

# NUTRIENT COMPARISON COW TO GOAT MILK

1 cup. Whole Milk			Percent	RDA	Units	Percent
NDB Number	01078	01106	More Than			RDA from
Standard Nutrients	Cow	Goat	Cow's Milk			Goat Milk
Weight (g)	240	240	0.00			–
Water (g)	210	209	-0.75			–
Calories	153.6	165.6	7.81			–
Fat (g)	8.784	9.936	13.11	30	g	33%
Ash (g)	1.728	1.968	13.89			–
Sodium (mg)	117.6	120	2.04	1500	mg	8%
Carbohydrates (g)	11.16	10.68	-4.30	36	g	30%
Sugar (g)	11.16	10.68	-4.30	36	g	30%
Protein (g)	7.87	8.54	8.54	60	g	14%
Iron (mg)	0.12	0.12	0.00	8.00	mg	2%
Calcium (mg)	286	322	12.61	1000	mg	32%
Magnesium (mg)	31.2	33.6	7.69	400	mg	8%
Phosphorus (mg)	223.2	266.4	19.35	700	mg	38%
Potassium (mg)	362.4	489.6	35.10	2000	mg	24%
Zinc (mg)	0.912	0.72	-21.05	11.00	mg	7%
Copper (µg)	24	110	358.33	900	µg	12%
Manganese (mg)	0.010	0.043	350.00	2.3	mg	2%
Selenium (µg)	4.8	3.36	-30.00	55	µg	6%
Vitamin A (IU)	331.2	475.2	43.48	3000	IU	16%
Vitamin C (mg)	8.4	3.12	-62.86	90	mg	3%
Thiamine Vitamin B1 (mg)	0.0912	0.1152	26.32	1.00	mg	12%
Riboflavin Vitamin B2 (mg)	0.3864	0.3312	-14.29	1.30	mg	25%
Niacin Vitamin B3 (mg)	0.2016	0.6648	229.76	12.00	mg	6%
Pantothenic Acid B5 (mg)	0.7512	0.7440	-0.96	5.00	mg	15%
Pyridoxine Vitamin B6 (mg)	0.1008	0.1104	9.52	1.10	mg	10%
Folate Vitamin B9 (µg)	12	2.4	-80.00	320	µg	1%
Vitamin B12 (µg)	0.864	0.168	-80.56	2.00	mg	8%
Choline (mg)		38.4		550	mg	7%

Reference: "Composition of Foods" USDA Release 28

Reference: "Dietary Reference Intakes for Thiamine, Riboflavin, Niacin, Vitamin B6, Folate, Vitamin B12 Pantothenic Acid, Biotin, and Choline (1998)"; National Academies Press, Washington DC