# 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) | 375.72 | 187.86 | RDA | 1060 | 1350 | 1690 | 2190 | 2750 | 3020 | 2730 | 2230 |
| | | | RDA % per Serve | 17.72 | 13.92 | 11.12 | 8.6 | 6.83 | 6.221 | 6.88 | 8.42 |
| Protein (gm) | 16.5 | 8.25 | RDA | 17 | 20 | 30 | 40 | 54 | 62 | 60 | 55 |
| | | | RDA % per Serve | 49.40 | 41.04 | 27.97 | 20.7 | 15.19 | 13.415 | 13.75 | 15.00 |
| Carbohydrate (gm) | 68.08 | 34.04 | RDA | 130 | 130 | 130 | 130 | 130 | 130 | 130 | 130 |
| | | | RDA % per Serve | 26.18 | 26.18 | 26.18 | 26.2 | 26.18 | 26.185 | 26.18 | 26.18 |
| Total Dietary Fiber(gm) | 8.15 | 4.075 | RDA | 14 | 20 | 25 | 25 | 31 | 31 | 31 | 31 |
| | | | RDA % per Serve | 29.11 | 20.79 | 16.17 | 18.2 | 13.23 | 13.231 | 13.23 | 13.23 |
| Total Fat (gm) | 4.15 | 2.075 | RDA | 27 | 25 | 30 | 35 | 45 | 50 | 30 | 25 |
| | | | RDA % per Serve | 7.69 | 8.30 | 6.92 | 5.9 | 4.61 | 4.150 | 6.92 | 8.30 |
| 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 |