26.0778	21.667	14.7627	10.9148	8.02026	7.0813	7.25833	7.91818
Carbohydrate (gm)	75.72	37.86	RDA	130	130	130	130	130	130	130	130
			RDA % per Serve	29.7538	29.754	29.7538	29.7538	29.7538	29.7538	29.7538	29.7538
Total Dietary Fiber	390.82	195.41	RDA	14	20	25	25	31	31	31	31
			RDA % per Serve	23.8571	17.041	13.254	13.254	10.8442	10.8442	10.8442	10.8442
Total Fat (gm)	5.38	2.69	RDA	27	25	30	35	45	50	30	25
			RDA % per Serve	9.68519	10.46	8.71667	7.47143	5.81111	5.23	8.71667	10.46
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