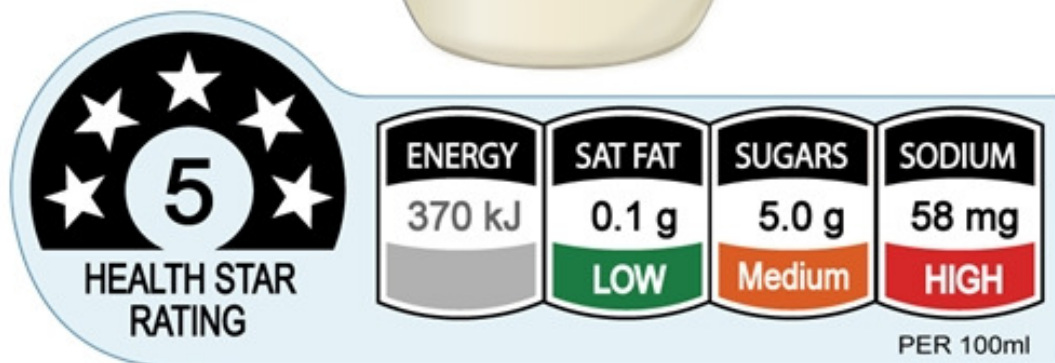


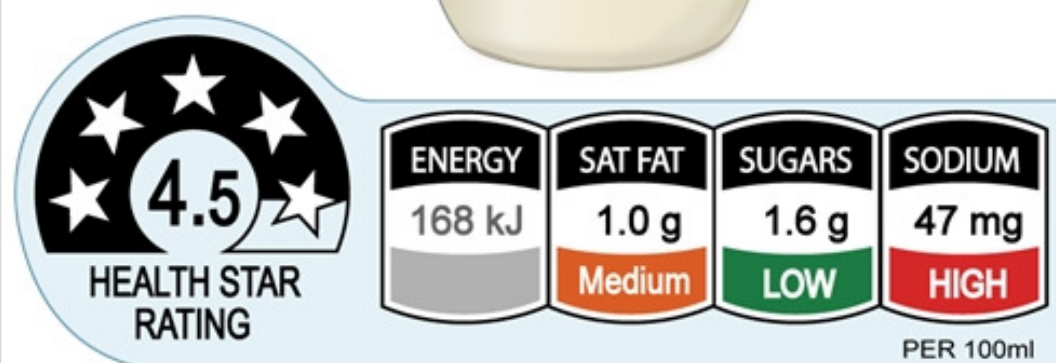
## Australian Health Star Rating – Milk

### Skim milk



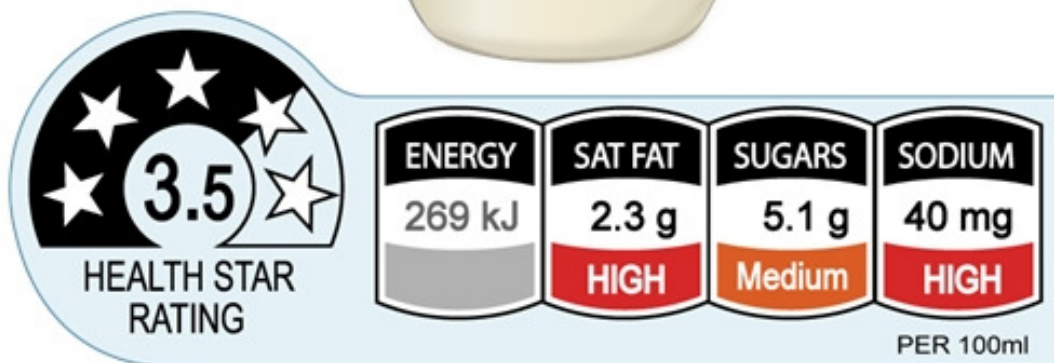
## Australian Health Star Rating - Milk

### Light milk



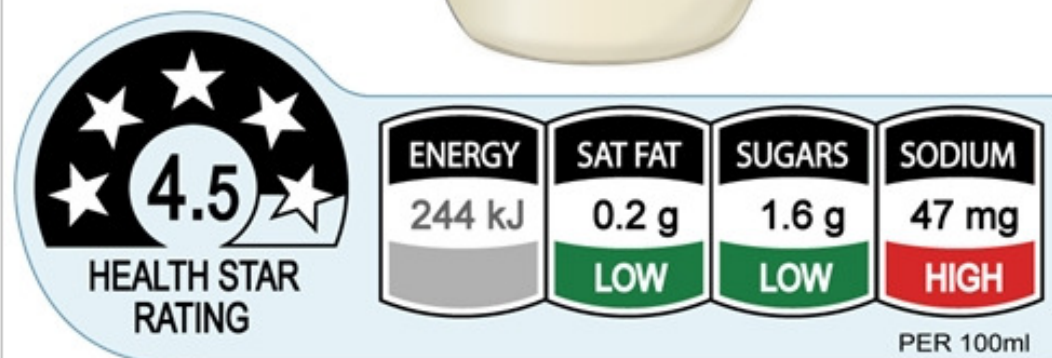
## Australian Health Star Rating – Milk

### Full fat milk

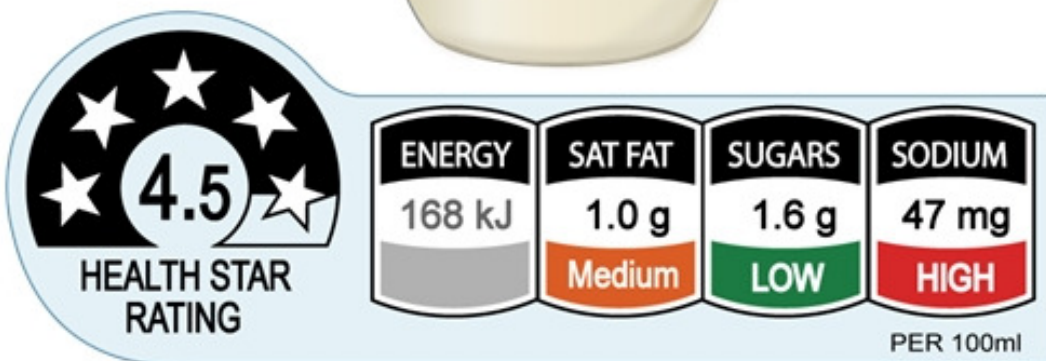


## Australian Health Star Rating - Milk

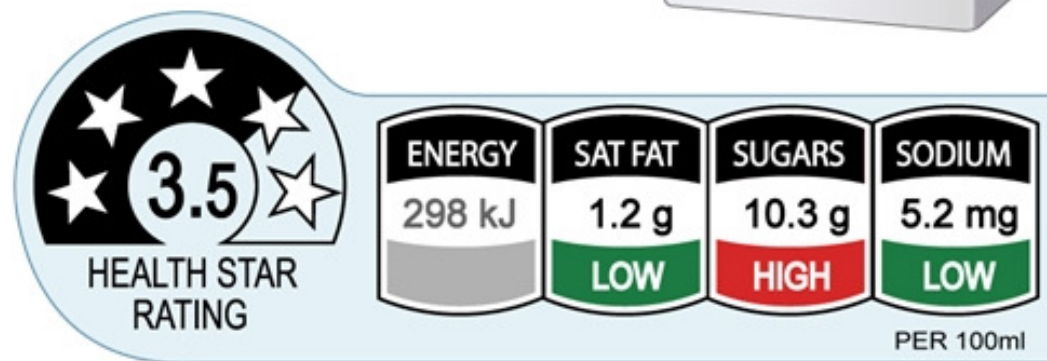
### Soy milk



## Australian Health Star Rating – Milk Light soy milk



## Australian Health Star Rating - Milk Chocolate flavoured milk





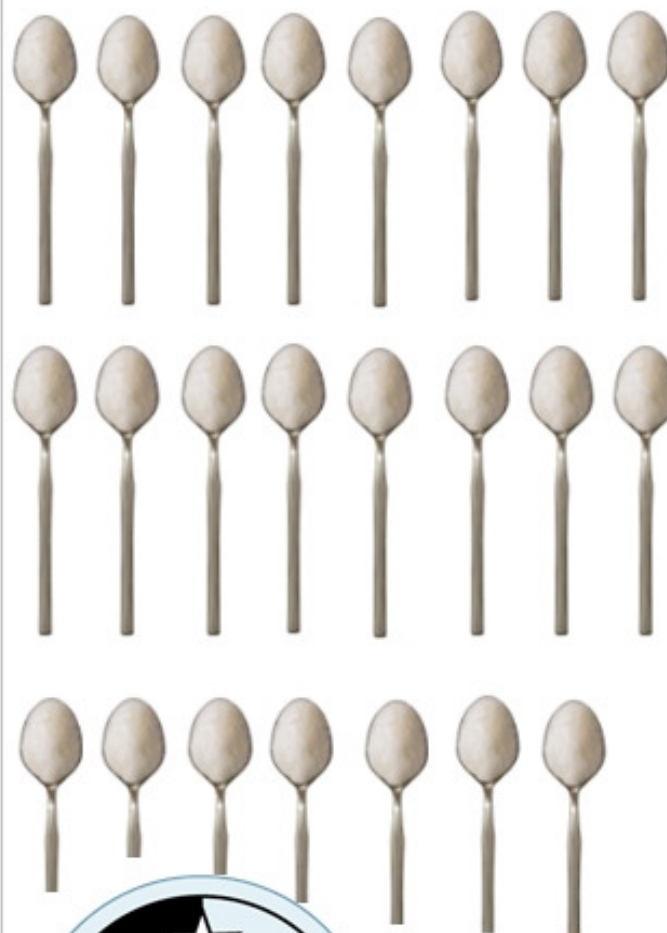
## Australian Health Star Rating – Milk Strawberry flavoured milk



ENERGY	SAT FAT	SUGARS	SODIUM
367 kJ	32.6g	9.1 g	32 mg
	HIGH	HIGH	LOW

PER 100ml

## Australian Health Star Rating - Milk Reduced fat iced coffee



ENERGY	SAT FAT	SUGARS	SODIUM
352 kJ	2.4g	9.3 g	65 mg
	Medium	HIGH	HIGH

PER 100ml

There is no need to print the following pages when printing and using this resource

## Health Professional Facilitator Information

The CDRO endeavours to provide resources which are accurate and appropriate, however you must at all times use your own professional judgement when using this resource

### Purpose of resource:

To provide information about the amount of sugar in beverages and the energy content in different alcoholic beverages.

### Target group:

This resource is designed to be used by Australians of all ages.

### Notes:

This resource is designed to be printed A3 size and then laminated.

### Acknowledgements:

This version of the resource was developed with the help of by Rob Tyson (Dietician) who provided the content and advice on the layout.

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