

Goat's Milk Is Long On Nutrients, Short On Casein

Posted By [Better Health Research News Desk](#) On May 19, 2011 @ 8:17 am In [Allergies, Health News](#) | [No Comments](#)

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Me gusta

Sé el primero de tus amigos a quien le gusta esto.

Researchers at the University of Granada recently analyzed the molecular composition of goat's milk and found that it contains less casein than human milk, meaning it is less likely to cause allergic reactions among children.

Among those who would like to drink fortified cow's milk in order to get their daily recommended values of vitamin D and calcium, many cannot, either because of lactose intolerance or an allergy. While dietary supplements are always one easy solution for this problem, a new study has pointed to goat's milk as another.

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The study also noted that goat's milk has about 1 percent less lactose than cow's milk, indicating that milk taken from goats is less likely to irritate the digestive tract. Scientists even found that people with anemia and iron deficiency displayed improvements in health after drinking goat's milk, which helped them absorb iron.

Perhaps the only problem for many Americans is that goat's milk can be expensive and hard to find. Rather than going out of one's way to find a goat or a high-end grocery store, it can be easier to stick to vitamin supplements that contain calcium and vitamin D.

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