

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

	Plain Full Cream Milk*			Low-Fat Milk <i>(for 2 years and above)</i>	Stage 3 Formula Milk	Soy Milk (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



\*Under the Nutri-Grade grading system, plain full cream milk is graded C due to its higher saturated fat content compared to low fat milk. For 1-2 year olds, plain full cream milk still meets the dietary requirements of adequate fat, protein, vitamins and minerals which are essential for their growth and development.