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)	408.41	206.205	RDA	1060	1350	1690	2190	2750	3020	2730	2230
			RDA % per Serve	19.26	15.13	12.08	9.3	7.43	6.762	7.48	9.16
Protein (gm)	7.26	3.63	RDA	17	20	30	40	54	62	60	55
			RDA % per Serve	21.74	18.06	12.31	9.1	6.69	5.902	6.05	6.60
Carbohydrate (gm)	80	40	RDA	130	130	130	130	130	130	130	130
			RDA % per Serve	30.77	30.77	30.77	30.77	30.77	30.77	30.77	30.77
Total Dietary Fiber(gm)	5.5	2.75	RDA	14	20	25	25	31	31	31	31
			RDA % per Serve	19.64	14.03	10.91	10.9	8.93	8.929	8.93	8.93
Total Fat (gm)	6.57	3.285	RDA	27	25	30	35	45	50	30	25
			RDA % per Serve	12.17	13.14	10.95	9.4	7.30	6.570	10.95	13.14
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