



Longlife Goats' Milk

Nutritional Information

Typical values and Reference Intakes (RI) of an average adult (8400kj/2000 kcal).



Longlife Whole Goats Milk

Typical Values	Per 100ml	Per 200ml Serving	Percentage Reference Intake*
Energy - KJ	254kj	508kj	-
- Kcal (Calories)	61kcal	122kcal	6%
Fat	3.5g	7.0g	10%
- of which saturates	2.4g	4.8g	24%
Carbohydrates	4.3g	8.6g	11%
- of which sugars	4.3g	8.6g	10%
Protein	2.8g	5.6g	8%
Salt	0.2g	0.4g	6%
Calcium	103mg	206mg	25%
Phosphorus	90mg	180mg	26%
Potassium	170mg	340mg	17%

Longlife Semi-Skimmed Goats Milk

Typical Values	Per 100ml	Per 200ml Serving	Percentage Reference Intake*
Energy - KJ	183kj	366kj	-
- Kcal (Calories)	44kcal	88kcal	4%
Fat	1.6g	3.2g	5%
- of which saturates	1.1g	2.2g	11%
Carbohydrates	4.3g	8.6g	-
- of which sugars	4.3g	8.6g	10%
Protein	3.0g	6.0g	-
Salt	0.2g	0.4g	6%
Calcium	103mg	206mg	25%
Phosphorus	90mg	180mg	26%
Potassium	170mg	340mg	17%