# 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) | 392.06 | 196.03 | RDA | 1060 | 1350 | 1690 | 2190 | 2750 | 3020 | 2730 | 2230 |
| | | | RDA % per Serve | 18.49 | 14.52 | 11.60 | 9.0 | 7.13 | 6.491 | 7.18 | 8.79 |
| Protein (gm) | 26.33 | 13.165 | RDA | 17 | 20 | 30 | 40 | 54 | 62 | 60 | 55 |
| | | | RDA % per Serve | 78.83 | 65.50 | 44.63 | 33.0 | 24.24 | 21.407 | 21.94 | 23.94 |
| Carbohydrate (gm) | 65.34 | 32.67 | RDA | 130 | 130 | 130 | 130 | 130 | 130 | 130 | 130 |
| | | | RDA % per Serve | 25.13 | 25.13 | 25.13 | 25.1 | 25.13 | 25.131 | 25.13 | 25.13 |
| Total Dietary Fiber(gm) | 11.3 | 5.65 | RDA | 14 | 20 | 25 | 25 | 31 | 31 | 31 | 31 |
| | | | RDA % per Serve | 40.36 | 28.83 | 22.42 | 22.4 | 18.34 | 18.344 | 18.34 | 18.34 |
| Total Fat (gm) | 2.82 | 1.41 | RDA | 27 | 25 | 30 | 35 | 45 | 50 | 30 | 25 |
| | | | RDA % per Serve | 5.22 | 5.64 | 4.70 | 4.0 | 3.13 | 2.820 | 4.70 | 5.64 |
| 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 |