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)	335.55	167.775	RDA	1060	1350	1690	2190	2750	3020	2730	2230
			RDA % per Serve	15.83	12.43	9.928	7.661	6.101	5.56	6.146	7.52
Protein (gm)	9.96	4.98	RDA	17	20	30	40	54	62	60	55
			RDA % per Serve	29.82	24.78	16.881	12.481	9.171	8.10	8.300	9.05
Carbohydrate (gm)	62.63	31.315	RDA	130	130	130	130	130	130	130	130
			RDA % per Serve	24.09	24.09	24.088	24.088	24.088	24.09	24.088	24.09
Total Dietary Fiber(gm)	11.14	5.57	RDA	14	20	25	25	31	31	31	31
			RDA % per Serve	39.79	28.42	22.103	22.103	18.084	18.08	18.084	18.08
Total Fat (gm)	5.02	2.51	RDA	27	25	30	35	45	50	30	25
			RDA % per Serve	9.30	10.04	8.367	7.171	5.578	5.02	8.367	10.04
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