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)	383.65	191.825	RDA	1060	1350	1690	2190	2750	3020	2730	2230
			RDA % per Serve	18.10	14.21	11.35	8.8	6.98	6.352	7.03	8.60
Protein (gm)	17.55	8.775	RDA	17	20	30	40	54	62	60	55
			RDA % per Serve	52.54	43.66	20.75	22.0	16.16	14.268	14.63	15.95
Carbohydrate (gm)	69.7	34.85	RDA	130	130	130	130	130	130	130	130
			RDA % per Serve	26.81	26.81	26.81	26.8	26.81	26.808	26.81	26.81
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)	3.85	1.925	RDA	27	25	30	35	45	50	30	25
			RDA % per Serve	7.13	7.70	6.42	5.5	4.28	3.850	6.42	7.70
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