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)	409.96	204.98	RDA	1060	1350	1690	2190	2750	3020	2730	2230
			RDA % per Serve	19.34	15.184	12.13	9.36	7.454	6.79	7.51	9.19
Protein (gm)	6.88	3.44	RDA	17	20	30	40	54	62	60	55
			RDA % per Serve	20.60	17.114	11.66	8.62	6.335	5.59	5.73	6.25
Carbohydrate (gm)	53.11	26.555	RDA	130	130	130	130	130	130	130	130
			RDA % per Serve	20.43	20.427	20.43	20.43	20.427	20.43	20.43	20.43
Total Dietary Fiber(gm)	5.17	2.585	RDA	14	20	25	25	31	31	31	31
			RDA % per Serve	18.46	13.189	10.26	10.26	8.393	8.39	8.39	8.39
Total Fat (gm)	18.89	9.445	RDA	27	25	30	35	45	50	30	25
			RDA % per Serve	34.98	37.78	31.48	26.99	20.989	18.89	31.48	37.78
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