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)	378.12	189.06	RDA	1060	1350	1690	2190	2750	3020	2730	2230
			RDA % per Serve	17.8358	14.00	11.187	8.63288	6.87491	6.26026	6.92527	8.47803
Protein (gm)	11.96	5.98	RDA	17	20	30	40	54	62	60	55
			RDA % per Serve	35.8084	29.75	20.2712	14.9875	11.0129	9.72358	9.96667	10.8727
Carbohydrate (gm)	71.59	35.795	RDA	130	130	130	130	130	130	130	130
			RDA % per Serve	27.5346	27.53	27.5346	27.5346	27.5346	27.5346	27.5346	27.5346
Total Dietary Fiber	390.82	195.41	RDA	14	20	25	25	31	31	31	31
			RDA % per Serve	20.3571	14.54	11.3095	11.3095	9.25325	9.25325	9.25325	9.25325
Total Fat (gm)	4.88	2.44	RDA	27	25	30	35	45	50	30	25
			RDA % per Serve	9.03704	9.76	8.13333	6.97143	5.42222	4.88	8.13333	9.76
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