

First Choice UHT Milk – Skim

Typical Nutritional Information			
		Per 100ml	Per 250 ml Single Serving
Energy Valor energetico	kJ	155	388
Protein Proteinas	g	3.5	8.8
Glycaemic Carbohydrates Hidratos de Carboidratos glicemicos	g	3	9
of which total sugar dos quais acucar totais	g	3.4	8.5
Total Fat Gorduras total	g	0.5	1.3
of which saturated fat dos quais Gordura saturada	g	0.1	0.3
trans fat Gordura trans	g	0.0	0.0
Monounsaturated fat Gordura mono-insaturadas	g	0.1	0.3
Polyunsaturated fat Gordura poli-insaturadas	g	0.3	0.8
Cholesterol Colesterol	mg	4	10
Dietary Fibre[#] Fibras alimentares	g	<0.1	<0.1
Total Sodium Sodio Total	mg	41	102
Calcium Calcio	mg	117.0	293.0
*Analysis Method: AOAC 991.43			
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Ingredients: Cow's Milk			
Allergens: Cow's Milk			