

Hello, we are Lauren and Taylor Gottfried and we are the 2021 Ohio Dairy Goat Ambassadors and yes, we are twins. We have been drinking goat's milk since we were two days old. There has been a long controversy over cow and goat's milk. Goat milk is drunk by more people around about 65 % of the world's populations. When looking at the comparison most of the items listed are the same, however there is one big difference the fat molecular structure. This is what makes it easier to digest. Other items that not listed on the chart are the casein and lactose. Many people talk about being lactose intolerant and that is a true issue with milk it is a little lower in goat milk than in cow milk, 4.1% vs. 4.7%. When we say we are allergic to milk people say "Oh you are lactose intolerant". No, we are allergic to milk, which is casein alpha 1 and this is the reason for most cow milk allergies. The other benefit of goat milk is the oligosaccharides and this acts as a prebiotic in the intestines and some believe this helps to keep the bad bacteria out and makes goat milk easier to digest.

According to the USDA here is a comparison of Goat Milk vs Cow Milk

Here's what you can expect from a one-cup serving of goat milk, according to the [USDA](#):

- 170 calories
- 9 grams of protein
- 10 grams of fat
- 11 grams of carbohydrates
- 11 grams of sugars
- 25 milligrams of cholesterol

Meanwhile, here's what a one-cup serving of whole cow milk offers, per the [USDA](#):

- 160 calories
- 8 grams of protein
- 9 grams of fat
- 11 grams of carbohydrates
- 11 grams of sugars
- 30 milligrams of cholesterol

Many people wonder can you cook with goat milk. You can it is not only used for cheese and ice cream. It can be substituted for cow milk in any recipe you have. Goat milk is considered a specialty item in the grocery store and it is much more expensive than cow milk. Since we raise our goats, we have plenty of milk and never have to go to the store to buy it.