

DANH MỤC

SỮA ÍT BÉO

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BS. Nguyễn Chơn Minh Hiếu - 2026

	Sữa Promess Skimmed Milk 0.5% fat 34 kcal/100mL PFC = 38.8% : 2.6% : 56.4% Fat = 0.1 g/100mL Canxi = 120 mg/100mL		Sữa Vinamilk ít béo tiệt trùng không đường 37 kcal/100mL PFC = 32.4% : 24.3% : 43.2% Fat = 1 g/100mL Canxi = 110 mg/100mL
	Sữa Cowhead lite low fat 43 kcal/100mL PFC = 30.6% : 23% : 44.6% Fat = 1.1 g/100mL Canxi = 120 mg/100mL		Sữa tươi Vinamilk ít béo cao đậm không đường 44 kcal/100mL PFC = 45.1% : 30.4% : 24.3% Fat = 1.5 g/100mL Canxi = 150 mg/100mL
	Sữa Mlekovita 1.5% Fat 44 kcal/100mL PFC = 27.2% : 30.6% : 42.7% Fat = 1.5 g/100mL		TH true HILO 45 kcal/100mL PFC = 27.4% : 29.9% : 42.5% Fat = 1.5 g/100mL Canxi = 180 mg/100mL
	Sữa Paysan Breton semi-skimmed 46 kcal/100mL PFC = 27.8% : 31.3% : 42.6% Fat = 1.6 g/100mL Canxi = 120 mg/100mL		Sữa Promess semi-skimmed 1.5% fat 47 kcal/100mL PFC = 28% : 29.6% : 41.7% Fat = 1.55 g/100mL Canxi = 120 mg/100mL

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	Sữa Oldenburger semi-skimmed 47 kcal/100mL PFC = 28.9% : 28.7% : 41.7% Fat = 1.5 g/100mL		Sữa Meadow low fat 46 kcal/100mL PFC = 30.4% : 29.3% : 41.7% Fat = 1.5 g/100mL Canxi = 130 mg/100mL
	Vinamilk FLEX 47 kcal/100mL PFC = 29.4% : 28.4% : 42.1% Fat = 1.5 g/100mL Canxi = 170 mg/100mL		Sữa Promess Hương Dâu 57 kcal/100mL PFC = 23.1% : 7.8% : 68% Fat = 0.5 g/100mL Canxi = 120 mg/100mL
	Sữa Koita Organic Low fat milk 48 kcal/100mL PFC = 28.3% : 30% : 42.5% Fat = 1.6 g/100mL Canxi = 120 mg/100mL		Sữa Promess Hương Chuối 57 kcal/100mL PFC = 23.1% : 7.8% : 68% Fat = 0.5 g/100mL Canxi = 120 mg/100mL
	Sữa Meadow tiệt trùng giàu canxi ít béo 60 kcal/100mL PFC = 33.3% : 22.5% : 44.6% Fat = 1.5 g/100mL Canxi = 180 mg/100mL		Sữa Promess Hương Socola 62 kcal/100mL PFC = 21.2% : 15.9% : 60.6% Fat = 1.1 g/100mL Canxi = 113 mg/100mL

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Sữa tươi Vinamilk
tách béo tiệt trùng, dừa lưới

64 kcal/100mL
PFC = 18% : 40.7% : 41.1%
Fat = 2.9 g/100mL
Canxi = 110 mg/100mL



Sữa tươi Vinamilk tiệt trùng
giảm béo, hương chuối

64 kcal/100mL
PFC = 18% : 35.1% : 46.8%
Fat = 2.5 g/100mL
Canxi = 110 mg/100mL



Vinamilk sữa tươi tách béo tiệt
trùng, chocolate

79 kcal/100mL
PFC = 16.5% : 29.3% : 54.1%
Fat = 2.6 g/100mL
Canxi = 110 mg/100mL



Sữa Koita
Strawberry Low fat milk

73 kcal/100mL
PFC = 17.5% : 18.4% : 63.5%
Fat = 1.5 g/100mL
Canxi = 111 mg/100mL

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