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)	306.96	153.48	RDA	1060	1350	1690	2190	2750	3020	2730	2230
			RDA % per Serve	14.48	11.37	9.08	7.0	5.58	5.082	5.62	6.88
Protein (gm)	5.75	2.875	RDA	17	20	30	40	54	62	60	55
			RDA % per Serve	17.22	14.30	9.75	7.2	5.29	4.675	4.79	5.23
Carbohydrate (gm)	61.22	30.61	RDA	130	130	130	130	130	130	130	130
			RDA % per Serve	23.55	23.55	23.55	23.5	23.55	23.546	23.55	23.55
Total Dietary Fiber(gm)	2.21	1.105	RDA	14	20	25	25	31	31	31	31
			RDA % per Serve	7.89	5.64	4.38	4.4	3.59	3.588	3.59	3.59
Total Fat (gm)	4.34	2.17	RDA	27	25	30	35	45	50	30	25
			RDA % per Serve	8.04	8.68	7.23	6.2	4.82	4.340	7.23	8.68
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