

TIPS FOR CHOOSING THE **BEST MILK** FOR YOUR FAMILY



Types of Milk



Cow's Milk



Camel Milk



Goat Milk



Longlife Milk



Oat Milk



Coconut Milk



Almond Milk



Soy Milk

Factors to Consider When Purchasing

- Check the package date.
- Look for pasteurized products.
- Decide whether you need full fat / low fat milk.
- Follow the storage rules.
- Buy fortified milk (especially if you are using veg based milks).
- If you are lactose intolerant choose lactose free milk.