

How to choose... MILK

In order of calcium and saturated fat content.



	% (per 100ml)		per 250ml glass			Tasting Notes	
	Tot Fat %	Sat Fat %	Energy kJ	Calcium mg	Protein g		
COW'S MILK							
 Meadowfresh Calci Trim	fresh	0.1	<0.1	488	500	14.3	Light, clean taste; generally well liked
 Sun Latte	fresh	0.1	<0.1	460	500	15.0	Light, clean taste; generally well liked
 Anlene	fresh	1.0	0.7	428	500	8.5	Slightly creamier texture for a low-fat milk
 Anchor Super trim	fresh	0.1	0.1	358	375	10.5	Very light – some found it ideal, others found it too thin
 Meadowfresh Balance	fresh	1.5	0.9	500	350	9.3	Many found this quite creamy, even at 1.5% fat
 Liddells Lactose-free milk	UHT	3.6	2.3	665	300	8.0	Quite sweet compared to others; creamy texture
 Anchor Blue top	fresh	3.3	2.4	638	288	7.8	Most found this quite creamy
 Meadowfresh Farmhouse	fresh	4.0	2.4	700	288	7.8	Very full creamy flavour; some found it too creamy for a milk
SOY MILK							
 So Good Active soy milk	fresh	1.5	0.3	675	300	11.0	Very creamy texture; sweeter than cow's milk; a different flavour that most enjoyed
 Get Natural Original soy milk	UHT	2.9	0.3	625	n/s	5.0	Creamy texture
RICE MILK							
 Vitasoy Rice Milk protein enriched	UHT	1.1	0.2	693	300	3.8	Sweet like soy milk; quite a different flavour

n/s = not stated: Purchased from Woolworths Grey Lynn and New World College Hill in Auckland, August 2007. (These examples were chosen to illustrate the types of products available – there are many more)

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