

Nutritional Chart

Juices

Just Orange		
	Serving (ml)	Per 100ml
Energy (kCal)	110.52	36.84
Protein (g)	2.7	0.9
Total Fat (g)	0.3	0.1
Saturated Fat (g)	0	0
Carbohydrate (g)	20.7	6.9
Total Sugar (g)	20.7	6.9
Lactose(g)	0	0

The Great C		
	Serving (ml)	Per 100ml
Energy (kCal)	103.92	34.64
Protein (g)	2.33	0.78
Total Fat (g)	0.3	0.1
Saturated Fat (g)	0.02	0.01
Carbohydrate (g)	22.31	7.44
Total Sugar (g)	20.81	6.94
Lactose(g)	0	0

Coconuts		
	Serving (ml)	Per 100ml
Energy (kCal)	65.97	21.99
Protein (g)	0.00	0.00
Total Fat (g)	0.00	0.00
Saturated Fat (g)	0.00	0.00
Carbohydrate (g)	16.80	5.60
Total Sugar (g)	16.80	5.60
Lactose(g)	0.00	0.00

Sour Power		
	Serving (ml)	Per 100ml
Energy (kCal)	148.22	49.41
Protein (g)	4.92	1.64
Total Fat (g)	1.27	0.42
Saturated Fat (g)	0.15	0.05
Carbohydrate (g)	28.97	9.66
Total Sugar (g)	22.32	7.44
Lactose(g)	0.00	0.00

Pick Me Up		
	Serving (ml)	Per 100ml
Energy (kCal)	146.87	48.96
Protein (g)	1.73	0.58
Total Fat (g)	0.18	0.06
Saturated Fat (g)	0.01	0.00
Carbohydrate (g)	31.69	10.56
Total Sugar (g)	25.54	8.51
Lactose(g)	0.00	0.00

Melonkicker		
	Serving (ml)	Per 100ml
Energy (kCal)	115.79	38.60
Protein (g)	2.55	0.85
Total Fat (g)	0.86	0.29
Saturated Fat (g)	0.01	0.00
Carbohydrate (g)	19.86	6.62
Total Sugar (g)	17.25	5.75
Lactose(g)	0.00	0.00

Teas

Lemon Ginger Mint		
	Serving (ml)	Per 100ml
Energy (kCal)	-	-
Protein (g)	-	-
Total Fat (g)	-	-
Saturated Fat (g)	-	-
Carbohydrate (g)	-	-
Total Sugar (g)	-	-
Lactose(g)	-	-

English Breakfast		
	Serving (ml)	Per 100ml
Energy (kCal)	-	-
Protein (g)	-	-
Total Fat (g)	-	-
Saturated Fat (g)	-	-
Carbohydrate (g)	-	-
Total Sugar (g)	-	-
Lactose(g)	-	-

Iced English Breakfast		
	Serving (ml)	Per 100ml
Energy (kCal)	-	-
Protein (g)	-	-
Total Fat (g)	-	-
Saturated Fat (g)	-	-
Carbohydrate (g)	-	-
Total Sugar (g)	-	-
Lactose(g)	-	-

Red Espresso		
	Serving (ml)	Per 100ml
Energy (kCal)	-	-
Protein (g)	-	-
Total Fat (g)	-	-
Saturated Fat (g)	-	-
Carbohydrate (g)	-	-
Total Sugar (g)	-	-
Lactose(g)	-	-

Chamomile Dream		
	Serving (ml)	Per 100ml
Energy (kCal)	-	-
Protein (g)	-	-
Total Fat (g)	-	-
Saturated Fat (g)	-	-
Carbohydrate (g)	-	-
Total Sugar (g)	-	-
Lactose(g)	-	-

Iced Chamomile Dream		
	Serving (ml)	Per 100ml
Energy (kCal)	-	-
Protein (g)	-	-
Total Fat (g)	-	-
Saturated Fat (g)	-	-
Carbohydrate (g)	-	-
Total Sugar (g)	-	-
Lactose(g)	-	-

Iced Red & Mint Tea		
	Serving (ml)	Per 100ml
Energy (kCal)	38.75	11.74
Protein (g)	0.00	0.00
Total Fat (g)	0.00	0.00
Saturated Fat (g)	0.00	0.00
Carbohydrate (g)	8.64	2.62
Total Sugar (g)	4.36	1.32
Lactose(g)	0.00	0.00

Nymph of the Nile		
	Serving (ml)	Per 100ml
Energy (kCal)	-	-
Protein (g)	-	-
Total Fat (g)	-	-
Saturated Fat (g)	-	-
Carbohydrate (g)	-	-
Total Sugar (g)	-	-
Lactose(g)	-	-

Iced Nymph of the Nile		
	Serving (ml)	Per 100ml
Energy (kCal)	-	-
Protein (g)	-	-
Total Fat (g)	-	-
Saturated Fat (g)	-	-
Carbohydrate (g)	-	-
Total Sugar (g)	-	-
Lactose(g)	-	-

Turmeric Latte		
	Serving (ml)	Per 100ml
Energy (kCal)	148.50	61.88
Protein (g)	6.75	2.81
Total Fat (g)	8.78	3.66
Saturated Fat (g)	5.40	2.25
Carbohydrate (g)	10.80	4.50
Total Sugar (g)	10.80	4.50
Lactose(g)	10.80	4.50

Pearl of the Orient		
	Serving (ml)	Per 100ml
Energy (kCal)	-	-
Protein (g)	-	-
Total Fat (g)	-	-
Saturated Fat (g)	-	-
Carbohydrate (g)	-	-
Total Sugar (g)	-	-
Lactose(g)	-	-

Iced Pearl of the Orient		
	Serving (ml)	Per 100ml
Energy (kCal)	-	-
Protein (g)	-	-
Total Fat (g)	-	-
Saturated Fat (g)	-	-
Carbohydrate (g)	-	-
Total Sugar (g)	-	-
Lactose(g)	-	-

Jasmine Hibiscus Kombucha		
	Serving (ml)	Per 100ml
Energy (kCal)	63.00	21.00
Protein (g)	3.00	1.00
Total Fat (g)	3.00	1.00
Saturated Fat (g)	3.00	1.00
Carbohydrate (g)	12.00	4.00
Total Sugar (g)	12.00	4.00
Lactose(g)	0.00	0.00

Earl Grey Lavender		
	Serving (ml)	Per 100ml
Energy (kCal)	-	-
Protein (g)	-	-
Total Fat (g)	-	-
Saturated Fat (g)	-	-
Carbohydrate (g)	-	-
Total Sugar (g)	-	-
Lactose(g)	-	-

Iced Earl Grey Lavender		
	Serving (ml)	Per 100ml
Energy (kCal)	-	-
Protein (g)	-	-
Total Fat (g)	-	-
Saturated Fat (g)	-	-
Carbohydrate (g)	-	-
Total Sugar (g)	-	-
Lactose(g)	-	-

Yuzu Lavender Kombucha		
	Serving (ml)	Per 100ml
Energy (kCal)	63.00	21.00
Protein (g)	3.00	1.00
Total Fat (g)	3.00	1.00
Saturated Fat (g)	3.00	1.00
Carbohydrate (g)	12.00	4.00
Total Sugar (g)	12.00	4.00
Lactose(g)	0.00	0.00

Teh Tarik		
	Serving (ml)	Per 100ml
Energy (kCal)	145.20	41.49
Protein (g)	6.60	1.89
Total Fat (g)	8.58	2.45
Saturated Fat (g)	5.28	1.51
Carbohydrate (g)	10.56	3.02
Total Sugar (g)	10.56	3.02
Lactose(g)	10.56	3.02

Iced Teh Tarik		
	Serving (ml)	Per 100ml
Energy (kCal)	52.80	16.00
Protein (g)	2.40	0.73
Total Fat (g)	3.12	0.95
Saturated Fat (g)	1.92	0.58
Carbohydrate (g)	3.84	1.16
Total Sugar (g)	3.84	1.16
Lactose(g)	3.84	1.16

Hojicha Latte		
	Serving (ml)	Per 100ml
Energy (kCal)	161.31	67.21
Protein (g)	6.03	2.51
Total Fat (g)	7.84	3.27
Saturated Fat (g)	4.82	2.01
Carbohydrate (g)	17.13	7.14
Total Sugar (g)	17.13	7.14
Lactose(g)	9.65	4.02

Iced Hojicha Latte		
	Serving (ml)	Per 100ml
Energy (kCal)	143.15	43.38
Protein (g)	4.77	1.45
Total Fat (g)	6.20	1.88
Saturated Fat (g)	3.82	1.16
Carbohydrate (g)	17.61	5.34
Total Sugar (g)	17.61	5.34
Lactose(g)	7.63	2.31

Nutritional Chart

Coffee

Double Espresso		
	Serving (ml)	Per 100ml
Energy (kCal)	0.80	2.00
Protein (g)	0.05	0.12
Total Fat (g)	0.07	0.18
Saturated Fat (g)	0.04	0.09
Carbohydrate (g)	0.00	0.00
Total Sugar (g)	0.00	0.00
Lactose(g)	0.00	0.00

Long Black		
	Serving (ml)	Per 100ml
Energy (kCal)	0.80	0.47
Protein (g)	0.05	0.03
Total Fat (g)	0.07	0.04
Saturated Fat (g)	0.04	0.02
Carbohydrate (g)	0.00	0.00
Total Sugar (g)	0.00	0.00
Lactose(g)	0.00	0.00

Iced Long Black		
	Serving (ml)	Per 100ml
Energy (kCal)	0.80	0.47
Protein (g)	0.05	0.03
Total Fat (g)	0.07	0.04
Saturated Fat (g)	0.04	0.02
Carbohydrate (g)	0.00	0.00
Total Sugar (g)	0.00	0.00
Lactose(g)	0.00	0.00

Macchiato			Low Fat Milk		Bonsoy		OATSIDE	
	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml
Energy (kCal)	20.60	29.43	13.70	19.57	73.10	104.43	20.30	29.00
Protein (g)	0.95	1.35	0.98	1.40	1.28	1.83	0.23	0.33
Total Fat (g)	1.24	1.77	0.43	0.62	0.73	1.05	1.03	1.47
Saturated Fat (g)	0.76	1.08	0.28	0.40	0.13	0.18	0.13	0.18
Carbohydrate (g)	1.44	2.06	1.50	2.14	1.65	2.36	2.43	3.47
Total Sugar (g)	1.44	2.06	1.50	2.14	0.66	0.94	0.84	1.20
Lactose(g)	1.44	2.06	1.50	2.14	0.00	0.00	0.00	0.00

Magic			Low Fat Milk		Bonsoy		OATSIDE	
	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml
Energy (kCal)	93.20	51.78	61.00	33.89	338.20	187.89	91.80	51.00
Protein (g)	4.25	2.36	4.39	2.44	5.79	3.22	0.89	0.49
Total Fat (g)	5.53	3.07	1.75	0.97	3.15	1.75	4.55	2.53
Saturated Fat (g)	3.40	1.89	1.16	0.64	0.46	0.25	0.46	0.25
Carbohydrate (g)	6.72	3.73	7.00	3.89	7.70	4.28	11.34	6.30
Total Sugar (g)	6.72	3.73	7.00	3.89	3.08	1.71	3.92	2.18
Lactose(g)	6.72	3.73	7.00	3.89	0.00	0.00	0.00	0.00

Piccolo Latte			Low Fat Milk		Bonsoy		OATSIDE	
	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml
Energy (kCal)	33.80	37.56	22.30	24.78	121.30	134.78	33.30	37.00
Protein (g)	1.55	1.72	1.60	1.78	2.10	2.33	0.35	0.39
Total Fat (g)	2.02	2.25	0.67	0.75	1.17	1.30	1.67	1.86
Saturated Fat (g)	1.24	1.37	0.44	0.49	0.19	0.21	0.19	0.21
Carbohydrate (g)	2.40	2.67	2.50	2.78	2.75	3.06	4.05	4.50
Total Sugar (g)	2.40	2.67	2.50	2.78	1.10	1.22	1.40	1.56
Lactose(g)	2.40	2.67	2.50	2.78	0.00	0.00	0.00	0.00

Flat White - Regular			Low Fat Milk		Bonsoy		OATSIDE	
	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml
Energy (kCal)	106.40	53.20	69.60	34.80	386.40	193.20	104.80	52.40
Protein (g)	4.85	2.42	5.01	2.50	6.61	3.30	1.01	0.50
Total Fat (g)	6.31	3.16	1.99	1.00	3.59	1.80	5.19	2.60
Saturated Fat (g)	3.88	1.94	1.32	0.66	0.52	0.26	0.52	0.26
Carbohydrate (g)	7.68	3.84	8.00	4.00	8.80	4.40	12.96	6.48
Total Sugar (g)	7.68	3.84	8.00	4.00	3.52	1.76	4.48	2.24
Lactose(g)	7.68	3.84	8.00	4.00	0.00	0.00	0.00	0.00

Flat White - Large			Low Fat Milk		Bonsoy		OATSIDE	
	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml
Energy (kCal)	172.40	57.47	112.60	37.53	627.40	209.13	169.80	56.60
Protein (g)	7.85	2.62	8.11	2.70	10.71	3.57	1.61	0.54
Total Fat (g)	10.21	3.40	3.19	1.06	5.79	1.93	8.39	2.80
Saturated Fat (g)	6.28	2.09	2.12	0.71	0.82	0.27	0.82	0.27
Carbohydrate (g)	12.48	4.16	13.00	4.33	14.30	4.77	21.06	7.02
Total Sugar (g)	12.48	4.16	13.00	4.33	5.72	1.91	7.28	2.43
Lactose(g)	12.48	4.16	13.00	4.33	0.00	0.00	0.00	0.00

Mocha - Regular			Low Fat Milk		Bonsoy		OATSIDE	
	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml
Energy (kCal)	139.40	69.70	104.90	52.45	401.90	200.95	137.90	68.95
Protein (g)	5.18	2.59	5.33	2.66	6.83	3.41	1.58	0.79
Total Fat (g)	6.16	3.08	2.11	1.06	3.61	1.81	5.11	2.56
Saturated Fat (g)	3.78	1.89	1.38	0.69	0.63	0.31	0.63	0.31
Carbohydrate (g)	15.10	7.55	15.40	7.70	16.15	8.08	20.05	10.03
Total Sugar (g)	14.87	7.44	15.17	7.59	10.97	5.49	11.87	5.94
Lactose(g)	7.20	3.60	7.50	3.75	0.00	0.00	0.00	0.00

Mocha - Large			Low Fat Milk		Bonsoy		OATSIDE	
	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml
Energy (kCal)	221.90	73.97	165.55	55.18	650.65	216.88	219.45	73.15
Protein (g)	8.34	2.78	8.59	2.86	11.04	3.68	2.46	0.82
Total Fat (g)	9.99	3.33	3.37	1.12	5.82	1.94	8.27	2.76
Saturated Fat (g)	6.13	2.04	2.21	0.74	0.98	0.33	0.98	0.33
Carbohydrate (g)	23.61	7.87	24.10	8.03	25.33	8.44	31.70	10.57
Total Sugar (g)	23.27	7.76	23.76	7.92	16.90	5.63	18.37	6.12
Lactose(g)	11.76	3.92	12.25	4.08	0.00	0.00	0.00	0.00

Iced Mocha			Low Fat Milk		Bonsoy		OATSIDE	
	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml
Energy (kCal)	155.90	77.95	122.55	61.28	409.65	204.83	154.45	77.23
Protein (g)	5.34	2.67	5.49	2.74	6.94	3.47	1.86	0.93
Total Fat (g)	6.09	3.04	2.17	1.09	3.62	1.81	5.07	2.54
Saturated Fat (g)	3.73	1.86	1.41	0.70	0.68	0.34	0.68	0.34
Carbohydrate (g)	18.81	9.41	19.10	9.55	19.83	9.91	23.60	11.80
Total Sugar (g)	18.47	9.23	18.76	9.38	14.70	7.35	15.57	7.78
Lactose(g)	6.96	3.48	7.25	3.63	0.00	0.00	0.00	0.00

Latte - Regular			Low Fat Milk		Bonsoy		OATSIDE	
	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml
Energy (kCal)	106.40	53.20	69.60	34.80	386.40	193.20	104.80	52.40
Protein (g)	4.85	2.42	5.01	2.50	6.61	3.30	1.01	0.50
Total Fat (g)	6.31	3.16	1.99	1.00	3.59	1.80	5.19	2.60
Saturated Fat (g)	3.88	1.94	1.32	0.66	0.52	0.26	0.52	0.26
Carbohydrate (g)	7.68	3.84	8.00	4.00	8.80	4.40	12.96	6.48
Total Sugar (g)	7.68	3.84	8.00	4.00	3.52	1.76	4.48	2.24
Lactose(g)	7.68	3.84	8.00	4.00	0.00	0.00	0.00	0.00

Latte - Large			Low Fat Milk		Bonsoy		OATSIDE	
	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml
Energy (kCal)	172.40	57.47	300	100	300	100	300	100
Protein (g)	7.85	2.62	112.60	37.53	627.40	209.13	169.80	56.60
Total Fat (g)	10.21	3.40	8.11	2.70	10.71	3.57	1.61	0.54
Saturated Fat (g)	6.28	2.09	3.19	1.06	5.79	1.93	8.39	2.80
Carbohydrate (g)	12.48	4.16	0.00	0.00	0.00	0.00	0.00	0.00
Total Sugar (g)	12.48	4.16	13.00	4.33	14.30	4.77	21.06	7.02
Lactose(g)	12.48	4.16	13.00	4.33	0.00	0.00	0.00	0.00

Iced Latte			Low Fat Milk		Bonsoy		OATSIDE	
	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml
Energy (kCal)	106.40	53.20	69.60	34.80	386.40	193.20	104.80	52.40
Protein (g)	4.85	2.42	5.01	2.50	6.61	3.30	1.01	0.50
Total Fat (g)	6.31	3.16	1.99	1.00	3.59	1.80	5.19	2.60
Saturated Fat (g)	3.88	1.94	1.32	0.66	0.52	0.26	0.52	0.26
Carbohydrate (g)	7.68	3.84	8.00	4.00	8.80	4.40	12.96	6.48
Total Sugar (g)	7.68	3.84	8.00	4.00	3.52	1.76	4.48	2.24
Lactose(g)	7.68	3.84	8.00	4.00	0.00	0.00	0.00	0.00

Cappuccino - Regular			Low Fat Milk		Bonsoy		OATSIDE	
	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml
Energy (kCal)	118.28	58.27	81.48	40.14	131.48	64.77	131.48	64.77
Protein (g)	5.04	2.48	5.20	2.56	5.64	2.78	5.64	2.78
Total Fat (g)	6.38	3.14	2.06	1.02	7.16	3.53	7.16	3.53
Saturated Fat (g)	3.92	1.93	1.36	0.67	4.40	2.17	4.40	2.17
Carbohydrate (g)	10.05	4.95	10.37	5.11	11.01	5.42	11.01	5.42
Total Sugar (g)	9.98	4.92	10.30	5.07	10.94	5.39	10.94	5.39
Lactose(g)	7.68	3.78	8.00	3.94	8.64	4.26	8.64	4.26

Cappuccino - Large			Low Fat Milk		Bonsoy		OATSIDE	
	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml
Energy (kCal)	184.28	60.82	124.48	41.08	639.28	210.98	181.68	59.96
Protein (g)	8.04	2.65	8.30	2.74	10.90	3.60	1.80	0.59
Total Fat (g)	10.28	3.39	3.26	1.08	5.86	1.94	8.46	2.79
Saturated Fat (g)	6.32	2.09	2.16	0.71	0.86	0.28	0.86	0.28
Carbohydrate (g)	14.85	4.90	15.37	5.07	16.67	5.50	23.43	7.73
Total Sugar (g)	14.78	4.88	15.30	5.05	8.02	2.65	9.58	3.16
Lactose(g)	12.48	4.12	13.00	4.29	0.00	0.00	0.00	0.00

Iced Cappuccino			Low Fat Milk		Bonsoy		OATSIDE	
	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml
Energy (kCal)	152.60	62.29	106.60	43.51	502.60	205.14	150.60	61.47
Protein (g)	6.36	2.60	6.56	2.68	8.56	3.50	1.56	0.64
Total Fat (g)	7.99	3.26	2.59	1.06	4.59	1.87	6.59	2.69
Saturated Fat (g)	4.91	2.00	1.71	0.70	0.71	0.29	0.71	0.29
Carbohydrate (g)	13.55	5.53	13.95	5.69	14.95	6.10	20.15	8.22
Total Sugar (g)	13.44	5.48	13.84	5.65	8.24	3.36	9.44	3.85
Lactose(g)	9.60	3.92	10.00	4.08	0.00	0.00	0.00	0.00

Hot Brew		
	Serving (ml)	Per 100ml
Energy (kCal)	0.11	0.11
Protein (g)	0.01	0.01
Total Fat (g)	0.01	0.01
Saturated Fat (g)	0.01	0.01
Carbohydrate (g)	0.00	0.00
Total Sugar (g)	0.00	0.00
Lactose(g)	0.00	0.00

Non - Caffeinated

Hot Chocolate - Regular			Low Fat Milk		Bonsoy		OATSIDE	
	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml
Energy (kCal)	171.60	85.80	132.50	66.25	469.10	234.55	169.90	84.95
Protein (g)	6.05	3.02	6.22	3.11	7.92	3.96	1.97	0.98
Total Fat (g)	6.99	3.50	2.40	1.20	4.10	2.05	5.80	2.90
Saturated Fat (g)	4.29	2.15	1.57	0.79	0.72	0.36	0.72	0.36
Carbohydrate (g)	20.01	10.01	20.35	10.18	21.20	10.60	25.62	12.81
Total Sugar (g)	19.67	9.83	20.01	10.00	15.25	7.62	16.27	8.13
Lactose(g)	8.16	4.08	8.50	4.25	0.00	0.00	0.00	0.00

Hot Chocolate - Large			Low Fat Milk		Bonsoy		OATSIDE	
	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml
Energy (kCal)	250.80	83.60	191.00	63.67	705.80	235.27	248.20	82.73
Protein (g)	9.06	3.02	9.32	3.11	11.92	3.97	2.82	0.94
Total Fat (g)	10.62	3.54	3.60	1.20	6.20	2.07	8.80	2.93
Saturated Fat (g)	6.52	2.17	2.36	0.79	1.06	0.35	1.06	0.35
Carbohydrate (g)	28.28	9.43	28.80	9.60	30.10	10.03	36.86	12.29
Total Sugar (g)	27.82	9.27	28.34	9.45	21.06	7.02	22.62	7.54
Lactose(g)	12.48	4.16	13.00	4.33	0.00	0.00	0.00	0.00

Iced Chocolate			Low Fat Milk		Bonsoy		OATSIDE	
	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml
Energy (kCal)	184.80	92.40	148.00	74.00	464.80	232.40	183.20	91.60
Protein (g)	6.06	3.03	6.22	3.11	7.82	3.91	2.22	1.11
Total Fat (g)	6.72	3.36	2.40	1.20	4.00	2.00	5.60	2.80
Saturated Fat (g)	4.12	2.06	1.56	0.78	0.76	0.38	0.76	0.38
Carbohydrate (g)	23.48	11.74	23.80	11.90	24.60	12.30	28.76	14.38
Total Sugar (g)	23.02	11.51	23.34	11.67	18.86	9.43	19.82	9.91
Lactose(g)	7.68	3.84	8.00	4.00	0.00	0.00	0.00	0.00

BabyCino			Low Fat Milk		Bonsoy		OATSIDE	
	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml
Energy (kCal)	118.80	66.00	77.40	43.00	433.80	241.00	117.00	65.00
Protein (g)	5.40	3.00	5.58	3.10	7.38	4.10	1.08	0.60
Total Fat (g)	7.02	3.90	2.16	1.20	3.96	2.20	5.76	3.20
Saturated Fat (g)	4.32	2.40	1.44	0.80	0.54	0.30	0.54	0.30
Carbohydrate (g)	8.64	4.80	9.00	5.00	9.90	5.50	14.58	8.10
Total Sugar (g)	8.64	4.80	9.00	5.00	3.96	2.20	5.04	2.80
Lactose(g)	8.64	4.80	9.00	5.00	0.00	0.00	0.00	0.00