



## Goat Milk

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### Why in News

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Recently, Madhya Pradesh Animal Husbandry and Dairy Minister Prem Singh Patel launched goat milk sale in the state during the state level program of Barwani from **Tribal Pride Day**.

### Key Points

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- It is worth noting that goat's milk is rich in nutritious minerals. Being an excellent source of carbohydrates, proteins, fats, vitamins, calcium, magnesium, potassium, copper, zinc etc., it is helpful in increasing the body's immunity.
- In this, the fat particles are smaller than other milk, which is quickly and easily digested. Increases bone density by supplying 33% of the recommended daily value of calcium to the body.
- Goat's milk contains medium-grade fatty acids, but it does not get stored as fat in spite of giving more energy to the body. This keeps the weight under control. It is also helpful in treating intestinal disorders and coronary disease.
- Goat's milk controls bad cholesterol and blood pressure by increasing the level of good cholesterol in the body.
- Goat's milk being a metabolic agent can also metabolize copper and iron. It is also helpful in relieving digestion and constipation problems and bloating. The fats and triglycerides available in goat's milk brighten the human skin. Keeps skin soft and healthy. Vitamin-A present in it removes the pimples and acne of the face and enhances the complexion.
- Goat's milk protects against dengue by controlling platelets in the blood. Goat's milk is a good option for lactose intolerant people. Goat's milk is a good option for people who are allergic to milk sugar. Goat's milk mostly contains a protein called A&2 (Casein), which is not allergic and provides protection against colitis, irritability and intestinal syndrome etc. Goat's milk also prevents osteoporosis.