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)	302.89	151.445	RDA	1060	1350	1690	2190	2750	3020	2730	2230
			RDA % per Serve	14.29	11.22	8.96	6.9	5.51	5.015	5.55	6.79
Protein (gm)	6	3	RDA	17	20	30	40	54	62	60	55
			RDA % per Serve	17.96	14.93	10.17	7.5	5.52	4.878	5.00	5.45
Carbohydrate (gm)	60.21	30.105	RDA	130	130	130	130	130	130	130	130
			RDA % per Serve	23.16	23.16	23.16	23.2	23.16	23.158	23.16	23.16
Total Dietary Fiber(gm)	5.78	2.89	RDA	14	20	25	25	31	31	31	31
			RDA % per Serve	20.64	14.74	11.47	11.5	9.38	9.383	9.38	9.38
Total Fat (gm)	4.23	2.115	RDA	27	25	30	35	45	50	30	25
			RDA % per Serve	7.83	8.46	7.05	6.0	4.70	4.230	7.05	8.46
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