

## WEBSITE - NUTRITION

BREAKDOWN OF ALL PRODUCTS WITH NUTRIENT CONTENT AND IMPORTANT INFO

### Nutritional Information for Dale Farm Products

#### Guideline Daily Amounts

<b>Each Day</b>	<b>Women</b>	<b>Men</b>
Calories	2000	2500
Fat	70g	95g
Calcium	700mg	700mg

This is a guide for healthy adults as recommended by health professionals. Individual needs vary depending on age and activity levels.

RDA is the Recommended Daily Amount for adults.

#### **Dale Farm Fresh Milk**

Typical values per 100ml

<b>Product</b>	<b>Energy</b>	<b>Protein</b>	<b>Carbohydrate</b>	<b>Fat</b>	<b>Calcium (% RDA)</b>
Whole Milk	264KJ/63kcal	3.2g	4.7g	3.5g	119mg (15% RDA)
Semi-Skimmed Milk	200KJ/48kcal	3.3g	5.0g	1.6g	120mg (15% RDA)
Skimmed Milk	145KJ/34kcal	3.3g	5.0g	0.1g	120mg (15% RDA)

**Suitable for Vegetarians**

**Gluten Free/Suitable for Coeliacs**

#### **Dale Farm Fresh Milk**

Typical values per pint (568ml)

<b>Product</b>	<b>Energy</b>	<b>Protein</b>	<b>Carbohydrate</b>	<b>Fat</b>	<b>Calcium (% RDA)</b>
Whole Milk	1500KJ/358kcal	18.2g	26.7g	19.9g	676mg (85% RDA)
Semi-skimmed Milk	1136KJ/273kcal	18.7g	28.4g	9.1g	682mg (85% RDA)

Skimmed Milk	824KJ/193kcal	18.7g	28.4g	0.6g	682mg (85% RDA)
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**Suitable for Vegetarians**  
**Gluten Free/Suitable for Coeliacs**

#### **Dale Farm 'The One' Milk**

Typical values per 100ml

<b>Product</b>	<b>Energy</b>	<b>Protein</b>	<b>Carbohydrate</b>	<b>Fat</b>	<b>Calcium (% RDA)</b>
The One	180KJ/43kcal	3.3g	5.0g	1.0g	120mg (15% RDA)

**Suitable for Vegetarians**  
**Gluten Free/Suitable for Coeliacs**

#### **Dale Farm Organic Milk**

Typical values per 100ml

<b>Product</b>	<b>Energy</b>	<b>Protein</b>	<b>Carbohydrate</b>	<b>Fat</b>	<b>Calcium (% RDA)</b>
Whole Milk	264KJ/63kcal	3.2g	4.7g	3.5g	120mg (15% RDA)
Semi-Skimmed	200KJ/48kcal	3.3g	5.0g	1.6g	120mg (15% RDA)

**Suitable for Vegetarians**  
**Gluten Free/Suitable for Coeliacs**

#### **Dale Farm Fresh Buttermilk**

Typical values per 100ml

<b>Product</b>	<b>Energy</b>	<b>Protein</b>	<b>Carbohydrate</b>	<b>Fat</b>	<b>Calcium (% RDA)</b>
Fresh Buttermilk	131KJ/31kcal	3.1g	4.5g	0.1g	120mg (15% RDA)

**Suitable for Vegetarians**  
**Gluten Free/Suitable for Coeliacs**

### **Dale Farm Fresh Flavoured Milk**

Typical values per 100ml

<b>Product</b>	<b>Energy</b>	<b>Protein</b>	<b>Carbohydrate</b>	<b>Fat</b>	<b>Calcium (% RDA)</b>
Strawberry	302KJ/72kcal	3.6g	10.9g	1.5g	124mg (15% RDA)
Banana	315KJ/75kcal	3.8g	11.5g	1.6g	124mg (15% RDA)
Chocolate	328KJ/78kcal	3.9g	11.4g	1.8g	129mg (16% RDA)

**Suitable for Vegetarians**

**Gluten Free/Suitable for Coeliacs**

### **Dale Farm Slim N' Lite UHT Skimmed Milk**

Typical values per 100ml

<b>Product</b>	<b>Energy</b>	<b>Protein</b>	<b>Carbohydrate</b>	<b>Fat</b>	<b>Calcium (% RDA)</b>
UHT Skimmed Milk	146KJ/34kcal	3.4g	5.0g	0.1g	122mg (15% RDA)

**Suitable for vegetarians**

**Gluten Free/Suitable for Coeliacs**

### **Dale Farm Fresh Cream**

Typical values per 100ml

<b>Product</b>	<b>Energy</b>	<b>Protein</b>	<b>Carbohydrate</b>	<b>Fat</b>
Single	800KJ/190kcal	2.6g	4.0g	18.5g
Double	1855KJ/450kcal	1.6g	2.0g	48.5g
Whipping	1550KJ/375kcal	1.9g	3.0g	39.8g

**Suitable for Vegetarians**

**Gluten Free/Suitable for Coeliacs**

### **Dromona Butters and Spreads**

Typical values per 100g

<b>Product</b>	<b>Energy</b>	<b>Protein</b>	<b>Carbohydrate</b>	<b>Fat</b>
Pure Butter 250g	3005KJ/728kcal	0.5g	0.7g	80.5g
Spreadeasy 250g/500g	3005KJ/728kcal	0.5g	0.7g	80.5g
Half Fat 250g/500g	1505KJ/365kcal	1.5g	2.0g	39.0g
Country Gold 250g/500g	2235KJ/545kcal	0.3g	0.5g	60.0g
Churn 500g	2220KJ/540kcal	0.5g	1.5g	59.0g
Totally Buttered	2530KJ/615kcal	1.0g	2.0g	67.0g
Crown 250g/500g	2640KJ/640kcal	0.2g	0.2g	71.0g
Spreadable 500g	2930KJ/713kcal	0.2g	0.3g	79.0g

**Suitable for Vegetarians**

**Gluten Free/Suitable for Coeliacs**

### **Dromona Cheese**

Typical values per 100g

<b>Product</b>	<b>Energy</b>	<b>Protein</b>	<b>Carbohydrate</b>	<b>Fat</b>
Mild Cheddar 200g/400g	1610KJ/385kcal	25.0g	0.1g	32.0g
Medium Cheddar 200g/400g	1610KJ/385kcal	25.0g	0.1g	32.0g
Mature Cheddar 200g/400g	1610KJ/385kcal	25.0g	0.1g	32.0g
Vintage Cheddar 200g	1610KJ/385kcal	25.0g	0.1g	32.0g
Half Fat Cheddar 200g/400g	1080KJ/280kcal	31.0g	trace	15.0g
Grated Mild Cheddar	1610KJ/385kcal	25.0g	0.1g	32.0g
Grated Mature Cheddar	1610KJ/385kcal	25.0g	0.1g	32.0g

**Suitable for Vegetarians**

**Gluten Free/Suitable for Coeliacs**

### **Spelga Cottage Cheese**

Typical values per 100g

<b>Product</b>	<b>Energy</b>	<b>Protein</b>	<b>Carbohydrate</b>	<b>Fat</b>
Natural	400KJ/95kcal	11.8g	3.0g	4.0g
Chives	395KJ/94kcal	11.7g	3.0g	3.9g
Pineapple	407KJ/98kcal	10.0g	6.7g	3.4g

**Suitable for Vegetarians**

**Gluten Free/Suitable for Coeliacs**

**Spelga Cottage Cheese is made in a factory that contains nuts.**

### **Spelga Crème Fraiche**

Typical values per 100g

<b>Product</b>	<b>Energy</b>	<b>Protein</b>	<b>Carbohydrate</b>	<b>Fat</b>
Crème Fraiche 200g	854KJ/205kcal	3.5g	5.5g	19.0g

**Suitable for Vegetarians**

**Gluten Free/Suitable for Coeliacs**

### **Spelga Low Bio Fat Yogurt**

Typical values per 100g

<b>Product</b>	<b>Energy</b>	<b>Protein</b>	<b>Carbohydrate</b>	<b>Fat</b>
Strawberry	425KJ/100kcal	3.9g	17.0g	1.7g
Raspberry	425KJ/100kcal	3.9g	17.0g	1.7g
Peach Melba	425KJ/100kcal	3.9g	17.0g	1.7g
Black Cherry	425KJ/100kcal	3.9g	17.0g	1.7g
Rhubarb	425KJ/100kcal	3.9g	17.0g	1.7g
Strawberry/ Vanilla	425KJ/100kcal	3.9g	17.0g	1.7g
Blueberry	425KJ/100kcal	3.9g	17.0g	1.7g
Hazelnut	475KJ/115kcal	4.3g	16.6g	3.2g
Toffee	510KJ/120kcal	4.0g	21.3g	2.0g
Mandarin	425KJ/100kcal	3.9g	17.0g	1.7g
Vanilla	505KJ/120kcal	4.0g	20.2g	2.0g
Natural	318KJ/75kcal	4.8g	9.0g	2.0g

**Suitable for Vegetarians**

**Gluten Free/Suitable for Coeliacs**

**Spelga Low Fat Bio Hazelnut and Natural Yogurts are made in a factory that contains nuts.**

### Spelga Fat Free

Typical values per 100g

Product	Energy	Protein	Carbohydrate	Fat
Strawberry	195KJ/45kcal	4.4g	7.1g	0.1g
Orange & Nectarine	195KJ/45kcal	4.4g	7.1g	0.1g
Peach & Pineapple	195KJ/45kcal	4.4g	7.1g	0.1g
Summer Fruits	195KJ/45kcal	4.4g	7.1g	0.1g

**Suitable for Vegetarians**

**Gluten Free/Suitable for Coeliacs**

### Spelga Rich & Creamy

Typical values per 100g

Product	Energy	Protein	Carbohydrate	Fat
Strawberry & Jersey Cream	543KJ/129kcal	5.0g	16.1g	5.0g
Caramelised Pear & Creamy Fudge	591KJ/140kcal	4.9g	18.1g	5.3g

**Suitable for Vegetarians**

**Gluten Free/Suitable for Coeliacs**

**Spelga Rich & Creamy Yogurts are made in a factory that contains nuts.**

### Spelga Greek Style

Typical values per 100g

Product	Energy	Protein	Carbohydrate	Fat
Strawberry	561KJ/134kcal	4.6g	12.5g	7.3g
Heather Honey	663KJ/158kcal	4.2g	20.1g	6.8g

**Suitable for Vegetarians**

**Gluten Free/Suitable for Coeliacs**

### Dale Farm Cheesecakes

Typical values per 100g

Product	Energy	Protein	Carbohydrate	Fat
Strawberry	1195KJ/288kcal	5.0g	35.2g	14.1g
Toffee	1172KJ/280kcal	4.7g	36.6g	14.4g
Blackcurrant	1153KJ/277kcal	4.5g	36.7g	12.4g

**Suitable for Vegetarians**

**Dale Farm Cheesecakes are made in a factory that contains nuts.**

### **Dale Farm Crumble Fruit Yogurt**

Typical value per 100g

<b>Product</b>	<b>Energy</b>	<b>Protein</b>	<b>Carbohydrate</b>	<b>Fat</b>
Strawberry	609KJ/145kcal	4.4g	22.7g	4.2g
Rhubarb	612KJ/146kcal	4.4g	22.6g	4.2g
Apple	573KJ/136kcal	4.4g	20.4g	4.2g
Blueberry	583KJ/139kcal	4.4g	20.8g	4.2g

**Suitable for Vegetarians**

### **Dale Farm Sukie**

Typical values per 100ml

<b>Product</b>	<b>Energy</b>	<b>Protein</b>	<b>Carbohydrate</b>	<b>Fat</b>
Orange	203KJ/40kcal	trace	11.2g	trace
Apple & Blackcurrant	190KJ/45kcal	trace	11.0g	trace
Strawberry	232KJ/55kcal	trace	13.4g	trace

**Suitable for Vegetarians**

**Gluten Free/Suitable for Coeliacs**

### **Dale Farm In Tune**

Typical values per 100ml

<b>Product</b>	<b>Energy</b>	<b>Protein</b>	<b>Carbohydrate</b>	<b>Fat</b>
Orange	275KJ/65kcal	1.9g	13.5g	1.0g
Cranberry	275KJ/65kcal	2.0g	12.2g	0.9g

**Suitable for Vegetarians**

**Gluten Free/Suitable for Coeliacs**