



Goats' Milk

Nutritional Information

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



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	0.1g	0.2g	3%
Calcium	120mg	240mg	30%
Phosphorus	83mg	166mg	24%
Potassium	219mg	438mg	22%

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	0.1g	0.2g	3%
Calcium	120mg	240mg	30%
Phosphorus	83mg	166mg	24%
Potassium	219mg	438mg	22%



Goats' Milk

Nutritional Information

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



Skimmed Goats Milk

Typical Values	Per 100ml	Per 200ml Serving	Percentage Reference Intake*
Energy - KJ	128kJ	256kJ	-
- Kcal (Calories)	30kcal	60kcal	3%
Fat	0.1g	0.2g	<1%
- of which saturates	0.07g	0.14g	<1%
Carbohydrates	4.3g	8.6g	11%
- of which sugars	4.3g	8.6g	15%
Protein	3g	6g	8%
Salt	0.1g	0.2g	11%
Calcium	120mg	240mg	30%
Phosphorus	83mg	166mg	24%
Potassium	219mg	438mg	22%

Easy to Digest

* Reference Intakes have replaced Guideline Daily Amounts and are based on serving size. Nothing is added to our fresh milk. The sugars (lactose) and salt levels are naturally occurring amounts. All St Helen's Farm goats milk is pasteurised. Whole milk and semi-skimmed goats milk are lightly homogenised to disperse the cream throughout the milk and prevent a cream layer forming at the top of the carton. Skimmed Goats Milk is fat free and therefore not homogenised and is free from cholesterol.