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)	390.82	195.41	RDA	1060	1350	1690	2190	2750	3020	2730	2230
			RDA % per Serve	18.4349	14.4778	11.5627	8.92283	7.10582	6.47053	7.15788	8.76278
Protein (gm)	9.88	4.94	RDA	17	20	30	40	54	62	60	55
			RDA % per Serve	29.5808	24.5771	16.7458	12.381	9.09761	8.03252	8.23333	8.98182
Carbohydrate (gm)	75.72	37.86	RDA	130	130	130	130	130	130	130	130
			RDA % per Serve	29.1231	29.1231	29.1231	29.1231	29.1231	29.1231	29.1231	29.1231
Total Dietary Fiber	6.68	3.34	RDA	14	20	25	25	31	31	31	31
			RDA % per Serve	23.8571	17.0408	13.254	13.254	10.8442	10.8442	10.8442	10.8442
Total Fat (gm)	5.38	2.69	RDA	27	25	30	35	45	50	30	25
			RDA % per Serve	9.96296	10.76	8.96667	7.68571	5.97778	5.38	8.96667	10.76
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