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Follow the latest daily buzz with [buzzFeed Daily Newsletter!](#) Medical Review by Natalie Butler, R.D., L.D. - Author Tamara Duker Freuman - Updated March 8, 2019 While goat's milk is seen as a more specialty item in the United States, approximately 65 percent of the world's population drinks goat's milk. While Americans tend to gravitate towards cow's or vegetable milk, there are a number of health-related reasons to choose goat's milk. You may find it difficult to digest traditional cow's milk and would rather try other animals based on milk before looking at vegetable milk. Or you may just be looking to change what you add to your morning coffee and cereal. Whatever it is, the reason we're covered. Check out the comparison of goat's milk with other types of milk, below, to get a better idea of whether this option is right for you. Share on PinterestOnce for an ounce, goat's milk stacks favorably against cow's milk, especially when it comes to protein (9 grams vs. 8 g) and calcium (330 g vs. 275-300 g). Studies also show that goat's milk can enhance the body's ability to absorb important nutrients from other foods. In contrast, cow's milk is known to interfere with the absorption of key minerals such as iron and copper when consumed in the same meal. Another reason why some people choose goat's milk over cow's milk is the digestibility. All animal milk contains a little lactose (natural milk sugar), which some people, as they age, lose the ability to fully digest. But goat's milk is slightly lower in lactose than cow's milk - about 12 percent less per cup - and, in fact, gets even lower in lactose when cured in yogurt. Thus, people with mild lactose intolerance may find that goat's milk dairy products are somewhat less destructive to digestion than cow's milk. In terms of digestive health, goat's milk has another feature that surpasses cow's milk: the higher presence of prebiotic carbohydrates that help nourish beneficial bacteria living in our gut ecosystem. These carbohydrates are called oligosaccharides. They are the same type of carbohydrates that are present in human breast milk and are responsible for helping to support good bacteria in the baby's digestive tract. In recent years, vegetable milk has become an increasingly popular choice among vegans as well as those who have difficulty digesting lactose. They are an acceptable option for people looking for non-animal-based dairy products, nutritionally speaking. But vegetable milk in some areas is not enough compared to goat's milk. Some popular types of vegetable milk in itself: Coconut milkflax milkhemp milk milk soy milk Nutritional milk Nutritional composition of vegetable milk varies greatly depending on the variety, brand and product. This is due to the fact that vegetable milk milk Products. Thus, the nutritional value of vegetable milk depends on the ingredients, development methods and the degree of addition of additional nutrients such as calcium and other vitamins. These significant differences aside, unsweetened vegetable milk is lower in protein than goat's milk - in the case of soy milk, only a little so and, in the case of almonds, rice and coconut milk, significantly so. In addition, while unsweetened almonds and coconut milk are low in calories, they lack carbohydrates and protein. While raw almonds, coconuts and so on are packed with nutrients once they have turned into milk, they consist of approximately 98 percent water (unless they have been fortified with calcium). In short, they don't bring much to the table, nutritionally speaking. Among vegetable milk, hemp milk and coconut milk have the highest fat content. Because goat's milk is not usually available in reduced fat varieties, it will be higher in fat than any vegetable milk. For those who follow the types of fat they consume, know that hemp milk and flax milk contain heart-healthy, unsaturated fats, while coconut milk and goat's milk contain mostly saturated fats. The last factor to consider when evaluating vegetable milk compared to goat's milk is other ingredients that manufacturers prefer to add. Although there are a very small number of products that literally contain two ingredients - such as soybeans and water - the vast majority of products on the market contain various thickeners and gums to create a creamy texture. While most people digest these simply perfectly, some find them on gas provoking or otherwise digestive, as in the case of carrageenan. The other main nutrients that can be compared from one milk to another are carbohydrates that basically take the form of sugar. The carbohydrate content in goat's milk (and even cow's milk) is a natural lactose. In the case of lactose-free cow's milk, lactose is simply divided into its constituent parts (glucose and galactose), so that it is easier to digest. However, the total amount of sugar remains the same. Meanwhile, the content of carbohydrates and sugar in vegetable milk varies greatly depending on whether the product is sweetened. Know that most of the vegetable milk varieties on the market - even original flavors - will be sweetened with added sugar, if not explicitly labeled as unsweetened. This usually increases the carbohydrate content in the range of 6 to 16 grams per cup - the equivalent of 1.5 to 4 teaspoons of added sugar. However, unlike goat's milk, this sugar is found in the form of sucrose (white sugar) rather than lactose; it's because all vegetable milk is naturally without In addition, sweetened vegetable milk will be higher in calories as well, although they are usually on top at 140 calories per cup. If you are you In trying out goat's milk dairy products, yogurt is usually a good place to start. It's much easier to find than liquid goat's milk in the United States.You'll find that goat's milk yogurt is similar to cow's milk yogurt in texture, but with a slightly stronger tang that resembles the signature flavor of goat's cheese. Labneh is a thick, creamy, savoury yogurt dip that is a popular Middle Eastern style spread. It is often served with a generous drizzle of olive oil and sprinkled with signature herb mixtures - za'atar - which may contain some combinations of hyzop or oregano, thyme, savoury, sumac, and sesame seeds. Serve this labneh at the next party as a central surrounded by various olives, warm pita bread triangles, chopped cucumber, red pepper, or pickled vegetables. Or use it for breakfast on toast topped with sliced hard-boiled egg and tomatoes. Check out my favorite, light and delicious goat's milk labneh recipe below. Ingredients32-ounce container of simple, whole goat's milk yogurt from salt oil (choose a high-quality, extra virgin variety) za'atar spice mixtureDirectionsLine sieve or a thin strain with gauze, a thin tea towel, or two layers of paper towels. Place an aligned sieve over a large pot. Dump the whole container of goat's milk yoghurt in a sieve and tie the top of the gauze. Leave it at room temperature for 2 hours. Note: the longer you strain the yogurt, the thicker it will become. Remove and discard the liquid from the pan. Cool the strained yogurt until it has cooled again. To serve, dish in a bowl. Top with a pool of high-quality olive oil and generously decorate za'atar. Although goat's milk is not always an obvious choice among Americans, it offers a huge amount of nutrients and in some cases a slightly higher nutritional value than cow's milk. It has even been found to help us absorb certain nutrients - something cow's milk doesn't do. While vegetable milk is a good alternative for those with animal milk intolerance and dairy products, goat's milk tends to offer a more nutritious - and natural - option when it comes to protein, calcium and fats. And it makes goat's milk just another tasty and healthy option you can add to your daily diet. Tamara Duker Freuman is a nationally renowned expert in digestive health and medical nutrition therapy for gastrointestinal diseases. She is a registered dietitian (RD) and a certified dietitian at New York State (CDN) who holds a Master of Science degree in Clinical Nutrition from New York University. Tamara is a member of the East River Gastroenterology and Nutrition ([www.eastrivergastro.com](#)), The Manhattan-based practice is known for its expertise in functional bowel disorders and specialized diagnostics. Last medical examination on August 14, 2018 The Layout train I have a seat that I have allocated for SawMill. I bought a plastic model kit from Walters that would live in space, but I was never 100% convinced that this is what I wanted to do. So I was cleaning up and going through some old newspapers and magazines from my kid's hood and came across the SawMill plan I once built when I was still in school. (built it entirely out of paper). My mind was going and then this project was born. Plenty of research !!!! FUN loads !!!!! This is a real building that still exists today. De Herder SawMill is in Leiden in the Netherlands. I took the plans or drawings I had but can't remember where I got it from. This may be from the Hobby Bulletin I received from my grandfather, but not sure. These were already photocopies of the original and no size or scale. So I've been working with what I've got. I bought a WindMill Kit from Faller (and used this as the basis for my size. I also emailed the family we still have in the Netherlands and they put me in touch with someone that has a website on De Gerder zaag Molen and some other historic windmills. I manage to find a lot of photos to work on my website. So with all the information I started to draw everything on the computer. I used AutoCad for all 3D parts and I used CoreDraw for building and then save it in Google Schetchup for laser and 3D Printing.Once done, I spoke to my friend with his own laser cutter that he built himself. Here's his project - decided the 1.5mm 3 layer Ply will work and it can cut all the parts for me. Windows I can 3D printing and anything else I can do, paper, wood or styryn from Ever Green Scale Models (. So it was a big day on Sunday, August 6, 2018. I visited my friend Arnaud (2nd image) and we cut out all the sections of the 1.5mm 3 layer ply. Stunning, and so incredibly accurate and wonderful. He built the cutter himself and it's just amazing. Now I have to draw and build. Biiiiiiii Work ahead yet. What an amazing weekend away!!! Good family time and just relax and don't think about work or city life. When I had time, I sat with a sawmill to build. I have to say that it works very well. I started by lightly grinding all the pieces to get rid of burn marks from the laser cutter, then I could start the process of assemblingPicture 01 - I wrote lines on the face of the tree 1 mm apart to show the boards. Figure 02, 03 - Now, to start assembling, I've used Lego blocks to keep everything straight and square. Figure 04 - First building, all the walls together, now it's ready to paint. I also followed the same process with the main Photos 05 - 08 - I used basic water-based paints to paint on a tree. Colours of Color I wanted to keep close to the actual original, so I mixed the colors as much as possible and matched everything as I could. Inside all the window holes were painted dark green. I don't have my own 3D printer and printers that use PLA or abs threads just can't print as well as I would like. A friend offered to help that have a resin 3D printer. I know this will work, so I drew all the Windows and doors I needed in AutoCad and exported it to Google Sketchup so he could print them out for me. He did such a great job. I then cleaned each window frame and sprayed them white using a TS range from Tamyia.All press windows mounted in the building's wooden frame. The side of the river or the water side of the building was finished with a Clapboard finish and no yellow color of the rest of the building. To build this I cut 2mm strips of 120g white printed paper. I glued them with a 1mm overlay on a tree with a normal Alkaln cold/Wood Glue.Once done and everything was dry I cut all the access away and also cut the window holes again. Now it's time for painting.... I painted it baso brown, as well as water-based paint. Once it was dry, I came up with a brown/black mixture and loads of water to slowly stain it until it was pretty dark. Then I could put the windows in this part of the building. I like how it eventually :) One of the biggest parts of this project was the roof of !!!!! First, I didn't know how to build it, and secondly, what to use. The original building has a normally tiled roof, dark gray with reddish colored tiles for those that have been replaced in recent years. Company Noch make plastic sheets with tile profile, but it is not available in South Africa (I live in Cape Town), so I will have to import it and I will need about 3 sheets. It will become a path to costly. So this idea came out of the window..... What's next??? I follow boyfriend Jason Jenson on Facebook and he also has a Youtube channel video application of shingles paper to the model rail structure of Episode 013 gave me the idea, so I can actually do it myself :) used 120mm white printed paper again and cut 3mm strips. I then tagged 2mm on each strip and cut the occasional cut to 2mm side of each strip. See Photo 03.I used Alkaln cold/wooden glue to glue strips to the base of the roof, the base is only 2 pieces of cardboard cut to size and glued in place on wooden walls. I only glued 1mm part of each strip to the base so the tiles are actually loose so the random ones can be raised to create an amazing 3D effect. After everything was dried I choked it with water-based paints to the color I wanted and thought looked good. Because WindMill is on top of the building there is a deck around Mill.This is located on top of the roof at the base of the base It serves as a walking path for the man, turning the blades of the mill into a position so that it catches the most wind. We cut it with a laser in all its parts, and then I just glued it all together. I used some tape to hold all the pieces in place until I glued the fastenings to the bottom. Then I spotted it with a few coatings of wood stain until I was pleased with the color. Finally, I gave it a very easy resurfacing to give it a bit of an aged look. Adding Facia to round the roof and wall.For this I again used 120g white printed paper. I cut out 3mm strips and the scribe folding line at 1mm. I wanted to color it before I glued it into position, so I tried to paint it, but because it's so small and it's paper, the paint made the paper wet and it became impossible to work. So, then I switched to Sharpie Pen, it really worked well as a pen based on alcohol so it didn't affect the paper, and it kept its folded shape as well. Each piece was tested, cut to size, test set again, colored and then glued to the position. So now the deck has to be installed in the building. I glued the deck with cold/wood glue like all Wood.Once it was properly dried I could start with the fastening from deck to building I use the Styrene 0.060 (1.5 mm) area from the EverGreen range for this as it is already white and it is quite easy to work and shape. Most of the building is built on brick pillars. This created an open space under the building. Unfortunately, I couldn't find proper photos about this and I didn't have any sizes of this, so I had to build this according to the photos I have and estimate the sizes accordingly. I have a few plastic sheets with a brick texture from the previous built I made (photo 01), so I cut a few strips at the right height and build all the pieces I needed. Once it was glued together, I could paint it and glue everything into position. I glued it with SuperGlue as it is plastic on Wood.The water-based parts worked well as it gave a nice aged look. Then just above the pillars, there is a finish to round it off the building. I made it out of a 120g white paper printer, painted the same yellow-colored walls and glued it. There is no shelf handrail that I know to use for this, so I had to make my own. While we were doing laser cutting we also cut some thin sections that are a little more than Deck.So that will be at the top of the handrail. It's also a 3 layer ply, so I took one layer so it doesn't look so bulky, much better. For the vertical, I used 2mm wide strips we cut out, I also took one layer off ply. They were reduced to length and under Angle. I had to glue them together with Superglue as the glue wood took a long time to set and the angle made the bands fall. I also cut out a piece of card board with the right angle so I could up to all the bands the same. Then before I continue I first painted them all green, then it's time for the top rail. First I painted it white and then glued it to the position. 2 medium sections I made from a 120mm white paper print.I cut 1mm strip, measured each green vertical handrail and glued 1mm strips of paper to this. Easy job, but it took forever to finish. Finish.

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