

03. Full cream milk results

Key

Total Fat: <3g = ; 3.1g - 19.9g = ; <20g =
Saturated Fat: <1.5g = ; 1.6g - 4.9g = ; <5g =
Sugars: <5g = ; 5.1g - 14.9g = ; <15g =
Sodium: <120mg = ; 121mg - 599mg = ; <600mg =











































































ns: not stated

Where available: **A** = Adelaide; **B** = Brisbane, **M** = Melbourne, **P** = Perth, **S** = Sydney, **All** = All previously listed capital cities.

Results table

Full results for all models are shown in the table below.

Product	Homogenised? Organic?	Where available	NUTRIENTS PER 100ML							Price paid (\$)	Unit size bought (L)				
			Energy (kJ)	Protein (g)	Total fat (g)	Sat fat (g)	Sugars (g)	Sodium (mg)	Calcium (mg)						
FULL CREAM															
Avon Valley Dairy My Milk		P	326	4	4.8		3.2		4.7		41		ns	4.69	1
B.-D. Farm Paris Creek In Conversion Biodynamic Milk	•	A, P	260	3.3	3.5		2.2		4.5		39		128	4.05	2
Bannister Downs Farm Fresh Milk	•	P	244	3.2	3.6		2.4		3.3		40		300	2.09	1
Brownes Fresh Full Cream Milk	•	P	267	3.2	3.6		2.4		4.7		49		120	2.03	1
Brownes Junior with Added Minerals and Vitamin D	•	P	259	3.3	3.4		2.2		4.6		45		120	2.25	1
Coles Smart Buy Milk	•	All	269	3.3	3.6		2.3		4.7		48		114	2.17	2
Dairy Choice Homogenised Pasteurised Milk	•	S	269	3.3	3.6		2.3		4.7		48		114	2.39	2
Dairy Farmers Kids Omega-3 DHA	•	All	265	3.2	3.4		2.2		4.9		44		118	4.77	2
Dairy Farmers Milk	•	All	265	3.2	3.4		2.2		4.9		44		118	3.76	2
Family Choice Milk	•	B, M	264	3.2	3.4		2.2		4.9		46		117	1.97	2
Farm House Milk	•	M	316	3.3	4.9		3.2		4.7		57		121	1.98	1
Farmdale Fresh Full Cream Milk (Aldi)	•	B, M, S	271	3.3	3.6		2.3		4.8		58		123	2.17	2
Fleurieu Farm Fresh Milk		A, P	277	3.3	3.8		2.5		4.7		41		116	4.33	2
Fleurieu Jersey Premium		A	312	3.3	4.8		3.2		4.6		58		116	5.28	2
Fleurieu Premium Full Cream Milk		A, P	277	3.3	3.8		2.5		4.7		41		116	5.45	1.5
Foodland Milk	•	All	265	3.2	3.4		2.2		4.9		44		ns	2.27	2

Freedom Foods A2 Full Cream Milk	*		All	271	3.1	3.6		2.8		5		48		117	4.99	2
Golden North Country Fresh Milk	*		A	265	3.2	3.4		2.2		4.9		44		118	3.55	2
Harvey Fresh Milk	*		P	300	3.3	3.8		2.6		4.6		34		110	1.95	1
Home Brand Milk	*		All	265	3.2	3.4		2.2		4.9		44		114	2.17	2
IGA Country Grove Milk	*		All	273	3.4	3.6		2.3		4.8		49		116	3.79	3
Ivhome Dairy Certified Organic Milk		*	B	277	3.2	3.8		2.8		4.8		61		107	2.75	1
Just Organic (Aldi)	*	*	B, M, S	281	3.1	4.1		3		4.5		34		127	1.98	1
Margaret River Organic Full Cream Milk		*	P	312	3.3	4.8		3.2		4.6		58		ns	3.49	1
Murray Valley Cheese Co. Whole Milk			A	295	3.3	3.7		2.6		5.7		37		120	3.99	2
Parmalat Pure Organic Full Cream Milk	*	*	All	288	3.2	4.1		2.7		4.8		58		123	5.12	2
Pauls Milk	*		All	264	3.2	3.4		2.2		4.9		46		117	3.39	2
Pauls Pure Organic Unhomogenised Full Cream Milk		*	All	288	3.2	4.1		2.7		4.8		58		123	2.78	1
Pauls Zymil Easy to Digest Full Cream Milk	*		All	271	3.3	3.6		2.4		4.7		58		123	2.68	1
Pura Kids Omega-3 DHA	*		All	265	3.2	3.4		2.2		4.9		44		118	3.53	2
Pura Milk	*		All	265	3.2	3.4		2.2		4.9		44		118	3.65	2
Tweedvale Fresh Traditional Milk	ns		A	277	3.3	3.8		2.5		ns		ns		ns	4.29	2
Woolworths Fresh Milk	*		All	265	3.2	3.4		2.2		4.9		44		114	2.47	2
You'll Love Coles Milk	*		All	265	3.2	3.4		2.2		4.9		44		114	2.47	2
You'll Love Coles Organic Milk	*	*	All	255	3.2	3.3		2.4		4.6		41		100	2.18	1