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Newindpress on Sunday
Goat's milk healthier than cow's milk

Tuesday July 31 2007 19:10 IST

ANI

WASHINGTON: Drinking goat's milk is healthier than consuming cow's milk, a new study has found.

The study, by researchers at the University of Granada has revealed that goat milk has more beneficial properties to health than cow milk.

Researchers conducted the study on mice with induced nutritional ferropenic anaemia, and found that goat milk is better at preventing ferropenic anaemia (iron deficiency) and bone demineralisation (softening of the bones).

In order to know how the nutritive utilisation of iron, calcium, phosphorus and magnesium may affect their metabolic distribution and destination, lead researcher Doctor Javier Diaz Castro determined the concentration of these minerals in the different organs involved in their homeostatic regulation and different haematological parameters in relation to the metabolism of the minerals.

Results obtained in the study reveal that ferropenic anaemia and bone demineralisation caused by this pathology have a better recovery with goat milk.

Due to the higher bioavailability of iron, calcium, phosphorus and magnesium, the restoration of altered haematological parameters and the better levels of parathyroid hormone (PTH), a hormone that regulates the calcium balance in the organism was found in the rats that consumed this food.

Dr Castro points out that the inclusion of goat milk with normal or double calcium content in the diet "favours digestive and metabolic utilisation of iron, calcium and phosphorus and their deposit in target organs - parts of the organism to which these minerals are preferably sent - involved in their homeostatic regulation".

According to him, all these conclusions reveal that regular consumption of goat milk - a natural food with highly beneficial nutritional characteristics - "has positive effects on mineral metabolism, recovery from ferropenic anaemia and bone mineralisation in rats. In addition, and unlike observations in cow milk, its calcium enrichment does not interfere in the bioavailability of the minerals studied".

Part of the results of this research has been published in the prestigious scientific journals International Dairy Journal and Journal Dairy Science.

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