

## Composition of goat milk and cow milk:

Component	Goat	Cow
Protein, %	3	3
Fat, %	3.8	3.6
Lactose, %	5.1	4.9
Calories/100ml	70	69
Cholesterol (mg/100ml)	12	15
Calcium, %	0.19	0.18
Phosphorus, %	0.27	0.23
Vitamin A (i.u./g fat)	39	21
Thiamin (ug/100 ml)	68	45
Riboflavin (ug/100ml)	210	159
Vitamin D (i.u./g fat)	0.7	0.7

source: Goat Resource Handbook, Ohio State University Extension, 2008