

First Choice Fresh Full Cream Milk

Typical Nutritional Information			
		Per 100ml	Per 250 ml Single Serving
Energy Valor energetico	kJ	274	685
Protein Proteinas	g	3.6	9.0
Glycaemic Carbohydrates Hidratos de Carboidratos glicemicos	g	4	10
of which total sugar dos quais acucar totais	g	4.0	10.0
Total Fat 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
Cholesterol Colesterol	mg	10	25
Dietary Fibre[#] Fibras alimentares	g	<0.1	<0.1
Total Sodium Sodio Total	mg	33	83
Calcium Calcio	mg	121.9	304.8
*Analysis Method: AOAC 991.43			
*Methodo de analise: AOAC 991.43			
Ingredients: Cow's Milk			
Allergens: Cow's Milk			