



# Moo Organic

Moo Organic, available in both semi and skimmed milk, is made with delicious milk from cows that only eat grass that is free of pesticides and fertilisers, and are cared for using natural methods.

Just like our standard milk, it's ultra-healthy, packed with naturally occurring vitamins and minerals. It's also ultra-heat-treated so it lasts longer in the cupboard - up to six months making it really handy to have around the home.



If you'd like to know more about organic food and what it means for you, visit [www.soilassociation.org](http://www.soilassociation.org)

## Mootrition

A 200ML GLASS OF MOO MILK GIVES YOU:

**30% RDA CALCIUM**  
*for strong bones and teeth*

**82% RDA VITAMIN B12**  
*for healthy red blood cells.*



*semi skimmed*

### VALUES per 100ML

Energy	194kJ/46kcal
Protein	3.5g
Carbohydrate	4.6g
of which sugars	4.6g
Fat	1.6g
of which saturates	1g
Fibre	Nil
Sodium	0.045g
Vitamin B12	41% RDA
Calcium	16% RDA

RDA = Recommended Daily Allowance

*skimmed*

### VALUES per 100ML

Energy	140kJ/33kcal
Protein	3.5g
Carbohydrate	4.5g
of which sugars	4.5g
Fat	0.1g
of which saturates	0g
Fibre	Nil
Sodium	0.045g
Vitamin B12	41% RDA
Calcium	16% RDA

RDA = Recommended Daily Allowance

