

First Choice Fresh Low Fat Milk

Typical Nutritional Information			
		Per 100ml	Per 250 ml Single Serving
Energy Valor energetico	kJ	184	461
Protein Proteinas	g	3.6	9.0
Glycaemic Carbohydrates Hidratos de Carboidratos glicemicos	g	4	11
of which total sugar dos quais acucar totais	g	4.5	11.2
Total Fat Gorduras total	g	1.4	3.4
of which saturated fat dos quais Gordura saturada	g	0.9	2.3
trans fat Gordura trans	g	0.0	0.0
Monounsaturated fat Gordura mono-insaturadas	g	0.4	0.9
Polyunsaturated fat Gordura poli-insaturadas	g	0.1	0.2
Cholesterol Colesterol	mg	6	15
Dietary Fibre[#] Fibras alimentares	g	<0.1	<0.1
Total Sodium Sodio Total	mg	46	115
Calcium Calcio	mg	113.6	284.0
*Analysis Method: AOAC 991.43			
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Ingredients: Cow's Milk			
Allergens: Cow's Milk			