

Comparative Average Composition of Goat Milk and Cow Milk, per 100 Grams*

Nutrient	MEYENBERG® Ultra-Pasteurized Goat Milk Products*	Cow Milk	Human Milk
Protein (gm)	3.6	3.3	1.0
Calcium (gm)	134	119	32
Vitamin A (IU)	185	126	241
Vitamin B6 (mg)	0.05	0.04	0.01
Calories	69	61	70
Fat (gm)	4.2	3.3	4.4
Carbohydrate (gm)	4.5	4.7	6.9
Iron (mg)	0.05	0.05	0.03
Thiamin (mg)	0.05	0.04	0.014
Riboflavin (mg)	0.14	0.16	0.04
Niacin (mg)	0.28	0.08	0.18
Magnesium (mg)	14	13	3
Phosphorus (gm)	111	93	14
Zinc (mg)	0.30	0.38	0.17
Sodium (mg)	50	49	17
Potassium (mg)	204	152	51

***Supplemented with Folic Acid and Vitamin D. [Click Here for Details by Product.](#)**

*Adapted from *Composition of Foods: Dairy and Egg Products*, Agriculture Research Service. Agriculture handbook no. 8-1. Washington, DC, US Department of Agriculture, 1976.