

Which milk is best for me?

Recommended for toddlers
between 1–2 years old

120mg calcium
2g saturated fat



Standard milk
(Blue top)

Recommended for everyone over 2 years old

125mg calcium
0.9g saturated fat



Reduced-fat milk
(Light blue top)

130mg calcium
0.2g saturated fat



Low-fat milk
(Green top)

200mg calcium
0.1g saturated fat



Low-fat milk
(Yellow top)

All plain milks contain the same amount of naturally occurring sugar. The only types of milk with added sugar are the flavoured varieties, which should only be consumed occasionally.

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