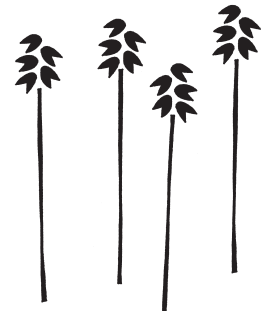


NUTRITION AND SUSTAINABILITY FACT SHEET



If you have heard of Oatly, you probably already know that all Oatly oat-based products are dairy and soya free; and that they're suitable for vegetarians and vegans. But did you know that they could help meet dietary recommendations? Or that Oatly oat drinks are a sustainable alternative to cow's milk? This fact sheet contains **nutrition** and **sustainability information** for Oatly products.



NUTRITION INFORMATION

The Eatwell Guide¹ has an increased focus on plant-based foods for both health and sustainability. Here we consider a number of key nutrients:

SATURATED FAT: Dietary recommendations advise that average saturated fat intake should not exceed 11% of food energy². Yet, dietary surveys show average intakes exceed this³. All Oatly oat drinks are low in saturated fat and the majority are rich in unsaturated fat too. See the tables below which show how the saturated fat content of Oatly oat drinks, cream alternatives and oat fraiche all compare favourably to their dairy alternative.

SUGAR: Dietary surveys suggest that the UK population consumes too much sugar³. Oatly oat drinks contain **no added sugar**, containing only naturally occurring sugars from oats*.

FIBRE: The recommended intake of fibre was recently increased to 30g/daily for UK adults⁴, although the average adult is eating just 60% of this⁵. Oatly oat drinks are a **source of fibre** with 2g of fibre in every 250 ml glass.

FORTIFIED WITH VITAMINS AND MINERALS: Oatly oat drinks** are a **rich source** of calcium, iodine, riboflavin, vitamin B₁₂ and D. The amount of calcium in Oatly oat drinks is similar to that in cow's milk, furthermore, as they are also a rich source of vitamin D this will support normal calcium absorption and bone health.

The Eatwell Guide recommends that consumers of plant-based drinks select those which are unsweetened and calcium fortified¹.

*except Chocolate Oat Drinks
**except Organic Oat Drinks

CHOLESTEROL LOWERING: High blood cholesterol is a modifiable risk factor for Coronary Heart Disease (CHD), however, over half of UK adults have total cholesterol levels above 5mmol/L⁶. Beta glucan is a soluble dietary fibre that has been shown to help lower cholesterol. Every 250 ml glass of Oatly oat drinks contains approximately **1g of beta glucan**, one third of the 3g suggested daily intake. Clinical studies show that the consumption of oat drink is linked with a reduction in cholesterol level^{7,8}.

SUSTAINABILITY INFORMATION

It is widely accepted that a healthy diet, consisting of at least two thirds plant-based foods, is consistent with dietary recommendations and offers benefits for both health and the planet^{9,10}.

In general oat drink is better for the climate compared to cow's milk^{11, 12}.

Oatly packaging features climate impact data (emissions from field to store) with the climate footprint shown in carbon dioxide equivalents (CO₂e).

See Tables below for nutritional comparisons of Oatly products with dairy alternatives.

TABLE 1: NUTRITIONAL COMPARISON - OATLY OAT DRINKS AND COW'S MILK

NUTRITION INFORMATION (PER 100ML)	COW'S MILK (SEMI-SKIMMED) ¹	OATLY ORGANIC OAT DRINK	OATLY ORGANIC OAT DRINK (CHILLED)	OATLY OAT DRINK - SKINNY	OATLY OAT DRINK - ORIGINAL	OATLY OAT DRINK - SEMI	OATLY OAT DRINK - BARISTA EDITION	OATLY OAT DRINK - WHOLE	OATLY OAT DRINK CHOCOLATE	OATLY OAT DRINK CHOCOLATE DELUXE
Energy kcal (kJ)	47 (201)	40 (160)	46 (193)	37 (154)	50 (190)	46 (191)	59 (247)	57 (239)	60 (250)	69 (289)
Fat (g)	1.8	0.5	1.5	0.5	1.5	1.5	3.0	2.8	1.5	2.5
of which saturates (g)	1.1	0.1	0.2	0.1	0.2	0.2	0.3	0.3	0.2	0.3
Carbohydrates (g)	4.8	6.7	6.7	6.6	6.6	6.6	6.6	6.6	10	9.7
of which sugars (g)	4.8	4.1*	4.1*	4.1*	4.1*	4.1*	4.0*	4.1*	7.5*	7.1*
Fibre (g)	0	0.8	0.8	0.8	0.8	0.8	0.8	0.8	1.1	1.2
Protein (g)	3.6	1	1	1	1	1	1	1	1.2	1.3
Salt (g)	0.1	0.11	0.10	0.1	0.11	0.1	0.10	0.1	0.16	0.11
Vitamin D (µg)	Trace	-	-	1.1 (22% ^{**})	1.1 (22% ^{**})	1.1 (22% ^{**})	1.1 (22% ^{**})	1.1 (22% ^{**})	1.1 (22% ^{**})	1.1 (22% ^{**})
Riboflavin (mg)	0.25	-	-	0.21 (15% ^{**})	0.21 (15% ^{**})	0.21 (15% ^{**})	0.21 (15% ^{**})	0.21 (15% ^{**})	0.21 (15% ^{**})	0.21 (15% ^{**})
Vitamin B ₁₂ (µg)	0.9	-	-	0.38 (15% ^{**})	0.38 (15% ^{**})	0.38 (15% ^{**})	0.38 (15% ^{**})	0.38 (15% ^{**})	0.38 (15% ^{**})	0.38 (15% ^{**})
Calcium (mg)	124	-	-	120 (15% ^{**})	120 (15% ^{**})	120 (15% ^{**})	120 (15% ^{**})	120 (15% ^{**})	120 (15% ^{**})	120 (15% ^{**})
Iodine (µg)	31	-	-	22.5 (15% ^{**})	22.5 (15% ^{**})	22.5 (15% ^{**})	22.5 (15% ^{**})	22.5 (15% ^{**})	22.5 (15% ^{**})	22.5 (15% ^{**})

*Natural sugars from oats (Oat Drinks - Chocolate and Chocolate Deluxe having 3.5g and 3g added sugar respectively. The remainder is natural sugars from oats)
**Of the Nutrient Reference Value (NRV).

TABLE 2: NUTRITIONAL COMPARISON – OATLY OAT FRAICHE & HALF FAT CREME FRAICHE

NUTRITION INFORMATION (PER 100G)	HALF FAT CREME FRAICHE ¹	OATLY OAT FRAICHE
Energy kcals (kJ)	162 (671)	177 (735)
Fat (g)	15	15
of which saturated (g)	10.2	6.4
Carbohydrates (g)	4.4	9.1
of which sugars (g)	3	4.1*
Fibre (g)	–	1
Protein (g)	2.7	1
Salt (g)	0.09	0.01
Calcium mg	95	120

*Natural sugars from oats.

TABLE 3: NUTRITIONAL COMPARISON – OATLY CREAM ALTERNATIVES & CREAM

NUTRITION INFORMATION (PER 100G)	SINGLE CREAM	OATLY CREAMY OAT	OATLY ORGANIC CREAMY OAT
Energy kcals (kJ)	193 (798)	150 (600)	146 (602)
Fat (g)	19.1	13	13
of which saturated (g)	12.2	1.5	1.2
Carbohydrates (g)	2.2	6	5.8
of which sugars (g)	2.2	3.5*	3.6*
Fibre (g)	0	0.7	0.9
Protein (g)	3.3	1	0.9
Salt (g)	0.03	0.1	0.11

*Natural sugars from oats.

TABLE 4: NUTRITIONAL COMPARISON OF OATLY OATGURT AND DAIRY YOGURT

NUTRITION INFORMATION (PER 100G)	PLAIN DAIRY YOGURT	OATGURT PLAIN	GREEK DAIRY YOGURT	OATGURT GREEK STYLE	FRUIT DAIRY YOGURT	OATGURT STRAWBERRY
Energy kcals (kJ)	79 (333)	84 (350)	133 (551)	145 (603)	109 (463)	101 (423)
Fat (g)	3	3.5	10.2	10	3	3.2
of which saturated (g)	1.9	0.3	6.8	0.8	2	0.3
Carbohydrates (g)	7.8	11	4.8	10	17.7	16
of which sugars (g)	7.8	4.4*	4.5	4.1*	16.6	9.3
Fibre (g)	0	1.0	0	0.9	0	1.1
Protein (g)	5.7	1.5	5.7	3.3	4	1.4
Salt (g)	0.2	0.10	0.17	0.11	0.14	0.06
Vitamin D (ug)	0	1.1 (22%)	0.1	1.1 (22%)	0.1	1.1 (22%)
Vitamin B12 (ug)	0.2	0.38 (15%)	0.2	0.38 (15%)	0.3	0.38 (15%)
Calcium (g)	200	143 (18%)	126	131 (16%)	122	122 (15%)
Iodine (ug)	63	22.5 (15%)	39	22.5 (15%)	27	22.5 (15%)

*Natural sugars from oats.



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