



## **Choosy Moms Choose Goat's Milk Dairy for Kids**

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I regularly visit the online Manhattan mommy boards, and am therefore privy to what's on the minds of New York City moms when it comes to feeding their young kids.

Lately, there's been a lot of talk among toddler moms about wanting to opt out of cow's milk dairy entirely.

Some moms balk at the cost of organic cow's milk and yogurts, but are fearful of giving their kids conventional dairy products due to the presence of hormones.

Other moms, I've noticed, are even finding fault with organic cow's milk dairy. Their main complaint is that many brands of organic liquid cow's milk are now using "Ultra High Temperature (UHT)" pasteurization methods—where higher temperatures are used to pasteurize milk, thereby killing more bacteria and enabling an even longer shelf life. This longer shelf life gives many moms the impression that the milk is less fresh. They are also concerned that so many of the nutrients in the milk are being destroyed during pasteurization, such that the milk is not even nutritious anymore. (This is a false assumption, by the way).

Whatever their reasons, more and more moms are looking for alternative ways of delivering adequate calcium to their toddlers. Soy milk? Rice milk? Almond Milk? Goat's Milk?

When these questions come up, I always chime in with a resounding vote on behalf of goat's milk dairy—milk, yogurts and cheeses. Here's why:

Even fortified rice milk or almond milk are NOT appropriate cow's milk substitutes for toddlers. While they may deliver calcium and some vitamins, they contain virtually no protein (vs. 8g per cup of cow's milk) and virtually no fat (vs. 8g per cup of whole cow's milk). Since dairy products comprise such a large percentage of a typical toddler's daily protein and fat intake, swapping these out for low-calorie, low-protein, low-fat non-dairy substitutes can leave a gaping hole in a young child's diet. Given their small bellies and picky appetites, toddlers who drink lots of non-dairy milks also run the risk of filling up on minimally nutritious liquid that leaves little room for nutrient-rich foods to meet their needs.

And while soy milk beats rice milk and almond milk in protein content, it contains high levels of compounds called "phytates," which interfere with iron (and calcium) absorption.

Goat's milk dairy, on the other hand, is a very appropriate substitute for cow's milk dairy among toddlers and young children\*. Here's why:

- **Goat's milk dairy is comparable to cow's milk dairy as a good source of protein and fat.**
- **Goat's milk dairy is as good of a source of calcium—if not better—than cow's milk dairy!** According to the USDA's National Nutrient Database, *one cup of goat's milk actually has about 18% MORE calcium than an equivalent serving of cow's milk!*
- **Unlike other calcium rich foods and soymilk, goat's milk actually seems to enhance iron absorption!** Since iron deficiency is the #1 nutritional deficiency among U.S. toddlers—affecting an estimated 9% of toddlers living above the poverty line—choosing foods that maximize absorption of dietary iron is especially critical among this age cohort.
- **Goat's milk dairy products from Redwood Hill Farm® are made from whole goat's milk, are all natural and minimally processed.** Their goats never receive growth hormones or routine antibiotics, nor are pesticides or herbicides used anywhere on the farm. This helps ensure that the milk they produce is as wholesome and as untainted as possible.

If you're looking to broaden your child's dietary horizons beyond cow's milk dairy, go for the goat. Look for Redwood Hill Farm's whole milk yogurts, kefir and award-winning cheeses at Whole Foods Markets and other health food and specialty grocers nationwide. To find a store near you, go to [redwoodhill.com/store](http://redwoodhill.com/store).

*\* However, goat's milk is not an appropriate substitute for cow's milk formula in infants under one year of age. Talk to your pediatrician before giving liquid goat's milk (or powdered goat's milk) to babies under age one.*