



Lactose Free Milk Guide

Please always check you are maintaining your daily intake of calcium

	Kcals per Cup	Sugar	Protien	Fat	Cost	Rating
 Lactose Free Cow's Milk	110	12g	8g	3g	£	★★★★
 Unsweetend Almond Milk	30	0g	1g	3g	££	★★★
 Organic Coconut Milk	45	0g	0g	5g	££££	★★
 Unsweetened Rice Milk	120	10g	1g	3g	£££	★★
 Unsweetened Oat Milk	83	0g	4g	2g	£££	★★★
 Goat's Milk	168	11g	9g	10g	££	★★★★
 Unsweetened Soy Milk	80	1g	7g	4g	££	★★★★