



MILK PRODUCTS

VITASOY CAFÉ STYLE SOY MILK

INGREDIENTS

Filtered Water, Whole Soybeans (Min 14%), Raw Sugar, Minerals (Calcium Phosphate), Vegetable Gums (460, 407, 466), Flavours, Sea Salt, Food Acids (340, 341).

ALLERGENS

CONTAINS SOY

- Gluten Free
- Low Fat
- Good Source of Calcium

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 170mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	287 kJ (69 Cal)	169 kJ (40 Cal)
Protein	5.1 g	3.0 g
- gluten	Nil detected	Nil detected
Fat, total	3.1 g	1.8 g
- saturated	0.5 g	0.3 g
Carbohydrate	5.1 g	3.0 g
- sugars	3.4 g	2.0 g
Dietary fibre, total	1.0 g	0.6 g
Sodium	119 mg	70 mg
Calcium	204 mg (26% RDI)	120 mg

PURA TONE LOW FAT MILK

INGREDIENTS

Skim Milk, Milk Solids Non Fat

ALLERGENS

CONTAINS MILK

- Low Fat
- Good Source of Calcium

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 170mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	277 kJ (66 Cal)	163 kJ (39 Cal)
Protein	6.8 g	4.0 g
Fat, total	0.2 g	0.1 g
- saturated	0.1 g	0.06 g
Carbohydrate	9.2 g	5.4 g
- sugars	9.2 g	5.4 g
Dietary fibre, total	0 g	0 g
Sodium	85 mg	50 mg
Calcium	238 mg (30% RDI)	140 mg

COCONUT MILK

INGREDIENTS

Coconut Milk

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 20g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	65 kJ (16 Cal)	324 kJ (78 Cal)
Protein	0.2 g	0.8 g
Fat, total	1.5 g	7.6 g
- saturated	1.1 g	5.3 g
Carbohydrate	0.3 g	1.4 g
- sugars	0.2 g	1.0 g
Dietary fibre, total	0.1 g	0.5 g
Sodium	6 mg	30 mg

