

Comparison of plant based analogues with dairy milk (composition and health star rating).**Dairy milk**

Product	Carbohydrate (g/250mL)	Sugars (g/250mL)	Fat (total) (g/250mL)	Saturated Fat (g/250mL)	Protein (g/250mL)	Calcium (mg/250mL)	Health stars
Dairy Farmers Full cream milk	11.0	11.0g	8.5g	5.8g	8.5g	295mg	4
Dairy Farmers Skim Milk	12.3g	12.3g	0.3g	0.2g	8.8g	295mg	5
Farmers Own reduced fat milk	12.0g	12.0g	4.2g	3.0g	8.8g	320mg	4.5
Complete Dairy high protein light milk	8.3g	8.3g	3.8g	2.5g	15.0g	435mg	5

Plant milks

Product	Carbohydrate (g/250mL)	Sugars (g/250mL)	Fat (total) (g/250mL)	Saturated Fat (g/250mL)	Protein (g/250mL)	Calcium (mg/250mL)	Health stars
So Good Soy milk	12.8	5.0g	8.8g	1.0g	8.0g	400mg	5
Blue Diamond Almond Breeze Almond Milk (unsweetened)	1.8g	0.3g	3.0g	0.2g	1.3g	200mg	4
Vitasoy Coconut Milk (unsweetened)	2.0g	0.5g	5.5g	5.3g	0.5g	300mg	3
Pure Harvest Rice Milk	26.6g	7.1g	2.6g	0.3g	1.5g	275mg	-
Pure Harvest Oat Milk	19.3g	9.3g	4.6g	0.8g	4.5g	6.2mg	-
Australia's Own Organic Almond Milk (unsweetened)	0.8g	0.3g	5.0g	0.5g	1.5g	Not declared	-
Pure Harvest Coco Quench (coconut milk)	19.5g	9.5g	6.80g	6.00g	1.25g	Not declared	-

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