

04. Low fat 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)							
LOW FAT																
Anlene Low Fat	•	All	220	3.6	1.4	●	0.9	●	6.3	●	54	●	200	2.49	1	
Bannister Downs All Lite Milk	•	P	166	3.6	0.85	●	0.56	●	5.1	●	40	●	320	2.09	1	
Brownes Heart Plus	•	P	224	4.1	1.4	●	0.8	●	6.1	●	62	●	146	2.57	1	
Brownes Hi-Lo	•	P	195	3.3	1.5	●	1	●	4.9	●	51	●	125	3.62	2	
Coles Smart Buy Lite Milk	•	All	172	3.2	1	●	0.7	●	4.5	●	50	●	112	3.66	3	
Dairy Farmers Lite White	•	All	212	3.9	1.4	●	0.9	●	5.5	●	57	●	134	4.27	2	
Dairy Farmers Take Care	•	All	210	4.2	1	●	0.7	●	5.9	●	60	●	143	4.12	2	
Family Choice Lite Milk	•	B, M	195	3.3	1.5	●	1	●	4.9	●	58	●	124	2.99	2	
Farmdale Fresh Light Milk	•	B, M, S	221	4.2	1.3	●	0.9	●	6.1	●	43	●	141	2.57	2	
Farmers Best Original	•	All	229	4.3	1.4	●	0.4	●	6	●	62	●	145	2.63	1	
Farmers Best Source of Omega 3	•	All	254	4.5	1.4	●	0.4	●	6.3	●	68	●	153	4.81	2	
Foodland Reduced Fat Milk	•	A	209	3.4	1.5	●	1	●	5.6	●	50	●	ns	2.63	2	
Freedom Foods A2 Light Milk	•	All	189	3.1	1.3	●	0.9	●	5.2	●	48	●	117	4.99	2	
Golden North Reduced fat Milk	•	A	209	3.4	1.5	●	1	●	5.6	●	50	●	127	2.53	1	
Harvey Fresh Vital Plus Original	•	P	210	4.2	0.6	●	0.4	●	6.7	●	44	●	140	1.99	1	
IGA Country Grove Lite Milk	•	All	176	3.2	1.2	●	0.8	●	4.5	●	46	●	109	2.89	2	
Ivyhome Dairy Certified Organic Lo Fat Milk	•	B	171	3.2	ns	ns	ns	ns	4.9	●	61	●	107	2.75	1	
Parmalat Pure Organic Low Fat Milk	•	•	All	182	3.4	1	●	0.7	●	5.1	●	58	●	126	5.12	2
Pauls Pure Organic Unhomogenised Low Fat Milk	•	All	182	3.4	1	●	0.7	●	5.1	●	58	●	126	2.77	1	

Pauls Smarter White Milk	•	All	237	4	2	●	1.3	●	5.6	●	67	●	145	3.89	2	
Pauls Trim Health Plus + FIBRE	•	All	199	3.4	1.3	●	0.9	●	4.9	●	58	●	124	2.99	2	
Pauls Trim Low Fat Milk	•	All	191	3.4	1.3	●	0.8	●	4.9	●	58	●	126	2.99	2	
Pauls Zymil Easy to Digest Low Fat Milk	•	All	189	3.4	1.3	●	0.8	●	4.9	●	60	●	125	2.68	1	
Physical Low Fat	•	All	228	5.1	1.4	●	0.9	●	5.3	●	57	●	175	3.99	2	
Pura Boost	•	All	215	4	1.4	●	0.9	●	5.6	●	52	●	200	2.67	1.1	
Pura Heart Active	•	All	174	3.3	1	●	0.5	●	4.8	●	45	●	123	2.88	1	
Pura Light Start	•	All	183	3.6	1	●	0.6	●	5	●	45	●	125	4.63	2	
Pura Skimmer	•	All	207	3.3	1.5	●	1	●	5.6	●	46	●	121	4.19	2	
Rev Health Plus + FIBRE	•	M	199	3.4	1.3	●	0.9	●	4.9	●	58	●	124	4.55	2	
Rev Low Fat Milk	•	A	191	3.4	1.3	●	0.8	●	4.9	●	58	●	126	3.99	2	
Tweedvale Reduced fat Milk	ns	A	265	3.4	1.5	●	1	●	ns	ns	ns	ns	ns	4.49	2	
Woolworths Fresh Lite Low Fat Milk	•	All	193	3.3	1.4	●	0.9	●	5	●	43	●	124	2.57	2	
You'll Love Coles Lite Milk	•	All	194	3.3	1.4	●	0.9	●	5	●	43	●	114	2.99	2	
You'll Love Coles Lite Milk	•	All	176	3.2	1.2	●	0.8	●	4.5	●	46	●	109	3.96	3	
You'll Love Coles Organic Lite Milk	•	•	All	173	3.2	1	●	0.8	●	4.8	●	41	●	100	2.38	1