



Food Intolerance? Histamine, Fructose, Lactose - Solutions & Manufacturer's Webshop www.eat-all.com

Animal Retinal Imaging Retinal Digital Imaging Microscope Image Mouse, Rabbit Retinas Easily www.phoenixreslabs.com

Cheap Usa Whey Protein Usa Whey protein straight from mfg 55 Usd for 2.5Kg shipping Included www.AmericanPureWhey.com

Ads by Google

News	Articles	Videos	Images	Books	
Health & Medicine	Mind & Brain	Plants & Animals	Earth & Climate	Space & Time	Matter & Energy
					Computers & Math
					Fossils & Ruins

[Share](#)
[Blog](#)
[Cite](#)
[Print](#)
[Bookmark](#)
[Email](#)

Science News

Goat Milk Can Be Considered as Functional Food, Spanish Researchers Find

ScienceDaily (May 18, 2011) — Researchers at the University of Granada have found that goat milk has nutritional characteristics beneficial to health. They have determined that goat milk has many nutrients that make it similar to human milk.

See Also:

Plants & Animals

- [Cows, Sheep, Pigs](#)
- [Endangered Plants](#)
- [Food](#)
- [Animals](#)
- [Organic](#)
- [Agriculture and Food](#)

Reference

- [Colostrum](#)
- [Dairy cattle](#)
- [Domestic goat](#)
- [Mammary gland](#)

The research group AGR 206 at the University of Granada Department of Physiology and Institute of Nutrition and Food Technology "Jose Matáix," coordinated by professor Margarita Sánchez Campos, have proven that goat milk has nutritional characteristics beneficial to health.

The regular consumption of goat milk by individuals with iron deficiency anemia improves their recovery, since it enhances the nutritional use of iron and enhances the regeneration of hemoglobin; this means that this type of milk minimizes calcium and iron interactions. Conversely, this type of milk protects DNA stability, even in

cases of iron overload caused by prolonged treatments with this mineral to treat anemia.

University of Granada researchers have found that goat milk has many nutrients -as casein- that make it similar to human milk. Goat milk contains less casein alpha 1 -as human milk-, which is responsible for most allergies to cow milk. Therefore, goat milk is hypoallergenic. "For this reason, in some countries it is used as the basis for the development of infant formula in place of cow milk," University of Granada researchers point out.

Additionally, another beneficial aspect of goat milk is that it contains a significant amount of oligosaccharides. Goat milk has more oligosaccharides with a composition similar to that of human milk. These compounds reach the large intestine undigested and act as prebiotics, i.e they help develop probiotic flora that competes with pathogenic bacterial flora, making it disappear.

Less lactose

Similarly, goat milk contains a lower proportion of lactose than cow milk -about 1% less- and, as it is easier to digest, individuals with intolerance to this milk sugar can tolerate goat milk."

The essential difference between the composition of cow and goat milk stems from the nature of their fat content: it is not only the small size of goat milk's blood cells, but rather the profile of its fatty acids. Goat milk contains more essential fatty acids (linoleic and arachidonic) than cow milk. Both belong to omega-6 series. Similarly, goat milk has 30-35% medium-chain fatty acids (C6-C14) MCT, while cow milk has only 15-20%. These fatty acids are a quick source of energy and are not stored as body fat. In addition, goat milk's fat reduces total cholesterol levels and maintains adequate levels of triglycerides and transaminases (GOT and GPT). This makes it a food of choice for the prevention of heart diseases.

As regards their mineral composition, University of Granada researchers point out that goat milk is rich in calcium and phosphorus "it is highly bioavailable and favors their deposition in the organic matrix of bone, leading to an improvement in bone formation parameters." It also has more zinc and selenium, which are essential micronutrients contributing to the antioxidant defense and for the prevention of neurodegenerative diseases.

For all these reasons, researchers consider that "goat milk can be considered natural functional food, and its regular consumption should be promoted among the population in general, specially among those with allergy or intolerance to cow milk, malabsorption, high cholesterol levels, anemia, osteoporosis or prolonged treatments with iron supplements."

Ads by Google

Bulk BCAAs — Buy Factory Direct 5lbs from only \$59.99
www.MuscleFeast.com

MBA Anywhere, Anytime — Recognised London MBA Degree 9 Specialisations, Now Online!
www.StudyInterActive.org/MBA-Degree

Select Sheepware — For pedigree breeders. Five generation ancestry records
www.TgmSoftware.com

Study LLM Law Masters — Top London School, Full/Part-Time LLM in International Business Law
www.LSBF.org.uk/LLM

Whey Protein — Buy The UK's Favourite Protein. 5kg Only £33.99 24hr Delivery
www.Matrix-Nutrition.co.uk

Related Stories

Goats' Milk Is More Beneficial To Health Than Cows' Milk, Study Suggests (July 31, 2007) — Researchers have carried out a comparative study on the properties of goats' milk compared to those of cows' milk. They found reason to believe that goats' milk could help prevent diseases such as ...
> [read more](#)

Transgenic Goat's Milk Offers Hope For Tackling Children's Intestinal Disease (Aug. 4, 2006) — Animal scientists at the University of California, Davis, have found that milk produced by transgenic goats, which carry the gene for an antibacterial enzyme found in human breast milk, altered the ... > [read more](#)

Animal Protein Allergies Explained (Oct. 16, 2007) — New research explains why more people are allergic to cow's milk than horse's milk. The relatedness of an animal food protein to a human protein determines whether it can cause allergy, according to ... > [read more](#)

New Test For Detecting Fake Organic Milk (Mar. 4, 2009) — Scientists in Germany are reporting development of a new, more effective method to determine whether milk marketed as "organic" is genuine or just ordinary milk mislabeled to hoodwink ...
> [read more](#)

Medicine From Milk: Gene Therapy Could Transform Goats Into Pharmaceutical Factories (Feb. 1, 2008) — Gene therapy has been used successfully to breed large animals capable of producing therapeutic proteins in their milk, such as insulin or those that fight cancer. This represents a significant ... > [read more](#)

Ads by Google

Goat Milk for food appl. — Ideal for many dairy products supplied in tankers
www.goat-milk-powder.com

Unique Property Canada — Artisanal Cheese Farm 100Ac \$300K Riverfront Farm & Home 260Ac \$848K
www.goatcheesefarm.com/

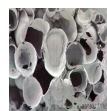
Stick cGMP — Rapid strip test for the detection of sweet whey in raw milk
www.operon.es/eng/food.htm

Children and Hay Fever? — Safe relief for Children - Fast 90% Have Reduced Symptoms

Just In:

[Renewable Energy: Catalyst for Splitting Water](#)

Science Video News



What Makes Your Cereal Go Snap, Crackle, and Pop?

Food scientists have discovered why Rice Krispies make their characteristic sound when soaked in milk. Rice Krispies contain lots of sugar and are. ... > [full story](#)

[Certain Dry Foods Are Good Past Their Best-before Date, Food Scientists Say](#)

[What Kills E Coli and Salmonella Bacteria?](#)

[Physical Chemists Devise Quick Spectrometry-Based Mercury Test](#)

[more science videos](#)

London School of Business & Finance

LSBF MSc Finance Degree Globally Respected

Enquire Today

Intakes: Sep, Jan, March, June

Breaking News

... from [NewsDaily.com](#)

[Third of amphibians said unknown; lurk in forests](#)

[Shuttle parks at space station for service call](#)

[Australian beer hopes to boldly go into space](#)

[BrainStorm to start adult stem cell trial for ALS](#)

[Study finds gene clues to African cattle disease](#)

[more science news](#)

In Other News ...

[Hershey CEO West leaves, reportedly for Del Monte](#)

[IMF warns Greece on reform efforts](#)

[Suicide bomber kills 13 in attack on Afghan police](#)

[Peace prospects bleak for Netanyahu's U.S. visit](#)

[Queen revisits ghosts of Ireland's "Bloody Sunday"](#)

[Kurdish Hizbullah raises spectre of new conflict](#)

[Signing of Yemen political deal](#)