



COW'S MILK ALTERNATIVES

Soya Milk per glass (250ml):
105 Kcal
Protein 8.25g
Calcium 300mg



Almond Milk per glass (250ml):
32.5 Kcal
Protein 1.2g

LOW CALORIE OPTION



Oat Milk per glass (250ml):
110 Kcal
Protein 0.75g
Calcium 300mg



Lacto Free Whole Milk per glass (250ml):
140 Kcal
Protein 8.35g
Calcium 272.5mg

HIGH CALORIE OPTION

There are multiple Lactose & Dairy free products available at many different supermarkets. Look for cheese, yoghurts and creams in the free from section.