

Cow's milk has an advantage for some people because it comes in reduced-fat versions and is an excellent source of protein and calcium, says Frazier.

"Lower-fat varieties are still high in calcium and vitamins, but lower in fat and calories," she says.

Most cow's milk is vitamin-D fortified, which may not be the case for sheep and goat milk, so be sure to read the label, Fleming says.

On the downside, a lot of people can't drink cow's milk because they have trouble digesting it.

"Technically, someone who is lactose-intolerant shouldn't be able to (digest goat milk), but I can tell you from working with clients, some people who can't tolerate cow's milk can tolerate goat's milk. Goat's milk has a different fatty-acid profile," Fleming says.

If your allergy to cow's milk is severe, it may not be worth trying goat's milk because you may have a similar reaction. If your reaction is a simple stomachache, then give goat's milk a try, Frazier suggests.

Goat's milk and whole milk from a cow are similar when it comes to calories, although lower-fat varieties of cow's milk are lower in calories, Egan says.

Goat's milk is higher in fat than cow's milk, with about 10 grams per cup.

Goat's milk may have health benefits: A study from University of Granada in Spain implied goat's milk could prevent anemia and demineralization (softening of the bones) better than cow's milk. The study was conducted on rats; further study on humans would be needed to conclude if people would share the same benefits. If they do, goat's milk potentially could benefit osteoporosis patients or people with anemia, Frazier says.

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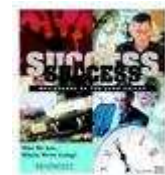
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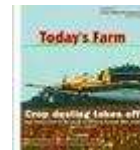
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