



Deconstruction of Evaporated Milk

Evaporated milk is obtained by reducing milk through evaporation into half of its original volume. Evaporated milk is often used in making beverages, desserts or dishes (especially in the making of béchamel sauce). Similar products include evaporated milk with less fat and filled milk. How do they all differ in terms of nutritional value?



Knowing more about each type of evaporated milk

Each type of evaporated milk is different from each other in terms of content and origin.

Common evaporated milk

It has a fat content of about 8%, half of which is saturated fat that is bad for cardiovascular health.

Reduced-fat evaporated milk

Its fat content may be lower than that of the usual evaporated milk, but its energy level is still higher than that of low-fat and skimmed milk.

Filled milk

Filled milk is a synthetic product made of vegetable oils. That having been said, it still has a fat content of about 6%. Worse still, the 'vegetable oils' are often palm oil, which is unhealthy.

Evaporated milk or milk: which one is more healthy?

For lower fat intake, we recommend the use of low-fat or skimmed milk instead of evaporated milk for making beverages and dishes. If it is really necessary to use evaporated milk, use a brand with less fat. In case you have no access to low-fat or skimmed milk when eating out, it is recommended that you request a fewer amount of evaporated milk to be put in your beverages.

A comparison of several types of milk/evaporated milk (by each 100 g)

	Energy (kcal)	Fat (g)	Saturated fat (g)	Carbohydrates (g)	Sugar (g)	Protein (g)	Calcium (mg)	Source of info
Whole milk	61	3.3	1.9	4.8	5.1	3.2	113	a
Low-fat milk	50	2.0	1.3	4.8	5.1	3.3	120	a
Skimmed milk	34	0.1	0.1	5.0	5.1	3.4	122	a
Evaporated milk	135	7.6	4.6	10.0	10.0	6.8	261	a
Reduced-fat evaporated milk	92	2.0	1.2	11.2	11.2	7.4	285	a
Filled milk	120	6.1	2.7	11.0	9.9	5.9	220	b

a: Nutrient Data Laboratory, US Department of Agriculture

b: Food Research Laboratory, Centre for Food Safety

NB: The above information serves as reference only. Please compare nutritional information on different food labels for making healthier food choices.

To know more about ...

✧ healthy eating, please visit 'Health Zone' website at <http://www.cheu.gov.hk>

✧ 'Health@work.hk Project', please visit <http://www.healthatwork.gov.hk>