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)	432.76	216.38	RDA	1060	1350	1690	2190	2750	3020	2730	2230
			RDA % per Serve	20.41	16.03	12.80	9.9	7.87	7.165	7.93	9.70
Protein (gm)	6.9	3.45	RDA	17	20	30	40	54	62	60	55
			RDA % per Serve	20.66	17.16	11.69	8.6	6.35	5.610	5.75	6.27
Carbohydrate (gm)	75.53	37.765	RDA	130	130	130	130	130	130	130	130
			RDA % per Serve	29.05	29.05	29.05	29.1	29.05	29.050	29.05	29.05
Total Dietary Fiber(gm)	5.6	2.8	RDA	14	20	25	25	31	31	31	31
			RDA % per Serve	20.00	14.29	11.11	11.1	9.09	9.091	9.09	9.09
Total Fat (gm)	11.4	5.7	RDA	27	25	30	35	45	50	30	25
			RDA % per Serve	21.11	2280	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