

## NUTRITION METER

Nutrients in 100ml	Calories	Protein (g)	Fat (g)	Carbs (g)	Ca (mg)
Soy milk	38	1.7	-	-	-
Cow's milk (whole)	67	3.2	4.1	4.4	120
Buffalo's milk (whole)	117	4.3	6.5	5	210
Skimmed milk	29	2.5	0.1	4.6	120

SOURCE: Indian Council of Medical Research, Delhi