

# The Main Differences Between Camel Milk And Almond 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! Here are just a handful of the many nutrients packed in camel milk:

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

# What Nutrients Are in Almond Milk

You might think what you get from eating almonds is the same when it comes to drinking almond milk. If only it were that easy. Although you get vitamin E and riboflavin both ways, almond milk's nutrient levels are generally lower than almonds.

One 8-ounce glass of almond milk has 1 gram of protein, compared to 6 grams in a serving of almonds. It also only has 1 gram of fiber, compared to 4 grams in almonds. And while almond milk has 17 grams of magnesium, you get 77 grams in almonds.

I should note that you do get more calcium and vitamin D with almond milk than you would with eating almonds, but only because they get fortified with those nutrients. Here are some other nutrients you can expect to find in almond milk:

- Iron
- Magnesium
- Phosphorus
- Potassium
- Zinc
- Niacin
- Vitamin A, B, C, E, and K

## Benefits of Almonds

Almond milk is a delicious, dairy-free, soy-free, and lactose-free milk alternative - something we would not be able to achieve without amazing almonds. Along with the many nutrients mentioned above, almonds have some unexpected benefits like these:

- Lowers cholesterol
- Lowers risk of colon cancer
- Help ward off heart disease
- Reduces blood pressure
- Improves blood flow



## 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. 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 almond 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!