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)	406.56	203.28	RDA	1060	1350	1690	2190	2750	3020	2730	2230
			RDA % per Serve	19.18	15.06	12.03	9.28	7.39	6.73	7.45	9.12
Protein (gm)	8.34	4.17	RDA	17	20	30	40	54	62	60	55
			RDA % per Serve	24.97	20.75	14.14	10.45	7.68	6.78	6.95	7.58
Carbohydrate (gm)	51.91	25.955	RDA	130	130	130	130	130	130	130	130
			RDA % per Serve	19.97	19.97	19.97	19.97	19.97	19.97	19.97	19.97
Total Dietary Fiber(gm)	5.44	2.72	RDA	14	20	25	25	31	31	31	31
			RDA % per Serve	19.43	13.88	10.79	10.79	8.83	8.83	8.83	8.83
Total Fat (gm)	18.37	9.185	RDA	27	25	30	35	45	50	30	25
			RDA % per Serve	34.02	36.74	30.62	26.24	20.41	18.37	30.62	36.74
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