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)	366.68	183.34	RDA	1060	1350	1690	2190	2750	3020	2730	2230
			RDA % per Serve	17.30	13.58	10.85	8.4	6.67	6.071	6.72	8.22
Protein (gm)	14.19	7.095	RDA	17	20	30	40	54	62	60	55
			RDA % per Serve	42.49	35.30	24.05	17.8	13.07	11.537	11.83	12.90
Carbohydrate (gm)	74.56	37.28	RDA	130	130	130	130	130	130	130	130
			RDA % per Serve	28.68	28.68	28.68	28.7	28.68	28.667	28.68	28.68
Total Dietary Fiber(gm)	8.89	4.445	RDA	14	20	25	25	31	31	31	31
			RDA % per Serve	31.75	22.68	17.64	17.6	14.43	14.432	14.43	14.43
Total Fat (gm)	1.3	0.65	RDA	27	25	30	35	45	50	30	25
			RDA % per Serve	2.41	2.60	2.17	1.9	1.44	1.300	2.17	2.60
Transfat (gm)	0	0	RDA	0	0	0	0	0	0	0	0
			RDA % per Serve	0	0	0	0	0	0	0	0
Cholesterol (gm)	0	0	RDA	0	0	0	0	0	0	0	0
			RDA % per Serve	0	0	0	0	0	0	0	0