

## Compare Dairy Choices for Toddler

Brand	Milk		Milk		Formula Milk		Yoghurt	
	Organic Valley	True Organic	Farmhouse	PURA	Enfapro A+	Easiyo Organic		
<b>Nutrition (Per 100ml of milk / yoghurt)</b>								
Energy	kcal	66	62	66	68	69	67	
		277	259	276	285	289	283	
Protein	g	3.0	3.1	3.2	3.4	2.5	3.5	
Total Fat	g	4.0	3.3	3.8	3.9	2.4	3.8	
Fat – Saturated	g	3.1	2.0		2.6		2.3	
Carbohydrate	g	4.5	5.0	4.8	4.9	9.6	5.5	
Sugars (Lactose)	g	4.5	5.0		2.9		5.0	
Calcium	mg	82	120	120	125	80	127	
DHA	mg	nil	nil	nil	nil	11.8	nil	
Live lactic cultures		nil	nil	nil	nil	nil	5 strains	

### Price

Price per 1000ml of milk	RM	23.49	11.50	6.75	7.00	15.43	19.50
Price per month (30 x 550ml)	RM	387.59	189.75	111.38	115.42	254.52	321.75
Price of Multi-Vitamin per month	RM	15.25	15.25	15.25	15.25	0.00	15.25
Total	RM	402.84	205.00	126.63	130.67	254.52	337.00

### Other Information

Bought in	Malaysia	Malaysia	Malaysia	Malaysia	Malaysia	Malaysia	Malaysia
Source	Australia	Australia	Australia	Australia	U.S.A., Australia, NZ and Europe		New Zealand
Packed in	Australia	Australia	Australia	Malaysia	Thailand		New Zealand
Cow's main diet	Organic vegetarian	Grass	Unknown	Grass	Unknown		Grass
Organic certification	Yes	Yes	No	No	No		Yes
Processing	Pasteurised	UHT	Pasteurised	Pasteurised	Pasteurised	Pasteurised	Pasteurised
	Homegenised		Homegenised	Homegenised	Homegenised	Homegenised	Homegenised
					Spray drying		Others: Unknown
Additives	No	No	No	No	Yes		Yes
							Natural emulsifier
							Soy lecithin
For more information	No website	Co. website <a href="#">here</a>	Co. website <a href="#">here</a>	Co. website <a href="#">here</a>	Co. website <a href="#">here</a>	Co. website <a href="#">here</a>	Co. website <a href="#">here</a>

### Exchange Rate Information:

RM 1 = USD 0.313  
RM 1 = SGD 0.427

### Glossary:

Most desirable  
Least desirable

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