

WHY YOU SHOULD CONSIDER

HUNGRY FOAL'S CLASSIC & CHOCO ENERGY BITES

Nutrition Profile Report

RECOMMENDED DIETARY ALLOWANCES (RDA) - PROTEIN



- Children (4-6 yrs): 20.10g
- Children (7-9 yrs): 29.50g



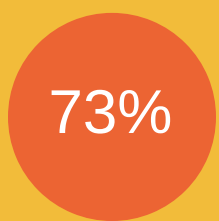
- Boys (10-12yrs): 39.90g
- Girls (10-12yrs): 40.40g
- Boys (13- 18yrs): 54.30g
- Girls (13-18 yrs):51.90g



- Adult (Men) : 60g
- Adult (Women) : 55g



- Pregnant Women: 78g
- Lactating Women (0-6 mnths) : 74g
- Lactating (6-12 mnths) : 68g



of Indian diets are protein deficient



of vegetarian diets low on protein



of Indians unaware of ideal protein requirement



inadequate protein patten in Indian diet

Nutritional Values*	RDA**						Hungry Foal Energy Bites* (Per 100g)
	Men	Women	Pregnant Women	Children (4-6 yrs)	Boys (13-15 yrs)	Girls (13-15 yrs)	
Energy (Kcal / day)	2320	1900	3200	1350	2750	2330	500
Protein (g/day)	60	55	68	20	54	52	12
Fat (g/day)	25	20	30	25	45	40	20
Calcium (mg/day)	600	600	1200	600	800	800	626
Iron (mg/day)	17	21	35	13	32	27	16
Vit. A (mcg/day)	600	600	800	400	600	600	700
Vit. B1 (mg/day)	1.1	1	1.6	0.7	1.6	1.2	1
Vit. B6 (mg/day)	2	2	2.5	0.9	2	2	2
Vit. B12 (mcg/day)	1	1	1.2	0.2	0.2	1	1
Zinc (mg/day)	12	10	10	7	11	11	6
Folic Acid (mcg/day)	200	200	500	100	200	150	112

**Ref: ICMR's Nutrient Requirements and Recommended Dietary Allowances for Indians

*approx values

KEY INGREDIENTS - CLASSIC & CHOCO ENERGY BITES



Oats

a good source of carbs and fiber, including the powerful fiber beta-glucan



Honey

contains flavonoids, antioxidants which help reduce the risk of some cancers and heart disease



Almonds

contain lots of healthy fats, fiber, protein, magnesium and vitamin E



Peanuts

Good source of protein, low in carbs, excellent source of biotin, copper, niacin, thiamin & vit. E



Cashew

one of the lowest-fiber nuts, packed with vitamins E, K, and B6 along with minerals like copper, phosphorus, zinc, magnesium, iron

A Good combination of Protein Profile - Oats Protein, Wheat Protein, Milk Protein, Nuts Protein



Nutrition is for all, so is Hungry Foal !