

Myth Vs Facts

Fresh Milk is better than Low Fat Milk ?

- Dairy products are important as part of a healthy balanced diet. Different milk tend to vary according to its fat contents. Fresh milk/whole milk is the closest to the way it comes from the cow before processing, but it contains about 4% fat, mainly saturated fat. On the other hand, low fat milk contains less than 1% of fat and fat free (skim milk contains less than 0.15% of fat). Therefore, low fat milk is lower in calories compared to fresh milk.
- In short, it is recommended to choose dairy milk in fat-free, low fat or reduced fat. This can help in reducing intake of total fat and saturated fat to benefit our healthy in long term.

鲜奶比低脂奶好？

- 奶制品是获取健康均衡饮食的重要部份之一。不同种类的奶，其脂肪含量也不同。鲜奶是未经过加工，最为接近天然状态的纯奶。但是鲜奶的脂肪含量较高，它含大约4%脂肪，而且大部份为饱和脂肪。反之，低脂奶含低于1%的脂肪而脱脂奶则含低于0.15%的脂肪。因此，低脂奶及脱脂奶的卡路里含量较低。
- 总言之，建议食用脱脂、低脂或减脂的乳制品以助于减少饮食中的总脂肪及饱和脂肪的摄取量，也有助于维持长期健康。

