

# SKIMMED MILK

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## Nutrition

	100ml as sold:
Energy values	157kJ / 37kcal
Fat	0.3g
(of which saturates)	0.1g
Carbohydrate	5.0g
(of which sugars)	5.0g
Fibre	0.0g
Protein	3.6g
Salt	0.1g

Pack contains 5 x 200ml servings

## Vitamins/Minerals

Typical values	Per 100ml
Vitamin B12	0.80µg (32% NRV)
Calcium	130mg (16% NRV)

NRV = Nutrient Reference Value

## Product Description

**Brand:** One Stop

**Regulated Product Name:** Pasteurised skimmed milk.

## Name and Address

One Stop Stores Ltd.  
Apex Road, Brownhills,  
Walsall, West Midlands.  
WS8 7HU.

## Storage and Usage

**Storage:** Chilled.

**Storage Type:** Keep refrigerated. Once opened, consume within 3 days and by 'use by' date shown. Keep upright.

**Lifestyle:** Suitable for vegetarians