

Comparing Goat, Sheep & Cows Milk

A typical comparative analysis of Sheep, Goat and Cow milks

Whole Milk %	Sheep	Goat	Cow
Total Solids	18.3	11.2	12.1
Fat	6.7	3.9	3.5
Protein	5.6	2.9	3.4
Lactose	4.8	4.1	4.5
Calorific value /100g	102	77	73
Vitamins mg/l			
Riboflavin B ₂	4.3	1.4	2.2
Thiamine	1.2	0.5	0.5
Niacin B ₁	5.4	2.5	1.0
Pantothenic acid	5.3	3.6	3.4
B ₆	0.7	0.6	0.5
Folic acid ug/l	0.5	0.06	0.5
B ₁₂	0.09	0.007	0.03
Biotin	5.0	4.0	1.7
Minerals mg/100g			
Calcium (Ca)	162 - 259	102 - 203	110
Phosphorus (P)	82 - 183	86 - 118	90
Sodium (Na)	41 - 132	35 - 65	58
Magnesium (Mg)	14 - 19	13 - 19	11
Zinc (Zn)	0.5 - 1.2	0.19 - 0.5	0.3
Iron (Fe)	0.03 - 0.1	0.01 - 0.1	0.04