

O le a le fagu susu e sili mo a'u?

Fautuaina mo tamaiti e i le va
o le 1-2 tausaga le matutua

120mg calcium
2g saturated fat



Standard milk
(Blue top)

Fautuaina mo i latou uma e sili atu ma le 2 tausaga le matutua

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)

E taua le calcium mo ponaivi ma oloa.
O le saturated fat o ga'o leaga ia e poloka alatoto o le tino.