

## Nutritional Information of milk for 1 year and above (per 100ml)

|                   | Plain Full Cream Milk |                        |            | Low-Fat Milk<br><i>(for 2 years and above)</i> | Stage 3 Formula Milk | Soy Milk<br>(Reduced Sugar, High-Calcium) |
|-------------------|-----------------------|------------------------|------------|--|----------------------|---|
|                   | (UHT)                 | (Chilled, Pasteurised) | (Powdered) |  |                      |   |
| Calories (kcal)   | 71                    | 72                     | 75         | 48   | 74                   | 38  |
| Protein (g)       | 3.5                   | 4.0                    | 3.5        | 3.5  | 2.2                  | 3.0                                       |
| Total fat (g)     | 4.2                   | 4.0                    | 4.1        | 1.4  | 2.7                  | 0.8                                       |
| Saturated fat (g) | 2.8                   | 3.8                    | 2.5        | 1.0  | 1.0                  | 0.2                                       |
| Carbohydrate (g)  | 5.0                   | 5.0                    | 5.9        | 5.0  | 9.9                  | 4.7                                       |
| Calcium (mg)      | 140                   | 120                    | 126        | 130  | 98                   | 200                                       |