

Food	 Great choice per 100g	 Fair choice per 100g	 Poor choice per 100g
Carbohydrates of which sugars	Less than 5g	5-10g	Over 10g
Fats	Less than 3g	3-20g	Over 20g
Saturated Fat	Less than 1.5g	1.5-5g	Over 5g
Salt	Less than 0.3g	0.3-1.5g	Over 1.5g
Sodium	Less than 100mg	100-600mg	Over 600mg
Fibre	More than 6g	3-6g	Less than 3g

Drinks	 Great choice per 100mls	 Fair choice per 100mls	 Poor choice per 100mls
	Water	Other beverages eg. flavoured water	Energy drinks Alcoholic drinks Sugar sweetened beverages
Sugar	0g	2.5g or less	Over 2.5g
Fats	0g	1.5g or less	Over 1.5g
Saturated Fat	0g	0.75g or less	Over 0.75g

Plain white milk is part of a healthy diet and can be consumed in line with Dietary Guidelines - the Mediterranean way.

A Shopper's Guide



Nutrition		
Typical Values	per 100ml	per serving
Energy Value	180 kJ	260
(Calories)	40 kcal	60
Protein	0.5 g	0.5
Carbohydrate	9.0 g	1.0
(of which Sugars*)	9.0 g	1.0
Fat	0.1 g	0.1
(of which Saturated)		
Fibre		Tr
Sodium		
Salt		
Vitamin C		
(% of the R.D.A.)		



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