



Facts about...milk

- There are a number of different types of milk available for consumers to buy
- The fat content of milk will vary according to the type; whole milk contains 3.5% fat, semi-skimmed milk 1.7% fat and skimmed milk is virtually fat free (0.1-0.3% fat). Other low fat milks including a 1% fat are also available
- Reduced fat milks have fewer calories and less fat than whole milk, and less vitamin A. Levels of other nutrients such as protein, calcium, and vitamins B2 and B12 are not reduced
- For example, 100mls of whole milk contains 122mg of calcium and 100mls of semi-skimmed milk contains 124mg of calcium
- Flavoured milk is also available, and has grown in popularity.
- Milk contains a variety of nutrients which can help to keep your body healthy
- One glass of milk (200ml) is packed with important nutrients such as calcium, protein and iodine
- Calcium can help keep bones healthy and can help with the maintenance of teeth. It is also needed for normal blood clotting, releasing the energy from food, and for muscle and nerve function
- Protein can help to build strong bones and is needed for muscle function
- Iodine is important for growth, releasing energy from food and can help to keep skin healthy
- One glass of milk (200ml) will also provide you with important vitamins, such as vitamin B2 and vitamin B12
- Vitamin B12 for example, can help with releasing energy from food and can keep blood healthy as well as helping your immune system
- A glass of milk (200ml) is also a source of minerals such as phosphorus which can help to keep your bones healthy as well as the maintenance of your teeth
- The table below shows the percentage of an adult's nutrient needs* provided by one glass of semi-skimmed milk (200ml):

Nutrient	Female	Male
Vitamin B2 m	45	38
Vitamin B12	100+	100+
Calcium	35	35
Phosphorus	35	35
Iodine	44	44
Protein	16	13

* Reference Nutrient Intake

- The table below shows the percentage of an adolescent's nutrient needs* provided by one glass of semi-skimmed milk (200ml):

Nutrient	11-14 years		15-18 years	
	Female	Male	Female	Male
Vitamin B2	45	42	45	38
Vitamin B12	100+	100+	100+	100+
Calcium	31	25	31	25
Phosphorus	31	25	31	25
Iodine	48	48	44	44
Protein	17	17	16	13

* Reference Nutrient Intake

- The table below shows the percentage of a primary school child's nutrient needs* provided by a carton (189ml) of semi-skimmed school milk:

Nutrient	4-6 year old	7-10 year old
Vitamin B2	59	47
Vitamin B12	100+	100+
Calcium	52	43
Phosphorus	52	41
Iodine	59	53
Potassium	28	15
Protein	34	24

*Reference Nutrient Intake

- Children aged between one and two should consume whole milk which contains more energy, fat and vitamin A than lower fat varieties, which are all important for growth and development. From two years of age semi-skimmed milk can be introduced to children's diets provided they are eating and growing well
- Skimmed and 1% fat milk are not suitable as main drinks for children under five
- For children under the age of one, only breast or formula milk should be given as cow's milk does not contain the right balance of nutrients to meet a baby's needs at this age. Cow's milk can, however, be used for cooking (for example in a cheese sauce) after six months