

# What milk is right for me?

There is a wide range of milks available on the market, it can be hard to know which is right for your family.

## Cow's Milk

Cows milk contains many vitamins and minerals such as calcium, magnesium, phosphorous, vitamins D, B12 & B vitamins. Cows milks is high in protein, around 8g per 250ml (1 cup), so it is a great for growing bodies.

However, cows milk is not suitable as a substitute for breastmilk or infant formula and should be introduced into the diet after 12 months of age.



Blue milk has a delicious, full-bodied taste. It is suitable for toddlers aged 1-2 years. Lactose-free version available.

**4% fat and 292mg of calcium per 250ml (1 cup)**



Light Blue milk is a good choice for many families as it provides less fat than dark blue milk but a little more than green top for a growing families needs.

**1.5% fat and 294mg of calcium per 250ml (1 cup)**



Green Trim milk maximizes nutrient intake, and minimizes fat intake. Recommended for kids from 5 years old. Lactose-free version.

**0.1% fat and 332mg of calcium per 250ml (1 cup)**



Calci Trim milk is similar to Trim milk, with added calcium. This option suits women going through menopause, if you have osteoporosis, older adults or if you don't consume many dairy products.

**0.2% fat and 475mg of calcium per 250ml (1 cup)**

## Plant Based Milks

There are many plant based milks available suitable for vegan diets, allergies and intolerances, and varying taste preferences. However, the nutrition quality varies a lot. Look for plant-based milks fortified with vitamins such as calcium & B12, and opt for unsweetened.



Unsweetened Almond milk has less protein, but is often fortified with a variety of nutrients.

**1.8g of protein and 300mg of calcium per 250ml (1 cup)**



Soy milk is the most similar plant based milk to cows milk, nutritionally. The regular milk has the same fat as Blue. Look for fortification with other nutrients.

**8g of protein and 400mg of calcium per 250ml (1 cup)**



Unsweetened Coconut milk contains the lowest calcium and protein content. It has a nice taste but is not nutrient rich.

**0.5g protein and 188mg of calcium per 250ml (1cup)**

Information on these products was retrieved from:



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Rongoā Kākāriki  
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PRESCRIPTION