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)	375.03	187.515	RDA	1060	1350	1690	2190	2750	3020	2730	2230
			RDA % per Serve	17.69	13.89	11.10	8.6	6.82	6.209	6.87	8.41
Protein (gm)	24.33	12.165	RDA	17	20	30	40	54	62	60	55
			RDA % per Serve	72.84	60.52	41.24	30.5	22.40	19.780	20.28	22.12
Carbohydrate (gm)	62.61	31.305	RDA	130	130	130	130	130	130	130	130
			RDA % per Serve	24.08	24.08	24.08	24.1	24.08	24.081	24.08	24.08
Total Dietary Fiber(gm)	10.93	5.465	RDA	14	20	25	25	31	31	31	31
			RDA % per Serve	39.04	27.88	21.69	21.7	17.74	17.744	17.74	17.74
Total Fat (gm)	3.03	1.515	RDA	27	25	30	35	45	50	30	25
			RDA % per Serve	5.61	6.06	5.05	4.3	3.37	3.030	5.05	6.06
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