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)	439	219.5	RDA	1060	1350	1690	2190	2750	3020	2730	2230
			RDA % per Serve	20.71	16.26	12.99	10.0	7.98	7.268	8.04	9.84
Protein (gm)	6.8	3.4	RDA	17	20	30	40	54	62	60	55
			RDA % per Serve	20.36	16.92	11.53	8.5	6.26	5.528	5.67	6.18
Carbohydrate (gm)	74.58	37.29	RDA	130	130	130	130	130	130	130	130
			RDA % per Serve	28.68	28.68	28.68	28.7	28.68	28.685	28.68	28.68
Total Dietary Fiber(gm)	5.14	2.57	RDA	14	20	25	25	31	31	31	31
			RDA % per Serve	18.36	13.11	10.20	10.2	8.34	8.344	8.34	8.34
Total Fat (gm)	12.6	6.3	RDA	27	25	30	35	45	50	30	25
			RDA % per Serve	23.33	25.20	21.00	18.0	14.00	12.600	21.00	25.20
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