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)	334.52	167.26	RDA	1060	1350	1690	2190	2750	3020	2730	2230
			RDA % per Serve	15.78	12.39	9.90	7.64	6.08	5.54	6.13	7.50
Protein (gm)	9.56	4.78	RDA	17	20	30	40	54	62	60	55
			RDA % per Serve	28.62	23.78	16.20	11.98	8.80	7.77	7.97	8.69
Carbohydrate (gm)	64.48	32.24	RDA	130	130	130	130	130	130	130	130
			RDA % per Serve	24.80	24.80	24.80	24.80	24.80	24.80	24.80	24.80
Total Dietary Fiber(gm)	9.3	4.65	RDA	14	20	25	25	31	31	31	31
			RDA % per Serve	33.21	23.72	18.45	18.45	15.10	15.10	15.10	15.10
Total Fat (gm)	4.26	2.13	RDA	27	25	30	35	45	50	30	25
			RDA % per Serve	7.89	8.52	7.10	6.09	4.73	4.26	7.10	8.52
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