



# NUTRITION GUIDE

## MILK PRODUCTS

### LOW FAT MILK - PURA TONE



#### INGREDIENTS

Skim Milk, Milk Solids Non Fat

#### ALLERGENS

**CONTAINS MILK**

| NUTRITION INFORMATION   |                          |                         |
|-------------------------|--------------------------|-------------------------|
| Servings per package: 1 |                          |                         |
| Serving size: 170mL     |                          |                         |
|                         | Avg Quantity per Serving | Avg Quantity per 100 mL |
| Energy                  | 277 kJ (66 Cal)          | 163 kJ (39 Cal)         |
| Protein                 | 6.8 g                    | 4.0 g                   |
| Fat, total              | 0.2 g                    | 0.1 g                   |
| - saturated             | 0.1 g                    | 0.06 g                  |
| Carbohydrate            | 9.2 g                    | 5.4 g                   |
| - sugars                | 9.2 g                    | 5.4 g                   |
| Dietary fibre, total    | 0 g                      | 0 g                     |
| Sodium                  | 85 mg                    | 50 mg                   |
| Calcium                 | 238 mg (30% RDI)         | 140 mg                  |

### ALMOND MILK - SO GOOD



#### INGREDIENTS

Filtered Water, Cane Sugar, Ground Almonds (2.5), Mineral (Calcium), Emulsifier (Sunflower Lecithin), Natural Flavour, Salt, Mineral Salt (Sodium Bicarbonate), Vegetable Gum (Gellan), Antioxidant (Ascorbic Acid), Vitamins (B12, B2, B1). All ingredients are of Non-animal origin.

#### ALLERGENS

**CONTAINS ALMONDS**

**MAY CONTAIN OTHER TREE NUTS**

| NUTRITION INFORMATION   |                          |                         |
|-------------------------|--------------------------|-------------------------|
| Servings per package: 4 |                          |                         |
| Serving size: 250mL     |                          |                         |
|                         | Avg Quantity Per Serving | Avg Quantity per 100 mL |
| Energy                  | 308 kJ (74 Cal)          | 123 kJ (29 Cal)         |
| Protein                 | 1.4 g                    | 0.6 g                   |
| - gluten                | Nil detected             | Nil detected            |
| Fat, total              | 3.4 g                    | 1.4 g                   |
| - saturated             | 0.3 g                    | 0.1 g                   |
| Carbohydrate            | 9.0 g                    | 3.6 g                   |
| - sugars                | 8.6 g                    | 3.4 g                   |
| Dietary fibre, total    | 0.7 g                    | 0.3 g                   |
| Sodium                  | 80 mg                    | 32 mg                   |
| Calcium                 | 300 mg (37% RDI)         | 120 mg                  |

### COCONUT MILK



#### INGREDIENTS

Coconut Extract, Modified Starch (E 1442), Guar Gum (E412), Polysorbate 60 (E 435), Sodium Carboxymethyl Cellulose (CMC) (E 466), Carrageenan (E 407), Xanthan Gum (E 415), Locust Bean Gum (E 410) and Water.

#### ALLERGENS

**CONTAINS SULPHITES**

| NUTRITION INFORMATION   |                          |                        |
|-------------------------|--------------------------|------------------------|
| Servings per package: 1 |                          |                        |
| Serving size: 20g       |                          |                        |
|                         | Avg Quantity per Serving | Avg Quantity per 100 g |
| Energy                  | 65 kJ (16 Cal)           | 324 kJ (78 Cal)        |
| Protein                 | 0.2 g                    | 0.8 g                  |
| Fat, total              | 1.5 g                    | 7.6 g                  |
| - saturated             | 1.1 g                    | 5.3 g                  |
| Carbohydrate            | 0.3 g                    | 1.4 g                  |
| - sugars                | 0.2 g                    | 1.0 g                  |
| Dietary fibre, total    | 0.1 g                    | 0.5 g                  |
| Sodium                  | 6 mg                     | 30 mg                  |



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### OAT MILK - VITASOY CAFÉ FOR BARISTAS



#### INGREDIENTS

Filtered Water, Whole Oats (Min.13%), Oat Flour, Sunflower Oil, Gum Arabic, Food Acid (340), Mineral (Calcium Carbonate), Emulsifier (471), Sea Salt And Natural Flavour.

All ingredients are of Non-animal origin.

**ALLERGENS CONTAINS OATS & GLUTEN.**

| NUTRITION INFORMATION     |                          |                         |
|---------------------------|--------------------------|-------------------------|
| Servings per package: 4.2 |                          |                         |
| Serving size: 240mL       |                          |                         |
|                           | Avg Quantity per Serving | Avg Quantity per 100 mL |
| Energy                    | 672 kJ (161 Cal)         | 280 kJ (67 Cal)         |
| Protein                   | 2.2 g                    | 0.9 g                   |
| Fat, total                | 5.0 g                    | 2.1 g                   |
| - saturated               | 1.2 g                    | 0.5 g                   |
| Carbohydrate              | 25.0 g                   | 10.4 g                  |
| - sugars                  | 2.2 g                    | 0.9 g                   |
| Dietary fibre, total      | 3.1 g                    | 1.3 g                   |
| Sodium                    | 122 mg                   | 51 mg                   |
| Calcium                   | 192 mg                   | 80 mg                   |

### SOY MILK - VITASOY CAFÉ STYLE



#### INGREDIENTS

Filtered Water, Whole Soybeans (Min 14%), Raw Sugar, Minerals (Calcium Phosphate), Vegetable Gums (460, 407, 466), Flavours, Sea Salt, Food Acids (340, 341).

**ALLERGENS CONTAINS SOY.**

| NUTRITION INFORMATION   |                          |                         |
|-------------------------|--------------------------|-------------------------|
| Servings per package: 1 |                          |                         |
| Serving size: 170mL     |                          |                         |
|                         | Avg Quantity per Serving | Avg Quantity per 100 mL |
| Energy                  | 287 kJ (69 Cal)          | 169 kJ (40 Cal)         |
| Protein                 | 5.1 g                    | 3.0 g                   |
| - gluten                | Nil detected             | Nil detected            |
| Fat, total              | 3.1 g                    | 1.8 g                   |
| - saturated             | 0.5 g                    | 0.3 g                   |
| Carbohydrate            | 5.1 g                    | 3.0 g                   |
| - sugars                | 3.4 g                    | 2.0 g                   |
| Dietary fibre, total    | 1.0 g                    | 0.6 g                   |
| Sodium                  | 119 mg                   | 70 mg                   |
| Calcium                 | 204 mg (26% RDI)         | 120 mg                  |