

## First Choice UHT Milk – Full Cream

Typical Nutritional Information			
		Per 100ml	Per 250 ml Single Serving
<b>Energy</b> Valor energetico	kJ	274	685
<b>Protein</b> Proteinas	g	3.6	9.0
<b>Glycaemic Carbohydrates</b> Hidratos de Carboidratos glicemicos	g	4	10
of which total sugar dos quais acucar totais	g	4.0	10.0
<b>Total Fat</b> Gorduras total	g	3.4	8.5
of which saturated fat dos quais Gordura saturada	g	2.4	6.0
trans fat Gordura trans	g	0.0	0.0
Monounsaturated fat Gordura mono-insaturadas	g	0.9	2.3
Polyunsaturated fat Gordura poli-insaturadas	g	0.1	0.3
<b>Cholesterol</b> Colesterol	mg	10	25
<b>Dietary Fibre<sup>#</sup></b> Fibras alimentares	g	<0.1	<0.1
<b>Total Sodium</b> Sodio Total	mg	33	83
<b>Calcium</b> Calcio	mg	121.9	304.8
*Analysis Method: AOAC 991.43 *Methodo de analise: AOAC 991.43			
Ingredients: Cow's Milk Ingredientes: Leite de vaca			
Product as packed. Contains: Cow's milk Produto como embalado. Contem. Leite de vaca.			