

Cow Milk or Goat Milk - Which one is good for health?

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Milk is the very healthiest food for our body that gives more proteins and vitamins. There are Goat milk and cow milk both are the healthiest food and are available at every place. But, it is very brain storming to choose which one is the best. There are some pros and cons of goat milk and cow milk that will help you to select the best one.

Pros and Cons of Cow Milk

There are various benefits of cow milk and one of the best is the cream takes apart from the liquid hence, you get cream and butter separately. Cow's milk is a healthy milk to nourish the masses because it contains vitamin A. Cow's milk also contains 5 times vitamin B-12 and 10 times folic acid. The Cow's milk homogenized through the [milk processing equipment](#). Some of the disadvantages of the cow milk are that cow's milk is difficult to digest. It takes 2 hours to digest cow's milk in your body, even if it's raw.

Pros and Cons of Goat Milk

Goat milk is easy to digest as compare to cow milk because Goat's milk includes small lactose. Goat's milk has less fat globules with high levels of average chain fatty acids. For the duration of digestion, every fat globule and human fatty acid will have a big surface-to-volume proportion resulting in a faster and simpler digestion procedure. Thus, the one of the major advantages is that Goat is naturally homogenized that why no need to use [milk processing](#) method in Goat Milk. There are some cons of Goat Milk that several people not like the taste of the goat's milk. The drawback is that it is a small animal and small animals produced less milk.

Thus, there are many factors that influence people to choose goat milk or cow milk as first choice for drinking, culturing, cheese-making, baking or cooking.

Author: Ajay Rai

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