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)	391.35	195.675	RDA	1060	1350	1690	2190	2750	3020	2730	2230	
			RDA % per Serve	18.4599	14.4944	11.5784	8.93493	7.11545	6.4793	7.16758	8.77466	
Protein (gm)	8.71	4.355	RDA	17	20	30	40	54	62	60	55	
			RDA % per Serve	26.0778	21.6667	14.7627	10.9148	8.02026	7.0813	7.25833	7.91818	
Carbohydrate (gm)	71.36	38.68	RDA	130	130	130	130	130	130	130	130	
			RDA % per Serve	29.7538	29.7538	29.7538	29.7538	29.7538	29.7538	29.7538	29.7538	
Total Dietary Fiber	6.68	3.34	RDA	14	20	25	25	31	31	31	31	
			RDA % per Serve	23.8571	17.0408	13.254	13.254	10.8442	10.8442	10.8442	10.8442	
Total Fat (gm)	5.23	2.615	RDA	27	25	30	35	45	50	30	25	
			RDA % per Serve	9.68519	10.46	8.71667	7.47143	5.81111	5.23	8.71667	10.46	
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	