

Nutritional Information (per 100ml reconstituted product)

	Full cream cow's milk (UHT)	Full cream cow's milk (Chilled, pasteurised)	Full-cream milk powder	Low-fat cow's milk	Instant filled milk powder	Stage 3 formula milk	Soy milk (reduced sugar, high-calcium)
Calories (kcal per 100 ml)	<b>71</b>	<b>72</b>	<b>75</b>	<b>48</b>	<b>65</b>	<b>80</b>	<b>38</b>
Protein (g per 100 ml)	<b>3.5</b>	<b>4.0</b>	<b>3.5</b>	<b>3.5</b>	<b>2.4</b>	<b>2.6</b>	<b>3.0</b>
Total fat (g per 100 ml)	<b>4.2</b>	<b>4.0</b>	<b>4.1</b>	<b>1.4</b>	<b>3.4</b>	<b>3.0</b>	<b>0.8</b>
Saturated fat (g per 100 ml)	<b>2.8</b>	<b>3.8</b>	<b>2.5</b>	<b>1.0</b>	<b>1.6</b>	<b>1.0</b>	<b>0.2</b>
Carbohydrate (g per 100ml)	<b>5.0</b>	<b>5.0</b>	<b>5.9</b>	<b>5.0</b>	<b>5.7</b>	<b>10.4</b>	<b>4.7</b>
Calcium (mg per 100ml)	<b>130</b>	<b>120</b>	<b>126</b>	<b>130</b>	<b>117</b>	<b>91</b>	<b>200</b>