

Milks: What's the Difference?

Organic Milk comes from cows that are given organic feed or roam freely and graze on pesticide-free grass. They're not treated with synthetic growth hormones to increase milk or given antibiotics to prevent illness. There is no known nutritional difference between organic and non-organic milk, but studies have shown organic variety contains higher concentrations of some beneficial omega-3 fatty acids and antioxidants. Organic milk contains the most health benefits in summer; the levels of inflammation-reducing fatty acids are at their peak then, because cows have access to more fresh grass and clover.

Goat Milk is more easily digested than cow's milk due to smaller fat molecule size. It has less lactose than cow's milk. About 50% of people allergic to cow's milk will also be allergic to goat's milk. 65% of milk consumed in the world is goat's milk.

Soy Milk is made from mature soy beans; it's typically mixed with water and some type of natural sweetener. Slightly thicker than cow's milk, it's safe for people who have dairy allergies or who are lactose-intolerant. Flavored soy milk contains less protein than unflavored, since the flavoring reduces the protein content per ounce. The estrogen in soy milk increases calcium absorption.

Coconut Milk is made from grating the meat of the coconut. Although low in cholesterol and sodium, it is very high in saturated fats. It is also high in fiber.

Rice Milk is created from a mixture of partially milled rice and water. It is the least likely of all the milk products to trigger allergies. It's a good option for those who can't drink soy, nut, or cow's milk. It has no saturated fat or cholesterol, but almost no protein.

Almond Milk is made from roasted, blended almonds, and then enriched with nutrients (like calcium, vitamin D, and the antioxidant vitamin E). Almond milk is free of saturated fat, cholesterol, and lactose, and contains little protein.

Raw Milk is unpasteurized cow's milk. Advocates believe pasteurization destroys potentially beneficial bacteria, proteins, and enzymes that may aid digestion. But health experts say that none of these supposed benefits outweigh the possible negatives. "Drinking raw milk puts you at risk of serious food-borne illness or even death from infection," says J. Bruce German, Ph.D., the director of the Foods for Health Institute at the University of California, Davis. According to the Centers for Disease Control, raw dairy products caused 82 percent of milk-borne illnesses between 1973 and 2008. It is not available for purchase in some states. It contains more calories than pasteurized whole milk.

	Fat (g)	Protein (g)	Calcium (mg)	Vitamin D (IU)	Carbs	Calories
Whole Cow's Milk	7.93	7.86	276	98	12.83	146
Goat Milk	10.1	8.69	327	29	11	168
Soy Milk	4.2	8	60	0	15	131
Coconut Milk	57	6	30	0	13	552
Almond Milk	2.5	5	2	100	10	90
Rice Milk	2	1	1	100	23	120

**** Only breast milk or infant formula should be given to infants under 12 months old****

A note about Calcium and Calcium Supplements

Infants Requirements: 0-6 months: 200 milligrams per day (mg/day); 7 - 12 months: 260 mg/day

Children and Adolescents: 1 - 3 years: 700 mg/day; 4 - 8 years: 1,000 mg/day; 9 - 18 years: 1,300 mg/day

- All calcium supplements are not the same. Lactose makes the stomach more acidic, increasing calcium absorption.
- Supplements with *calcium triphosphate* can actually reduce calcium absorption 25%.
- *Calcium tricarboxylate* has equivalent calcium absorption with dairy.
- *Calcium citrate malate* (CCM) is absorbed better than other calcium supplements; it tends to be more expensive; it absorbs with or without food.
- *Calcium carbonate* is less expensive and absorbs best with food. It can be found in Rolaids or Tums.
- Calcium additives settle to the bottom of containers with time; shake well before consuming.
- Calcium has best absorption when taken at maximum of 500 mg per dose.