



# gentle 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%



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## 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%