



## Spotlight on the OTHER White Milk: Here's Looking at You, Kid

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June is National Dairy Month, and the *Who's Who* of dairy are out in droves reminding us all about the health benefits of cow's milk. And while I have nothing but love for the cows, I thought I'd highlight the unsung heroes of dairy, instead: goats. After all, the most common dairy consumed worldwide is actually goat's milk!

If you're new to goat's milk dairy and still need some convincing to try it, here are my top 5 reasons to give goat a go:

1. **Goat's milk is naturally lower in lactose than cow's milk, making it easier to digest for people who are mildly lactose intolerant.** In addition to its lower lactose content, goat's milk is also widely regarded as being more easily digested than cow's milk for other reasons. Scientists are still trying to figure out why this seems to be the case; some research points to a possible role of anti-inflammatory carbohydrates called oligosaccharides that are present in goat's milk dairy, or to differences in the protein and fat structures.
2. **Goat's milk contains more of the amino acid tryptophan than cow's milk, making it a great bedtime snack.** Tryptophan is the precursor for serotonin, the neurotransmitter produced by our brain that trigger feelings of calm and sleepiness. Instead of a glass of warm cow's milk before bed, why not try out a glass of Redwood Hill Farm goat milk kefir or snack on their award-winning goat cheese and crackers?
3. **Whole goat's milk dairy products—like Redwood Hill Farm's plain yogurt and kefir—are a perfect first complementary dairy food to introduce to babies as early as 6 months old\*.** Not only are they easily digestible and high in protein, Redwood Hill Farm's goat's milk dairy products are all natural and minimally processed. The goats are NEVER given growth hormones, antibiotics or genetically-modified feed, 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.
4. **Goat's milk dairy is as good of a source of calcium—if not better—than cow's milk dairy.** Not only is dietary calcium important to protect bone mineral density as we age, but it seems to have a preventive effect against colon cancer.
5. **Unlike other calcium rich foods, goat's milk actually seems to enhance iron absorption!** This may make goat's milk dairy a good swap for cow's milk dairy among people who suffer from chronically low iron levels or anemia.

*\* 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.*