

Health Benefits of Goat Milk

Like cow milk, goat milk is technically considered a type of dairy because it's produced from a mammal. It's high in many necessary nutrients and is a good source of vitamins and minerals like calcium Ca, phosphorus P. Goat milk also contains medium-chain fatty acids MCFAs that have 6–12 carbon atoms which are considered as 'natural fuel' for the body and brain.



Health Benefits of Goat Milk

Nutritional information

Amount Per 100 grams	
Energy: 69 Calories	
% Daily Value*	
Total Fat 4,1 g	6%
Saturated fat 2,7 g	13%
Polyunsaturated fat 0,1 g	
Monounsaturated fat 1,1 g	
Cholesterol 11 mg	3%

Sodium 50 mg		2%	
Potassium 204 mg		5%	
Total Carbohydrate 4,5 g		1%	
Dietary fiber 0 g		0%	
Sugar 4,5 g			
Protein 3,6 g		7%	
Vitamin A	3%	Vitamin C	2%
Calcium	13%	Iron	0%
Vitamin D	12%	Vitamin B-6	0%
Cobalamin	1%	Magnesium	3%

** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. Source : fdc.nal.usda.gov*

Health benefits of goat milk

In spite of the fact that cow's milk dominates in the US, goats milk is actually the world's preferred milk. [Live Strong https://www.livestrong.com](https://www.livestrong.com)

1. Goat Milk is Easier to Digest
2. Contains Fewer Allergens and Less Inflammatory
3. It is High in Calcium
4. It Helps Reduce Cholesterol Levels
5. It Promotes Glowing Skin
6. It Enhances Nutrient Absorption

Easier to Digest

Goat milk is better for digestion because it contains smaller Fat Molecules. Thus, it doesn't require homogenization, the small fat molecules do not separate and remain suspended in the cream, as a result, they cause less stress on our digestive processes.

Goat and sheep milks have almost identical protein structure, but when compared to the protein in cow milk, they both contain remarkably less of the alpha S1 casein protein, which is connected to allergies.

Recent studies have revealed that goat milk may be a hypoallergenic alternative to cow milk, particularly for children.

<https://www.ncbi.nlm.nih.gov/pubmed/29153153>

Goat milk contains slightly less lactose than cow milk (4.1 % compared to 4.7 %) which may give it a mild advantage in terms of digestion. The fermentation process used to produce cheese and yogurt also reduces the lactose, which explains why some individuals with lactose issues can enjoy certain fermented dairy products. The longer a cheese is aged, the less lactose it will contain.<https://detoxinista.com>

Fewer Allergens and Less Inflammatory

Cow milk allergy symptoms are often caused by one of the proteins found in it like A1 casein which is highly inflammatory for some people and may cause allergic reactions, especially in children. Allergy symptoms can range from hives and runny noses to abdominal cramps and colic. Goat milk is more similar to human milk, it contains 20% fewer allergens than cow milk making it an ideal alternative for people who experience allergic reactions to cows milk, as they might not be affected.

High in Calcium

While cow milk is frequently touted as one of the main foods high in calcium there's no need to worry about not getting sufficient necessary quantity of calcium when switching to goat milk. Goat and cow milk might point on the scale similarly for mineral content. Goat's milk contains about 33 % of the daily recommended value in one cup versus 28 % in cow

milk.



(Image: carafe/amanaimagesRF/amana images/Getty Images)

Goat Milk Reduce Cholesterol Levels

Goat milk assists increase good cholesterol levels in the blood.

Skin

Goat milk is fast becoming one of the most sought after body-care products on the planet and with good reason, goat milk is straightforwardly absorbed by the skin bringing with it moisture restorative proteins, vitamins, and minerals that help keep your skin soft.

The lactic acid found in goat milk helps rid your body of dead skin cells and promotes skin smoothness and thickness, parallelly, it increases metabolism and prevents toxins from accumulating in the skin cells.

Enhancing Nutrient Absorption

Aside from the bounty of minerals nutrients and vitamins that goat milk offers its nutritional benefits don't end there. Like mentioned above, one of the primary advantages of goat milk is that it's chemical composition is far closer to human milk than cow milk is, which means our bodies can absorb and process more of the milk's nutrients compared to cow milk and it taxes our digestive system far less.