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)	374.57	187.285	RDA	1060	1350	1690	2190	2750	3020	2730	2230
			RDA % per Serve	17.67	13.87	11.08	8.6	6.81	6.201	6.86	8.40
Protein (gm)	16.2	8.1	RDA	17	20	30	40	54	62	60	55
			RDA % per Serve	48.50	40.30	27.46	20.3	14.92	13.171	13.50	14.73
Carbohydrate (gm)	69.32	34.66	RDA	130	130	130	130	130	130	130	130
			RDA % per Serve	26.66	26.66	26.66	26.7	26.66	26.662	26.66	26.66
Total Dietary Fiber(gm)	6.97	3.485	RDA	14	20	25	25	31	31	31	31
			RDA % per Serve	24.89	17.78	13.83	13.8	11.31	11.315	11.31	11.31
Total Fat (gm)	3.61	1.805	RDA	27	25	30	35	45	50	30	25
			RDA % per Serve	6.69	7.22	6.02	5.2	4.01	3.610	6.02	7.22
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