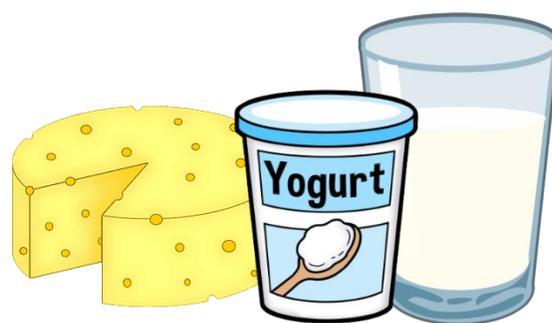


# Comparison of milks



Milk and dairy foods are excellent sources of protein. About 80% of the protein in milk is casein (whey is the other ~20%). Sheep and goat milk contain mostly A2 beta-casein protein whereas cow milk contains mostly A1 protein. A1 protein is associated with lactose intolerance. Some people who cannot drink cow milk may be able to drink goat and sheep milk and consume their dairy products.



Goat milk is nutritionally similar to cow milk, but with notable differences. Goat milk is naturally homogenized. The fat globules in goat milk are easier to digest. Goat milk contains more medium-chained fatty acids which are a quick source of energy and not stored as fat.

Sheep milk is the creamiest milk. It is significantly higher in milk solids (fat and protein) and contains roughly double the amount of fat as cow or goat milk. This makes it perfect for making cheese and yogurt products as more cheese can be made from a gallon of milk. Like goat milk, sheep milk is naturally homogenized and has smaller fat globules and more medium chained fatty acids than cow milk.

Dairy milks have long been valued for their nutritional value: protein, minerals, and vitamins. There is evidence that people have been drinking milk for at least 6000 years. Evidence of cheese and cheese-making dates back over 4000 years. Sheep were the first animal to be milked. Most of the milk consumed by humans today comes from cows, about 80%. Goat and sheep milk only account for 2.3% and 1.4% of world milk consumption, respectively.

Nutrient per 8 oz of milk	Goat	Cow	Sheep
Calories, kcal	170	90-150	265
Protein, g	9	8	15
Fat, g	10	0-8	17
Carbs, g	11	12	13
Lactose, g	11	12	not determined
Calcium, mg	330	275-300	473

Source: USDA Food Composition Database. Nutrient composition may vary by breed and farm.