



The Main Differences Between Camel Milk And Coconut Milk

Camel milk is a natural probiotic that is 50 percent lower in fat and saturated fat than regular cow milk. It has 110 calories per serving, and 5 grams of protein, which makes up 10 percent of the suggested daily intake of protein. But there's more! See some nutrients packed into camel milk below:

- Potassium
- Calcium
- Folate
- Phosphorus
- Thiamin
- Zinc
- Selenium

What Nutrients Are in Coconut Milk

Coconut contains beneficial fat called lauric acid, a medium-chain fatty acid that's easily absorbed and used by the body for energy. It is rich in fiber, and vitamins C, E, B1, B3, B5, and B6.

A serving size of full-fat coconut milk is $\frac{1}{4}$ cup, and it contains these minerals:

0.55 milligrams manganese (27% DV)

0.15 mg copper (8% DV)

60 mg phosphorus (6% DV)

22 mg magnesium (5.5% DV)

3.9 mg iron (5.5% DV)

157 mg potassium (4.5% DV)

Benefits of Coconut Milk

Coconut milk is completely dairy, nut, lactose, soy, and grain-free, make it a good option for anyone who are allergic to those foods. It's even good for vegan and plant-based eaters!

Coconut milk has a higher fat content than other milk alternatives like soy, cashew, and almond milk. But there are still many benefits from coconut milk you can take advantage of. Here are just a few benefits:

Improves heart health

Fifty percent of the fat in coconuts is [lauric acid](#), which has antibacterial and antiviral properties, and is a protective type of fatty acid linked with improved cholesterol levels and heart health.



Lowers blood pressure

Coconut milk contains certain minerals important for circulation and controlling blood flow. One of them is magnesium, which helps combat stress and muscle tension while helping with blood circulation.

Improves digestion and relieves constipation

A well-hydrated digestive tract is important for preventing and treating [constipation](#). The electrolytes and healthy fats in the milk helps nourish the digestive lining, improves gut health, and prevents conditions like IBS.

Can help manage blood sugar and control diabetes

The fat content of coconut milk slows the rate at which sugar is released into the bloodstream, helping control insulin levels and prevent “sugar highs.”

Coconut milk isn't the only thing coconuts are great for. There are plenty of benefits in coconut oil, coconut water, and coconut flour for the skin, nails, hair, and for cooking!

What is a Casein Allergy

A [casein allergy](#) happens when your body's immune system mistakenly thinks casein is harmful and produces allergic antibodies for protection. Good thing almond milk is not from a mammal or is a dairy product. But it's still good to know what a casein allergy if milk is part of your diet.

The interaction between these antibodies and casein triggers the release of chemicals like histamine and can cause symptoms like these:

- Skin reactions such as hives, rashes, or itchy skin

- Swelling of the lips, throat, tongue, mouth, or face

- Sneezing, runny nose, itchy eyes, coughing, wheezing, or nasal congestion

- Anaphylaxis, a life-threatening reaction that happen very quickly

Benefits of Camel Milk

Like coconut milk, [camel milk](#) is also a great alternative for people with cow milk allergy or lactose intolerance. Here are some great benefits of camel milk that even babies can reap!

Similar to breast milk

The composition of camel milk comes closest to that of [human milk](#) compared to other milks, making it safe to feed camel milk to babies and children.

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.

Helps 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.

Where Can You Buy Camel Milk

You can buy your next order of camel milk online from [Desert Farms!](#)