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)	433.28	216.64	RDA	1060	1350	1690	2190	2750	3020	2730	2230
			RDA % per Serve	20.44	16.05	12.82	9.9	7.88	7.174	7.94	9.71
Protein (gm)	6	3	RDA	17	20	30	40	54	62	60	55
			RDA % per Serve	17.96	14.93	10.17	7.5	5.52	4.878	5.00	5.45
Carbohydrate (gm)	77.13	38.565	RDA	130	130	130	130	130	130	130	130
			RDA % per Serve	29.67	29.67	29.67	29.67	29.7	29.67	29.665	29.67
Total Dietary Fiber(gm)	4.5	2.25	RDA	14	20	25	25	31	31	31	31
			RDA % per Serve	16.07	11.48	8.93	8.9	7.31	7.305	7.31	7.31
Total Fat (gm)	11.4	5.7	RDA	27	25	30	35	45	50	30	25
			RDA % per Serve	21.11	22.80	19.00	16.3	12.67	11.400	19.00	22.80
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