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)	378.71	189.355	RDA	1060	1350	1690	2190	2750	3020	2730	2230
			RDA % per Serve	17.86	14.03	11.20	8.6	6.89	6.270	6.94	8.49
Protein (gm)	16.48	8.24	RDA	17	20	30	40	54	62	60	55
			RDA % per Serve	49.34	41.00	27.93	20.7	15.17	13.398	13.73	14.98
Carbohydrate (gm)	69.15	34.575	RDA	130	130	130	130	130	130	130	130
			RDA % per Serve	26.60	26.60	26.60	26.6	26.60	26.596	26.60	26.60
Total Dietary Fiber(gm)	6.94	3.47	RDA	14	20	25	25	31	31	31	31
			RDA % per Serve	24.79	17.70	13.77	13.8	11.27	11.266	11.27	11.27
Total Fat (gm)	4.03	2.015	RDA	27	25	30	35	45	50	30	25
			RDA % per Serve	7.46	8.06	6.72	5.8	4.48	4.030	6.72	8.06
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