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)	404.88	202.44	RDA	1060	1350	1690	2190	2750	3020	2730	2230
			RDA % per Serve	19.10	15.00	11.98	9.24	7.361	6.70	7.42	9.08
Protein (gm)	8.07	4.035	RDA	17	20	30	40	54	62	60	55
			RDA % per Serve	24.16	20.07	13.68	10.11	7.431	6.56	6.73	7.34
Carbohydrate (gm)	49.74	24.87	RDA	130	130	130	130	130	130	130	130
			RDA % per Serve	19.13	19.13	19.13	19.13	19.131	19.13	19.13	19.13
Total Dietary Fiber(gm)	8.64	4.32	RDA	14	20	25	25	31	31	31	31
			RDA % per Serve	30.86	22.04	17.14	17.14	14.026	14.03	14.03	14.03
Total Fat (gm)	19.29	9.645	RDA	27	25	30	35	45	50	30	25
			RDA % per Serve	35.72	38.58	32.15	27.56	21.433	19.29	32.15	38.58
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