

Which milk is best for me?

All plain milks contain the same amount of naturally occurring sugar.
Flavoured milks have added sugars and are not recommended.

Recommended for toddlers between 1–2 years old

115mg calcium
1.93g saturated fat



Standard milk
(Blue top)

120mg calcium
1.0g saturated fat



Reduced-fat milk
(Light blue top)

130mg calcium
0.09g saturated fat



Low-fat milk
(Green top)

180mg calcium
0.09g saturated fat



Low-fat milk
(Yellow top)

• Nutrition information provided above is per 100ml and these are averages only.

For more food, nutrition and heart-healthy tips visit heartfoundation.org.nz