

SKIMMED, SOYA, OAT WHICH SHOULD YOU CHOOSE?

It's all down to preference and dietary needs of course, but here's some nutritional information to help you decide what's best for you.

Milk Type	Calories/100ml	Total Fat/100ml	Saturated Fat/100ml
Skimmed	35	0.3	0.1
Semi-skimmed	47	1.8	1.1
Whole	65	3.7	2.4
Soya (unsweetened)	35	2.0	0.3
Almond (unsweetened)	27	1.6	0.2
Rice	54	1.1	0.2
Oat	45	1.3	0.3
Coconut	33	1.4	0.7

If you're opting for dairy-free alternatives, choose unsweetened and vitamin/mineral fortified varieties where you can.

For more info contact nutritionist@gatherandgather.com

Nutritional information obtained from McCance & Widdowson's The Composition of Foods 7th Summary Edition and an average of retail branded products for milk alternatives.