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)	433.34	216.67	RDA	1060	1350	1690	2190	2750	3020	2730	2230
			RDA % per Serve	20.44	16.05	12.82	9.9	7.88	7.175	7.94	9.72
Protein (gm)	7.66	3.83	RDA	17	20	30	40	54	62	60	55
			RDA % per Serve	22.93	40.30	12.98	9.6	7.05	6.228	6.38	6.96
Carbohydrate (gm)	56.26	28.13	RDA	130	130	130	130	130	130	130	130
			RDA % per Serve	21.64	21.64	21.64	21.6	21.64	21.638	21.64	21.64
Total Dietary Fiber(gm)	3.84	1.92	RDA	14	20	25	25	31	31	31	31
			RDA % per Serve	13.71	9.80	7.62	7.6	6.23	6.234	6.23	6.23
Total Fat (gm)	19.74	9.87	RDA	27	25	30	35	45	50	30	25
			RDA % per Serve	36.56	39.48	32.90	28.2	21.93	19.740	32.90	39.48
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