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)	399.04	199.52	RDA	1060	1350	1690	2190	2750	3020	2730	2230
			RDA % per Serve	18.82	14.78	11.81	9.1	7.26	6.607	7.31	8.95
Protein (gm)	6.5	3.25	RDA	17	20	30	40	54	62	60	55
			RDA % per Serve	19.46	16.17	11.017	8.15	5.99	5.28	5.42	5.91
Carbohydrate (gm)	80.84	40.42	RDA	130	130	130	130	130	130	130	130
			RDA % per Serve	31.09	31.09	31.09	31.09	31.09	31.09	31.09	31.09
Total Dietary Fiber	6.44	3.22	RDA	14	20	25	25	31	31	31	31
			RDA % per Serve	23	16.43	12.8	12.7	10.45	10.45	10.45	10.45
Total Fat (gm)	5.52	2.76	RDA	27	25	30	35	45	50	30	25
			RDA % per Serve	10.2	11.04	9.2	7.89	6.133	5.52	9.2	11.04
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