










BRING BACK BREAKFAST

Milk and other drink comparisons

Nutritional Information	 Jersey Dairy Whole Milk	 Jersey Dairy 2.5% Milk	 Jersey Dairy 1% Milk	 Jersey Dairy Skimmed Milk	 Fortified Soya Drink	 Almond Drink	 Cashew Drink	 Oat Drink	 Rice Drink
Kcal in 100g	75	57	45	35	39	22	23	57	60
Carbohydrate	4.6g	4.5g	4.8g	4.7g	2.5g	2.4g	2.6g	6.6g	11.9g
of which sugars	4.0g <i>all naturally occurring lactose</i>	4.4g <i>all naturally occurring lactose</i>	4.7g <i>all naturally occurring lactose</i>	3.9g <i>all naturally occurring lactose</i>	2.5g <i>includes added sugar</i>	2.4g <i>includes added sugar</i>	2.0g <i>includes added sugar</i>	4.1g <i>naturally occurring from oats</i>	4.8g <i>naturally occurring from rice</i>
Fat	4.5g	2.5g	1g	0.1g	1.8g	1.1g	1.1g	2.8g	1.4g
Protein	3.9g	4.0g	4.1g	4.0g	3.0g	0.4g	0.5g	1g	0.1g
Fortified	No <i>Naturally contains calcium, B vitamins, vitamins A, D, E, zinc, iodine and vitamin C</i>	No <i>Naturally contains calcium, B vitamins, vitamins A, D, E, zinc, iodine and vitamin C</i>	No <i>Naturally contains calcium, B vitamins, vitamins A, D, E, zinc, iodine and vitamin C</i>	No <i>Naturally contains calcium, B vitamins, vitamins A, D, E, zinc, iodine and vitamin C</i>	Yes <i>Typically vitamin D, B vitamins, and calcium</i>	Yes <i>Typically vitamin D, B vitamins, and calcium</i>	Yes <i>Typically vitamin D, B vitamins, and calcium</i>	Yes <i>Typically vitamin D, B vitamins, and calcium</i>	Yes <i>Typically calcium</i>
Additives	No	No	No	No	Yes <i>Sugar, acidity regulator, stabiliser gum, flavouring and salt</i>	Yes <i>Sugar, acidity regulator, stabiliser gum, flavouring, emulsifier and salt</i>	Yes <i>Sugar, acidity regulator, stabiliser gum, flavouring, emulsifier and salt</i>	Yes <i>Oil, emulsifier, acidity regulator and salt</i>	Yes <i>Oil and salt</i>



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