

KOONAC Goat Farm

FAQ Goat Milk

Q: How much sugar (lactose), fat, and protein does goat milk contain?

A: Goat milk contains on average 4.7% lactose, 4.5% fat, and 3.6% protein. However, these values are subject to seasonal variability.

Q: How does goat milk compare to the milk of cows and ewes?

A: Cow and goat milk are fairly similar, but the milk of ewes contains substantially more fat and protein.

	Sugar (%)	Fat (%)	Protein (%)
Goat	4.7	4.5	3.6
Cow	5.0	4.1	3.4
Sheep	4.8	6.7	6.2

Q: Is it legal to sell raw (unpasteurised) goat milk?

A: Goat milk is exempt from compulsory pasteurisation in WA, NSW, SA, and QLD, hence it is legal to sell unpasteurised goat milk in these states.

Q: I am lactose-intolerant. Can I drink goat milk?

A: No. Goat milk contains about the same amount of lactose as cow milk and sheep milk.

Q: What are the main differences between goat milk and cow milk?

A: The fat globules in goat milk are much smaller than in cow milk. For this reason, the cream does not float, goat milk is “naturally homogenised”. For the same reason, goat milk can be frozen and does not separate when thawed.

Q: Why is goat milk easier to digest for many people than cow milk?

A: This question is not easy to answer, because how well people can digest milk depends on many factors. Some of them are:

- Goat milk is A2 milk;
- The smaller fat globules are easier to digest;
- The human race is better adapted to goat milk than to cow milk, because goat milk has been consumed by humans for much longer than cow milk.

Please don't hesitate to contact us if you have further questions about goat milk!