

## Review on Production Quality and Use of Goat Milk

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### Introduction

Milk is an important part of the world's diet. Due to its high nutrient content, milk plays an important role in the growth of the whole body. In addition to meeting the requirements of our daily calcium and fat system, a glass of milk is proven to improve metabolism and improve the immune system, thus keeping certain diseases away. Indians generally prefer cow's milk as it is considered to be very nutritious.

Goat's milk is the most widely used form of milk in the world. In fact, 65% to 72% of all milk consumed worldwide is goat's milk. This is in part due to the ease of keeping goats compared to cattle in developing countries, where goat's milk is an important source of calories, protein, and fat. And in terms of vitamins and minerals, both milk has a lot to offer, in different amounts. Goat's milk has more calcium, potassium and vitamin A than cow's milk, but cow's milk has more vitamin B12, selenium and folic acid. Goat's milk, for the first time, gets its taste from the presence of a fatty chain-chain. These are fatty acids that give milk its unique flavour. That is the grassy, goat, and earthy smell you get especially when you eat goat cheese. It is very different from cow's milk. Milking should be done twice a day, approximately 12 hours apart. If you do not want to wait until the kids are fully weaned to start milking, after 4-6 weeks you can wean the kids at night, milk the heifer once a day in the morning and return the kids to them for suckling during lactation Day.

### Use of goat milk:

Goat's milk is a source of protein, healthy fats, vitamins, iron, and other essential nutrients. It keeps your bones and teeth strong, thanks to the high calcium. It helps to provide enough energy for the growing baby.

Goat's milk is thicker and whiter than cow's milk or vegetable milk, and goat's milk contains many nutrients that can provide health benefits. For example:

- Easier to digest

- Less risk of milk allergies
- Better heart health

#### Nutrition Information:

- Calories: 168
- Protein: 9%
- Fat: 10%
- Carbohydrates: 11%
- Fiber: 0%
- Sugar: 11 %

Compared to regular cow's milk, soy milk, or peanut milk, goat's milk is high in protein. Also, goat's milk protein seems to be easily digested, which means your body can use it easily. Goat's milk contains far more protein than almond milk or rice milk. Some people who are allergic to cow's milk may find that goat's milk does not cause allergies. A study that found about one in four children who were allergic to cow's milk was allergic to goat's milk. If you have a milk allergy, you can ask your veterinarian to check if you can safely tolerate goat's milk. If you know you have milk allergies, you should not eat goat's milk without asking your doctor. Goat's milk can help lower cholesterol levels in people with high Cholesterol in the blood.

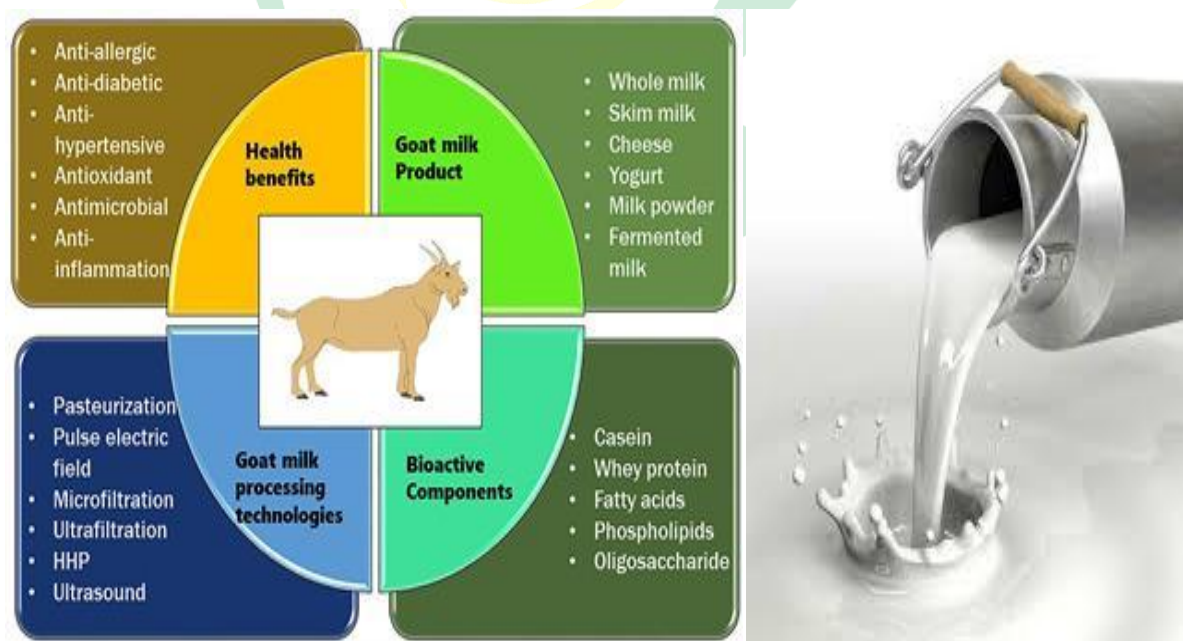


Fig: goat milk and benefits



Studies have shown that goat's milk can help lower cholesterol in the arteries. This can help people with high cholesterol levels to manage their cholesterol easily. Goat's milk has more calories per serving than any other type of milk. Eating too many calories can lead to weight gain. If you are working to reduce calories, you can use goat's milk in smaller amounts than cow's or vegetable milk.

### **Disadvantages of Goat Milk**

As a nutritionist, Michelle has personally witnessed the dangers of feeding infants goat's milk. "Goat's milk can be a good ingredient in children and adults, but it is not suitable for infants. In the early 1900's, infants fed goat's milk often had anemia due to deficiency of folate and B12. The problem was so widespread that it was named 'Goat's milk anemia,' "he warns. "Today we still see children coming to the hospital with goat's milk anemia, caused by parents giving home-made formulas. Even when used as part of a custom recipe to deal with these deficiencies, giving infants goat's milk can lead to vitamin and / or mineral deficiencies, poor growth, kidney failure, and even fainting if the recipe is too diluted. "

### **Conclusion:**

Many people who believe that goat's milk will taste unusual or "goat-y" is surprised when they actually taste it. Do not be afraid to try again when planning a healthy, balanced diet, ignoring the health benefits of goat's milk. Because of the differences in lactose, fat, and protein, people with both intolerance and cow's milk are more likely to tolerate goat's milk without problems.

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