



Product Description

Aspac Lite Milk contains all the nutritional goodness that you would expect from any high quality dairy product. It is a rich source of essential daily nutrients including:

- Calcium: needed for strong healthy teeth and bones
- Phosphorus: A vital part of the body's cells
- Potassium: needed for nerve function, muscle control and blood pressure control
- Riboflavin: releases energy from food
- Vitamin A: for vision and maintaining the immune system
- Vitamin B12: for new cell formation and growth
- Magnesium: an important mineral in bone mineralisation and nerve impulses
- Carbohydrate: Lactose is the main carbohydrate in milk – it is an important source of energy
- Protein: crucial for the formation, repair, and maintenance of body tissues
- Zinc: good for the immune system and healthy growth.

Packaging

Aspac Lite Milk is available in 200mL, 250mL (single serve), 1 Litre (family size) Aseptic cartons and pouches as well as bulk 5, 10, 25 Litre containers.

Product Information

KGF559 Lite Milk 200mL

KGF560 Lite Milk 250mL

KGF561 Lite Milk 1 Litre

KGF553 Lite Milk 25 Litres - Bulk

Nutrition Information

Total capacity as specified on the Aseptic container. Shelf life 9 months. Store in a dry, cool place. Halal certified.

1.5% Fat Content.

Based on a serving size of 200 mL	Units	Average Quantity per 200 mL	per 100 mL
Energy	kJ	400	200
Calories	Cal	96	48
Fat - Total	g	3.0	1.5
Saturated Fat	g	1.8	0.9
Trans Fatty Acid	g	0.1	< 0.1
Cholesterol	mg	7.2	3.6
Sodium	mg	88	44
Calcium	mg	242	121
Total Carbohydrates	g	10	5
Dietary Fibre	g	0.0	0.0
Sugars	g	11	5
Protein	g	7	3.5
	Calories	2000	2500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Dietary Fibre		25g	30g
Calories per gram	Fat 9	Carbs 4	Protein 4

Ingredients

Lite Milk.