

The Main Differences Between Camel Milk and Goat 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

What Nutrients Are in Goat Milk

Goat milk is a good source of protein, contains less sugar (lactose), 13 percent more calcium, 25 percent more vitamin B6, 47 percent more vitamin A, and 134 percent more potassium than regular cow milk.

In one glass of goat milk, you get these minerals:

- Calcium: 327 milligrams (33 percent DV)
- Phosphorus: 271 mg (27 percent DV)
- Magnesium: (34.2 mg (9 percent DV)
- Potassium: 498 mg (14 percent DV)
- Copper: 0.1 mg (6 percent DV) Zinc: 0.7 mg (5 percent DV)

And you get these vitamins with one glass:

- Vitamins
 - A: 483 IU (10 percent DV)
 - B2 (Riboflavin): 0.3 mg (20 percent DV)
 - C: 3.2 mg (5 percent DV)
 - D: 29.3 IU (7 percent DV)

Camel Milk vs. Goat Milk

Fat molecules in goat milk are much smaller than the fat molecules in cow milk

Imagine boiling a pot of water and adding broccoli to make soup. Adding big florets versus small florets would make your body work a lot harder to digest, that includes the biting, chewing, and swallowing. That's the difference with the size of cow and goat fat molecules in the milk.

Goat milk also has less calcium, iron, protein, and vitamin A, but is also lower in carbs, cholesterol, and sodium than camel milk.

Camel and goat milk are naturally homogenized

Have you ever left fresh cow milk sitting out and eventually saw this funky white substance float to the top? That's the fat of the cow milk. We don't see that happen with our milk from the stores because they went through homogenization.

Homogenization is a process that occurs after pasteurization, where the fat

molecules in milk is broken down to resist separation. Being homogenized means it is uniform in consistency.

Goat and camel milk don't have funky substances floating to the top because they are naturally homogenized, meaning its consistency is smooth and consistent without having to go through any manmade processing. And with camel milk, you can freeze and thaw without experiencing clumpy milk.

What is a Casein Allergy

Casein is a protein that can be found in all mammals' milk and dairy products. A casein allergy happens when your body's immune system mistakenly thinks casein is harmful and produces allergic antibodies for protection.

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

Genetic polymorphisms of milk proteins play an important role in eliciting different degrees of allergic reactions. Goat milk lacking α -s1-casein, which is the main casein in cow milk, is less allergenic than goat milk with α -s2-casein, which is more typical for many goat breeds and camels.

Looks like whether you choose goat milk or camel milk, it is not as likely to experience a casein allergy than if you were to have cow milk.

Camel Milk and Autism

It has also been found that the high levels of magnesium, zinc, and vitamin E in camel milk can increase glutathione production, which helps decrease oxidative stress in people with autism. Magnesium is known to reduce oxidative stress and enhance vitamin E and C absorption, while zinc increases total glutathione levels.

Some parents saw improvements in their autistic children after drinking camel milk. They had better sleep, increased motor planning and spatial awareness, increased eye contact, better language, and improved gastrointestinal function.

Camel Milk and Diabetes

Research has shown that camel milk has been used in the Middle East to treat, prevent, and control diabetes. Camel milk also doesn't cause a rise in blood sugar, and has been shown to work as insulin therapy to improve long-term glycemic control and allows patients with type-1 diabetes to reduce insulin intake.

Benefits of Camel Milk

It's no surprise now that camel milk is packed with nutrients to help you meet many of your daily recommended intake of certain minerals and nutrients. But camel milk also has other noteworthy benefits to consider.

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.

Where To Buy Camel Milk

You can buy your next order of camel milk online from Desert Farms!