

Whole Milk Nutrients

Nutrient	100ml
Energy (kJ/100ml)	264
Energy (kcal/100ml)	63
Protein (g/100ml)	3.2
Carbohydrate (g/100ml)	4.7
Sugars (g/100ml)	4.7
Fat (g/100ml)	3.5
Saturated Fat (g/100ml)	2.2
Fibre (g/100ml)	0
Salt (g/100ml)	0.1
Calcium (mg/100ml)	120

Semi Skimmed Milk Nutrients

Nutrient	100ml
Energy (kJ/100ml)	204
Energy (kcal/100ml)	49
Protein (g/100ml)	3.4
Carbohydrate (g/100ml)	5.0
Sugars (g/100ml)	5.0
Fat (g/100ml)	1.7
Saturated Fat (g/100ml)	1.0
Fibre (g/100ml)	0
Salt (g/100ml)	0.1
Calcium (mg/100ml)	122

Skimmed Milk Nutrients

Nutrient	100ml
Energy (kJ/100ml)	146
Energy (kcal/100ml)	34
Protein (g/100ml)	3.4
Carbohydrate (g/100ml)	5.0
Sugars (g/100ml)	5.0
Fat (g/100ml)	0.1
Saturated Fat (g/100ml)	0.06
Fibre (g/100ml)	0
Salt (g/100ml)	0.1
Calcium (mg/100ml)	124

Channel Island Nutrients

Nutrient	100ml
Energy (kJ/100ml)	337
Energy (kcal/100ml)	81
Protein (g/100ml)	3.7
Carbohydrate (g/100ml)	4.7
Sugars (g/100ml)	4.7
Fat (g/100ml)	4.8
Saturated Fat (g/100ml)	3.1
Fibre (g/100ml)	0
Salt (g/100ml)	0.1
Calcium (mg/100ml)	134