



# Guide to Goat Milk Nutrition

Goat milk is a healthy, wholesome source of many important nutrients!

## Nutritional Comparison

Cow milk and goat milk have similar nutrient compositions, yet goat milk is a better source of several nutrients.

Nutrient	GOAT MILK vs. COW MILK (per 250 mL)		Difference
Protein	9.18 g	8.12 g	+ 1.06
Energy	743 kJ	657 kJ	+ 86
Calcium	345 mg	291 mg	+ 54
Iron	0.13 mg	0.08 mg	+ 0.05
Potassium	526 mg	340 mg	+ 186
Magnesium	36 mg	26 mg	+ 10
Vitamin B-6	0.119 mg	0.093 mg	+ 0.026
Vitamin C	3.4 mg	0 mg	+ 3.4

Reference: *Canadian Nutrient File, 2010*

## Heart Health

Several components of goat milk suggests nutritional significance in relation to a healthy cardiovascular system:

- Similar levels of saturated fat and cholesterol as cow milk
- High source of taurine
- Higher content of omega-3 fatty acids, which function in the body to promote a healthy heart



## Digestion

Goat milk tends to be digested more easily than its cow equivalent because:

- **Smaller fat globule size**  
improves their ability to be digested rapidly
- **Protein forms a softer curd**  
which are more rapidly attacked by proteases; the enzymes that digest proteins in the body
- **Goat milk is naturally homogenized**  
meaning lipids form a thinner emulsion and do not cluster, creating more surface area on them for lipase (the fat digesting enzyme) to attack

Many individuals who experience lactose intolerance are able to enjoy goat milk and other goat dairy products freely!\*

## Did You Know?

On a global basis, more people consume goat milk than any other type of milk



\*not necessarily an effective substitute for lactose intolerant individuals as every person is affected differently.



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## Goat Milk Facts

- Milk from goats accounts for 2.4 percent of global milk production
- Ontario is Canada's largest goat milk producing province
- India produces the greatest amount of goat milk (30%), followed by Bangladesh (17%) and Sudan (11%)
- Goat milk is the main supplier of dairy products for rural people around the world
- Goat milk plays an important role in nutrition and socioeconomic wellbeing of developing and underdeveloped countries
- On average, goats produce 3 L of milk/day, about 1/10th of a cows production

## Safety

- Goat milk may not be an effective substitute for a cow milk allergy. Milk allergy should be discussed with a doctor on an individual basis prior to consuming goat milk
- It is unsafe to drink raw, unpasteurized milk regardless of what animal it comes from. Goat milk sold in Canadian grocery stores is pasteurized

### For more information:

Visit [www.ontariogoat.ca](http://www.ontariogoat.ca)

For recipes and more [www.ontariogoatcheese.ca](http://www.ontariogoatcheese.ca)

## Beyond a Beverage!

Goat milk is used to make products such as cheese, yogurt, sour cream, butter and ice cream. It can also be used as an ingredient in cooking and baking or enjoyed with your favourite cereal.

## Super Simple Goat Milk Smoothie

### Ingredients:

- 1/4 cup frozen blueberries
- 1/4 cup frozen raspberries
- 1 cup spinach
- 1 small banana (sliced)
- 1 cup Ontario goat milk

\*Add ice cubes if desired

### Directions:

Add all ingredients to a blender, liquefy.  
Enjoy!



## Did You Know?

approx. 85% of goat milk produced in Ontario goes towards cheese production

