

MILK PRODUCTS

NUTRITION GUIDE



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

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

ALMOND MILK - SO GOOD

INGREDIENTS

Filtered Water, Cane Sugar, Ground Almonds (2.5), Mineral (Calcium), Emulsifier (Sunflower Lecithin), Natural Flavour, Salt, Mineral Salt (Sodium Bicarbonate), Vegetable Gum (Gellan), Antioxidant (Ascorbic Acid), Vitamins (B12, B2, B1). All ingredients are of Non-animal origin.

ALLERGENS

CONTAINS ALMONDS.

MAY CONTAIN OTHER TREE NUTS.

- Low In Saturated Fat
- Dairy Free
- Cholesterol Free
- Lactose Free
- Gluten Free

NUTRITION INFORMATION		
Servings per package: 4		
Serving size: 250mL		
	Avg Quantity Per Serving	Avg Quantity per 100 mL
Energy	308 kJ (74 Cal)	123 kJ (29 Cal)
Protein	1.4 g	0.6 g
- gluten	Nil detected	Nil detected
Fat, total	3.4 g	1.4 g
- saturated	0.3 g	0.1 g
Carbohydrate	9.0 g	3.6 g
- sugars	8.6 g	3.4 g
Dietary fibre, total	0.7 g	0.3 g
Sodium	80 mg	32 mg
Calcium	300 mg (37% RDI)	120 mg

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OAT MILK - VITASOY CAFÉ FOR BARISTAS

INGREDIENTS

Filtered Water, Whole Oats (Min.13%), Oat Flour, Sunflower Oil, Gum Arabic, Food Acid (340), Mineral (Calcium Carbonate), Emulsifier (471), Sea Salt And Natural Flavour.
All ingredients are of Non-animal origin.

ALLERGENS

CONTAINS GLUTEN.

- Low Fat
- Good Source of Calcium

NUTRITION INFORMATION		
Servings per package: 4.2		
Serving size: 240mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	672 kJ (161 Cal)	280 kJ (67 Cal)
Protein	2.2 g	0.9 g
Fat, total	5.0 g	2.1 g
- saturated	1.2 g	0.5 g
Carbohydrate	25.0 g	10.4 g
- sugars	2.2 g	0.9 g
Dietary fibre, total	3.1 g	1.3 g
Sodium	122 mg	51 mg
Calcium	192 mg	80 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

