|  |  |
| --- | --- |
| Food: | Milk  |

| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| --- | --- | --- | --- | --- | --- |
| Arla Lactofree Fresh Skimmed Milk | 1 Litre | 31 | 0.3 | 2.8 | 1.00 |
| Morrisons Savers Long Life Skimmed Milk | 1 Litre | 33 | 0 | 4.5 | 0.52 |
| Sainsbury's Skimmed Long Life Milk | 1 Litre | 33 | 0 | 4.5 | 0.80 |
| Viva Long Life UHT Skimmed Milk | 1 Litre | 34 | 0.06 | 4.9 | 0.65 |
| ASDA Longlife Skimmed Milk | 1 Litre | 35 | 0.1 | 4.9 | 0.69 |
| Morrisons British Skimmed Milk | 4 Pints | 35 | 0.05 | 4.9 | 1.09 |
| essential Waitrose skimmed milk 0.1% fat 4 pints | 4 Pints | 35 | 0.05 | 5 | 1.15 |
| Iceland Fresh Pasteurised Skimmed Milk | 4 Pints | 35 | 0.1 | 5 | 1.80 |
| ASDA Skimmed Milk | 4 Pints | 37 | 0.05 | 5 | 1.09 |
| ASDA Smart Price Longlife Skimmed Milk | 1 Litre | 37 | 0.1 | 4.9 | 0.52 |
| Tesco Skimmed Longlife Milk | 1 Litre | 37 | 0.1 | 5.0 | 0.79 |
| Sainsbury's British Skimmed Milk | 4 Pints | 37 | 0.05 | 5 | 1.10 |
| Arla Lactofree Fresh Semi Skimmed Milk | 1 Litre | 39 | 1.0 | 2.7 | 1.00 |
| Arla B.O.B Fat Free Skimmed Milk | 2 litre | 41 | 9.1 | 4.9 | 1.25 |
| Arla Bob Skimmed Mil | 2 Litre | 41 | 0.1 | 4.9 | 1.55 |
| Morrisons British 1% Fat Milk | 4 Pints | 41 | 0.6 | 4.6 | 1.09 |
| ASDA 1% Fat Milk | 4 Pints | 43 | 0.6 | 5 | 1.09 |
| Sainsbury's British 1% Fat Milk | 4 Pints | 43 | 0.6 | 5 | 1.10 |
| St Helen's Farm Semi Skimmed Goats Milk | 1 Litre | 44 | 1.1 | 4.3 | 1.75 |
| Alpro Dairy Free Soya Original Longlife Milk Alternative | 1 Litre | 44 | 0.3 | 3 | 1.40 |
| ASDA Lactose Free Semi Skimmed Milk Alternative | 1 Litre | 45 | 0.9 | 4.6 | 1.20 |
| Moo Long Life Organic Milk, Semi Skimmed | 1 Litre | 46 | 1 | 4.6 | 0.80 |
| Arla Organic Free Range Semi Skimmed Milk | 2 Litre | 47 | 1.1 | 4.8 | 1.75 |
| Sainsbury's Semi Skimmed Long Life Milk | 1 Litre | 47 | 1 | 4.6 | 0.80 |
| Waitrose Filtered Semi Skimmed Milk | 2 Litre | 47 | 1.1 | 4.6 | 0.90 |
| Viva Long Life UHT Semi-Skimmed Milk | 1 Litre | 47 | 1.1 | 4.8 | 0.65 |
| Arla Semi-Skimmed Organic Fre range Milk | 2 litre | 47 | 1.1 | 4.8 | 1.75 |
| Asda Arla Farmers Semi Skimmed Milk | 4 Pints | 48 | 1.1 | 4.7 | 1.34 |
| A2 Fresh Semi Skimmed Milk | 1 Litre | 48 | 1 | 4.7 | 1.40 |
| Sainsbury's British Semi Skimmed Milk, SO Organic | 4 Pints | 48 | 1.1 | 4.6 | 1.80 |
| Cravendale Semi Skimmed Milk | 2 litre | 49 | 1 | 4.8 | 1.75 |
| Cravendale Semi Skimmed Milk | 1 Litre | 49 | 1.0 | 4.8 | 1.00 |
| Morrisons British Semi Skimmed Milk | 4 Pints | 49 | 1 | 4.8 | 1.09 |
| Morrisons For Farmers British Semi Skimmed Milk | 4 Pints | 49 | 1 | 4.8 | 1.32 |
| M Organic British Semi Skimmed Milk | 4 Pints | 49 | 1 | 4.8 | 1.80 |
| Cravendale Purefilter Semi Skimmed Milk | 2 Litre | 49 | 1 | 4.8 | 1.50 |
| Iceland Pasteurised Homogenised Semi Skimmed Milk | 4 Pints | 49 | 1 | 5 | 1.80 |
| ASDA Semi Skimmed Milk | 4 Pints | 50 | 1.1 | 4.8 | 1.09 |
| ASDA Longlife Semi Skimmed Milk | 1 Litre | 50 | 1.1 | 4.8 | 0.69 |
| ASDA Organic Semi Skimmed Milk | 4 Pints | 50 | 1.1 | 4.8 | 1.50 |
| Tesco Organic Semi- Skimmed Milk | 2 Pints | 50 | 1.1 | 4.8 | 0.89 |
| Tesco Semi Skimmed Longlife Milk | 1 Litre | 50 | 1.1 | 4.8 | 0.79 |
| Sainsbury's British Semi Skimmed Milk | 4 Pints | 50 | 1.1 | 4.8 | 1.10 |
| Waitrose Duchy Organic semi-skimmed milk un-homogenised | 1 Litre | 50 | 1.1 | 4.8 | 1.15 |
| Arla Lactofree Fresh Whole Milk | 1 Litre | 56 | 2.3 | 2.6 | 1.00 |
| Arla Organic Kefir Natural Cultured Milk Drink | 1 Litre | 59 | 1.9 | 3.9 | 2.00 |
| St Helen's Farm Whole Goats Milk | 1 Litre | 61 | 2.4 | 4.3 | 1.75 |
| Asda Arla Farmers Whole Milk | 4 Pints | 64 | 2.3 | 4.6 | 1.34 |
| Sainsbury's Whole Long Life Milk | 1 Litre | 64 | 2.3 | 4.6 | 1.00 |
| Iceland British Fresh Pasteurised Whole Milk | 4 Pints | 64 | 2.3 | 4.7 | 1.80 |
| Cravendale Whole Milk | 2 litre | 65 | 2.3 | 4.7 | 1.75 |
| ASDA Longlife Whole Milk | 1 Litre | 65 | 2.3 | 4.7 | 0.69 |
| Cravendale Whole Milk | 1 Litre | 65 | 2.3 | 4.7 | 1.00 |
| Morrisons British Whole Milk | 4 Pints | 65 | 2.3 | 4.7 | 1.09 |
| Waitrose Filtered Whole Milk | 2 Litre | 65 | 2.4 | 4.8 | 0.90 |
| Viva Whole Milk | 1 Litre | 65 | 2.3 | 4.7 | 0.70 |
| ASDA Whole Milk | 4 Pints | 66 | 2.4 | 4.7 | 1.09 |
| Tesco Whole Milk | 4 Pints | 66 | 2.4 | 4.7 | 1.09 |
| Tesco Whole Longlife Milk | 1 Litre | 66 | 2.4 | 4.7 | 0.79 |
| Sainsbury's British Whole Milk | 4 Pints | 66 | 2.4 | 4.7 | 1.10 |
| A2 Milk Whole | 1 Litre | 67 | 2.2 | 4.9 | 1.40 |
| Arla Big Milk Added Vitamins Whole Milk | 2 Litre | 68 | 2.6 | 4.7 | 1.75 |
| Arla Organic Free Range Whole Milk | 2 Litre | 68 | 2.6 | 4.7 | 1.75 |
| M Organic British Whole Milk | 4 Pints | 68 | 2.6 | 4.7 | 1.80 |
| ASDA Organic Whole Milk | 4 Pints | 69 | 2.4 | 4.7 | 1.50 |
| Morrisons The Best Unhomogenised Jersey Milk | 1 Litre | 79 | 3.2 | 4.6 | 1.15 |
| Graham's Gold Jersey Milk | 1 Litre | 81 | 3.4 | 4.7 | 1.10 |
| Camelicious Long Life Whole Camel Milk (DB type 1) | 235ml | 221 | 1.7 | 4.4 | 3.05 |

* Values shown per 100 ml

Supermarkets Tested

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| --- | --- | --- | --- | --- | --- |
| ASDA | Tesco | Morrisons | Sainsburys | Waitrose | Iceland |
| YES | YES | YES | YES | YES | YES |

*N/A Indicates Either Nutrition Information Not Available on the Company’s Website or the Company Doesn’t Supply This Brand*