

GOAT MILK NUTRITIONAL COMPARISON

Goat milk is a logical alternative to cow's milk—especially for those who are lactose intolerant. Goat milk does contain lactose, so why can folks with milk allergies drink goat milk? There are many variables, but one good reason is because of goat milks easy digestibility. Because goat milk is easily absorbed it leaves less undigested milk in the colon where it can ferment thus causing bloat, diarrhea and all the symptoms of lactose intolerance.

Ten percent of people who think they are lactose intolerant are actually allergic to the major protein in cow's milk: alpha S1 casein protein. Goat milk (and human milk) does not have this protein.

There are many factors contributing to the digestibility of goat's milk. One is the composition and structure of the fat globules in goat milk. Cow's milk measures 2 ½ to 3 ½ micrometers and goat's is much smaller at 2 micrometers. The smaller goat size provides a better dispersion and a natural homogenization of fat.

There are more essential fatty acids in goat milk and a much larger proportion of short and medium chain fatty acids.

Does not contain agglutinin which causes fat globules to cluster making digestion and absorption more difficult.

13% more calcium (important for prevention of high blood pressure, osteoporosis, etc.)

20%-50% of children who are allergic to cow's milk are allergic to soy.

Goat milk contains none of the controversial Bovine Growth Hormone (BGH)

IF YOU ARE NEW TO RAW MILK—**taste will vary** depending on what the goats eat. My goats are free-range and have access to many acres of hills, rocks trees, pastures and weeds. For a goat to be healthy they need at least ten varieties of plants—ours have many times that to choose from.

This chart is from the [USDA National Nutrient Database for Standard Reference, Release 16](#)

If you are interested in infant formula try [searching the USDA National Nutrient Database](#)

| This breakdown in Per CUP (8 oz.) of milk: | | | |
|---|------------------|----------------------------------|-------------------|
| Nutrient | goat milk | cow milk, whole 3.25% | human milk |
| Weight (edible portion) | 244 g | 244 g | 246 g |
| Water | 212.35 g | 215.50 g | 215.25 g |
| Calories | 168 kcal | 146 kcal | 172 kcal |
| Protein | 8.69 g | 7.86 g | 2.53 g |
| Total lipid (fat) | 10.10 g | 7.93 g | 10.77 g |
| Fatty acids, total saturated | 6.507 g | 4.551 g | 4.942 g |
| Fatty acids, monounsaturated | 2.706 g | 1.981 g | 4.079 g |
| Fatty acids, polyunsaturated | 0.364 g | 0.476 g | 1.223 g |
| Cholesterol | 27 mg | 24 mg | 34 mg |
| Carbohydrates | 10.89 g | 11.03 g | 16.95 g |
| Sugars | 10.86 g | 12.83 g | 16.95 g |
| Calcium | 327 mg | 276 mg | 79 mg |
| Iron | 0.12 mg | 0.07 mg | 0.07 mg |
| Magnesium | 34 mg | 24 mg | 7 mg |
| Phosphorus | 271 mg | 222 mg | 34 mg |
| Potassium | 498 mg | 349 mg | 125 mg |
| Sodium | 122 mg | 98 mg | 42 mg |
| Zinc | 0.73 mg | 0.98 mg | 0.42 mg |
| Copper | 0.112 mg | 0.027 mg | 0.128 mg |
| Manganese | 0.044 mg | 0.007 mg | 0.064 mg |

| | | | |
|------------------|-------------|------------|-------------|
| Selenium | 3.4 mcg | 9.0 mcg | 4.4 mcg |
| Vitamin C | 3.2 mg | 0.0 mg | 12.3 mg |
| Thiamin | 0.117 mg | 0.107 mg | 0.034 mg |
| Riboflavin | 0.337 mg | 0.447 mg | 0.089 mg |
| Niacin | 0.676 mg | 0.261 mg | 0.435 mg |
| Pantothenic Acid | 0.756 mg | 0.883 mg | 0.549 mg |
| Vitamin B-6 | 0.112 mg | 0.088 mg | 0.027 mg |
| Vitamin B-12 | 0.17 mcg | 1.07 mcg | 0.12 mcg |
| Folate, total | 2 mg | 12 mcg | 12 mg |
| Folic acid | 0 mcg | 0 mcg | 0 mcg |
| Vitamin A, IU | 483 IU | 249 IU | 522 IU |
| Vitamin A, RAE | 139 mcg_RAE | 68 mcg_RAE | 150 mcg_RAE |
| Retinol | 137 mcg | 68 mcg | 148 mcg |
| Vitamin E | 0.17 mg | 0.15 mg | 0.20 mg |
| Vitamin D | 29.28 IU | 98.652 IU | 9.84 IU |
| Vitamin K | 0.7 mcg | 0.5 mcg | 0.7 mcg |

RCV