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)	412.09	206.045	RDA	1060	1350	1690	2190	2750	3020	2730	2230
			RDA % per Serve	19.44	15.26	12.19	9.41	7.49	6.82	7.55	9.24
Protein (gm)	9.3	4.65	RDA	17	20	30	40	54	62	60	55
			RDA % per Serve	27.84	23.13	15.76	11.7	8.56	7.561	7.75	8.45
Carbohydrate (gm)	76.59	38.295	RDA	130	130	130	130	130	130	130	130
			RDA % per Serve	29.46	29.46	29.46	29.5	29.46	29.458	29.46	29.46
Total Dietary Fiber(gm)	7.8	3.9	RDA	14	20	25	25	31	31	31	31
			RDA % per Serve	27.86	19.90	15.48	15.5	12.66	12.662	12.66	12.66
Total Fat (gm)	7.6	3.8	RDA	27	25	30	35	45	50	30	25
			RDA % per Serve	14.07	15.20	12.67	10.9	8.44	7.600	12.67	15.20
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