

# GOAT CHEESE

## flavorful & healthful

Goat cheese is one of the fastest growing cheese categories in the United States. Part of this is due to people realizing the health benefits of cheese made from goat's milk.

By Heather Schubert



### LOWER IN FAT AND CALORIES

When it comes to fat and calories, goat cheese has the advantage over cheese made from cow's milk. Goat cheese clocks in at eighty calories and six grams of fat per ounce, compared to cow's milk cheese, which generally has around 100 calories and 10 g of fat per ounce. This means goat cheese is the better choice for staying fit and thin.

### METABOLISM-BOOSTING

Diets higher in calcium have been proven to assist the body's burning of fat after meals. The need for hormone release to maintain calcium levels is banished, which correlates with a higher rate of fat oxidation.

### GOOD FOR YOUR BRAIN

Dairy plays an important role in the brain's functioning. A 2012 study found those who regularly have dairy products such as milk, cheese and yogurt score better in tests of mental ability than people who never, or rarely, consume dairy products.

### HIGHER IN PROTEIN

There are five grams of protein in a single ounce of goat cheese! Goat's milk is a good source of low-cost high-quality protein, providing 8.7 grams of protein (17.4% of the daily value for protein) in one cup versus cow's milk, which provides 8.1 grams.

### HIGHER IN CALCIUM

The amount of calcium in goat cheese can vary from around forty grams in soft cheese up to 240 grams in hard goat cheese. This clocks in slightly higher than cow's milk cheese, which has about 200 grams in the hard version.

### GREAT SOURCE FOR A VARIETY OF OTHER NUTRIENTS

Goat's milk and goats milk cheese are great sources of a number of important nutrients and vitamins:

- The amino acid tryptophan
- Phosphorus
- Riboflavin or vitamin B2 (which plays important roles in the body's energy production)
- Potassium (which helps prevent high blood pressure and protects against arteriosclerosis)
- Goat's milk contains 25 percent more vitamin b-6 than cow's
- Vitamin a is 47% higher in goat's milk, too!
- Three times as much niacin. It is also four times higher in copper.
- Goat's milk also contains 27 percent more of the antioxidant selenium than cow's milk.

### IT'S EASIER TO DIGEST

People who are lactose intolerant (about a quarter of the American population!) are sometimes able to tolerate goat cheese even if they have problems digesting cheese made from cow's milk. The levels of lactose are similar, but the fat molecules in goat cheese are shorter, making them more digestible. Even people who don't have a lactose intolerance will find that goat cheese appears to be more easily digested than conventional dairy products.



### PART OF DR. OZ'S "BLUE ZONE" DIETS


Sardinia, a Mediterranean island 120 miles off the coast of Italy, is a blue zone, an area with a high rate of healthy citizens.

Sardinians drink goat's milk, which is high in calcium and good for your heart. "Plus, researchers believe it could protect against Alzheimer's and heart disease," Dr. Oz says.

Not only is goat's milk healthy, it's easier for your stomach to digest and is also good for people who are lactose intolerant. "It has tryptophan, that same sort of mellowing agent that turkey has," Dr. Oz says. "The fat particles in goat milk are much smaller than in cow milk, so you don't have to mix it up. And when you mix up fat globules, in some people it makes enzymes that irritate your stomach."


Goat's milk is available in most grocery store dairy departments, just look for it in a smaller size than a gallon.

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