

Comforts in Quality and Production of Goat Milk

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Abstract

Increased demand of goat milk and milk products was due to potential human health benefits. The small size of fat globules, higher digestibility and less allergic were the reasons of preferred goat milk feeding in infants over cow milk. Grazing has been the preferred system of goat production, which increases polyunsaturated and conjugated linoleic acid (CLA) contents of the goat milk. Browsing of polyphenolic rich plant in goats has increased antioxidant activity and contents of flavanoids, gallic acids and diterpens in goat milk. Goat milk fat has a ratio of 5:1 between omega-6 and omega-3 fatty acids, which is closer to the ratio recommended for the prevention of cardiovascular diseases in human. Goat milk has the property of minimum changes in fat (fatty acids profile and CLA isomers), protein and other micronutrient on processing with higher-pressure treatments. The potential therapeutic benefits of goat milk and milk products consumptions such as anti-carcinogenic, anti-viral properties and the prevention of cardiovascular diseases have increased growth of goat milk in human intake

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