Dairy Australia

Proximate Composition of Australian Dairy Foods

Your guide to the nutritional content of Australian Dairy Foods

Proximate Composition of Australian Dairy Foods

Most Australians enjoy milk and other dairy foods as a staple part of their diets from early childhood.

As one of the five essential food groups, dairy foods play a key role in a balanced diet. Dairy foods are convenient and tasty, naturally containing more than ten essential nutrients including calcium, vitamins A and B12, riboflavin, carbohydrate, protein, potassium, phosphorus, magnesium and zinc.

Three serves of dairy foods such as milk, cheese and yogurt every day will provide most people with their daily calcium requirement plus significant amounts of other essential nutrients. A serve is equivalent to one glass (250ml) of milk, a tub of yogurt (200g) or two slices of cheese (40g).

Milk

Milk is considered one of the most nutritionally ‘complete’ foods and the biggest contributor of calcium in the Australian diet. Its nutrient richness makes it very useful for children and elderly people who are unable to eat enough solid food. Milk is enjoyed on its own or is transformed into a wide variety of delicious dairy products including cheese, yogurt, butter, cream and ice cream.

Reduced, low-fat and skim milk

There are a range of ‘fat-modified’ milks available in Australia. While regular or whole milk has an average of 3.5% fat, reduced-fat milks have at least 25% less fat than regular milk. Low-fat milk must contain less than 1.5% fat and skim or ‘fat-free’ milk has no more than 0.15% fat. Fat-modified milk is manufactured by removing part or most of the fat in regular milk. The removal of fat results in reduced-fat milk containing proportionately higher levels of calcium than regular milk. Some fat-modified milks may also have further calcium added.

Specialty milks

Though people with lactose intolerance can readily consume milk in small quantities, there is a range of lactose-reduced or lactose-free milks available as fresh or long-life products.

There are milks for specialised purposes, such as milk with increased protein for enhanced frothing; and a range of milks which are fortified with nutrients such as vitamins and minerals (e.g. iron, folate, and vitamin D), plant sterols or omega-3 for additional health benefits.

Flavoured milks

A variety of popular flavours such as chocolate, strawberry and coffee are added to regular-fat or reduced-fat milks. They may be sweetened with sugar or sweeteners to make a delicious beverage containing all the essential nutrients found in milk.

Longlife Milk

Longlife milk undergoes a short heat treatment (ultra heat treatment – UHT) which ensures all harmful and spoilage bacteria are destroyed. The heating process does not significantly affect the nutritional value of the milk. Longlife milk can be stored unopened out of the refrigerator for extended periods but must be refrigerated once opened.

Evaporated milk

Evaporated milk is made by gentle evaporation of water which concentrates the milk solids. Following concentration, the milk is canned and sterilised to destroy bacteria and enzymes to ensure long shelf life. Evaporated milk is also available in reduced-fat varieties, providing a lower kilojoule alternative for sauces, desserts and cake fillings.

Sweetened condensed milk

Sweetened condensed milk is made by the addition of sugar to the milk prior to concentration evaporation. The milk and sugar mixture undergoes gentle heating and evaporation. Following the evaporation process, the milk is packaged in cans or UHT packs to ensure long shelf life.

Buttermilk

Buttermilk is made by the addition of a starter culture to milk which develops it’s acidity and tangy flavour. Buttermilk has a similar taste to natural yogurt and is ideal for baking purposes.

Powdered milk

Powdered milk is made by evaporating the water in regular-fat or fat-modified milk to produce dried milk particles. A natural substance called lecithin is added to prevent to powdered milk clumping together. Powdered milks can be reconstituted with the addition of water. Milk powder can be stored out of the refrigerator until it has been reconstituted. From then on it should be treated the same way as fresh milk and stored in the fridge.

Australian Milk	Energy	Water	Protein	Total fat	Saturated fat	Monounsaturated fat	Polyunsaturated fat	Long chain ω-3	Cholesterol	Carbohydrate	Total sugars	Calcium	Copper	Iodine	Iron	Magnesium	Manganese	Phosphorus	Potassium	Sodium	Zinc	Thiamin	Riboflavin	Niacin	β-carotene	Retinol
Type per 100g	kJ	g	g	g	g	g	g	mg	mg	g	g	mg	mg	µg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	µg	µg
Regular	293	90.5	3.5	3.5	2.3	0.9	0.1	1	11	6.3	6.3	107	0.01	23	0.0	10	0.00	92	142	37	0.4	0.00	0.2	0.3	19	50
Longlife (UHT)	277	90	3.6	3.8	2.5	1.0	0.1	NA	11	4.6	4.6	117	0.01	22	0.0	11	0.00	96	149	45	0.4	0.03	0.2	0.1	29	49
Fat modified																										
Low fat	212	93.3	3.8	1.2	0.8	0.3	0.0	0	5	6.1	6.1	109	0.01	20	0.1	11	0.00	98	156	38	0.4	0.00	0.2	1.1	9	21
Skim	147	94.2	3.7	0.1	0.1	0.0	0.0	0	3	5.0	5.0	121	0.01	15	0.0	12	0.01	100	170	51	0.3	0.04	0.2	0.1	1	0
Specialty																										
Regular milk with added omega-3	263	91.2	3.2	3.3	2.1	0.8	0.1	12	5	5.3	5.3	113	0.05	25	0.5	11	0.06	97	206	41	0.1	0.04	0.2	0.0	7	10
Reduced-fat milk with increased protein	221	91.6	4.2	1.6	1.0	0.4	0.1	3	6	5.6	5.6	146	0.00	17	0.0	14	0.01	114	186	55	0.5	0.03	0.2	0.1	8	15
Low-fat milk with added calcium, magnesium, zinc and vitamin D	234	91.8	4.1	1.5	1.0	0.4	0.0	NA	6	6.9	6.9	209	0.00	17	0.0	33	0.01	155	187	62	1.3	0.03	0.2	0.1	9	15
Low-fat milk with added calcium, folate and vitamin D	210	92.8	4.1	1.3	0.9	0.3	0.0	0	6	5.6	5.6	156	0.01	25	0.1	11	0.01	98	151	38	0.5	0.00	0.2	1.1	9	21
Flavoured																										
Chocolate	358	88.5	3.8	3.7	2.4	0.9	0.1	0	14	9.5	9.2	110	0.02	12	0.1	14	0.03	97	172	38	0.3	0.01	0.2	0.4	23	39
Chocolate, reduced-fat	266	90.7	3.5	1.8	1.2	0.4	0.1	0	8	8.8	8.8	120	0.02	13	0.1	15	0.04	99	178	58	0.4	0.02	0.2	0.4	2	20
Coffee	344	88.3	3.2	3.6	2.4	0.9	0.1	0	12	9.6	9.6	110	NA	12	0.1	12	NA	91	162	39	0.4	0.05	0.2	0.5	25	42
Coffee, reduced-fat	268	90.5	3.4	1.7	1.1	0.4	0.0	0	8	9.2	9.2	120	NA	12	0.1	13	NA	97	164	50	0.4	0.02	0.2	0.5	3	18
Strawberry	347	88.7	3.4	3.7	2.4	0.9	0.1	0	13	9.5	9.5	113	0.01	6	0.0	11	0.01	92	143	42	0.3	0.00	0.2	0.5	24	38
Strawberry, reduced-fat	270	90.3	3.3	1.6	1.1	0.4	0.0	0	7	9.7	9.7	119	0.00	14	0.0	11	0.01	95	150	41	0.3	0.02	0.2	0.5	3	17
Cultured																										
Buttermilk	252	90.7	4.4	2.1	1.3	0.5	0.1	4	9	5.6	5.6	149	0.00	9	0.0	15	0.01	135	213	59	0.5	0.01	0.3	0.2	0	19
Canned																										
Evaporated, regular	635	77.6	8.2	8.8	5.6	2.2	0.3	14	26	10.7	10.7	274	0.01	73	0.2	25	0.01	266	366	112	0.9	0.07	0.5	0.2	47	80
Evaporated, reduced-fat	413	83.9	8.5	2.3	1.5	0.6	0.1	4	11	11.5	11.5	288	0.01	58	0.3	27	0.01	264	377	113	1.0	0.08	0.6	0.1	9	17
Evaporated, skim	340	86.1	8.4	0.4	0.3	0.1	0.0	NA	5	11.4	11.4	265	0.00	NA	0.2	26	0.00	215	350	98	1.0	0.08	0.5	0.0	8	0
Condensed, regular	1754	33.2	10.7	11.9	7.8	3.1	0.3	NA	40	70.9	70.9	345	0.01	47	0.2	32	0.01	329	460	136	1.2	0.10	0.8	0.4	59	90
Condensed, skim	1477	35.6	13	0.3	0.2	0.1	0.0	NA	10	77.8	77.8	432	0.01	23	0.1	39	0.01	386	575	161	1.4	0.08	0.9	0.3	3	0
Powders																										
Regular	2050	2.7	27.2	26.3	17.3	7.0	0.7	NA	90	38.3	38.3	875	0.05	30	0.3	85	0.03	733	1157	310	3.0	0.34	1.5	0.8	149	383
Skim	1455	3.9	36.3	0.9	0.6	0.2	0.0	1	26	50.4	50.4	1250	0.05	82	0.3	115	0.04	997	1603	428	3.8	0.35	1.9	0.9	7	4

NA = Not available

NUTTAB 2010 – Australian Food Composition Tables: Food Standards Australia New Zealand, Canberra.

Yogurt

Regarded as the world's first 'health food', yogurt has been consumed by humans for centuries. Originally, it was made in order to preserve milk and for its health benefits. Yogurt is made by the addition of live bacterial cultures to milk. The bacteria digest the lactose to make lactic acid which sets it into a soft curd, giving yogurt its tangy taste and rich texture. The remaining lactose content is low making it generally suitable for people with lactose intolerance and an excellent source of calcium in their diet.

A range of probiotic bacterial strains may also be added to yogurt for their health benefits. Probiotic bacteria are 'friendly' bacteria which can promote intestinal health by restoring the balance between 'good' and 'bad' bacteria in the human intestine.

Most yogurts are either stirred, pot set or drinking types. Yogurt may differ in composition, texture and flavours. Many yogurts are sweetened with the addition of fruit, sugar or sweeteners. In contrast, natural yogurt has no added flavours.

Reduced-fat yogurts

Yogurts, like milk, are available with a range of fat contents. Reduced-fat yogurts must contain at least 25% less fat than regular yogurts while low-fat yogurt contains less than 3g of fat per 100g of yogurt. 'No-fat' or 'fat-free' yogurts must contain less than 0.15g fat per 100g. The nutrition information panel on the label is useful for comparing products.

Australian Yogurt	Energy	Water	Protein	Total fat	Saturated fat	Monounsaturated fat	Polyunsaturated fat	Long chain ω-3	Cholesterol	Carbohydrate	Total sugars	Calcium	Copper	Iodine	Iron	Magnesium	Manganese	Phosphorus	Potassium	Sodium	Zinc	Thiamin	Riboflavin	Niacin	β-carotene	Retinol
Type per 100g	kJ	g	g	g	g	g	g	mg	mg	g	g	mg	mg	µg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	µg	µg
Natural																										
Regular	367	84.8	6.0	4.4	2.8	1.3	0.1	NA	17	5.0	5.0	193	0.01	13	0.1	17	0.00	160	274	75	0.6	0.05	0.4	0.1	26	28
Low-fat	249	86.6	6.8	0.3	0.2	0.1	0.0	NA	4	6.2	6.2	244	0.01	18	0.1	21	0.01	195	308	86	0.8	0.06	0.4	0.1	3	0
Flavoured—Vanilla																										
Regular	404	82.7	5.1	3.5	2.2	1.0	0.1	NA	16	10.2	10.2	177	0.02	14	0.1	16	0.00	146	229	58	0.5	0.02	0.3	0.3	18	40
Low-fat	382	82.2	6.1	0.5	0.3	0.2	0.0	NA	6	14.5	13.2	174	0.01	18	0.1	18	0.01	152	251	69	0.7	0.03	0.4	0.6	0	0
Flavoured—Strawberry																										
Regular	417	80.7	4.8	3.2	2.1	0.8	0.1	6	10	12.1	12.1	164	0.01	18	0.2	16	0.04	133	223	65	0.5	0.06	0.3	0.3	13	29
Low-fat	341	81.9	5.4	0.3	0.2	0.1	0.0	0	2	13.5	12.6	168	0.01	17	0.1	15	0.03	140	223	63	0.5	0.06	0.3	0.5	2	1
Low-fat, intense sweetend	236	90.3	5.0	0.2	0.1	0.1	0.0	0	4	7.4	6.5	145	0.00	17	0.1	15	0.04	130	200	55	0.6	0.04	0.3	0.2	0	0
Frozen																										
Regular fruit flavoured	871	86.6	6.3	6.0	3.8	1.7	0.2	NA	10	33.9	33.9	214	0.00	NA	0.8	21	0.03	174	335	106	0.8	0.08	0.3	0.1	56	55

NA = Not available

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Cheese

Cheese is a complex food made from a few simple ingredients. As milk is the main ingredient, cheese contains the same ten essential nutrients (e.g calcium, protein, phosphorus). Salt is needed to control moisture, texture, taste, functionality and acts as a natural preservative.

Cheese has some distinct nutritional properties. Research has shown that cheese can help prevent dental decay. This is because it contains anti-decay components such as casein (milk protein which is concentrated in cheese), calcium and phosphorus which help to neutralise the acid produced by plaque bacteria. Cheese contains negligible lactose as it is removed with the whey during processing or converted to lactic acid. This makes cheese a great dairy choice for people who are lactose intolerant.

Australia now produces more than 100 varieties of cheese, some unique to this country and each with a unique taste, texture and nutritional profile.

Some are naturally lower in fat such as ricotta and cottage cheese, whilst others are naturally lower in salt for example mozzarella and swiss cheese. The table below provides nutrient information for the most popular types of cheeses available.

Reduced-fat cheeses

Reduced-fat cheese has at least 25% less fat than its regular fat alternative. Cheeses labeled as 'low-fat' must not contain more than 3% fat. Check the nutrition information panel to compare the fat content of individual cheeses.

Reduced-salt cheeses

Reduced-sodium (salt) cheeses are available for consumers needing to reduce their sodium intake. Up to 50% of the sodium chloride (salt) may be removed or replaced with potassium chloride. Salt plays an important role in cheese by contributing to flavour and is essential in inhibiting bacterial growth during production.

Australian Cheese	Energy	Water	Protein	Total fat	Saturated fat	Monounsaturated fat	Polyunsaturated fat	Long chain ω-3	Cholesterol	Carbohydrate	Total sugars	Calcium	Copper	Iodine	Iron	Magnesium	Manganese	Phosphorus	Potassium	Sodium	Zinc	Thiamin	Riboflavin	Niacin	β-carotene	Retinol
Type per 100g	kJ	g	g	g	g	g	g	mg	mg	g	g	mg	mg	µg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	µg	µg
Blue Vein	1570	41.4	20.3	32.4	20.7	9.0	0.9	NA	100	0.0	0.0	510	0.03	23	0.2	23	0.03	320	87	1089	3.0	0.04	0.4	0.9	140	314
Camembert	1286	52.6	19.5	25	16.4	6.4	0.7	24	91	0.1	0.1	484	0.03	13	0.2	21	0.04	355	99	610	2.4	0.01	0.4	0.4	151	396
Cheddar	1663	34	24.6	32.8	21.6	7.7	1.3	61	108	0.5	0.5	763	0.03	24	0.1	27	0.03	478	73	684	3.6	0.02	0.3	1.5	87	159
Reduced-fat (~25%)	1402	41.7	28.9	24.2	15.6	5.7	1.1	64	72	0.0	0.0	801	0.04	18	0.2	35	0.04	590	110	550	4.0	0.07	0.4	0.1	171	194
Reduced-fat (~15%)	1109	47.1	31.1	15.3	9.9	3.6	0.7	40	45	0.0	0.0	995	0.04	18	0.2	35	0.04	590	110	560	4.0	0.08	0.4	0.1	172	120
Processed cheddar	1304	45.4	20.9	24.9	16.8	5.9	0.7	31	80	0.1	0.1	556	0.04	17	0.3	22	0.03	371	74	1331	3.3	0.03	0.6	0.2	166	214
Reduced-fat (~16%)	1054	52.5	22.5	15.4	10.3	3.8	0.5	0	NA	4.9	4.9	886	0.03	23	0.3	NA	0.09	NA	170	1171	2.8	0.02	0.5	2.8	95	110
Reduced-fat (~8%)	806	54.6	24.4	7.8	5.6	1.7	0.1	0	NA	4.9	4.9	886	0.03	23	0.3	NA	0.09	NA	170	1171	2.8	0.02	0.5	2.8	95	110
Cheshire	1641	38.4	24.2	32.5	21.0	7.7	1.4	86	110	0.0	0.0	610	0.03	11	0.4	27	0.03	455	75	580	3.2	0.02	0.5	0.1	170	315
Colby	1631	35.2	24	32.3	20.8	7.6	1.4	85	105	0.1	0.1	655	0.04	26	0.3	30	0.02	435	48	595	2.6	0.03	0.4	0.2	200	340
Cream	1384	55	8.2	31.9	20.4	8.9	0.9	NA	93	2.5	2.5	82	0.01	16	0.1	9	0.01	108	100	336	0.6	0.05	0.2	0.3	191	318
Creamed cottage	529	75.4	15.4	5.7	3.5	1.6	0.3	5	22	1.9	1.9	89	0.03	15	0.1	8	0.00	143	123	277	0.2	0.05	0.3	0.5	44	30
Edam	1485	39.9	27.5	26.8	16.9	7.7	0.7	NA	77	0.0	0.0	839	0.05	11	0.3	35	0.04	577	88	933	4.1	0.03	0.4	0.1	126	195

NA = Not available

NUTTAB 2010 – Australian Food Composition Tables: Food Standards Australia New Zealand, Canberra.

Australian Cheese	Energy	Water	Protein	Total fat	Saturated fat	Monounsaturated fat	Polyunsaturated fat	Long chain ω-3	Cholesterol	Carbohydrate	Total sugars	Calcium	Copper	Iodine	Iron	Magnesium	Manganese	Phosphorus	Potassium	Sodium	Zinc	Thiamin	Riboflavin	Niacin	β-carotene	Retinol
Type per 100g	kJ	g	g	g	g	g	g	mg	mg	g	g	mg	mg	µg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	µg	µg
Feta	1165	52.9	17.4	22.8	14.9	6.0	0.7	NA	66	0.2	0.2	325	0.03	28	0.3	15	0.02	295	79	1107	1.8	0.04	0.3	0.1	101	215
Reduced-fat	1000	54.3	25.7	14.5	18.8	4.0	0.4	NA	60	0.1	0.1	340	0.07	9	0.4	15	0.04	370	51	1100	2.1	0.01	0.7	0.2	20	140
Gloucester	1721	36.5	25	34.3	22.1	8.1	1.5	91	110	0.0	0.0	705	0.05	12	0.2	29	0.04	505	76	620	3.8	0.02	0.4	0.2	205	340
Gouda	1605	38.4	26.2	30.6	19.4	8.8	0.8	NA	90	0.0	0.0	810	0.05	34	0.2	32	0.04	546	74	701	4.0	0.03	0.4	0.0	123	223
Haloumi	1050	51.1	21.3	17.1	11.0	4.0	0.7	45	53	1.8	1.8	620	0.06	8	0.2	18	0.03	510	77	2900	3.0	0.06	0.4	0.2	60	200
Havarti	1716	41.4	19.4	36.7	23.7	8.6	1.6	97	110	0.1	0.1	500	0.04	9	0.2	19	0.03	350	42	600	1.6	0.04	0.3	0.0	180	300
Mozzarella	1310	46.8	26	22.5	14.2	6.4	0.6	NA	66	0.7	0.6	606	0.05	17	0.2	29	0.07	449	66	459	4.1	0.04	0.3	0.6	153	198
Reduced-fat	1229	44.4	31.7	17.9	11.5	4.2	0.8	47	77	0.1	0.1	950	0.06	3	0.2	36	0.03	670	77	580	5.1	0.04	0.4	0.0	85	120
Neufchatel	1364	55.9	9.4	30.9	19.7	8.6	0.8	NA	97	2.2	2.2	113	0.01	18	0.1	10	0.01	107	102	330	0.7	0.03	0.2	0.1	160	225
Parmesan	1949	16.9	40.6	33.3	21.1	9.5	0.9	NA	88	0.0	0.0	1121	0.04	30	0.5	42	0.08	809	92	1503	6.5	0.10	0.5	0.2	179	255
Pecorino	1512	38.5	28	27.2	17.6	6.4	1.2	72	88	0.2	0.2	743	0.05	9	0.2	36	0.03	575	77	948	3.7	0.03	0.4	0.4	145	289
Provolone	1550	37.3	27.8	28.4	18.3	6.7	1.2	75	100	0.1	0.1	750	0.05	3	0.3	28	0.03	560	67	1000	3.9	0.03	0.4	0.4	190	310
Quark, low-fat	349	80.5	13.9	1.1	0.7	0.3	0.0	NA	9	2.9	2.9	94	0.04	NA	0.1	10	0.02	180	120	160	0.5	0.03	0.4	0.3	10	5
Ricotta, reduced-fat	551	76.7	10.1	8.7	5.6	2.4	0.2	NA	42	2.0	2.0	230	0.01	5	0.1	14	0.01	158	126	185	0.8	0.02	0.2	0.1	47	63
Romano	1594	33.1	31.3	27.9	17.6	8.0	0.7	NA	90	0.2	0.2	963	0.06	8	0.3	38	0.05	643	87	1040	4.7	0.04	0.5	0.1	175	300
Soft white, mould coated (e.g. Brie and Camembert)	1465	47.4	18.6	30.3	19.7	7.8	0.9	0	98	0.1	0.1	464	0.03	23	0.2	20	0.02	331	106	593	2.7	0.01	0.5	0.4	182	340
Swiss	1620	37.4	28.4	30.0	19.0	8.6	0.8	NA	86	0.1	0.1	885	0.19	59	0.2	33	0.05	585	73	425	4.3	0.03	0.5	0.3	121	234

NA = Not available

NUTTAB 2010 – Australian Food Composition Tables: Food Standards Australia New Zealand, Canberra.

Butter

Butter is made by churning fresh, pasteurised cream into a stable product containing around 80% fat and 16% water. Other minor components include protein, vitamins A and D, and calcium. The salt level in table butter is around 1.6-1.7% while the reduced and low-salt versions contain around 0.8-1.0% salt. Unsalted butter is also available.

Cultured butter, also known as European-style butter, is made from sour or cultured cream and has an acidic taste and nutty flavour. Herb and garlic flavoured butters are also available.

Dairy blends

Dairy blends are a combination of butter and up to 50% edible vegetable oils. These products combine the great taste of butter, with good spreadability onto toast even when taken directly from the refrigerator.

Reduced-fat spreads

Dairy blends are available in reduced-fat (30-60% total fat) and low-fat (less than 30% fat) varieties. The remaining ingredients may include water, milk proteins, vegetable proteins, cultures, gelatin, sugar, salt and vitamins. These table spreads provide a lower kilojoule alternative to regular butters or blends. Low-fat blends are not recommended for cooking due to their high moisture content which may cause splashing..

Ghee

Ghee is “clarified” butter containing around 99.7% fat and used for cooking and shallow frying. It is a clear, oily product with excellent shelf life at room temperature. However, ghee must be protected from air and light which can oxidize the product and cause ‘fishy’ or tallow flavours.

Australian Butter	Energy	Water	Protein	Total fat	Saturated fat	Monounsaturated fat	Polyunsaturated fat	Long chain ω-3	Cholesterol	Carbohydrate	Total sugars	Calcium	Copper	Iodine	Iron	Magnesium	Manganese	Phosphorus	Potassium	Sodium	Zinc	Thiamin	Riboflavin	Niacin	β-carotene	Retinol
Type per 100g	kJ	g	g	g	g	g	g	mg	mg	g	g	mg	mg	µg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	µg	µg
Butter (salted)	3036	15.5	1.1	81.5	53.8	19.9	1.8	96	146	0.0	0.0	17	0.01	7	0.0	2	0	16	23	776	0.1	0.00	0.1	0.5	64	905
Reduced-salt	3036	15.5	1.1	81.5	53.8	19.9	1.8	96	146	0.0	0.0	17	0.01	7	0.0	NA	0	16	23	350	0.1	NA	NA	NA	64	905
Unsalted	3036	15.2	1.1	81.5	53.8	19.9	1.8	96	146	0.0	0.0	17	0.01	7	0.0	2	0	17	23	10	0.0	NA	NA	NA	64	905
Garlic butter	2761	20.9	1.5	73.2	48.2	17.8	1.7	NA	130	0.8	0.1	25	NA	NA	0.5	5	NA	NA	90	697	0.2	0.01	0.1	0.6	206	810
Ghee	3701	0.0	0.3	99.9	65	27.3	2.0	0	290	0.0	0.0	4	0.00	NA	0.0	0	0	3	5	2	0.0	0.00	0.0	0.0	480	860
Dairy Blend	3068	14.8	0.5	82.4	35.3	31.7	10.8	20	168	0.6	0.6	20	0.00	4	0.0	2	0	19	33	485	0.0	0.00	0.1	0.1	482	798
Reduced-salt	3068	15.3	0.6	82.4	35.3	31.7	10.8	20	167	0.6	0.6	20	0.00	4	0.0	2	0	19	33	292	0.0	0.00	0.1	0.1	482	797
Reduced-fat and reduced-salt dairy spread	1713	50	4.2	44.3	19.4	11.6	11.1	0	121	0.1	0.1	6	0.01	NA	0.1	1	0	28	49	365	0.1	0.00	0.0	0.3	481	1012

NA = Not available

NUTTAB 2010 – Australian Food Composition Tables: Food Standards Australia New Zealand, Canberra.

Cream

Creams are classified by their fat content. Regular cream, pure cream or whipping cream contain a minimum of 35% milk fat and rich or double cream have a minimum of 48% milk fat. Reduced-fat creams contain less than 25% milk fat and light creams, on average, contain 18% milk fat. Thickened cream and sour cream are also available in reduced-fat varieties. Cream is used as an ingredient in soups, dressings and sauces to give a rich, full taste and is often served with cakes and sweets.

Thickened cream

Thickened creams contain about 37% fat and have additives such as gelatin, vegetable gums or other modifying agents. The additives act as thickening agents, making it easier to whip the cream. They also act as stabilisers reducing chances of the cream curdling or separating into layers. Whipped cream is ideal for cake fillings, mousses, ice creams and cheesecakes.

Sour cream

Sour cream is manufactured by the addition of a desirable culture to cream which is then incubated at about 20°C for 12–14 hours. The cultures convert lactose in the cream to lactic acid which gives a slightly sour taste and a thicker than normal consistency. Sour cream, with its slightly tart flavour, is often used in soups, sauces and dressings, casseroles and cakes or served on vegetables.

Crème fraiche is less acidic than sour cream and has a slightly nutty and tangy flavour. It is produced by the addition of lactic acid to cream and left to ripen under controlled conditions. The distinguishing feature is stability when heated thus making it valuable to chefs for key recipe applications.

Australian Cream	Energy	Water	Protein	Total fat	Saturated fat	Monounsaturated fat	Polyunsaturated fat	Long chain ω-3	Cholesterol	Carbohydrate	Total sugars	Calcium	Copper	Iodine	Iron	Magnesium	Manganese	Phosphorus	Potassium	Sodium	Zinc	Thiamin	Riboflavin	Niacin	β-carotene	Retinol
Type per 100g	kJ	g	g	g	g	g	g	mg	mg	g	g	mg	mg	µg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	µg	µg
Pure	1397	60.1	2.3	35.9	23.0	8.7	1.4	88	102	1.8	1.8	61	0.00	8	0.0	6	0.00	53	121	36	0.2	0.02	0.1	0.0	263	355
Rich or double thick	1882	46.8	1.6	49.4	31.7	12.0	2.0	121	125	1.7	1.7	60	NA	8	0.0	6	NA	52	120	36	0.2	0.02	0.2	0.0	260	720
Thickened	1461	58.0	2.3	37.1	23.8	9.0	1.5	91	106	3.0	3.0	62	0.01	8	0.1	6	0.01	63	90	38	0.2	0.03	0.2	0.0	245	440
Light (18% Fat)	842	74.0	2.0	19.7	12.7	4.8	0.8	49	50	4.8	4.8	57	0.01	NA	0.1	6	0.01	53	79	36	0.2	0.04	0.1	0.1	243	202
Longlife (UHT)	1470	57.7	2.3	37.2	23.9	9.0	1.5	91	110	3.4	3.4	72	0.01	7	0.2	8	0.00	69	107	48	0.2	0.05	0.2	0.1	192	384
Sour	1534	56.5	2.4	39.1	24.7	11.2	1.0	NA	116	2.5	2.5	69	0.01	8	0.1	7	0.00	60	108	31	0.2	0.02	0.3	0.1	258	420
Light	927	71.4	4.0	20.7	13.1	5.9	0.5	NA	57	4.8	4.8	112	0.01	15	0.1	12	0.00	100	174	52	0.4	0.03	0.3	0.1	205	231
Extra Light	693	71.5	5.4	12.8	8.1	3.7	0.3	NA	NA	7.1	7.1	145	NA	15	NA	NA	NA	100	NA	82	NA	NA	NA	NA	NA	NA
Whipped, aerosol	317	14.6	0.9	7.6	4.9	1.8	0.3	19	21	1.3	1.3	28	0.00	4	0.1	2	0.00	23	37	12	0.1	0.01	0.1	0.1	73	99
Canned, reduced-fat	1091	65.6	2.9	26.7	17.1	6.5	1.1	66	82	3.4	3.4	95	0.01	8	0.3	9	0.01	77	114	35	0.4	0.04	0.3	0.1	145	220

NA = Not available

NUTTAB 2010 – Australian Food Composition Tables: Food Standards Australia New Zealand, Canberra.

Ice cream

Australians love ice cream and with our climate, it's not surprising that we are among the largest per capita consumers of ice cream in the world. Around 70% of the ingredients in ice cream are derived from milk. The mix may also contain other natural ingredients, such as sugar and fruit and small quantities of stabilisers, flavours, colourings and emulsifiers. The mixture is thoroughly stirred, pasteurised, homogensised, cooled and frozen rapidly with agitation to give it a light, fresh taste and creamy texture.

Ice cream is available in regular-fat, reduced-fat and low-fat varieties; and in a range of flavours or with added confectionery.

Dairy desserts

There is a range of chilled dairy desserts available in Australia. Fromage frais is a popular cheese-based dessert with a fat content of around 4.5%. There are also custards on the market in regular fat (1-3%) and low-fat (0-1%) varieties which provide a convenient and nutritious snack or dessert option.

Australian ice cream & dessert	Energy	Water	Protein	Total fat	Saturated fat	Monounsaturated fat	Polyunsaturated fat	Long chain ω-3	Cholesterol	Carbohydrate	Total sugars	Calcium	Copper	Iodine	Iron	Magnesium	Manganese	Phosphorus	Potassium	Sodium	Zinc	Thiamin	Riboflavin	Niacin	β-carotene	Retinol
Type per 100g	kJ	g	g	g	g	g	g	mg	mg	g	g	mg	mg	µg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	µg	µg
Ice cream—Vanilla	441	34.4	2.1	5.9	4.0	1.4	0.2	0	20	11.5	10.3	52	0.00	12	0.1	7	0.00	47	80	27	0.1	0.00	0.2	0.4	106	84
Reduced-fat	351	33.8	1.9	1.5	1.0	0.4	0.0	0	19	16.0	11.5	51	0.00	12	0.1	7	0.00	46	78	26	0.1	0.00	0.2	0.4	104	82
Gelato	570	71.3	2.2	2.6	1.8	0.58	0.1	0	6	26.9	26	36	0.03	NA	0.2	7	0.02	40	79	34	0.2	0.01	0.1	0.0	75	24
Custard—Vanilla	407	81.4	3.5	3.1	2.0	0.8	0.1	NA	11	14.5	12.1	120	0.01	13	0.1	11	0.01	120	168	61	0.4	0.05	0.2	0.0	16	5
Low-fat	359	79.2	3.9	0.9	0.6	0.3	0.0	0	3	15.4	12.4	127	0.01	14	0.1	11	0.01	125	172	63	0.4	0.05	0.2	0.0	NA	5
Fromage frais—Strawberry	518	77	6.5	4.5	2.9	1.1	0.2	7	NA	14.5	14.5	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	18	43

NA = Not available

NUTTAB 2010 – Australian Food Composition Tables: Food Standards Australia New Zealand, Canberra.

Practical Applications of Nutrition Composition Tables of Australian Dairy Foods

The information supplied in these tables should be used when giving guidance to those who: have special dietary requirements, are conscious of their own nutritional needs, or are simply interested in good health. This publication provides extensive information on the contents of each category of dairy foods and is standardised to 100g quantities (Proximate Composition).

Note: the carbohydrate found naturally in dairy foods is called lactose.

This document is a revision of *Proximate Composition of Australian Dairy Foods* produced by the Australian Dairy Corporation in May 1999. The information provided in this document is for the general interest of readers. All material is published with due care and attention, and in good faith. No responsibility can be accepted for omissions, typographical or printing errors, or situation changes that have taken place after publication.

The nutrient data in this revised version has been sourced from NUTTAB 2010 (Food Standards Australia New Zealand); The University of New South Wales; Professor Heather Greenfield and co-workers at the University of New South Wales; *Tables of composition of Australian Aboriginal Foods* (J Brand-Miller, KW James and PMA Maggiore).

NUTTAB 2010 advises of limitations associated with food composition databases:

"There are limitations associated with food composition databases. Nutrient data published in NUTTAB 2010 may represent an average of the nutrient content of a particular sample of foods and ingredients, determined at a particular time. The nutrient composition of foods and ingredients can vary substantially between batches and brands because of a number of factors, including changes in season, changes in formulation, processing practices and ingredient source. While most of the data contained in NUTTAB 2010 are generated from analysed values, some of the data are borrowed from overseas food composition tables; supplied by the food industry; taken from food labels; imputed from similar foods; or calculated using a recipe approach."

References:

Code of Practice: Nutrient Claims in food labels and in advertisements, January 1995. Australia New Zealand Food Authority.
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