

# Camel Milk Nutrition Facts Prove It's The Healthiest Alternative



It's no secret that milk is full of nutrients, but one thing that often surprises people is how healthy camel milk is.

Yes, you read that correctly, milk from camels! It's so healthy that in a 2005 study by the Bikaner's Diabetes Research Center, they found that drinking camel milk could help people treat their diabetes. There are more upsides to explore from drinking this milk, but just what exactly is packed inside that makes camel milk so nutritious?

Before we explore that, let's examine the difference between micronutrients and macronutrients.

## What are micronutrients?

Micronutrients are the vitamins, minerals, and antioxidants found in a natural food source. Essential vitamins such as vitamins A, B, C, D, E, and K are some of the more well-known micronutrients as well as minerals like magnesium,

calcium, selenium, and zinc.

These are all vital to having a healthy diet and allows our bodies to function to its maximum potential. You can find micronutrients in fresh fruits and vegetables.

## **What are macronutrients?**

Macronutrients, on the other hand, are the energy-giving caloric components of our foods, and they include carbohydrates, fats, and proteins. The body requires a large amount of these macronutrients in order to help our bodies develop and repair while supplying us with calories or energy to make us function and feel good.

Understand that while there are all types of foods that contain the macronutrients you need, there is such a thing as good and bad nutrients. A donut contains high amounts of carbohydrates and fats as so does brown rice - one is healthy for you, the other not so much.

Now that we know what both micro and macronutrients are, let's delve deeper into how they play a role in camel milk.

## **Nutrients in camel milk**

Camel milk has 5 grams of protein per cup, which equates to 10 percent of the suggested daily intake of protein. Aside from it being only 110 calories per serving, here are the other nutrients packed in camel milk:

- Potassium
- Calcium
- Folate
- Phosphorus
- Thiamin
- Zinc
- Selenium
- Vitamins A, B, C, D, E, K

This is not even all the nutrients in camel milk, making it one of, if not the

most, impressive milks out there. You will be able to see how all these goodies help benefit those who consume it. Now, what about cow milk and all the other milk alternatives we keep hearing about?

## **Camel Milk vs. Cow Milk**

For centuries people have resorted to drinking cow milk in order to get their daily intake of nutrients, but it is not the best milk for humans to drink. For some people, milk causes acne, gas, inflammation, and digestive problems. And for people who are lactose intolerant or have milk allergies, they can't even think about including it in their diet.

Camel milk has been found to be the closest substitute for human breast milk and is useful in helping to treat autism, diabetes, and Alzheimer's.

Aside from those amazing benefits, there are over 200 types of protein in camel milk and is naturally 50 percent lower in fat and saturated fat compared to cow milk. Cow milk and camel milk are both good sources for B vitamins, but camel milk comes out slightly ahead due to its higher levels of vitamin C, iron, unsaturated fatty acids, and calcium.

## **Camel Milk vs. Other Milk**

Goat milk, almond milk, soy milk, rice milk, cashew milk, coconut milk - the list of alternative milks seem to be endless nowadays. But what makes camel milk different from all of them?

## **Camel Milk vs. Soy Milk**

If you have a milk intolerance or allergy, looking for milk packed with protein, and practically have no saturated fat, then soy milk is a good choice to consider.

The downfall of soy is the added sugar that can be found in the original or sweetened version of the beverage, while camel milk has a low amount of sugar and can help treat type 1 diabetes. But if you really enjoy soy milk, stick

to the unsweetened version.

## **Camel Milk vs. Almond Milk**

Its richness in calcium and abundance in vitamins D, E, and A makes almond milk a big winner. It does not have that watery texture like low fat cow milk, but instead, has a creamier texture like that of whole milk.

And unlike camel milk, which is an excellent source of protein, almond milk has minimal protein and should not be considered as a protein source. And again, stick to the unsweetened version if you're looking to avoid added sugar.

## **Camel Milk vs. Rice Milk**

There is not much to say about rice milk aside from the fact that it is high in calories and high in sugar. Compared to camel milk and even the other alternative milk options, rice milk does not have much nutritional value.

Although it is low in fat and cholesterol, it is also low in calcium and protein. But for people with multiple food allergies (i.e. lactose, nuts), rice milk may be one of the few, if not only, milk choice for those people.

## **Camel Milk vs. Coconut Milk**

While coconut milk is great in taste and is not high in calories, it is highest in saturated fats and lacks the most protein compared to other milk alternatives. It also has a low amount of calcium compared to camel milk. I think this is more so for people who are coco for coconut.

## **Camel Milk vs. Cashew Milk**

Though not as popular as coconut milk or almond milk, cashew milk is another tasty nut alternative milk option. It is rich in calcium and low in calories, however, it is not a good source of protein. And if you have a peanut allergy, this probably isn't for you.

When you examine the other milk alternatives, it becomes very clear that

camel milk is not only a better source of protein, calcium, and vitamins, but is low in calories and has benefits that can have positive effects on people with allergies, diabetes, or autism - all things other milks don't have a positive effect on.

## **How Much Camel Milk to Drink**

Studies vary on this but the general consensus is that you should be drinking 3-4 cups of cow milk a day, and we believe the same thing for camel milk. There doesn't seem to be a right or wrong answer.

If you want to have a nice cup of camel milk with your morning smoothie, you can. Chocolate or strawberry syrup mixed with camel milk for the kids? That works too. You could even use it to make baked goods, creamy sauces, and pancakes. The opportunities to utilize camel milk are endless.

## **Benefits of Camel Milk**

We already know the nutritious value camel milk provides. What's more important are the benefits that come with it that other milks don't match up to.

### **Can treat diabetes**

Research has shown that camel milk has been used in the Middle East to treat, prevent, and control diabetes, which can't be said about cow milk and most, if not all, other milk alternatives. And unlike other milks, camel milk doesn't cause a rise in blood sugar.

### **Most similar to breast milk**

Camel milk is the most similar to breast milk, as it contains some of the same nutrients and substances that help boost immunity. It is not every day that you can get that kind of nutritional benefit from your milk.

### **Great alternative for people with milk allergy or intolerance**

If you have a cow milk allergy or intolerance, camel milk is a great option since it lacks the A1 casein protein and lactoglobulin found in cow milk.

## **Heart and blood health**

The monounsaturated fats in camel milk give it some of the same benefits as olive oil. It also contains A2 beta casein, which is different than the A1 casein found in most dairy milk. The A2 beta-casein may be responsible for protective effects on the heart and immune system.

Additional benefits include the prevention of fatty liver disease and the ability to increase levels of good cholesterol.

This all sounds amazing, right? But just where can you find camel milk? You can order directly from Desert Farms or use our store locator to find one of the 150 health food stores to order from. We hope you go and make every day a hump day!