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)	385.75	192.875	RDA	1060	1350	1690	2190	2750	3020	2730	2230
			RDA % per Serve	18.20	14.29	11.41	8.8	7.01	6.380	7.07	8.65
Protein (gm)	16	8	RDA	17	20	30	40	54	62	60	55
			RDA % per Serve	47.90	39.80	27.12	20.1	14.73	13.008	13.33	14.55
Carbohydrate (gm)	4.75	2.375	RDA	130	130	130	130	130	130	130	130
			RDA % per Serve	1.83	1.83	1.83	1.8	1.83	1.827	1.83	1.83
Total Dietary Fiber(gm)	8.61	4.305	RDA	14	20	25	25	31	31	31	31
			RDA % per Serve	30.75	21.96	17.08	17.1	13.98	13.977	13.98	13.98
Total Fat (gm)	4.75	2.375	RDA	27	25	30	35	45	50	30	25
			RDA % per Serve	8.80	9.50	7.92	6.8	5.28	4.750	7.92	9.50
Transfat (gm)	0	0	RDA	0	0	0	0	0	0	0	0
			RDA % per Serve	0	0	0	0	0	0	0	0
Cholesterol (gm)	0	0	RDA	0	0	0	0	0	0	0	0
			RDA % per Serve	0	0	0	0	0	0	0	0