

## Comparative Average Composition of Goat Milk and Cow Milk, per 100 Grams\*

Nutrient	MEYENBERG® Ultra-Pasteurized Goat Milk Products*	Cow Milk	Human Milk
<b>Protein (gm)</b>	3.6	3.3	1.0
<b>Calcium (gm)</b>	134	119	32
<b>Vitamin A (IU)</b>	185	126	241
<b>Vitamin B6 (mg)</b>	0.05	0.04	0.01
<b>Calories</b>	69	61	70
<b>Fat (gm)</b>	4.2	3.3	4.4
<b>Carbohydrate (gm)</b>	4.5	4.7	6.9
<b>Iron (mg)</b>	0.05	0.05	0.03
<b>Thiamin (mg)</b>	0.05	0.04	0.014
<b>Riboflavin (mg)</b>	0.14	0.16	0.04
<b>Niacin (mg)</b>	0.28	0.08	0.18
<b>Magnesium (mg)</b>	14	13	3
<b>Phosphorus (gm)</b>	111	93	14
<b>Zinc (mg)</b>	0.30	0.38	0.17
<b>Sodium (mg)</b>	50	49	17
<b>Potassium (mg)</b>	204	152	51

**\*Supplemented with Folic Acid and Vitamin D. [Click Here for Details by Product.](#)**

\*Adapted from *Composition of Foods: Dairy and Egg Products*, Agriculture Research Service. Agriculture handbook no. 8-1. Washington, DC, US Department of Agriculture, 1976.