

05. Skim 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 (\$) ¹	Unit size bought (L)	
			Energy (kJ)	Protein (g)	Total fat (g)	Sat fat (g)	Sugars (g)	Sodium (mg)	Calcium (mg)						
SKIM															
Antlene No Fat	•	All	221	4.8	0.13		0.08		7.9		61		200	2.59	1
B.D. Farm Paris Creek Organic	•	A, P	185	3.6	0.2		0.2		7		45		120	4.05	2
Biodynamic Skim Milk															
Brownes Calcium Plus	•	P	224	4.6	0.8		0.5		7		66		160	2.04	1
Brownes Skim	•	P	177	4.1	0.1		<0.1		6		63		155	2.04	1
Dairy Farmers Shape	•	All	202	4.8	0.1		0.1		6.7		69		163	4.69	2
Dairy Farmers Skim	•	All	148	3.5	0.1		0.1		4.9		51		120	4.74	2
Farmdale Fresh Skim Milk (Aldi)	•	B, M, S	177	4.2	0.1		0.09		5.9		43		141	1.68	1
Fleurieu Farm Fresh Low Fat	ns	A	196	4.6	0.2		0.1		6.5		58		116	4.52	2
Fleurieu Jersey Premium Low Fat	ns	A	196	4.6	0.2		0.1		6.5		56		116	5.39	2
Freedom Foods A2 Milk Fat	•	All	143	3	0.1		0.06		5.2		68		149	4.99	2
Murray Valley Cheese Co. Light Milk		A	135	3.9	<0.2		<0.2		4.8		42		120	3.99	2
Pauls Slim Milk No Fat	•	All	162	3.8	0.1		<0.7		5.4		63		138	3.99	2
Physical No Fat	•	All	176	4.1	0.1		0.1		5.8		75		175	3.99	2
Pura Tone	•	All	163	4	0.1		0.06		5.4		50		140	4.61	2
Skinny Milk No Fat	•	All	162	3.8	0.1		<0.7		5.4		63		138	2.39	1
Woolworths Fresh Skim Milk	•	All	151	3.3	0.15		0.1		5.2		43		115	1.68	1
You'll Love Coles Skim Milk	•	All	151	3.3	0.1		0.1		5.2		43		115	1.68	1