

A collage of various dairy products. In the top left, there are two blocks of butter. In the top right, a waffle cone with a large scoop of vanilla ice cream. In the center, a tall glass of white milk. In the bottom left, a swirl of thick cream in a black bowl. In the bottom right, a small glass jar of white yogurt. The background is white.

THE NUTRITIONAL COMPOSITION OF DAIRY PRODUCTS

CONTENTS

ABOUT THE TABLES	2-3
Section 1 - Milk	5
Whole milk	6
Semi-skimmed milk	7
Skimmed milk	8
1% milk	9
UHT milk (semi-skimmed)	10
Channel Island milk	11
Goat's milk	12
Condensed milk (sweetened)	13
Evaporated whole milk	14
Evaporated milk (light)	15
Dried skimmed milk (fortified)	16
Flavoured milk	17
Milkshake (thick, takeaway type)	18
Section 2 - Yogurt and fromage frais	19
Whole milk yogurt (plain and fruit)	20
Low-fat yogurt (plain and fruit)	21
Virtually fat-free/diet yogurt (plain and fruit)	22
Greek style yogurt (plain and fruit)	23
Infant fruit flavoured yogurt	24
Twinpot yogurt (thick and creamy with fruit)	25
Fermented milk drink (with probiotics)	26
Fromage frais (various types)	27
Section 3 - Cheese	29
Cheddar cheese (regular and reduced fat)	30
Cheese spread (regular and reduced fat)	31
Cottage cheese (various types)	32
Red Leicester	33
Double Gloucester	34
Processed cheese	35
Stilton	36
Wensleydale	37
Quark	38
Section 4 - Cream	39
Single cream	40
Whipping cream	41
Double cream (including Jersey cream)	42
Clotted cream	43
Crème fraîche (full and half-fat)	44
Dairy cream (extra thick, 24% fat)	45
UHT canned spray dairy cream (full and half-fat)	46
Section 5 - Dairy desserts	47
Ice cream, vanilla (dairy and non-dairy)	48
Custard (made with semi-skimmed milk)	49
Custard (ready to eat)	50
Rice pudding, canned (regular and low-fat)	51

ABOUT THE TABLES

Please read this information carefully before using the tables

The nutritional information on all milk and dairy products covered in this publication has been taken from McCance and Widdowson's The Composition of Foods, Seventh summary edition, except for the iodine, riboflavin and vitamin B12 figures for whole milk, semi-skimmed milk, skimmed milk and UHT milk (semi-skimmed) which were taken from updated [OHID figures](#) in 2025.

(Finglas P.M. et al. (2015) McCance and Widdowson's The Composition of Foods, Seventh summary edition. Cambridge: Royal Society of Chemistry.)

The tables featured in this publication have been divided into 5 sections:

Section 1 - Milk

Section 2 - Yogurt and fromage frais

Section 3 - Cheese

Section 4 - Cream

Section 5 - Dairy desserts

Nutrient composition values are given for:

Macronutrients: energy, protein, carbohydrate, fat, fibre

Water-soluble vitamins: thiamin, riboflavin, niacin, niacin from tryptophan, vitamin B6, vitamin B12, folate, pantothenate, biotin, vitamin C

Fat-soluble vitamins: retinol, carotene, vitamin D, vitamin E

Minerals: sodium, potassium, calcium, magnesium, phosphorus, iron, copper, zinc, chloride, manganese, selenium, iodine

Energy conversion factors:

Protein 1g = 4 kcal or 17 kJ

Fat 1g = 9 kcal or 37 kJ

Carbohydrate 1g = 3.75 kcal or 16 kJ

The nutrient units used throughout the tables are as follows:

Gram (g)

Milligram (mg) - a thousandth of a gram

Microgram (µg) - a millionth of a gram

Kilocalorie (kcal) - a unit used to measure the energy value of a food

Kilojoule (kJ) - this unit is also used to measure the energy value of food (1 kcal = 4.184 kJ)

Symbols used in the tables:

N - values for this particular nutrient were not available

Tr - Trace amounts of this nutrient

Portion size and volume

All nutrient values in the subsequent tables are expressed per 100g of product and per average portion [taken from Ministry of Agriculture, Fisheries and Food, Food Portion Sizes, second edition, London: HMSO (1988), or from the leading brand sold in UK]. For example, the average portions of milk, cheese and yogurt are given as a 200ml glass, a 30g matchbox size piece and a 150g pot respectively.

For those products sold by volume such as milk and cream, nutrient values are given per 100ml, as well as per 100g. The specific gravities (densities) used to calculate the volume are as follows:

Whole milk	1.03
.....	
Semi-skimmed milk	1.03
.....	
Skimmed milk	1.04
.....	
Evaporated milk	1.07
.....	
Single cream	1.00
.....	
Whipping cream	0.96
.....	
Double cream	0.94
.....	
Yogurt, low-fat fruit	1.08
.....	
Ice cream:	
- Dairy, vanilla	0.61
- Non-dairy, vanilla	0.51

NB: Volume is calculated by dividing the weight (g) by the density (specific gravity) of the product

Bioavailability

With the exception of retinol and carotene, the figures shown do not take nutrient bioavailability (i.e. the proportion of a nutrient in food that the body can absorb and use) into account. Bioavailability can affect the absorption and utilisation of the following nutrients: iron, calcium, magnesium, zinc, copper, manganese, selenium, folate, niacin and vitamin B6. In general, the availability of most nutrients in milk and dairy products compares favourably with other foods.

Product variation

The nutrient values given are derived from analysis of a range of samples and brands taken throughout the year in order to account for seasonal variation and therefore represent 'average' values. A wide range of products are available on the market and each has a unique nutritional composition. If information on the nutrient composition of a specific product is required it is advisable to contact the manufacturer or supplier directly in order to obtain up-to-date accurate information.

Vitamin A - Retinol and Carotene

The two main components of vitamin A are retinol (or preformed vitamin A) and carotene (which can be broken down in the body to give retinol). The values for retinol and carotene should be added together to give a value for total vitamin A.

Niacin and Tryptophan

Niacin values are the sum of nicotinic acid and nicotinamide, which are collectively known as niacin. Tryptophan can be converted in the body to nicotinic acid. On average, 60mg tryptophan is equivalent to 1mg niacin. In order to estimate the niacin equivalent for the food it is necessary to add together the figures given for 'niacin' and 'niacin from tryptophan'.

Other points to note

- Separate values are given for saturated fat, monounsaturated fat and polyunsaturated fat as well as total fat. The sum of these fatty acids is, however, lower than that for total fat because fat is not totally composed of fatty acids, it is also made up of glycerol.
- Sodium is expressed in milligrams, values should therefore be divided by 1000 in order to convert them into grams.
- All the product values are for pasteurised milk and dairy products.



section 1

THE NUTRITIONAL COMPOSITION OF

MILK

WHOLE MILK

	per 100g	per 100ml (103g)	per 200ml glass (206g)
Energy (kcal)	63	65	130
Energy (kJ)	265	273	546
Protein (g)	3.4	3.5	7.0
Carbohydrate (g)	4.6	4.7	9.5
Total sugars (g)	4.6	4.7	9.5
Fat (g)	3.6	3.7	7.4
of which saturates	2.3	2.4	4.7
monounsaturates	1.0	1.0	2.1
polyunsaturates	0.1	0.1	0.2
trans fatty acids	0.1	0.1	0.2
Fibre (g)	0.0	0.0	0.0
Thiamin (mg)	0.03	0.03	0.06
Riboflavin (mg)	0.19	0.20	0.39
Niacin (mg)	0.2	0.2	0.4
Niacin from Tryptophan (mg)	0.6	0.6	1.2
Vitamin B6 (mg)	0.06	0.06	0.12
Vitamin B12 (µg)	0.4	0.4	0.8
Folate (µg)	8	8	16
Pantothenate (mg)	0.58	0.60	1.19
Biotin (µg)	2.5	2.6	5.2
Vitamin C (mg)	2	2	4
Retinol (µg)	36	37	74
Carotene (µg)	14	14	29
Vitamin D (µg)	Tr	Tr	Tr
Vitamin E (mg)	0.06	0.06	0.12
Sodium (mg)	42	43	87
Potassium (mg)	157	162	323
Calcium (mg)	120	124	247
Magnesium (mg)	11	11	23
Phosphorus (mg)	96	99	198
Iron (mg)	0.02	0.02	0.04
Copper (mg)	Tr	Tr	Tr
Zinc (mg)	0.5	0.5	1.0
Chloride (mg)	89	92	183
Manganese (mg)	Tr	Tr	Tr
Selenium (µg)	1	1	2
Iodine (µg)	23	24	47

Winter milk may contain slightly higher levels of iodine than summer milk
Whole milk values are for milk standardised to a minimum 3.5% content
Whole milk not standardised contains 3.9% fat

SEMI-SKIMMED MILK

	per 100g	per 100ml (103g)	per 200ml glass (206g)
Energy (kcal)	46	47	95
Energy (kJ)	195	201	402
Protein (g)	3.5	3.6	7.2
Carbohydrate (g)	4.7	4.8	9.7
Total sugars (g)	4.7	4.8	9.7
Fat (g)	1.7	1.8	3.5
of which saturates	1.1	1.1	2.3
monounsaturates	0.4	0.4	0.8
polyunsaturates	Tr	Tr	Tr
trans fatty acids	0.1	0.1	0.2
Fibre (g)	0.0	0.0	0.0
Thiamin (mg)	0.03	0.03	0.06
Riboflavin (mg)	0.18	0.19	0.37
Niacin (mg)	0.1	0.1	0.2
Niacin from Tryptophan (mg)	0.6	0.6	1.2
Vitamin B6 (mg)	0.06	0.06	0.12
Vitamin B12 (µg)	0.4	0.4	0.8
Folate (µg)	9	9	19
Pantothenate (mg)	0.68	0.70	1.40
Biotin (µg)	3.0	3.1	6.2
Vitamin C (mg)	2	2	4
Retinol (µg)	19	20	39
Carotene (µg)	9	9	19
Vitamin D (µg)	Tr	Tr	Tr
Vitamin E (mg)	0.04	0.04	0.08
Sodium (mg)	43	44	89
Potassium (mg)	156	161	321
Calcium (mg)	120	124	247
Magnesium (mg)	11	11	23
Phosphorus (mg)	94	97	194
Iron (mg)	0.02	0.02	0.04
Copper (mg)	Tr	Tr	Tr
Zinc (mg)	0.4	0.4	0.8
Chloride (mg)	87	90	179
Manganese (mg)	Tr	Tr	Tr
Selenium (µg)	1	1	2
Iodine (µg)	26	27	54

Winter milk may contain slightly higher levels of iodine than summer milk

SKIMMED MILK

	per 100g	per 100ml (104g)	per 200ml glass (208g)
Energy (kcal)	34	35	71
Energy (kJ)	144	150	300
Protein (g)	3.5	3.6	7.3
Carbohydrate (g)	4.8	5.0	10.0
Total sugars (g)	4.8	5.0	10.0
Fat (g)	0.3	0.3	0.6
of which saturates	0.1	0.1	0.2
monounsaturates	0.1	0.1	0.2
polyunsaturates	Tr	Tr	Tr
trans fatty acids	Tr	Tr	Tr
Fibre (g)	0.0	0.0	0.0
Thiamin (mg)	0.03	0.03	0.06
Riboflavin (mg)	0.15	0.16	0.31
Niacin (mg)	0.1	0.1	0.2
Niacin from Tryptophan (mg)	0.7	0.7	1.5
Vitamin B6 (mg)	0.06	0.06	0.12
Vitamin B12 (µg)	0.3	0.3	0.6
Folate (µg)	9	9	19
Pantothenate (mg)	0.50	0.5	1.0
Biotin (µg)	2.5	2.6	5.2
Vitamin C (mg)	1	1	2
Retinol (µg)	1	1	2
Carotene (µg)	Tr	Tr	Tr
Vitamin D (µg)	Tr	Tr	Tr
Vitamin E (mg)	Tr	Tr	Tr
Sodium (mg)	44	46	92
Potassium (mg)	162	168	337
Calcium (mg)	125	130	260
Magnesium (mg)	11	11	23
Phosphorus (mg)	96	100	200
Iron (mg)	0.03	0	0
Copper (mg)	Tr	Tr	Tr
Zinc (mg)	0.5	1	1
Chloride (mg)	87	90	181
Manganese (mg)	Tr	Tr	Tr
Selenium (µg)	1	1	2
Iodine (µg)	31	32	64

Winter milk may contain slightly higher levels of iodine than summer milk

1% MILK

	per 100g	per 100ml (104g)	per 200ml glass (208g)
Energy (kcal)	41	43	85
Energy (kJ)	173	180	360
Protein (g)	3.5	3.6	7.3
Carbohydrate (g)	4.8	5.0	10.0
Total sugars (g)	4.8	5.0	10.0
Fat (g)	1.0	1.0	2.1
of which saturates	0.6	0.6	1.2
monounsaturates	0.2	0.2	0.4
polyunsaturates	Tr	Tr	Tr
trans fatty acids	Tr	Tr	Tr
Fibre (g)	0.0	0.0	0.0
Thiamin (mg)	0.03	0.03	0.06
Riboflavin (mg)	0.23	0.24	0.48
Niacin (mg)	0.1	0.1	0.2
Niacin from Tryptophan (mg)	0.7	0.7	1.5
Vitamin B6 (mg)	0.06	0.06	0.12
Vitamin B12 (µg)	0.9	0.9	1.9
Folate (µg)	9	9	19
Pantothenate (mg)	0.59	0.61	1.23
Biotin (µg)	2.8	2.9	5.8
Vitamin C (mg)	2	2	4
Retinol (µg)	8	8	17
Carotene (µg)	5	5	10
Vitamin D (µg)	Tr	Tr	Tr
Vitamin E (mg)	0.02	0	0
Sodium (mg)	44	46	92
Potassium (mg)	159	165	331
Calcium (mg)	123	128	256
Magnesium (mg)	11	11	23
Phosphorus (mg)	95	99	198
Iron (mg)	Tr	Tr	Tr
Copper (mg)	Tr	Tr	Tr
Zinc (mg)	0.5	1	1
Chloride (mg)	87	90	181
Manganese (mg)	Tr	Tr	Tr
Selenium (µg)	1	1	2
Iodine (µg)	30	31	62

Winter milk may contain slightly higher levels of iodine than summer milk

UHT MILK (SEMI-SKIMMED)

	per 100g	per 100ml (103g)	per 200ml glass (206g)
Energy (kcal)	46	47	95
Energy (kJ)	194	200	400
Protein (g)	3.3	3.4	6.8
Carbohydrate (g)	4.9	5.0	10.1
Total sugars (g)	4.9	5.0	10.1
Fat (g)	1.6	1.6	3.3
of which saturates	1.1	1.1	2.3
monosaturates	0.4	0.4	0.8
polyunsaturates	Tr	Tr	Tr
trans fatty acids	0.1	0.1	0.2
Fibre (g)	0.0	0.0	0.0
Thiamin (mg)	0.04	0.04	0.08
Riboflavin (mg)	0.18	0.19	0.37
Niacin (mg)	0.1	0.1	0.2
Niacin from Tryptophan (mg)	0.8	0.8	1.6
Vitamin B6 (mg)	0.05	0.05	0.10
Vitamin B12 (µg)	0.4	0.4	0.8
Folate (µg)	2	2	4
Pantothenate (mg)	0.33	0.34	0.68
Biotin (µg)	1.8	1.9	3.7
Vitamin C (mg)	Tr	Tr	Tr
Retinol (µg)	20	21	41
Carotene (µg)	11	11	23
Vitamin D (µg)	Tr	Tr	Tr
Vitamin E (mg)	0.3	0.31	0.62
Sodium (mg)	50	52	103
Potassium (mg)	150	155	309
Calcium (mg)	110	113	227
Magnesium (mg)	11	11	23
Phosphorus (mg)	90	93	185
Iron (mg)	0.17	0.18	0.35
Copper (mg)	Tr	Tr	Tr
Zinc (mg)	0.4	0.4	0.8
Chloride (mg)	100	103	206
Manganese (mg)	Tr	Tr	Tr
Selenium (µg)	1	1	2
Iodine (µg)	26	27	54

Winter milk may contain slightly higher levels of iodine than summer milk

CHANNEL ISLAND MILK

	per 100g	per 100ml (103g)	per 200ml glass (206g)
Energy (kcal)	72	74	148
Energy (kJ)	302	311	622
Protein (g)	3.5	3.6	7.2
Carbohydrate (g)	4.3	4.4	8.9
Total sugars (g)	4.3	4.4	8.9
Fat (g)	4.7	4.8	9.7
of which saturates	3.0	3.1	6.2
monounsaturates	1.1	1.1	2.3
polyunsaturates	0.2	0.2	0.4
trans fatty acids	0.2	0.2	0.4
Fibre (g)	0.0	0.0	0.0
Thiamin (mg)	0.04	0.04	0.08
Riboflavin (mg)	0.22	0.23	0.45
Niacin (mg)	0.1	0.1	0.2
Niacin from Tryptophan (mg)	0.6	0.6	1.2
Vitamin B6 (mg)	0.03	0.03	0.06
Vitamin B12 (µg)	0.8	0.8	1.6
Folate (µg)	6	6	12
Pantothenate (mg)	0.38	0.39	0.78
Biotin (µg)	1.9	2.0	3.9
Vitamin C (mg)	1	1	2
Retinol (µg)	35	36	72
Carotene (µg)	41	42	84
Vitamin D (µg)	0.1	0.1	0.2
Vitamin E (mg)	0.17	0.18	0.35
Sodium (mg)	39	40	80
Potassium (mg)	131	135	270
Calcium (mg)	129	133	266
Magnesium (mg)	12	12	25
Phosphorus (mg)	106	109	218
Iron (mg)	Tr	Tr	Tr
Copper (mg)	0.01	0.01	0.02
Zinc (mg)	0.4	0.4	0.8
Chloride (mg)	100	103	206
Manganese (mg)	Tr	Tr	Tr
Selenium (µg)	1	1	2
Iodine (µg)	29	30	60

Winter milk may contain slightly higher levels of iodine than summer milk

GOAT'S MILK

	per 100g	per 100ml (103g)	per 200ml glass (206g)
Energy (kcal)	62	64	128
Energy (kJ)	260	268	536
Protein (g)	3.1	3.2	6.4
Carbohydrate (g)	4.4	4.5	9.1
Total sugars (g)	4.4	4.5	9.1
Fat (g)	3.7	3.8	7.6
of which saturates	2.4	2.5	4.9
monounsaturates	0.9	0.9	1.9
polyunsaturates	0.2	0.2	0.4
trans fatty acids	0.1	0.1	0.2
Fibre (g)	0.0	0.0	0.0
Thiamin (mg)	0.03	0.03	0.06
Riboflavin (mg)	0.04	0.04	0.08
Niacin (mg)	0.1	0.1	0.2
Niacin from Tryptophan (mg)	0.7	0.7	1.4
Vitamin B6 (mg)	0.06	0.06	0.12
Vitamin B12 (µg)	0.1	0.1	0.2
Folate (µg)	1	1	2
Pantothenate (mg)	0.41	0.42	0.84
Biotin (µg)	3.0	3.1	6.2
Vitamin C (mg)	1	1	2
Retinol (µg)	44	45	91
Carotene (µg)	Tr	Tr	Tr
Vitamin D (µg)	0.1	Tr	Tr
Vitamin E (mg)	0.03	0.03	0.06
Sodium (mg)	42	43	87
Potassium (mg)	170	175	350
Calcium (mg)	100	103	206
Magnesium (mg)	13	13	27
Phosphorus (mg)	90	93	185
Iron (mg)	0.12	0.12	0.25
Copper (mg)	0.03	Tr	Tr
Zinc (mg)	0.5	0.5	1.0
Chloride (mg)	15	15	31
Manganese (mg)	Tr	Tr	Tr
Selenium (µg)	N	N	N
Iodine (µg)	N	N	N

CONDENSED MILK (SWEETENED)

	per 100g
Energy (kcal)	310
Energy (kJ)	1310
Protein (g)	7.4
Carbohydrate (g)	55.5
Total sugars (g)	55.5
Fat (g)	8.0
of which saturates	5.0
monounsaturates	2.3
polyunsaturates	0.2
trans fatty acids	N
Fibre (g)	0.0
Thiamin (mg)	0.09
Riboflavin (mg)	0.46
Niacin (mg)	0.3
Niacin from Tryptophan (mg)	2.0
Vitamin B6 (mg)	0.07
Vitamin B12 (µg)	0.7
Folate (µg)	15
Pantothenate (mg)	0.85
Biotin (µg)	3.9
Vitamin C (mg)	4
Retinol (µg)	110
Carotene (µg)	70
Vitamin D (µg)	Tr
Vitamin E (mg)	0.19
Sodium (mg)	90
Potassium (mg)	360
Calcium (mg)	290
Magnesium (mg)	29
Phosphorus (mg)	240
Iron (mg)	0.23
Copper (mg)	Tr
Zinc (mg)	1.0
Chloride (mg)	150
Manganese (mg)	Tr
Selenium (µg)	3
Iodine (µg)	74

EVAPORATED WHOLE MILK

	per 100g	per 100ml (107g)	per 182ml small can (170g)
Energy (kcal)	166	178	282
Energy (kJ)	694	743	1180
Protein (g)	8.4	9.0	14.3
Carbohydrate (g)	12.7	13.6	21.6
Total sugars (g)	12.7	13.6	21.6
Fat (g)	9.4	10.1	16.0
of which saturates	5.9	6.3	10.0
monounsaturates	2.7	2.9	4.6
polyunsaturates	0.3	0.3	0.5
trans fatty acids	N	N	N
Fibre (g)	0.0	0.0	0.0
Thiamin (mg)	0.07	0.07	0.12
Riboflavin (mg)	0.42	0.45	0.71
Niacin (mg)	0.2	0.2	0.3
Niacin from Tryptophan (mg)	2.0	2.1	3.4
Vitamin B6 (mg)	0.07	0.07	0.12
Vitamin B12 (µg)	0.1	0.1	0.2
Folate (µg)	11	12	19
Pantothenate (mg)	0.75	0.80	1.28
Biotin (µg)	4.0	4.3	6.8
Vitamin C (mg)	1	1	2
Retinol (µg)	105	112	179
Carotene (µg)	100	107	170
Vitamin D (µg)	2.7*	2.9*	4.6*
Vitamin E (mg)	0.19	0.20	0.32
Sodium (mg)	180	193	306
Potassium (mg)	360	385	612
Calcium (mg)	290	310	493
Magnesium (mg)	29	31	49
Phosphorus (mg)	260	278	442
Iron (mg)	0.26	0.28	0.44
Copper (mg)	0.02	0.02	0.03
Zinc (mg)	0.9	1.0	1.5
Chloride (mg)	250	268	425
Manganese (mg)	Tr	Tr	Tr
Selenium (µg)	3	3	5
Iodine (µg)	11	12	19

* Value for fortified products

EVAPORATED MILK (LIGHT)

	per 100g	per 100ml (107g)	per 182ml small can (170g)
Energy (kcal)	107	114	182
Energy (kJ)	449	480	763
Protein (g)	7.8	8.3	13.3
Carbohydrate (g)	10.3	11.0	17.5
Total sugars (g)	10.3	11.0	17.5
Fat (g)	4.1	4.4	7.0
of which saturates	2.5	2.7	4.3
monounsaturates	1.1	1.2	1.9
polyunsaturates	0.2	0.2	0.3
trans fatty acids	0.2	0.2	0.3
Fibre (g)	0.0	0.0	0.0
Thiamin (mg)	0.07	0.07	0.12
Riboflavin (mg)	0.42	0.45	0.71
Niacin (mg)	0.2	0.2	0.3
Niacin from Tryptophan (mg)	2.0	2.1	3.4
Vitamin B6 (mg)	0.04	0.04	0.07
Vitamin B12 (µg)	0.2	0.2	0.3
Folate (µg)	8	9	14
Pantothenate (mg)	0.75	0.80	1.28
Biotin (µg)	4.0	4.3	6.8
Vitamin C (mg)	1	1	2
Retinol (µg)	50	54	85
Carotene (µg)	21	22	36
Vitamin D (µg)	3.1*	3.3*	5.3*
Vitamin E (mg)	0.11	0.12	0.19
Sodium (mg)	115	123	196
Potassium (mg)	336	360	571
Calcium (mg)	260	278	442
Magnesium (mg)	25	27	43
Phosphorus (mg)	233	249	396
Iron (mg)	Tr	Tr	Tr
Copper (mg)	Tr	Tr	Tr
Zinc (mg)	1.0	1.1	1.7
Chloride (mg)	222	238	377
Manganese (mg)	Tr	Tr	Tr
Selenium (µg)	3	3	5
Iodine (µg)	47	50	80

* Value for fortified products

DRIED SKIMMED MILK (FORTIFIED)

	per 100g	per teaspoon (3g)
Energy (kcal)	348	10
Energy (kJ)	1482	44
Protein (g)	36.1	1.1
Carbohydrate (g)	52.9	1.6
Total sugars (g)	52.9	1.6
Fat (g)	0.6	0.0
of which saturates	0.4	0.0
monounsaturates	0.2	0.0
polyunsaturates	Tr	Tr
trans fatty acids	Tr	Tr
Fibre (g)	0.0	0.0
Thiamin (mg)	0.38	0.01
Riboflavin (mg)	1.63	0.05
Niacin (mg)	1.0	0.0
Niacin from Tryptophan (mg)	8.6	0.3
Vitamin B6 (mg)	0.60	0.02
Vitamin B12 (µg)	2.6	0.1
Folate (µg)	51	2
Pantothenate (mg)	3.28	0.10
Biotin (µg)	20.1	0.6
Vitamin C (mg)	13	0
Retinol (µg)	550	17
Carotene (µg)	5	0
Vitamin D (µg)	1.5	0.0
Vitamin E (mg)	0.01	0.00
Sodium (mg)	550	17
Potassium (mg)	1590	48
Calcium (mg)	1280	38
Magnesium (mg)	130	4
Phosphorus (mg)	970	29
Iron (mg)	0.27	0.01
Copper (mg)	Tr	Tr
Zinc (mg)	4.0	0.1
Chloride (mg)	1070	32
Manganese (mg)	Tr	Tr
Selenium (µg)	11	0
Iodine (µg)	150	5

Unfortified skimmed milk powder contains approximately 8µg retinol, 3µg carotene and Tr vitamin D per 100g

FLAVOURED MILK

	per 100g	per 100ml (103g)	per 200ml glass (206g)
Energy (kcal)	64	66	132
Energy (kJ)	270	278	556
Protein (g)	3.6	3.7	7.4
Carbohydrate (g)	9.6*	9.9*	19.8*
Total sugars (g)	8.9*	9.2*	18.3*
Fat (g)	1.5	1.5	3.1
of which saturates	1.0	1.0	2.1
monounsaturates	0.3	0.3	0.6
polyunsaturates	0.1	0.1	0.2
trans fatty acids	Tr	Tr	Tr
Fibre (g)	0.0	0.0	0.0
Thiamin (mg)	0.03	0.03	0.06
Riboflavin (mg)	0.17	0.18	0.35
Niacin (mg)	0.1	0.1	0.2
Niacin from Tryptophan (mg)	0.8	0.8	1.6
Vitamin B6 (mg)	0.03	0.03	0.06
Vitamin B12 (µg)	0.1	0.1	0.2
Folate (µg)	2	2	4
Pantothenate (mg)	0.30	0.31	0.62
Biotin (µg)	2.2	2.3	4.5
Vitamin C (mg)	Tr	Tr	Tr
Retinol (µg)	20	21	41
Carotene (µg)	8	8	16
Vitamin D (µg)	Tr	Tr	Tr
Vitamin E (mg)	0.03	0.03	0.06
Sodium (mg)	52	54	107
Potassium (mg)	168	173	346
Calcium (mg)	120	124	247
Magnesium (mg)	12	12	25
Phosphorus (mg)	102	105	210
Iron (mg)	0.13	0.13	0.27
Copper (mg)	Tr	Tr	Tr
Zinc (mg)	0.4	0.4	0.8
Chloride (mg)	110	113	227
Manganese (mg)	Tr	Tr	Tr
Selenium (µg)	N	N	N
Iodine (µg)	N	N	N

* Not including oligosaccharides

MILKSHAKE (THICK, TAKEAWAY TYPE)

	per 100g	per averagetakeaway serving (300g)
Energy (kcal)	88	264
Energy (kJ)	374	1122
Protein (g)	3.7	11.1
Carbohydrate (g)	15.3*	45.9*
Total sugars (g)	11.1*	33.3*
Fat (g)	1.8	5.4
of which saturates	1.2	3.6
monounsaturates	0.4	1.2
polyunsaturates	0.1	0.3
trans fatty acids	0.1	0.3
Fibre (g)	Tr	Tr
Thiamin (mg)	0.03	0.09
Riboflavin (mg)	0.23	0.69
Niacin (mg)	0.1	0.3
Niacin from Tryptophan (mg)	0.7	2.1
Vitamin B6 (mg)	0.03	0.09
Vitamin B12 (µg)	0.5	1.5
Folate (µg)	4	12
Pantothenate (mg)	0.31	0.93
Biotin (µg)	2.0	6.0
Vitamin C (mg)	1	3
Retinol (µg)	35	105
Carotene (µg)	11	33
Vitamin D (µg)	Tr	Tr
Vitamin E (mg)	0.10	0.30
Sodium (mg)	57	171
Potassium (mg)	171	513
Calcium (mg)	129	387
Magnesium (mg)	13	39
Phosphorus (mg)	120	360
Iron (mg)	Tr	Tr
Copper (mg)	Tr	Tr
Zinc (mg)	0.1	0.3
Chloride (mg)	111	333
Manganese (mg)	Tr	Tr
Selenium (µg)	2	6
Iodine (µg)	37	111

* Not including oligosaccharides

section 2

THE NUTRITIONAL COMPOSITION OF

**YOGURT
AND
FROMAGE
FRAIS**

WHOLE MILK YOGURT (PLAIN AND FRUIT)

	PLAIN		FRUIT	
	per 100g	Per 150g	per 100g	per 150g
Energy (kcal)	79	119	109	164
Energy (kJ)	333	500	463	695
Protein (g)	5.7	8.6	4.0	6.0
Carbohydrate (g)	7.8	11.7	17.7	26.6
Total sugars (g)	7.8	11.7	16.6	24.9
Fat (g)	3.0	4.5	3.0	4.5
of which saturates	1.9	2.9	2.0	3.0
monounsaturates	0.8	1.2	0.7	1.1
polyunsaturates	0.1	0.2	0.1	0.2
trans fatty acids	0.1	0.2	0.1	0.2
Fibre (g)	0.0	0.0	N	Tr
Thiamin (mg)	0.06	0.09	0.12	0.18
Riboflavin (mg)	0.27	0.41	0.16	0.24
Niacin (mg)	0.2	0.3	0.1	0.2
Niacin from Tryptophan (mg)	1.3	2.0	0.7	1.1
Vitamin B6 (mg)	0.10	0.15	0.01	0.02
Vitamin B12 (µg)	0.2	0.3	0.3	0.5
Folate (µg)	18	27	10	15
Pantothenate (mg)	0.50	0.75	0.40	0.60
Biotin (µg)	2.6	3.9	1.1	1.7
Vitamin C (mg)	1	2	1	2
Retinol (µg)	28	42	36	54
Carotene (µg)	21	32	Tr	Tr
Vitamin D (µg)	0.0	0.0	0.1	0.2
Vitamin E (mg)	0.05	0.08	0.18	0.27
Sodium (mg)	80	120	58	87
Potassium (mg)	280	420	170	255
Calcium (mg)	200	300	122	183
Magnesium (mg)	19	29	13	20
Phosphorus (mg)	170	255	96	144
Iron (mg)	0.10	0.15	0.12	0.18
Copper (mg)	Tr	Tr	Tr	Tr
Zinc (mg)	0.7	1.1	0.4	0.6
Chloride (mg)	170	255	179	269
Manganese (mg)	Tr	Tr	Tr	Tr
Selenium (µg)	2	3	2	3
Iodine (µg)	63	95	27	41

LOW-FAT YOGURT (PLAIN AND FRUIT)

	PLAIN		FRUIT	
	per 100g	Per 150g	per 100g	per 150g
Energy (kcal)	57	86	78	117
Energy (kJ)	243	365	331	497
Protein (g)	4.8	7.2	4.2	6.3
Carbohydrate (g)	7.8	11.7	13.7	20.6
Total sugars (g)	7.5	11.3	12.7	19.1
Fat (g)	1.0	1.5	1.1	1.7
of which saturates	0.7	1.1	0.8	1.2
monounsaturates	0.2	0.3	0.3	0.5
polyunsaturates	Tr	Tr	Tr	Tr
trans fatty acids	Tr	Tr	Tr	Tr
Fibre (g)	N	N	0.2	0.3
Thiamin (mg)	0.12	0.18	0.12	0.18
Riboflavin (mg)	0.22	0.33	0.21	0.32
Niacin (mg)	0.1	0.2	0.1	0.2
Niacin from Tryptophan (mg)	1.0	1.5	1.0	1.5
Vitamin B6 (mg)	0.01	0.02	Tr	Tr
Vitamin B12 (µg)	0.3	0.5	0.3	0.5
Folate (µg)	18	27	16	24
Pantothenate (mg)	0.56	0.84	0.33	0.50
Biotin (µg)	1.5	2.3	2.3	3.5
Vitamin C (mg)	1	2	1	2
Retinol (µg)	8	12	10	15
Carotene (µg)	Tr	Tr	Tr	Tr
Vitamin D (µg)	0.1	0.2	Tr	Tr
Vitamin E (mg)	Tr	Tr	0.28	0.42
Sodium (mg)	63	95	62	93
Potassium (mg)	228	342	204	306
Calcium (mg)	162	243	140	210
Magnesium (mg)	16	24	15	23
Phosphorus (mg)	143	215	120	180
Iron (mg)	0.08	0.12	0.11	0.17
Copper (mg)	0.03	0.05	Tr	Tr
Zinc (mg)	0.6	0.9	0.5	0.8
Chloride (mg)	235	353	130	195
Manganese (mg)	Tr	Tr	Tr	Tr
Selenium (µg)	2	3	2	3
Iodine (µg)	34	51	48	72

VIRTUALLY FAT-FREE/DIET YOGURT (PLAIN AND FRUIT)

	PLAIN		FRUIT	
	per 100g	Per 150g	per 100g	per 150g
Energy (kcal)	54	81	59	89
Energy (kJ)	230	345	250	375
Protein (g)	5.4	8.1	4.8	7.2
Carbohydrate (g)	8.2	12.3	10.1	15.2
Total sugars (g)	7.9	11.9	9.4	14.1
Fat (g)	0.2	0.3	0.2	0.3
of which saturates	0.1	0.2	0.1	0.2
monounsaturates	0.1	0.2	0.1	0.2
polyunsaturates	Tr	Tr	Tr	Tr
trans fatty acids	Tr	Tr	Tr	Tr
Fibre (g)	0.0	0.0	Tr	Tr
Thiamin (mg)	0.12	0.18	0.12	0.18
Riboflavin (mg)	0.22	0.33	0.21	0.32
Niacin (mg)	0.1	0.2	0.1	0.2
Niacin from Tryptophan (mg)	1.0	1.5	1.0	1.5
Vitamin B6 (mg)	0.01	0.02	Tr	Tr
Vitamin B12 (µg)	0.3	0.5	0.3	0.5
Folate (µg)	18	27	8	12
Pantothenate (mg)	0.56	0.84	N	N
Biotin (µg)	1.5	23	N	N
Vitamin C (mg)	1	2	1	2
Retinol (µg)	Tr	Tr	Tr	Tr
Carotene (µg)	Tr	Tr	Tr	Tr
Vitamin D (µg)	Tr	Tr	Tr	Tr
Vitamin E (mg)	Tr	Tr	0.03	0.05
Sodium (mg)	71	107	62	93
Potassium (mg)	247	371	204	306
Calcium (mg)	160	240	140	210
Magnesium (mg)	16	24	15	23
Phosphorus (mg)	151	227	120	180
Iron (mg)	0.13	0.20	0.10	0.15
Copper (mg)	0.03	0.05	Tr	Tr
Zinc (mg)	0.6	0.9	0.5	0.8
Chloride (mg)	252	378	102	153
Manganese (mg)	Tr	Tr	Tr	Tr
Selenium (µg)	2	3	1	2
Iodine (µg)	53	80	N	N

GREEK STYLE YOGURT (PLAIN AND FRUIT)

	PLAIN		FRUIT	
	per 100g	Per 150g	per 100g	per 150g
Energy (kcal)	133	200	137	206
Energy (kJ)	551	827	572	858
Protein (g)	5.7	8.6	4.8	7.2
Carbohydrate (g)	4.8	7.2	11.2	16.8
Total sugars (g)	4.5	6.8	10.5	15.8
Fat (g)	10.2	15.3	8.4	12.6
of which saturates	6.8	10.2	5.6	8.4
monounsaturates	2.5	3.8	2.2	3.3
polyunsaturates	0.3	0.5	0.2	0.3
trans fatty acids	0.2	0.3	0.2	0.3
Fibre (g)	0.0	0.0	Tr	Tr
Thiamin (mg)	0.12	0.18	0.12	0.18
Riboflavin (mg)	0.13	0.20	0.13	0.20
Niacin (mg)	0.1	0.2	0.1	0.2
Niacin from Tryptophan (mg)	1.5	2.3	1.0	1.5
Vitamin B6 (mg)	Tr	Tr	0.01	0.02
Vitamin B12 (µg)	0.0	0.0	0.2	0.3
Folate (µg)	6	9	18	27
Pantothenate (mg)	N	N	0.56	0.84
Biotin (µg)	N	N	1.5	2.3
Vitamin C (mg)	Tr	Tr	Tr	Tr
Retinol (µg)	115	173	115	173
Carotene (µg)	Tr	Tr	Tr	Tr
Vitamin D (µg)	0.1	0.2	0.1	0.2
Vitamin E (mg)	0.38	0.57	0.39	0.59
Sodium (mg)	66	99	64	96
Potassium (mg)	184	276	218	327
Calcium (mg)	126	189	141	212
Magnesium (mg)	13	20	14	21
Phosphorus (mg)	138	207	136	204
Iron (mg)	0.11	0.17	0.16	0.24
Copper (mg)	Tr	Tr	Tr	Tr
Zinc (mg)	0.5	0.8	0.6	0.9
Chloride (mg)	159	239	159	239
Manganese (mg)	Tr	Tr	Tr	Tr
Selenium (µg)	3	5	3	5
Iodine (µg)	39	59	39	59

INFANT FRUIT FLAVOURED YOGURT

	per 100g	per 90g pot
Energy (kcal)	90	81
Energy (kJ)	378	340
Protein (g)	3.8	3.4
Carbohydrate (g)	11.1	10.0
Total sugars (g)	10.4	9.4
Fat (g)	3.7	3.3
of which saturates	2.5	2.3
monounsaturates	0.9	0.8
polyunsaturates	0.1	0.1
trans fatty acids	0.1	0.1
Fibre (g)	0.1	0.1
Thiamin (mg)	0.12	0.11
Riboflavin (mg)	0.15	0.14
Niacin (mg)	0.1	0.1
Niacin from Tryptophan (mg)	0.7	0.6
Vitamin B6 (mg)	0.01	0.01
Vitamin B12 (µg)	0.3	0.3
Folate (µg)	10	9
Pantothenate (mg)	0.40	0.36
Biotin (µg)	1.1	1.0
Vitamin C (mg)	Tr	Tr
Retinol (µg)	36	32
Carotene (µg)	Tr	Tr
Vitamin D (µg)	0.1	0.1
Vitamin E (mg)	0.18	0.16
Sodium (mg)	46	41
Potassium (mg)	176	158
Calcium (mg)	120	108
Magnesium (mg)	12	11
Phosphorus (mg)	114	103
Iron (mg)	0.21	0.19
Copper (mg)	0.02	0.02
Zinc (mg)	0.5	0.5
Chloride (mg)	179	161
Manganese (mg)	Tr	Tr
Selenium (µg)	2	2
Iodine (µg)	27	24

TWINPOT YOGURT (THICK AND CREAMY WITH FRUIT)

	per 100g	per 175g pot
Energy (kcal)	106	186
Energy (kJ)	446	781
Protein (g)	4.1	7.2
Carbohydrate (g)	16.2	28.4
Total sugars (g)	15.6	27.3
Fat (g)	3.2	5.6
of which saturates	N	N
monounsaturates	N	N
polyunsaturates	N	N
trans fatty acids	N	N
Fibre (g)	0.5	0.9
Thiamin (mg)	0.06	0.11
Riboflavin (mg)	0.19	0.33
Niacin (mg)	0.2	0.4
Niacin from Tryptophan (mg)	0.9	1.6
Vitamin B6 (mg)	0.08	0.14
Vitamin B12 (µg)	0.2	0.4
Folate (µg)	13	23
Pantothenate (mg)	0.36	0.63
Biotin (µg)	2.0	3.5
Vitamin C (mg)	2	4
Retinol (µg)	20	35
Carotene (µg)	15	26
Vitamin D (µg)	Tr	Tr
Vitamin E (mg)	0.12	0.21
Sodium (mg)	53	93
Potassium (mg)	175	306
Calcium (mg)	130	228
Magnesium (mg)	13	23
Phosphorus (mg)	106	186
Iron (mg)	0.16	0.28
Copper (mg)	Tr	Tr
Zinc (mg)	0.4	0.7
Chloride (mg)	N	N
Manganese (mg)	Tr	Tr
Selenium (µg)	N	N
Iodine (µg)	N	N

FERMENTED MILK DRINK (WITH PROBIOTICS)

	per 100g
Energy (kcal)	70
Energy (kJ)	299
Protein (g)	3.0
Carbohydrate (g)	12.7
Total sugars (g)	12.3
Fat (g)	1.2
of which saturates	0.8
monounsaturates	N
polyunsaturates	N
trans fatty acids	N
Fibre (g)	N
Thiamin (mg)	N
Riboflavin (mg)	N
Niacin (mg)	N
Niacin from Tryptophan (mg)	N
Vitamin B6 (mg)	N
Vitamin B12 (µg)	N
Folate (µg)	N
Pantothenate (mg)	N
Biotin (µg)	N
Vitamin C (mg)	N
Retinol (µg)	N
Carotene (µg)	N
Vitamin D (µg)	N
Vitamin E (mg)	N
Sodium (mg)	20
Potassium (mg)	N
Calcium (mg)	N
Magnesium (mg)	N
Phosphorus (mg)	N
Iron (mg)	N
Copper (mg)	N
Zinc (mg)	N
Chloride (mg)	N
Manganese (mg)	N
Selenium (µg)	N
Iodine (µg)	N

FROMAGE FRAIS (VARIOUS TYPES)

	per 100g		
	Children's fortified fruit	Virtually fat free plain	Virtually fat free fruit
Energy (kcal)	99	49	50
Energy (kJ)	417	208	213
Protein (g)	5.8	7.7	6.8
Carbohydrate (g)	13.2	4.6	5.6
Total sugars (g)	11.8	4.4	4.9
Fat (g)	2.9	0.1	0.2
of which saturates	1.9	0.1	0.1
monounsaturates	N	Tr	0.1
polyunsaturates	N	Tr	Tr
trans fatty acids	N	Tr	Tr
Fibre (g)	N	0.0	0.4
Thiamin (mg)	0.11	0.13	0.03
Riboflavin (mg)	0.29	0.20	0.37
Niacin (mg)	0.1	0.1	0.1
Niacin from Tryptophan (mg)	0.1	1.2	1.8
Vitamin B6 (mg)	Tr	0.01	0.07
Vitamin B12 (µg)	0.5	1.0	1.4
Folate (µg)	15	15	15
Pantothenate (mg)	0.38	0.47	N
Biotin (µg)	0.6	Tr	N
Vitamin C (mg)	Tr	Tr	Tr
Retinol (µg)	82	3	3
Carotene (µg)	Tr	Tr	Tr
Vitamin D (µg)	N	Tr	Tr
Vitamin E (mg)	0.15	Tr	Tr
Sodium (mg)	60	37	33
Potassium (mg)	143	155	110
Calcium (mg)	140	127	87
Magnesium (mg)	11	12	8
Phosphorus (mg)	123	120	110
Iron (mg)	0.06	0.06	0.10
Copper (mg)	0.03	0.03	0.01
Zinc (mg)	0.4	0.6	0.3
Chloride (mg)	230	137	89
Manganese (mg)	Tr	Tr	Tr
Selenium (µg)	Tr	3	2
Iodine (µg)	17	23	N

The background of the entire slide is a solid, vibrant orange. In the center, there are two blocks of cheese. The block in the foreground is a wedge-shaped slice of a hard cheese, showing a light-colored, slightly textured surface. It is positioned diagonally, with its point towards the bottom right. Behind it, another block of cheese is visible, partially obscured, showing a similar texture and color. The lighting is soft, creating subtle shadows on the surface of the cheese blocks.

section 3

THE NUTRITIONAL COMPOSITION OF

CHEESE

CHEDDAR CHEESE

(REGULAR AND REDUCED FAT)

	REGULAR		REDUCED FAT (30% LESS)	
	per 100g	per 30g serving	per 100g	per 30g serving
Energy (kcal)	416	125	314	94
Energy (kJ)	1725	518	1305	392
Protein (g)	25.4	7.6	27.9	8.4
Carbohydrate (g)	0.1	0.0	0.8	0.2
Total sugars (g)	0.1	0.0	0.1	0.0
Fat (g)	34.9	10.5	22.1	6.6
of which saturates	21.7	6.5	13.8	4.1
monounsaturates	9.4	2.8	6.5	2.0
polyunsaturates	1.1	0.3	0.6	0.2
trans fatty acids	1.4	0.4	N	N
Fibre (g)	0.0	0.0	0.0	0.0
Thiamin (mg)	0.03	0.01	0.03	0.01
Riboflavin (mg)	0.39	0.12	0.53	0.16
Niacin (mg)	0.1	0.0	0.1	0.0
Niacin from Tryptophan (mg)	6.8	2.0	7.4	2.2
Vitamin B6 (mg)	0.15	0.05	0.13	0.04
Vitamin B12 (µg)	2.4	0.7	1.3	0.4
Folate (µg)	31	9	56	17
Pantothenate (mg)	0.50	0.15	0.51	0.15
Biotin (µg)	4.4	1.3	3.8	1.1
Vitamin C (mg)	Tr	Tr	Tr	Tr
Retinol (µg)	364	109	266	80
Carotene (µg)	141	42	169	51
Vitamin D (µg)	0.3	0.1	0.1	0.0
Vitamin E (mg)	0.52	0.16	0.66	0.20
Sodium (mg)	723	217	720	216
Potassium (mg)	75	23	110	33
Calcium (mg)	739	222	840	252
Magnesium (mg)	29	9	39	12
Phosphorus (mg)	505	152	620	186
Iron (mg)	0.30	0.09	0.20	0.06
Copper (mg)	0.03	0.01	0.05	0.02
Zinc (mg)	4.1	1.2	2.8	0.8
Chloride (mg)	1040	312	1190	357
Manganese (mg)	Tr	Tr	Tr	Tr
Selenium (µg)	6	2	11	3
Iodine (µg)	30	9	N	N

CHEESE SPREAD (REGULAR AND REDUCED FAT)

	PLAIN, REGULAR		PLAIN REDUCED FAT	
	per 100g	per 17g triangle	per 100g	per 17g triangle
Energy (kcal)	237	40	154	26
Energy (kJ)	984	167	648	110
Protein (g)	11.3	1.9	15.0	2.6
Carbohydrate (g)	6.5	1.1	7.9	1.3
Total sugars (g)	6.5	1.1	7.3	1.2
Fat (g)	18.6	3.2	7.2	1.2
of which saturates	12.9	2.2	4.6	0.8
monounsaturates	4.8	0.8	1.7	0.3
polyunsaturates	0.7	0.1	0.2	0.0
trans fatty acids	0.9	0.2	0.3	0.1
Fibre (g)	0.0	0.0	0.0	0.0
Thiamin (mg)	0.05	0.01	0.06	0.01
Riboflavin (mg)	0.36	0.06	0.53	0.09
Niacin (mg)	0.1	0.0	0.1	0.0
Niacin from Tryptophan (mg)	3.2	0.5	3.1	0.5
Vitamin B6 (mg)	0.08	0.01	0.07	0.01
Vitamin B12 (µg)	0.6	0.1	2.0	0.3
Folate (µg)	19	3	7	1
Pantothenate (mg)	0.51	0.09	0.42	0.07
Biotin (µg)	3.6	0.6	3.0	0.5
Vitamin C (mg)	Tr	Tr	Tr	Tr
Retinol (µg)	214	36	119	20
Carotene (µg)	119	20	90	15
Vitamin D (µg)	0.2	0.0	N	N
Vitamin E (mg)	0.24	0.04	0.40	0.07
Sodium (mg)	730	124	750	128
Potassium (mg)	219	37	235	40
Calcium (mg)	498	85	485	82
Magnesium (mg)	24	4	24	4
Phosphorus (mg)	835	142	850	145
Iron (mg)	Tr	Tr	0.29	0.05
Copper (mg)	Tr	Tr	0.05	0.01
Zinc (mg)	1.8	0.3	1.7	0.3
Chloride (mg)	560	95	562	96
Manganese (mg)	Tr	Tr	Tr	Tr
Selenium (µg)	4	1	4	1
Iodine (µg)	29	5	29	5

COTTAGE CHEESE (VARIOUS TYPES)

	PLAIN, REGULAR		PLAIN REDUCED FAT	
	per 100g	per tablespoon (40g)	per 100g	per tablespoon (40g)
Energy (kcal)	103	41	68	27
Energy (kJ)	431	172	289	116
Protein (g)	9.4	3.8	10.6	4.2
Carbohydrate (g)	3.1	1.2	3.3	1.3
Total sugars (g)	3.1	1.2	3.3	1.3
Fat (g)	6.0	2.4	1.5	0.6
of which saturates	3.2	1.3	1.0	0.4
monounsaturates	1.7	0.7	0.4	0.2
polyunsaturates	0.2	0.1	Tr	Tr
trans fatty acids	0.3	0.1	Tr	Tr
Fibre (g)	0.0	0.0	0.0	0.0
Thiamin (mg)	0.05	0.02	0.05	0.02
Riboflavin (mg)	0.24	0.10	0.24	0.10
Niacin (mg)	0.2	0.1	0.2	0.1
Niacin from Tryptophan (mg)	3.4	1.4	3.4	1.4
Vitamin B6 (mg)	0.05	0.02	0.05	0.02
Vitamin B12 (µg)	0.6	0.2	0.6	0.2
Folate (µg)	22	9	22	9
Pantothenate (mg)	0.30	0.12	0.30	0.12
Biotin (µg)	5.1	2.0	5.1	2.0
Vitamin C (mg)	Tr	Tr	Tr	Tr
Retinol (µg)	64	26	16	6
Carotene (µg)	13	5	4	2
Vitamin D (µg)	0.0	0.0	0.0	0.0
Vitamin E (mg)	0.14	0.06	0.03	0.01
Sodium (mg)	250	100	210	84
Potassium (mg)	161	64	161	64
Calcium (mg)	127	51	127	51
Magnesium (mg)	13	5	13	5
Phosphorus (mg)	171	68	171	68
Iron (mg)	Tr	Tr	Tr	Tr
Copper (mg)	Tr	Tr	Tr	Tr
Zinc (mg)	0.6	0.2	0.6	0.2
Chloride (mg)	400	160	340	136
Manganese (mg)	Tr	Tr	Tr	Tr
Selenium (µg)	4	2	4	2
Iodine (µg)	24	10	24	10

RED LEICESTER

	per 100g	per 30g
Energy (kcal)	403	121
Energy (kJ)	1670	501
Protein (g)	25.0	7.5
Carbohydrate (g)	0.1	0.0
Total sugars (g)	0.1	0.0
Fat (g)	33.6	10.1
of which saturates	21.1	6.3
monounsaturates	9.8	2.9
polyunsaturates	1.0	0.3
trans fatty acids	1.4	0.4
Fibre (g)	0.0	0.0
Thiamin (mg)	0.03	0.01
Riboflavin (mg)	0.44	0.13
Niacin (mg)	0.1	0.0
Niacin from Tryptophan (mg)	5.7	1.7
Vitamin B6 (mg)	0.11	0.03
Vitamin B12 (µg)	1.2	0.4
Folate (µg)	30	9
Pantothenate (mg)	0.38	0.11
Biotin (µg)	3.0	0.9
Vitamin C (mg)	Tr	Tr
Retinol (µg)	290	87
Carotene (µg)	300	90
Vitamin D (µg)	0.3	0.1
Vitamin E (mg)	0.38	0.11
Sodium (mg)	665	200
Potassium (mg)	76	23
Calcium (mg)	723	217
Magnesium (mg)	29	9
Phosphorus (mg)	495	149
Iron (mg)	0.30	0.09
Copper (mg)	0.05	0.02
Zinc (mg)	4.0	1.2
Chloride (mg)	961	288
Manganese (mg)	Tr	Tr
Selenium (µg)	11	3
Iodine (µg)	46	14

DOUBLE GLOUCESTER

	per 100g	per 30g
Energy (kcal)	413	124
Energy (kJ)	1711	513
Protein (g)	24.4	7.3
Carbohydrate (g)	0.1	0.0
Total sugars (g)	0.1	0.0
Fat (g)	35.0	10.5
of which saturates	21.9	6.6
monounsaturates	10.2	3.1
polyunsaturates	1.0	0.3
trans fatty acids	1.4	0.4
Fibre (g)	0.0	0.0
Thiamin (mg)	0.03	0.01
Riboflavin (mg)	0.45	0.14
Niacin (mg)	0.1	0.0
Niacin from Tryptophan (mg)	5.8	1.7
Vitamin B6 (mg)	0.11	0.03
Vitamin B12 (µg)	1.3	0.4
Folate (µg)	30	9
Pantothenate (mg)	0.32	0.10
Biotin (µg)	3.1	0.9
Vitamin C (mg)	Tr	Tr
Retinol (µg)	335	101
Carotene (µg)	203	61
Vitamin D (µg)	0.3	0.1
Vitamin E (mg)	0.64	0.19
Sodium (mg)	673	202
Potassium (mg)	79	24
Calcium (mg)	660	198
Magnesium (mg)	23	7
Phosphorus (mg)	460	138
Iron (mg)	0.40	0.12
Copper (mg)	0.03	0.01
Zinc (mg)	1.8	0.5
Chloride (mg)	970	291
Manganese (mg)	Tr	Tr
Selenium (µg)	12	4
Iodine (µg)	46	14

PROCESSED CHEESE

	PLAIN, REGULAR		PLAIN, REDUCED FAT SLICES	
	per 100g	per slice (40g)	per 100g	per slice (20g)
Energy (kcal)	297	89	190	38
Energy (kJ)	1234	370	794	159
Protein (g)	17.8	5.3	16.7	3.3
Carbohydrate (g)	5.0	1.5	9.7	1.9
Total sugars (g)	5.0	1.5	7.6	1.5
Fat (g)	23.0	6.9	9.6	1.9
of which saturates	14.3	4.3	5.9	1.2
monounsaturates	6.3	1.9	2.6	0.5
polyunsaturates	0.8	0.2	0.3	0.1
trans fatty acids	1.1	0.3	0.3	0.1
Fibre (g)	0.0	0.0	0.0	0.0
Thiamin (mg)	0.06	0.02	0.05	0.01
Riboflavin (mg)	0.25	0.08	0.20	0.04
Niacin (mg)	0.1	0.0	0.1	0.0
Niacin from Tryptophan (mg)	4.7	1.4	3.8	0.8
Vitamin B6 (mg)	0.07	0.02	0.06	0.01
Vitamin B12 (µg)	1.2	0.4	1.0	0.2
Folate (µg)	15	5	12	2
Pantothenate (mg)	0.60	0.18	0.48	0.10
Biotin (µg)	5.6	1.7	4.5	0.9
Vitamin C (mg)	Tr	Tr	Tr	Tr
Retinol (µg)	270	81	113	23
Carotene (µg)	95	29	142	28
Vitamin D (µg)	N	N	N	N
Vitamin E (mg)	0.55	0.17	0.39	0.08
Sodium (mg)	1000	300	810	162
Potassium (mg)	178	53	148	30
Calcium (mg)	610	183	642	128
Magnesium (mg)	27	8	25	5
Phosphorus (mg)	768	230	513	103
Iron (mg)	0.50	0.15	0.27	0.05
Copper (mg)	Tr	Tr	0.06	0.01
Zinc (mg)	2.6	0.8	2.4	0.5
Chloride (mg)	800	240	630	126
Manganese (mg)	Tr	Tr	Tr	Tr
Selenium (µg)	5	2	6	1
Iodine (µg)	27	8	22	4

	per 100g	per 30g
Energy (kcal)	410	123
Energy (kJ)	1698	509
Protein (g)	23.7	7.1
Carbohydrate (g)	0.1	0.0
Total sugars (g)	0.1	0.0
Fat (g)	35.0	10.5
of which saturates	23.0	6.9
monounsaturates	9.2	2.8
polyunsaturates	1.2	0.4
trans fatty acids	1.5	0.5
Fibre (g)	0.0	0.0
Thiamin (mg)	0.03	0.01
Riboflavin (mg)	0.47	0.14
Niacin (mg)	0.7	0.2
Niacin from Tryptophan (mg)	5.9	1.8
Vitamin B6 (mg)	0.13	0.04
Vitamin B12 (µg)	1.2	0.4
Folate (µg)	78	23
Pantothenate (mg)	0.90	0.27
Biotin (µg)	3.3	1.0
Vitamin C (mg)	Tr	Tr
Retinol (µg)	360	108
Carotene (µg)	182	55
Vitamin D (µg)	0.2	0.1
Vitamin E (mg)	0.60	0.18
Sodium (mg)	788	236
Potassium (mg)	96	29
Calcium (mg)	326	98
Magnesium (mg)	15	5
Phosphorus (mg)	314	94
Iron (mg)	0.20	0.06
Copper (mg)	0.04	0.01
Zinc (mg)	2.9	0.9
Chloride (mg)	1230	369
Manganese (mg)	Tr	Tr
Selenium (µg)	7	2
Iodine (µg)	40	12

	per 100g	per 30g
Energy (kcal)	381	114
Energy (kJ)	1581	474
Protein (g)	23.7	7.1
Carbohydrate (g)	0.1	0.0
Total sugars (g)	0.1	0.0
Fat (g)	31.8	9.5
of which saturates	19.7	5.9
monounsaturates	9.1	2.7
polyunsaturates	0.9	0.3
trans fatty acids	1.4	0.4
Fibre (g)	0.0	0.0
Thiamin (mg)	0.03	0.01
Riboflavin (mg)	0.46	0.14
Niacin (mg)	0.1	0.0
Niacin from Tryptophan (mg)	5.5	1.7
Vitamin B6 (mg)	0.09	0.03
Vitamin B12 (µg)	1.1	0.3
Folate (µg)	43	13
Pantothenate (mg)	0.30	0.09
Biotin (µg)	4.0	1.2
Vitamin C (mg)	Tr	Tr
Retinol (µg)	345	104
Carotene (µg)	280	84
Vitamin D (µg)	0.2	0.1
Vitamin E (mg)	0.45	0.14
Sodium (mg)	440	132
Potassium (mg)	89	27
Calcium (mg)	560	168
Magnesium (mg)	19	6
Phosphorus (mg)	410	123
Iron (mg)	0.30	0.09
Copper (mg)	0.11	0.03
Zinc (mg)	3.4	1.0
Chloride (mg)	710	213
Manganese (mg)	Tr	Tr
Selenium (µg)	11	3
Iodine (µg)	46	14

	per 100g	per 200g
Energy (kcal)	74	148
Energy (kJ)	313	626
Protein (g)	14.6	29.2
Carbohydrate (g)	4	8
Total sugars (g)	4	8
Fat (g)	Tr	Tr
of which saturates	Tr	Tr
monounsaturates	Tr	Tr
polyunsaturates	Tr	Tr
Fibre (g)	0	0
Thiamin (mg)	0.04	0.08
Riboflavin (mg)	0.3	0.6
Niacin (mg)	0.2	0.4
Vitamin B6 (mg)	0.08	0.16
Vitamin B12 (µg)	0.7	1.4
Folate (µg)	45	90
Pantothenate (mg)	0.44	0.88
Biotin (µg)	3	6
Vitamin C (mg)	1	2
Retinol (µg)	2	4
Carotene (µg)	1	2
Vitamin D (µg)	Tr	Tr
Vitamin E (mg)	Tr	Tr
Sodium (mg)	45	90
Potassium (mg)	140	280
Calcium (mg)	120	240
Magnesium (mg)	11	22
Phosphorus (mg)	200	400
Iron (mg)	Tr	Tr
Copper (mg)	0.06	0.12
Zinc (mg)	0.9	1.8
Chloride (mg)	110	220
Manganese (mg)	Tr	Tr
Selenium (µg)	N	N
Iodine (µg)	4	8



section 4

THE NUTRITIONAL COMPOSITION OF

CREAM

SINGLE CREAM

	per 100g	per 100ml	per tablespoon (15g)
Energy (kcal)	193	193	29
Energy (kJ)	798	798	120
Protein (g)	3.3	3.3	0.5
Carbohydrate (g)	2.2	2.2	0.3
Total sugars (g)	2.2	2.2	0.3
Fat (g)	19.1	19.1	2.9
of which saturates	12.2	12.2	1.8
monounsaturates	5.1	5.1	0.8
polyunsaturates	0.6	0.6	0.1
trans fatty acids	0.7	0.7	0.1
Fibre (g)	0.0	0.0	0.0
Thiamin (mg)	0.03	0.03	0.00
Riboflavin (mg)	0.19	0.19	0.03
Niacin (mg)	0.1	0.1	0.0
Niacin from Tryptophan (mg)	0.5	0.5	0.1
Vitamin B6 (mg)	0.03	0.03	0.00
Vitamin B12 (µg)	0.4	0.4	0.1
Folate (µg)	5	5	1
Pantothenate (mg)	0.30	0.30	0.05
Biotin (µg)	2.8	2.8	0.4
Vitamin C (mg)	1	1	0
Retinol (µg)	291	291	44
Carotene (µg)	169	169	25
Vitamin D (µg)	0.3	0.3	0.0
Vitamin E (mg)	0.47	0.47	0.07
Sodium (mg)	29	29	4
Potassium (mg)	104	104	16
Calcium (mg)	89	89	13
Magnesium (mg)	8	8	1
Phosphorus (mg)	79	79	12
Iron (mg)	Tr	Tr	Tr
Copper (mg)	Tr	Tr	Tr
Zinc (mg)	0.3	0.3	0.0
Chloride (mg)	80	80	12
Manganese (mg)	Tr	Tr	Tr
Selenium (µg)	N	N	N
Iodine (µg)	N	N	N

WHIPPING CREAM

	per 100g	per 100ml (98g)	per tablespoon (15g)
Energy (kcal)	381	373	57
Energy (kJ)	1568	1537	235
Protein (g)	2.0	2.0	0.3
Carbohydrate (g)	2.7	2.6	0.4
Total sugars (g)	2.7	2.6	0.4
Fat (g)	40.3	39.5	6.0
of which saturates	25.2	24.7	3.8
monounsaturates	11.7	11.5	1.8
polyunsaturates	1.1	1.1	0.2
trans fatty acids	N	N	N
Fibre (g)	0.0	0.0	0.0
Thiamin (mg)	0.02	0.02	0.00
Riboflavin (mg)	0.17	0.17	0.03
Niacin (mg)	Tr	Tr	Tr
Niacin from Tryptophan (mg)	0.5	0.5	0.1
Vitamin B6 (mg)	0.04	0.04	0.01
Vitamin B12 (µg)	0.2	0.2	0.0
Folate (µg)	7	7	1
Pantothenate (mg)	0.22	0.22	0.03
Biotin (µg)	1.4	1.4	0.2
Vitamin C (mg)	1	1	0
Retinol (µg)	399	391	60
Carotene (µg)	247	242	37
Vitamin D (µg)	0.3	0.3	0.0
Vitamin E (mg)	1.32	1.29	0.20
Sodium (mg)	25	25	4
Potassium (mg)	86	84	13
Calcium (mg)	58	57	9
Magnesium (mg)	6	6	1
Phosphorus (mg)	59	58	9
Iron (mg)	Tr	Tr	Tr
Copper (mg)	Tr	Tr	Tr
Zinc (mg)	0.2	0.2	0.0
Chloride (mg)	59	58	9
Manganese (mg)	Tr	Tr	Tr
Selenium (µg)	N	N	N
Iodine (µg)	N	N	N

DOUBLE CREAM (INCLUDING JERSEY CREAM)

	per 100g	per 100ml (98g)	per tablespoon (unwhipped) (15g)
Energy (kcal)	496	466	74
Energy (kJ)	2041	1919	306
Protein (g)	1.6	1.5	0.2
Carbohydrate (g)	1.7	1.6	0.3
Total sugars (g)	1.7	1.6	0.3
Fat (g)	53.7	50.5	8.1
of which saturates	33.4	31.4	5.0
monounsaturates	13.8	13.0	2.1
polyunsaturates	1.9	1.8	0.3
trans fatty acids	1.8	1.7	0.3
Fibre (g)	0.0	0.0	0.0
Thiamin (mg)	0.02	0.02	0.00
Riboflavin (mg)	0.19	0.18	0.03
Niacin (mg)	Tr	Tr	Tr
Niacin from Tryptophan (mg)	0.3	0.3	0.0
Vitamin B6 (mg)	0.01	0.01	0.00
Vitamin B12 (µg)	0.6	0.6	0.1
Folate (µg)	7	7	1
Pantothenate (mg)	0.23	0.22	0.03
Biotin (µg)	0.9	0.8	0.1
Vitamin C (mg)	1	1	0
Retinol (µg)	779	732	117
Carotene (µg)	483	454	72
Vitamin D (µg)	0.3	0.3	0.0
Vitamin E (mg)	1.64	1.54	0.25
Sodium (mg)	22	21	3
Potassium (mg)	65	61	10
Calcium (mg)	49	46	7
Magnesium (mg)	5	5	1
Phosphorus (mg)	52	49	8
Iron (mg)	0.06	0.06	0.01
Copper (mg)	Tr	Tr	Tr
Zinc (mg)	0.2	0.2	0.0
Chloride (mg)	36	34	5
Manganese (mg)	Tr	Tr	Tr
Selenium (µg)	3	3	0
Iodine (µg)	35	33	5

CLOTTED CREAM

	per 100g	per tablespoon (30g)
Energy (kcal)	586	176
Energy (kJ)	2413	724
Protein (g)	1.6	0.5
Carbohydrate (g)	2.3	0.7
Total sugars (g)	2.3	0.7
Fat (g)	63.5	19.1
of which saturates	39.7	11.9
monounsaturates	18.4	5.5
polyunsaturates	1.8	0.5
trans fatty acids	N	N
Fibre (g)	0.0	0.0
Thiamin (mg)	0.02	0.01
Riboflavin (mg)	0.16	0.05
Niacin (mg)	Tr	Tr
Niacin from Tryptophan (mg)	0.4	0.1
Vitamin B6 (mg)	0.03	0.01
Vitamin B12 (µg)	0.1	0.0
Folate (µg)	6	2
Pantothenate (mg)	0.14	0.04
Biotin (µg)	1.0	0.3
Vitamin C (mg)	Tr	Tr
Retinol (µg)	705	212
Carotene (µg)	685	206
Vitamin D (µg)	0.3	0.1
Vitamin E (mg)	1.48	0.44
Sodium (mg)	18	5
Potassium (mg)	55	17
Calcium (mg)	37	11
Magnesium (mg)	5	2
Phosphorus (mg)	40	12
Iron (mg)	0.10	0.03
Copper (mg)	0.09	0.03
Zinc (mg)	0.2	0.1
Chloride (mg)	40	12
Manganese (mg)	Tr	Tr
Selenium (µg)	Tr	Tr
Iodine (µg)	N	N

CRÉME FRAICHE (FULL AND HALF-FAT)

	FULL-FAT		HALF-FAT	
	per 100g	per tablespoon (30g)	per 100g	per tablespoon (30g)
Energy (kcal)	378	11	162	49
Energy (kJ)	1556	47	671	201
Protein (g)	2.2	0.1	2.7	0.8
Carbohydrate (g)	2.4	0.1	4.4	1.3
Total sugars (g)	2.1	0.1	3.0	0.9
Fat (g)	40.0	1.2	15.0	4.5
of which saturates	27.1	0.8	10.2	3.1
monounsaturates	8.6	0.3	3.2	1.0
polyunsaturates	1.1	0.0	0.4	0.1
trans fatty acids	0.8	0.0	0.3	0.1
Fibre (g)	0.0	0.0	N	N
Thiamin (mg)	0.02	0.00	0.02	0.01
Riboflavin (mg)	0.21	0.01	0.21	0.06
Niacin (mg)	0.1	0.0	0.1	0.0
Niacin from Tryptophan (mg)	N	N	N	N
Vitamin B6 (mg)	0.01	0.00	0.01	0.00
Vitamin B12 (µg)	0.2	0.0	0.2	0.1
Folate (µg)	3	0	3	1
Pantothenate (mg)	N	N	N	N
Biotin (µg)	N	N	N	N
Vitamin C (mg)	N	N	N	N
Retinol (µg)	388	12	300	90
Carotene (µg)	143	4	21	6
Vitamin D (µg)	0.3	0.0	Tr	Tr
Vitamin E (mg)	0.72	0.02	0.42	0.13
Sodium (mg)	22	1	36	11
Potassium (mg)	81	2	122	37
Calcium (mg)	58	2	95	29
Magnesium (mg)	6	0	9	3
Phosphorus (mg)	58	2	81	24
Iron (mg)	0.11	0.00	0.10	0.03
Copper (mg)	Tr	Tr	Tr	Tr
Zinc (mg)	0.2	0.0	0.3	0.1
Chloride (mg)	55	2	N	N
Manganese (mg)	Tr	Tr	Tr	Tr
Selenium (µg)	0	0	4	1
Iodine (µg)	8	0	8	2

DAIRY CREAM (EXTRA THICK, 24% FAT)

	per 100g	per tablespoon (30g)
Energy (kcal)	236	71
Energy (kJ)	973	292
Protein (g)	2.9	0.9
Carbohydrate (g)	3.4	1.0
Total sugars (g)	3.4	1.0
Fat (g)	23.5	7.1
of which saturates	15.3	4.6
monounsaturates	6.0	1.8
polyunsaturates	0.8	0.2
trans fatty acids	0.8	0.2
Fibre (g)	0.0	0.0
Thiamin (mg)	0.03	0.01
Riboflavin (mg)	0.19	0.06
Niacin (mg)	0.1	0.0
Niacin from Tryptophan (mg)	0.5	0.2
Vitamin B6 (mg)	0.03	0.01
Vitamin B12 (µg)	0.4	0.1
Folate (µg)	5	2
Pantothenate (mg)	0.30	0.09
Biotin (µg)	2.8	0.8
Vitamin C (mg)	1	0
Retinol (µg)	435	131
Carotene (µg)	384	115
Vitamin D (µg)	0.3	0.1
Vitamin E (mg)	0.80	0.24
Sodium (mg)	29	9
Potassium (mg)	100	30
Calcium (mg)	95	29
Magnesium (mg)	8	2
Phosphorus (mg)	81	24
Iron (mg)	0.05	0.02
Copper (mg)	0.01	0.00
Zinc (mg)	0.3	0.1
Chloride (mg)	N	N
Manganese (mg)	Tr	Tr
Selenium (µg)	N	N
Iodine (µg)	N	N

UHT CANNED SPRAY DAIRY CREAM (FULL AND HALF-FAT)

	FULL-FAT		HALF-FAT	
	per 100g	per tablespoon (10g)	per 100g	per tablespoon (10g)
Energy (kcal)	252	25	196	20
Energy (kJ)	1043	104	811	81
Protein (g)	1.9	0.2	2.8	0.3
Carbohydrate (g)	7.2	0.7	7.6	0.8
Total sugars (g)	7.2	0.7	7.4	0.7
Fat (g)	24.2	2.4	17.3	1.7
of which saturates	15.2	1.5	10.9	1.1
monounsaturates	6.1	0.6	4.3	0.4
polyunsaturates	0.8	0.1	0.6	0.1
trans fatty acids	0.8	0.1	0.6	0.1
Fibre (g)	0.0	0.0	0.0	0.0
Thiamin (mg)	0.03	0.00	0.03	0.00
Riboflavin (mg)	0.26	0.03	0.26	0.03
Niacin (mg)	0.1	0.0	0.1	0.0
Niacin from Tryptophan (mg)	0.5	0.1	0.5	0.1
Vitamin B6 (mg)	0.02	0.00	0.02	0.00
Vitamin B12 (µg)	0.1	0.0	0.1	0.0
Folate (µg)	6	1	6	1
Pantothenate (mg)	0.19	0.02	0.19	0.02
Biotin (µg)	1.7	0.2	1.7	0.2
Vitamin C (mg)	0	0	0	0
Retinol (µg)	279	28	147	15
Carotene (µg)	111	11	39	4
Vitamin D (µg)	0.3	0.0	Tr	Tr
Vitamin E (mg)	0.79	0.08	0.46	0.05
Sodium (mg)	31	3	35	4
Potassium (mg)	107	11	110	11
Calcium (mg)	54	5	87	9
Magnesium (mg)	7	1	9	1
Phosphorus (mg)	57	6	77	8
Iron (mg)	Tr	Tr	Tr	Tr
Copper (mg)	Tr	Tr	Tr	Tr
Zinc (mg)	0.2	0.0	0.3	0.0
Chloride (mg)	66	7	66	7
Manganese (mg)	Tr	Tr	Tr	Tr
Selenium (µg)	1	0	1	0
Iodine (µg)	11	1	11	1

A large, stylized image of an ice cream cone with a single scoop of ice cream, rendered in a dark purple color that matches the background. The cone is positioned vertically in the center of the page.

section 5

THE NUTRITIONAL COMPOSITION OF

DAIRY DESSERTS

ICE CREAM, VANILLA (DAIRY AND NON-DAIRY)

	DAIRY ICE CREAM		NON-DAIRY ICE CREAM	
	per 100g	per 75g portion	per 100g	per 75g portion
Energy (kcal)	169	127	192	144
Energy (kJ)	711	533	807	605
Protein (g)	3.2	2.4	2.6	2.0
Carbohydrate (g)	22.0	16.5	29.8	22.4
Total sugars (g)	22.0	16.5	23.5	17.6
Fat (g)	8.2	6.2	7.7	5.8
of which saturates	5.2	3.9	5.0	3.8
monounsaturates	2.1	1.6	1.9	1.4
polyunsaturates	0.3	0.2	0.4	0.3
trans fatty acids	0.2	0.2	Tr	Tr
Fibre (g)	Tr	Tr	Tr	Tr
Thiamin (mg)	0.10	0.08	0.14	0.11
Riboflavin (mg)	0.28	0.21	0.26	0.20
Niacin (mg)	0.2	0.2	0.2	0.2
Niacin from Tryptophan (mg)	0.9	0.7	0.7	0.5
Vitamin B6 (mg)	0.04	0.03	Tr	Tr
Vitamin B12 (µg)	0.5	0.4	0.7	0.5
Folate (µg)	6	5	8	6
Pantothenate (mg)	1.05	0.79	0.43	0.32
Biotin (µg)	2.2	1.7	3.0	2.3
Vitamin C (mg)	1	1	1	1
Retinol (µg)	91	68	1	1
Carotene (µg)	45	34	5	4
Vitamin D (µg)	0.5	0.4	Tr	Tr
Vitamin E (mg)	0.49	0.37	0.60	0.45
Sodium (mg)	63	47	76	57
Potassium (mg)	163	122	178	134
Calcium (mg)	104	78	80	60
Magnesium (mg)	13	10	12	9
Phosphorus (mg)	85	64	68	51
Iron (mg)	0.06	0.05	0.35	0.26
Copper (mg)	0.02	0.02	Tr	Tr
Zinc (mg)	0.3	0.2	0.2	0.2
Chloride (mg)	110	83	130	98
Manganese (mg)	Tr	Tr	Tr	Tr
Selenium (µg)	1	1	1	1
Iodine (µg)	30	23	22	17

CUSTARD

(MADE WITH SEMI-SKIMMED MILK)

	per 100g	per 120g portion
Energy (kcal)	95	114
Energy (kJ)	403	484
Protein (g)	4.0	4.8
Carbohydrate (g)	16.4	19.7
Total sugars (g)	11.2	13.4
Fat (g)	2.0	2.4
of which saturates	1.2	1.4
monounsaturates	0.5	0.6
polyunsaturates	Tr	Tr
trans fatty acids	0.1	0.1
Fibre (g)	Tr	Tr
Thiamin (mg)	0.03	0.04
Riboflavin (mg)	0.25	0.30
Niacin (mg)	0.2	0.2
Niacin from Tryptophan (mg)	0.7	0.8
Vitamin B6 (mg)	0.06	0.07
Vitamin B12 (µg)	0.9	1.1
Folate (µg)	8	10
Pantothenate (mg)	0.71	0.85
Biotin (µg)	3.4	4.1
Vitamin C (mg)	1	1
Retinol (µg)	21	25
Carotene (µg)	10	12
Vitamin D (µg)	Tr	Tr
Vitamin E (mg)	0.04	0.05
Sodium (mg)	67	80
Potassium (mg)	184	221
Calcium (mg)	140	168
Magnesium (mg)	13	16
Phosphorus (mg)	111	133
Iron (mg)	0.11	0.13
Copper (mg)	0.01	0.01
Zinc (mg)	0.5	0.6
Chloride (mg)	127	152
Manganese (mg)	N	N
Selenium (µg)	1	1
Iodine (µg)	35	42

CUSTARD (READY TO EAT)

	per 100g	per individual pot (125g)
Energy (kcal)	98	123
Energy (kJ)	414	518
Protein (g)	2.7	3.4
Carbohydrate (g)	16.3	20.4
Total sugars (g)	12.8	16.0
Fat (g)	2.9	3.6
of which saturates	1.9	2.4
monounsaturates	0.8	1.0
polyunsaturates	0.1	0.1
trans fatty acids	0.1	0.1
Fibre (g)	Tr	Tr
Thiamin (mg)	0.12	0.15
Riboflavin (mg)	0.19	0.24
Niacin (mg)	0.1	0.1
Niacin from Tryptophan (mg)	0.3	0.4
Vitamin B6 (mg)	0.01	0.01
Vitamin B12 (µg)	0.2	0.3
Folate (µg)	2	3
Pantothenate (mg)	0.43	0.54
Biotin (µg)	1.3	1.6
Vitamin C (mg)	0	0
Retinol (µg)	36	45
Carotene (µg)	376	470
Vitamin D (µg)	Tr	Tr
Vitamin E (mg)	0.29	0.36
Sodium (mg)	41	51
Potassium (mg)	129	161
Calcium (mg)	91	114
Magnesium (mg)	9	11
Phosphorus (mg)	83	104
Iron (mg)	0.05	0.06
Copper (mg)	Tr	Tr
Zinc (mg)	0.3	0.4
Chloride (mg)	137	171
Manganese (mg)	Tr	Tr
Selenium (µg)	1	1
Iodine (µg)	26	33

RICE PUDDING, CANNED (REGULAR AND LOW-FAT)

	REGULAR		LOW-FAT	
	per 100g	per average portion (200g)	per 100g	per average portion (200g)
Energy (kcal)	85	170	81	162
Energy (kJ)	362	724	345	690
Protein (g)	3.3	6.6	3.5	7.0
Carbohydrate (g)	16.1	32.2	16.0	32.0
Total sugars (g)	8.7	17.4	8.7	17.4
Fat (g)	1.3	2.6	0.8	1.6
of which saturates	0.8	1.6	0.5	1.0
monounsaturates	0.3	0.6	0.2	0.4
polyunsaturates	0.1	0.2	0.1	0.2
trans fatty acids	Tr	Tr	Tr	Tr
Fibre (g)	0.1	0.2	0.1	0.2
Thiamin (mg)	0.01	0.02	0.01	0.02
Riboflavin (mg)	0.13	0.26	0.13	0.26
Niacin (mg)	0.2	0.4	0.2	0.4
Niacin from Tryptophan (mg)	0.7	1.4	0.7	1.4
Vitamin B6 (mg)	0.01	0.02	0.01	0.02
Vitamin B12 (µg)	Tr	Tr	Tr	Tr
Folate (µg)	Tr	Tr	Tr	Tr
Pantothenate (mg)	0.30	0.60	0.30	0.60
Biotin (µg)	2.0	4.0	2.0	4.0
Vitamin C (mg)	Tr	Tr	Tr	Tr
Retinol (µg)	16	32	16	32
Carotene (µg)	10	20	10	20
Vitamin D (µg)	Tr	Tr	Tr	Tr
Vitamin E (mg)	0.16	0.32	0.10	0.20
Sodium (mg)	43	86	43	86
Potassium (mg)	130	260	130	260
Calcium (mg)	88	176	88	176
Magnesium (mg)	12	24	12	24
Phosphorus (mg)	86	172	86	172
Iron (mg)	0.10	0.20	0.10	0.20
Copper (mg)	0.13	0.26	0.13	0.26
Zinc (mg)	0.5	1.0	0.5	1.0
Chloride (mg)	93	186	93	186
Manganese (mg)	0.1	0.2	0.1	0.2
Selenium (µg)	N	N	N	N
Iodine (µg)	28	56	28	56



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