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)	430.95	215.475	RDA	1060	1350	1690	2190	2750	3020	2730	2230
			RDA % per Serve	20.33	15.96	12.75	9.8	7.84	7.135	7.89	9.66
Protein (gm)	5.86	2.93	RDA	17	20	30	40	54	62	60	55
			RDA % per Serve	17.54	14.58	9.93	7.3	5.40	4.764	4.88	5.33
Carbohydrate (gm)	62.53	31.265	RDA	130	130	130	130	130	130	130	130
			RDA % per Serve	24.05	24.05	24.05	24.1	24.05	24.050	24.05	24.05
Total Dietary Fiber(gm)	3.48	1.74	RDA	14	20	25	25	31	31	31	31
			RDA % per Serve	12.43	8.88	6.90	6.9	5.65	5.649	5.65	5.65
Total Fat (gm)	17.49	8.745	RDA	27	25	30	35	45	50	30	25
			RDA % per Serve	32.39	34.98	29.15	25.0	19.43	17.490	29.15	34.98
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