

When it comes to nutrition MILK delivers!



Drinking fluids is crucial to staying healthy and maintaining the functions of every system in your body, including your heart, brain and muscles. Fluids carry nutrients to your cells, flush bacteria from your bladder, prevent constipation and help regulate body temperature.

There are many drink options to help you stay hydrated. Although water should be your drink of preference, foods such as fruit, vegetables and milk all contain a large amount of water. As part of a normal diet your drinks may contribute to your total energy intake as well as to your nutrient needs.

THINK YOUR DRINK

Use the guideline below to make sure you **make your drinks count!**
Note the unique and nutrient rich nature of milk and flavoured milk.

250 ml
serving comparison¹



Full-cream milk² % Daily value³

Total carbohydrates	4%	
Total fat	12%	✓
Protein	14%	✓
Vitamin A	14%	✓
Vitamin C	0	
Vitamin B12	31%	✓
Vitamin B2	31%	✓
Calcium	30%	✓
Potassium	20%	✓

640 kJ 0 teaspoons added sugar⁴



Low-fat chocolate-flavoured milk % Daily value

Total carbohydrates	7.5%	
Total fat	3%	
Protein	14%	✓
Vitamin A	10%	✓
Vitamin C	0	
Vitamin B12	20%	✓
Vitamin B2	31%	✓
Calcium	32%	✓
Potassium	24%	✓

640 kJ 2 teaspoons added sugar

Orange juice % Daily value



Total carbohydrates	10%	✓
Total fat	0	
Protein	0	
Vitamin A	2%	
Vitamin C	140%	✓
Vitamin B12	0	
Vitamin B2	0	
Calcium	2%	
Potassium	13%	✓

545 kJ 0 teaspoons added sugar

Sports drink % Daily value



Total carbohydrates	6%	
Total fat	0	
Protein	0	
Vitamin A	0	
Vitamin C	2%	
Vitamin B12	0	
Vitamin B2	0	
Calcium	0	
Potassium	1%	

335 kJ 2 teaspoons added sugar

Cola % Daily value



Total carbohydrates	8%	
Total fat	0	
Protein	0	
Vitamin A	0	
Vitamin C	0	
Vitamin B12	0	
Vitamin B2	0	
Calcium	0	
Potassium	0	

438 kJ 5 teaspoons added sugar

- All nutrient values are given for a 250 ml serving.
- Although the specific nutrient values of products may vary, the values shown here are as for a typical product currently on sale.
- The daily values are for a diet as generally applies to a teenager or young adult.
The average energy value needed for this group is 8400 kJ. Nutrients that contribute at least 10% to the daily value are highlighted.
- Both naturally occurring sugar and added sugar contribute to the sugar content of a beverage. Lactose (milk sugar) and fructose (fruit sugar) are naturally occurring sugars. A serving of 250 ml milk naturally contains 12 g lactose. A serving of 250 ml orange juice naturally contains 21 g fructose. If fruit juice is sweetened by adding clarified fruit juice, the added fructose is considered to be an added sugar.

An initiative by the Consumer Education Project of Milk SA

For more information on the nutritional benefits of milk and dairy, please visit our website at:
www.dairygivesyougo.co.za or email: info@rediscoverdairy.co.za