

**MEYENBERG** Goat Milk is delicious, and the natural choice for those sensitive to cow milk and/or soy products.

Goat milk plays an important role in the diet of an ever-growing number of people who need and desire cow or soy milk substitute with superior nutritional benefits and with the taste and richness of real, natural milk.

Worldwide, more people consume goat milk! It's easier to digest than cow's milk. Higher in calcium and it's a wonderful kitchen companion for foods made with milk.

Love milk, but don't like the tummy troubles? There is a delicious, refreshing glass of goat milk just waiting for you! Approximately one in ten people who are allergic to cow milk can drink goat milk.

Goat milk is a calcium champ! Your body adsorbs calcium more thoroughly when drinking calcium rich milk opposed to using supplement tablets. Goat milk is not only higher in calcium than cow's milk, but is easier on the sensitive stomachs.

Gourmet cooks love the taste! It's slightly sweet taste has often been described as "hazel nutty" and its naturally creamy, smooth texture lends itself to wide variety of delicious dishes...from morning cereal to casseroles, desserts, and ethnic dishes.

## THE FACTS ABOUT GOAT MILK

- Goat milk contains only trace amounts of alpha S1 casein-the major protein of cow's milk to which many people are allergic. Symptoms of cow milk allergy include eczema, diarrhea, gas, bloating, eat infections, and excess mucus.
- Goat milk, like all natural milks (including human milk) contains lactose. So why are many so-called lactose intolerant people able to drink goat milk? It has been hypothesized that because of goat's milk superiors digestibility, less undigested residue is left behind in the colon to ferment and cause the unpleasant symptoms of lactose intolerance. One significant difference from cow milk is found in the composition and structure of fat in goat milk. The average size of goat milk fat globules is about 2 micrometers to 2 ½ to 3 ½ micrometers for cow milk fat. These smaller-sized fats globules provide a better dispersion and a more homogenous mixture of fat in the milk.

## YOU MAY PURCHASE THIS AT WALMART

- Evaporated Goat Milk: Mix 1 can of goats milk with 2 cans of water and folic acid
- Regular Goat Milk: Mix 2 cups of milk and 1 cup of water and Folic acid