



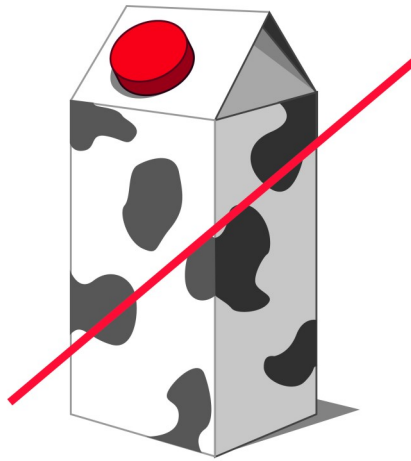
Sláinte Leanáí Éireann



Children's Health Ireland


Metabolic.ie

National Centre for Inherited Metabolic Disorders



Lactose and Galactose Free Alternatives to Dairy

This booklet only contains products that are fortified with vitamins and minerals.

Those that have a  star next to them are the ones with the broadest range of fortification and are excellent choices for your Calcium, Vitamin D and Iodine levels.

Where the sugar content box this is shown as orange or red this is in line with the Irish Heart Foundations ranges for medium and high sugar per 100g.

All nutritional information was correct at time of writing. Please check the label for the most up to date information.

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Milks



Soya Milk (suitable in the weaning diet from 4-6 months and as a drink from 1 year of age)

Alpro



Per 100ml	Alpro Soya Growing Up Drink 1-3+
Calcium	120
Vitamin D	1.5
Kcal	64
Protein	2.5
B12	0.38
Iodine	24
Sugar	2.5



Per 100ml	Alpro Soya Original	Alpro Soya No Sugars
Calcium	120	120
Vitamin D	0.75	0.75
Kcal	42	33
Protein	3	3.3
B12	0.38	0.38
Iodine	22.5	0
Sugar	2.5	0

Actileaf (Aldi)



Per 100ml	Actileaf Soya Original	Actileaf Soya No Sugars
Calcium	120	120
Vitamin D	0.75	0.75
Kcal	43	34
Protein	3.4	3.4
B12	0.38	0.38
Iodine	0	0
Sugar	2.7	<0.5

Dunnes Stores



Per 100ml	Unsweetened Soya
Calcium	120
Vitamin D	0.75
Kcal	37
Protein	3.9
B12	0.38
Iodine	0
Sugar	0.5

Vermondo (Lidl)



Per 100ml	Vermondo Soya Original	Vermondo Soya Unsweetened
Calcium	120	120
Vitamin D	0.75	0.75
Kcal	42	33
Protein	3	3
B12	0.38	0.38
Iodine	0	0
Sugar	2.3	0.5

M&S Plant Kitchen (Marks and Spencer)



Per 100ml	Plant Kitchen Soya Unsweetened ★
Calcium	120
Vitamin D	1.5
Kcal	30
Protein	2.8
B12	0.76
Iodine	45
Sugar	0.4

Supervalu



Per 100ml	Supervalu Soya
Calcium	120
Vitamin D	0.8
Kcal	34
Protein	3.3
B12	0.4
Iodine	0
Sugar	0.5

Tesco



Per 100ml	Tesco Soya Unsweetened (UHT) ★	Tesco Soya Unsweetened (Chilled) ★
Calcium	120	120
Vitamin D	0.75	0.75
Kcal	33	38
Protein	3.5	3.4
B12	0.38	0.38
Iodine	22.4	22.4
Sugar	0.4	0.5

Soya Milk (suitable from 2 years)

Alpro



Per 100ml	Alpro Soya Light	Alpro Soya High Protein
Calcium	120	120
Vitamin D	0.75	0.75
Kcal	28	57
Protein	2.1	5
B12	0.38	0.38
Iodine	0	0
Sugars	1.5	2.5



Per 100ml	Alpro Soya Vanilla	Alpro Soya Chocolate	Alpro Soya High Protein Chocolate	Alpro Soya Strawberry
Calcium	120	120	120	120
Vitamin D	0.75	0.75	0.75	0.75
Kcal	57	61	69	59
Protein	3	3	5	3.1
B12	0.38	0	0	0.38
Iodine	0	0	0	0
Sugars	6.7	6.5	5	7.3

M&S Plant Kitchen (Marks and Spencer)



Per 100ml	Plant Kitchen Soya Sweetened ★
Calcium	120
Vitamin D	1.5
Kcal	43
Protein	3.3
B12	0.76
Iodine	45
Sugar	2.3

Tesco



Per 100ml	Tesco Soya Sweetened (UHT) ★	Tesco Soya Sweetened (Chilled) ★
Calcium	120	120
Vitamin D	0.75	0.75
Kcal	42	42
Protein	3.4	3.5
B12	0.38	0.38
Iodine	22.4	22.4
Sugar	2.5	2.7

Coconut Milk (suitable from 2 years)



Actileaf (Aldi)



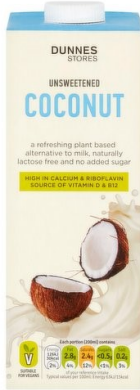
Per 100ml	Actileaf Coconut
Calcium	120
Vitamin D	0.75
Kcal	25
Protein	<0.5
B12	0.38
Iodine	0
Sugar	<0.5

Alpro



Per 100ml	Alpro Tropical Coco	Alpro Coconut Unsweetened	Alpro Coconut & Almond
Calcium	120	120	120
Vitamin D	0.75	0.75	0.75
Kcal	20	14	24
Protein	0.1	0.1	0.3
B12	0.38	0.38	0.38
Iodine	0	0	0
Sugar	1.9	0	2.5

Dunnes Stores



Per 100ml	Dunnes Unsweetened Coconut
Calcium	120
Vitamin D	0.75
Kcal	15
Protein	0.2
B12	0.38
Iodine	0
Sugar	0.5

Koko



Per 100ml	Koko Super Vitamin ★	Koko Life ★	Koko Kids ★
Calcium	170	170	170
Vitamin D	1.2	1.2	1.2
Kcal	44	1.9	53
Protein	1.2	0.6	1.9
B12	0.2	0.2	0.1
Iodine	13	13	13
Sugar	2.5	1.9	1.9

Koko continued



Per 100ml	Koko Original Like Milk	Koko No Sugar Milk	Koko Barista Foamy Milk
Calcium	120	120	120
Vitamin D	0.75	0.75	0.75
Kcal	32	19	49
Protein	1.2	1.2	1.1
B12	0.38	0.38	0.38
Iodine	0	0	0
Sugar	0.9	0.2	1.7


M&S Plant Kitchen (Marks and Spencer)



Per 100ml	M&S Plant Kitchen Coconut
Calcium	120
Vitamin D	0.75
Kcal	29
Protein	0.2
B12	0.9
Iodine	30
Sugar	2

Tesco

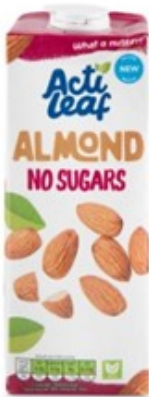


Per 100ml	Tesco Coconut Drink (UHT)	Tesco Coconut Drink (Chilled) 
Calcium	120	120
Vitamin D	0.75	0.75
Kcal	20	18
Protein	0.1	0.4
B12	0.38	0.38
Iodine	0	22.4
Sugar	1.9	1.9

Nut Milks (suitable from 2 years)



Actileaf (Aldi)

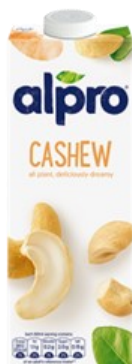


Per 100ml	Actileaf Almond No Sugars
Calcium	120
Vitamin D	0.75
Kcal	15
Protein	0.6
B12	0.38
Iodine	0
Sugar	<0.5

Alpro



Per 100ml	Alpro Nutty Almond Original	Alpro Roasted Unsweetened
Calcium	120	120
Vitamin D	0.75	0.75
Kcal	22	13
Protein	0.4	0.4
B12	0.38	0.38
Iodine	0	0
Sugar	2.4	0



Per 100ml	Alpro Hazelnut	Alpro Cashew	Alpro Chocolate Praline Hazelnut
Calcium	120	120	120
Vitamin D	0.75	0.75	0.75
Kcal	29	23	47
Protein	0.4	0.5	0.6
B12	0.38	0.38	0
Iodine	0	0	0
Sugar	3.2	2	6.9

Blue Diamond (available in Health Food Shops)



Per 100ml	Almond Breeze Original	Almond Breeze Unsweetened
Calcium	120	120
Vitamin D	0.75	0.75
Kcal	24	13
Protein	0.5	0.5
B12	0.38	0.38
Iodine	0	0
Sugar	2.8	0

Dunnes Stores



Per 100ml	Unsweetened Almond Roasted	Unsweetened Almond Unroasted
Calcium	120	120
Vitamin D	0.75	1
Kcal	16	24
Protein	0.3	0.7
B12	0.38	0
Iodine	0	0
Sugar	0.5	0.5

M&S Plant Kitchen (Marks and Spencer)



Per 100ml	Plant Kitchen Unsweetened Almond	Plant Kitchen Sweetened Almond
Calcium	120	120
Vitamin D	1.5	1.5
Kcal	14	21
Protein	0.5	0.6
B12	0.76	0.76
Iodine	45	45
Sugar	0.2	1.7

Supervalu



Per 100ml	Supervalu Almond Drink
Calcium	120
Vitamin D	0.8
Kcal	13
Protein	0.5
B12	0.4
Iodine	0
Sugar	0.5

Tesco



Per 100ml	Tesco Almond Unsweetened (UHT) ★	Tesco Almond Unsweetened (Chilled) ★
Calcium	120	120
Vitamin D	0.75	0.75
Kcal	15	15
Protein	0.7	0.6
B12	0.38	0.38
Iodine	22.4	22.4
Sugar	0.5	0.3



Per 100ml	Tesco Almond Sweetened (UHT) ★	Tesco Almond Sweetened (Chilled) ★
Calcium	120	120
Vitamin D	0.75	0.75
Kcal	26	25
Protein	0.7	0.7
B12	0.38	0.38
Iodine	22.4	22.4
Sugar	2.8	2.8

Oat Milk (suitable from 2 years)



Actileaf (Aldi)



Per 100ml	Actileaf Oat No Sugars	Actileaf Oat Barista
Calcium	120	120
Vitamin D	0.75	1.1
Kcal	41	49
Protein	0.6	1.3
B12	0.38	0.38
Iodine	0	0
Sugar	0	1.3

Califia Farm

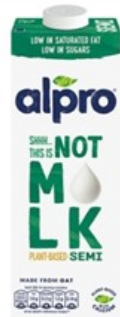
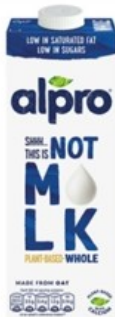


Per 100ml	Califia Farm Unsweetened Oat	Califia Farm Vanilla Oat
Calcium	104	104
Vitamin D	0.75	0.75
Kcal	54	41
Protein	0.8	0.8
B12	0	0
Iodine	0	0
Sugar	2.8	2

Alpro



Per 100ml	Alpro Oat Growing Up Drink 1-3+
Calcium	120
Vitamin D	1.5
Kcal	60
Protein	1.8
B12	0.38
Iodine	11.3
Sugar	2.5

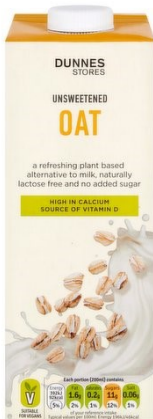


Per 100ml	Alpro This is Not Milk Whole (UHT)	Alpro This is Not Milk Whole (Chilled)	Alpro This is Not Milk Semi (UHT)	Alpro This is Not Milk Semi (Chilled)
Calcium	120	120	120	120
Vitamin D	0.75	0.75	0.75	0.75
Kcal	62	62	46	47
Protein	0.7	0.7	0.7	0.7
B12	0	0	0	0
Iodine	22.6	22.5	22.6	22.5
Sugar	1.2	1.2	1.2	1.2



Per 100ml	Alpro Creamy Oat (UHT)	Alpro Creamy Oat (Chilled)	Alpro Oat No Sugars (UHT)	Alpro Oat No Sugars (Chilled)
Calcium	120	120	120	120
Vitamin D	0.75	0.75	0.75	0.75
Kcal	46	43	40	40
Protein	0.3	0.3	0.2	0.2
B12	0.38	0.38	0.38	0.38
Iodine	0	0	0	0
Sugar	2.6	3.2	0	0

Dunnes Stores



Per 100ml	Dunnes Unsweetened Oat Milk
Calcium	120
Vitamin D	0.75
Kcal	46
Protein	1.4
B12	0
Iodine	0
Sugar	4.5

Flahavans



Per 100ml	Flahavans Vitamin Rich Oat Drink
Calcium	120
Vitamin D	0.75
Kcal	53
Protein	0.7
B12	0.38
Iodine	0
Sugar	3.4

Vermondo (Lidl)



Per 100ml	Vermondo Oat Unsweetened	Vermondo Barista Oat
Calcium	120	120
Vitamin D	0.75	0.7
Kcal	39	56
Protein	0.3	0.2
B12	0.38	0.38
Iodine	0	0
Sugar	3.1	3.2

M&S Plant Kitchen (Marks and Spencer)



Per 100ml	Plant Kitchen Whole Oat (UHT)	Plant Kitchen Whole Oat (Chilled)	Plant Kitchen Semi Oat (UHT)	Plant Kitchen Semi Oat (Chilled)
Calcium	120	120	120	120
Vitamin D	0.75	0.75	0.75	0.75
Kcal	55	56	42	49
Protein	0.2	1.1	0.2	1.2
B12	0.9	0.9	0.9	0.9
Iodine	30	30	30	30
Sugar	3.3	3	3.3	3



Per 100ml	Plant Kitchen Barista Oat	Plant Kitchen Chocolate Oat
Calcium	120	120
Vitamin D	0.75	0.75
Kcal	65	56
Protein	1	0.6
B12	0.9	0.9
Iodine	30	30
Sugar	3.8	4.7

Mighty (available in Health food stores)



Per 100ml	Mighty M.lk Oat Based Whole	Mighty M.lk Oat Based Semi	Mighty Ultimate Oat Barista
Calcium	120	120	60
Vitamin D	0.75	0.75	0.37
Kcal	49	37	60
Protein	1.6	1.3	0.9
B12	0.9	0.9	0.45
Iodine	30	30	15
Sugar	1	1	2.9





Minor Figures






Per 100ml	Everyday Oat (Chilled)	Everyday Oat Light (Chilled)
Calcium	120	120
Vitamin D	0.75	0.75
Kcal	49	43
Protein	1	0.4
B12	0.38	0.38
Iodine	22.5	22.5
Sugar	2.3	2.8

Oatly



Per 100ml	Oatly Whole 	Oatly Semi 	Oatly No Sugars 	Oatly Light 
Calcium	120	120	120	120
Vitamin D	1.1	1.1	1.1	1.1
Kcal	59	48	44	37
Protein	1.1	1.1	1	1
B12	0.38	0.38	0.38	0.38
Iodine	22.5	22.5	22.5	22.5
Sugar	3.4	3.4	0	3.2



Per 100ml	Oatly Barista 	Oatly Chocolate 	Oatly Vanilla 
Calcium	120	120	120
Vitamin D	1.1	1.1	1.1
Kcal	61	65	68
Protein	1	1.3	1.1
B12	0.38	0.38	0.38
Iodine	22.5	22.5	22.5
Sugar	3.4	6.8	5.9

Oddly Good



Per 100ml	Oddly Good Original Oat	Oddly Good All in Barista	Oddly Good Barista Vanilla	Oddly Good Barista Salted Caramel
Calcium	120	120	120	120
Vitamin D	1	1	1	1
Kcal	40	61	64	64
Protein	1.2	1.1	1.2	1.2
B12	0.4	0.4	0.4	0.4
Iodine	22.5	22.5	22.5	22.5
Sugar	3.5	3.5	5	5

Supervalu



Per 100ml	Supervalu Oat	Supervalu Oat Barista
Calcium	120	120
Vitamin D	0.8	0.8
Kcal	57	56
Protein	1	1.1
B12	0.4	0.4
Iodine	0	0
Sugar	2.7	2.7

Tesco



Per 100ml	Tesco Oat Drink (UHT)	Tesco Oat Drink (Chilled)
Calcium	120	120
Vitamin D	0.75	0.75
Kcal	47	48
Protein	0.5	0.3
B12	0.38	0.38
Iodine	22.4	22.4
Sugar	4.2	3.2

Potato Milk (suitable from 2 years)



Dug





Per 100ml	Original	Unsweetened	Barista
Calcium	120	120	120
Vitamin D	0.75	0.75	0.75
Kcal	31	34	44
Protein	1.3	1.3	1.3
B12	0.38	0.38	0.38
Iodine	0	0	0
Sugar	2.1	0	2.1

Pea Milk (suitable from 2 years)



Mighty (available in Health Food Stores)



Per 100ml	Mighty Pea Original 	Mighty Pea Unsweetened 
Calcium	186	180
Vitamin D	0.78	0.75
Kcal	39	25
Protein	3.2	0.2
B12	0.94	0.9
Iodine	31.2	30
Sugar	2	0

Sproud (available in Health Food Stores)



Per 100ml	Sproud Unsweetened	Sproud Barista
Calcium	135	135
Vitamin D	2	2
Kcal	25	42
Protein	1.6	2.1
B12	0.25	0.25
Iodine	0	0
Sugar	0	1.8

Rice Milk (suitable from 5 years)

Alpro



Per 100ml	Rice Milk
Calcium	120
Vitamin D	0.75
Kcal	47
Protein	0.1
B12	0.38
Iodine	0
Sugar	3.3

Joya (formerly Dream)



Per 100ml	Joya Rice
Calcium	120
Vitamin D	0.75
Kcal	50
Protein	0.1
B12	0.38
Iodine	0
Sugar	7.1

Spreads/Margarine

Dairygold Plant Based



Per 100g	Dairygold Plant Based Spread
Vitamin D	7.5
Kcal	662
Protein	0.4
B12	5

Free



Per 100g	Free Dairy and Gluten Free Spread
Vitamin D	0
Kcal	271
Protein	0
B12	0

Flora



Per 100g	Flora Original	Flora Lighter	Flora Buttery
Vitamin D	0	0	0
Kcal	632	252	677
Protein	<0.5	<0.5	<0.5
B12	0	0	0



Per 100g	Pro Activ Light	Pro Activ Buttery	Pro Activ Olive Oil
Vitamin D	7.5	7.5	7.5
Kcal	314	530	314
Protein	0.5	0.5	0.5
B12	0	0	0

Koko



Per 100g	Koko Spread
Vitamin D	7.5
Kcal	405
Protein	0
B12	2.5

Nutrali (available in Health Food Shops)



Per 100g	Nutrali Vegan Spreadable
Vitamin D	7.5
Kcal	405
Protein	0
B12	0

Pure



Per 100g	Pure Olive Spread
Vitamin D	7.5
Kcal	497
Protein	<0.5
B12	5

Suma (available online and in some Health Food Shops)



Per 100g	Suma Vegan Sunflower Spread	Suma Vegan Soya Spread
Vitamin D	yes	yes
Kcal	531	531
Protein	0	0
B12	yes	yes

Suitable Cheese

Comte

Aldi



Per 30g portion	Comte
Calcium	273
Kcal	125
Protein	8
B12	unknown
Iodine	approx. 5.4 (based on Emmental)

Dunnes Stores

Supervalu



Tesco

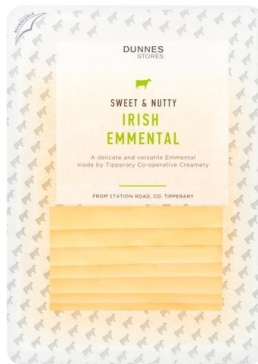
Marks & Spencer



Emmental

Dunnes Stores

Per 30g portion	Emmental
Calcium	291
Kcal	112
Protein	8.4
B12	1.23
Iodine	5.4



Marks & Spencer



Tesco



SuperValu



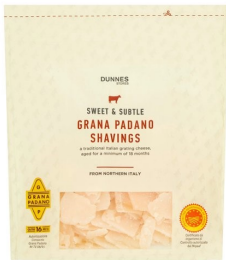
Grana Padano

Aldi



Per 30g portion	Grana Padano
Calcium	351
Kcal	116
Protein	9.9
B12	0.9
Iodine	10.8

Dunnes Stores



Marks & Spencer



Supervalu



Tesco



Gruyere

Aldi



Per 30g portion	Gruyere
Calcium	285
Kcal	120
Protein	8.3
B12	0.48
Iodine	approx. 5.4 (based on Emmental)

Dunnes Stores



Marks & Spencer



Supervalu



Tesco



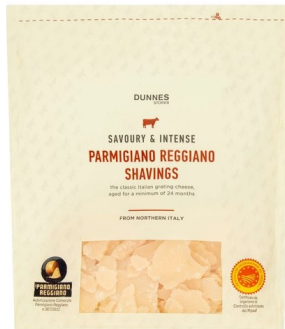
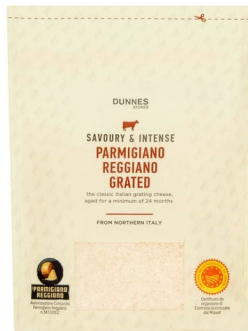
Italian Parmesan/ Parmigiano Reggiano

Aldi



Per 30g portion	Italian Pamesan
Calcium	308
Kcal	118
Protein	9.9
B12	0.99
Iodine	21.6

Dunnes Stores



Marks & Spencer



SuperValu



Tesco



Jarlsberg

Marks & Spencer



Per 30g portion	Jalsberg
Calcium	219
Kcal	105
Protein	8.1
B12	0.6
Iodine	10.5



Tesco



Vintage/Extra Mature Cheddar

Charleville Vintage and Extra Mature (available in Dunnes, Tesco and Supervalu)



Per 30g portion	Cheddar
Calcium	222
Kcal	124.5
Protein	7.6
B12	0.72
Iodine	9

DUBLINER Vintage (available in Dunnes, Tesco and Supervalu)



Wexford Strong and Vintage (available in Dunnes and Supervalu)



Aldi

Ardagh Extra Mature Red Cheddar/ White Cheddar
 Ardagh Vintage White Cheddar



Specialty Selected 24 month Mature Vintage white Cheddar
 Specialty Selected 18 month Mature Vintage Red Cheddar/ White Cheddar



Dunnes Stores

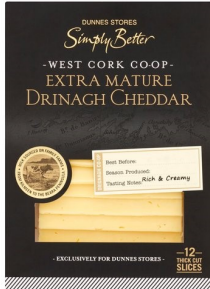
West Cork Co-op Vintage Drinagh Cheddar



Knockandre Vintage Cheese



West Cork Co-op Extra Mature Drinagh Cheddar



Dunnes Extra Mature White



Dunnes Extra Mature Red



Marks and Spencer

Cornish Cove Vintage



Cornish Cruncher Extra Mature



Cornish Cove Extra Mature



M&S British Extra Mature



M&S British Organic Extra Mature



Extra Mature West Country Cheddar



Supervalu

Signature Tastes Vintage Red Cheddar/ White Cheddar
 Signature tastes 15 month Matured Vintage Cheddar Slices



Signature tastes 24 month Matured Vintage White Cheddar



Tesco

Tesco Extra Mature White



Tesco Extra Mature Red



Finest Vintage Cheddar/ Vintage Irish White Cheddar/ Glenstal Vintage Irish Cheddar



Low Fat Vintage/Extra Mature Cheddar

M&S

M&S Lighter Extra Mature Cheddar



Per 30g portion	Low Fat Extra Mature Cheddar
Calcium	252
Kcal	94.2
Protein	8.4
B12	0.4
Iodine	approx. 9 (based on full fat cheddar)

Tesco

Tesco 30% Reduced Fat Extra Mature Cheddar



Babybel Original



Per 20g portion	Babybel Original
Calcium	140
Kcal	62
Protein	4.6
B12	unknown
Iodine	2.6

Pecorino Romano

Dunnes Stores



Per 30g portion	Pecorino Romano
Calcium	214
Kcal	115
Protein	8
B12	unknown
Iodine	7.8

Marks & Spencer



Supervalu/Tesco



Tesco



Vegan Cheeses

Dairygold Plant



Per 30g	Dairygold White Slices (per 20g slice)	Dairygold White Grated
Calcium	24	36
Vitamin D	0.25	0.37
Kcal	64	96
Protein	<0.1	<0.1
B12	0.21	0.3
Iodine	0	0

Tesco



Per 30g	Free From Mature Cheddar	Free From Grated Mozzarella	Free From Soft Cheese	Free From Soft Cheese Garlic & Herb
Calcium	72	72	72	72
Vitamin D	0.45	0.45	0.45	0.45
Kcal	93	89	70	66
Protein	0	0	0.2	0.2
B12	0.2	0.2	0.2	0.2
Iodine	0.14	0.14	0.14	0.14

Yoghurt

Actileaf (Aldi)



Per 100g (500g pot)	Actileaf Plain	Actileaf Blueberry	Actileaf Vanilla	Actileaf Cherry
Calcium	120	120	120	120
Vitamin D	0.75	0.75	0.75	0.75
Kcal	50	79	70	72
Protein	4	3.7	3.5	3.6
B12	0.38	0.38	0.38	0.38
Iodine	0	0	0	0
Sugar	1.8	9.6	7.6	7.8

Alpro



Per 100g (400g pot)	Alpro More Fruit No Added Sugars Mango
Calcium	120
Vitamin D	0.75
Kcal	61
Protein	3.9
B12	0.38
Iodine	0
Sugar	5.6



Per 125g pot	Alpro Gut Health Peach	Alpro Gut Health Strawberry
Calcium	150	150
Vitamin D	0.94	0.94
Kcal	85	85
Protein	4.4	4.4
B12	0.47	0.47
Iodine	0	0
Sugar	8.8	8.9



Per 100g (500g pot)	Alpro Plain No Sugars	Alpro Plain with Coconut	Alpro Simply Plain
Calcium	120	120	120
Vitamin D	0.75	0.75	0.75
Kcal	42	55	51
Protein	4	3.9	4
B12	0.38	0.38	0.38
Iodine	0	0	0
Sugar	0	2.1	2.1



Per 100g (500g pot)	Alpro Blueberry	Alpro Strawberry	Alpro Vanilla	Alpro Cherry
Calcium	120	120	120	120
Vitamin D	0.75	0.75	0.75	0.75
Kcal	70	68	66	75
Protein	3.7	3.6	3.7	3.7
B12	0.38	0.38	0.38	0.38
Iodine	0	0	0	0
Sugar	7.9	7.6	7.5	9.3



Per 125g pot	Alpro Strawberry-Banana No Bits	Alpro Raspberry-Cranberry	Alpro Peach
Calcium	150	150	150
Vitamin D	0.94	0.94	0.94
Kcal	86	95	68
Protein	4.5	4.5	4.5
B12	0.47	0.47	0.47
Iodine	0	0	0
Sugar	10	11.9	10.3



Per 125g pot	Alpro Raspberry-Cranberry-Blackberry	Alpro Strawberry-Banana/Peach-Pear	Alpro Blueberry/Cherry	Alpro Pineapple-Passion Fruit/Peach
Calcium	150	150	150	150
Vitamin D	0.94	0.94	0.94	0.94
Kcal	91	86	87	86
Protein	4.5	4.5	4.5	4.5
B12	0.47	0.47	0.47	0.47
Iodine	0	0	0	0
Sugar	11.4	10.1	11.6	12.9



Per 100g (400g pot)	Alpro Greek Style Plain
Calcium	120
Vitamin D	0.75
Kcal	68
Protein	5.8
B12	0.38
Iodine	0
Sugar	2.5



Per 150g pot	Alpro Greek Style Mango	Alpro Greek Style Passion Fruit	Alpro Greek Style Strawberry-Raspberry
Calcium	162	162	162
Vitamin D	0.9	0.9	0.9
Kcal	124	121	123
Protein	7	7	7
B12	0.45	0.45	0.45
Iodine	0	0	0
Sugar	12.1	11.1	7

Coconut Collaborative



Per 100g pot	Coconut Collaborative Gut Health Strawberry
Calcium	102
Vitamin D	0.85
Kcal	95
Protein	0.6
B12	0.43
Iodine	0
Sugar	3.8



Per 100g (350g pot)	Coconut Collaborative Raspberry	Coconut Collaborative Mango & Passion Fruit
Calcium	120	55
Vitamin D	1	0.8
Kcal	99	136
Protein	0.7	1
B12	0.5	0
Iodine	0	0
Sugar	4	3.5

Vermondo (Lidl)

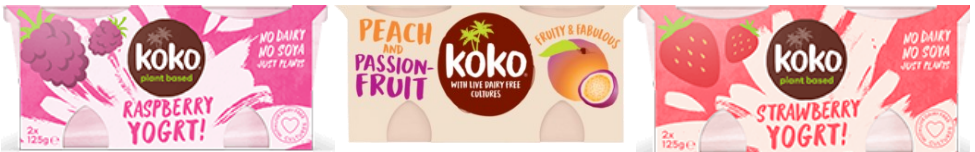


Per 100g (450g pot)	Vermondo Soya Classic Sugar Free	Vermondo Soya Vanilla	Vermondo Soya Blueberry
Calcium	120	120	120
Vitamin D	0.75	0.75	0.75
Kcal	43	73	76
Protein	4.2	3.6	3.6
B12	0.38	0.38	0.38
Iodine	0	0	0
Sugar	0	7.7	8.3

Koko



Per 100g (400g pot)	Koko Plain	Koko Vanilla	Koko Greek Style
Calcium	160	128	160
Vitamin D	0.75	0.75	0.75
Kcal	79	106	113
Protein	0.6	0.5	1.1
B12	0.38	0.38	0.38
Iodine	0	0	0
Sugar	4.3	11.1	0.6



Per 125g pot	Koko Raspberry	Koko Peach & Passion Fruit	Koko Strawberry
Calcium	160	160	160
Vitamin D	0.9	0.9	0.9
Kcal	128	126	141
Protein	0.8	0.8	0.8
B12	0.47	0.47	0.47
Iodine	0	0	0
Sugar	15.2	15.6	14.4

Oatly



Per 100g (400g pot)	Oatly Oatgurt Greek Style	Oatly Oatgurt Strawberry
Calcium	120	120
Vitamin D	1.1	1.1
Kcal	145	101
Protein	3.3	1.4
B12	0.38	0.38
Iodine	0	0
Sugar	4.1	9.3

Petits Filous



Per 95g pot	Dairy Free Petits Filous Raspberry
Calcium	120
Vitamin D	0.75
Kcal	91
Protein	1.6
B12	0
Iodine	0
Sugar	8

Tesco



Per 100g (500g/400g pot)	Plant Chef Plain	Plant Chef Greek Style
Calcium	120	120
Vitamin D	1.5	1.5
Kcal	42	52
Protein	4.7	5.8
B12	0.38	0.38
Iodine	45	45
Sugar	0	0



Per 90g pot	Free From Apricot & Banana Fromage Frais ALternative	Free From Raspberry & Strawberry Fromage Frais ALternative
Calcium	216	216
Vitamin D	1.35	1.35
Kcal	72	71
Protein	3.9	3.6
B12	0	0
Iodine	0	0
Sugar	8.6	8.6

Custard



Per 100g (525g pot)	Alpro Vanilla Custard
Calcium	120
Vitamin D	0.75
Kcal	75
Protein	3
B12	0.38
Iodine	0

Dessert

Alpro



Per 125g pot	Alpro Dessert Smooth Chocolate	Alpro Dessert Double Chocolate	Alpro Dessert Classic Coconut	Alpro Dessert Velvet Vanilla	Alpro Dessert Creamy Caramel
Calcium	150	150	150	150	150
Vitamin D	0.94	0.94	0.94	0.94	0.94
Kcal	104	119	100	109	107
Protein	3.9	3.9	3	4	4
B12	0	0	0.47	0.47	0.47
Iodine	0	0	0	0	0

Oddly Good



Per 130g pot	Oddly Good Dreamy Lemon	Oddly Good Dreamy Berries	Oddly Good Dreamy Caramel
Calcium	156	156	156
Vitamin D	1.3	1.3	1.3
Kcal	238	240	246
Protein	3.8	3.9	3.9
B12	0.52	0.52	0.52
Iodine	29.25	29.25	29.25

Age	Calcium requirement (mg/day)	No. of portions	Vitamin D requirement (µg/day)	Iodine requirement (µg/day)
7 - 12 months*	280mg	3	10µg	70µg
1 - 3 years	450mg	4 ½	15µg	90µg
4 - 10 years	800mg	8	15µg	90µg
11 - 14 years	1150mg	11 ½	15µg	120µg
15 - 17 years	1150mg	11 ½	15µg	130µg
18 - 24 years	1000mg	10	15µg	150µg
>25 years	950mg	9 ½	15µg	50µg
Pregnancy and Lactation	As per Adult		As per Adult	200µg



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Version: 4

Review date: June 2026

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