

GOAT MILK FACTS

Q: Is goat milk as nutritious as soy, rice, almond or coconut milk?

Goat milk is the best alternative to regular milk. It is naturally more nutritious than soy, rice, almond or coconut milk. Goat milk has higher levels of protein, calcium, and phosphorus compared to 'other' milk beverages or alternative. Goat milk Provides all the nutrients needed to build strong bones.

Q: Is goat milk as nutritious as cow milk?

Yes. Goat milk is an excellent substitute for milk from cows. Milk from goats and cows have almost identical amounts of the nutrients required for good health.

Q: Is it safe to drink farm fresh goat (raw) milk?

Raw milk is milk that has not been pasteurized (treated) to kill harmful bacteria such as Salmonella, E. Coli, and Listeria. These harmful bacteria can cause foodborne illness in anyone who drinks or eats foods made with raw milk. People who are sick, the elderly, children, or pregnant women are especially at risk of becoming ill if they drink raw milk or eat foods made with raw milk.

Q: People are talking a lot about probiotics these days. What are probiotics? Are probiotics present in goat milk?

Probiotics are the trillions of helpful live bacteria that live in our gut. These bacteria help to breakdown foods that are hard to digest. Probiotics also help to prevent constipation, diarrhea, ease lactose intolerance, and keep our gut healthy. Yogurt and Kefir are the best sources of probiotics. Both yogurt and kefir are made from goat milk. So, probiotics are not found in fresh milk, but are present in fermented goat milk products.

Q: What is pasteurized milk?

Pasteurized milk is raw milk from any animal that has been heated to a specific temperature for a set period. The milk is heated to a very high temperature (higher than boiling) and then rapidly cooled. Bacteria present in the milk is killed during the process. Pasteurizing milk does not make it less nutritious.

Q: What are some foods made with raw milk?

Aside from drinking raw milk in a beverage or with cereal, raw unpasteurized milk is used to make fresh cheeses. Queso Fresco and Queso Blanco are mild, creamy, semi soft unaged cheese made from raw milk. Feta cheese may be made with pasteurized or unpasteurized milk so be sure to check the label. Homemade yogurt, puddings and ice cream are also foods made from raw milk.



PRAIRIE VIEW
A&M UNIVERSITY

COLLEGE OF AGRICULTURE
AND HUMAN SCIENCES