

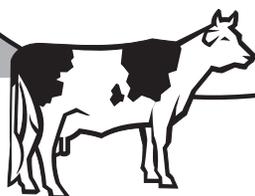
Cow's Milk. Goat's Milk. What's the Difference?



Goat's milk is the milk of choice throughout most of the world. Use the information in the boxes to compare the nutritional value of goat's milk with that of cow's milk. Create a graph in the space provided that illustrates the differences between goat's milk and cow's milk.

Nutrients in Cow's Milk

Tryptophan, daily value = 31.3%
 Calcium, daily value = 29.7%
 Vitamin B2, daily value = 23.5%
 Phosphorus, daily value = 23.2%
 Protein, daily value = 16.3%
 Potassium, daily value = 10.8%



Nutrients in Goat's Milk

Tryptophan, daily value = 34.4%
 Calcium, daily value = 32.6%
 Vitamin B2, daily value = 20.0%
 Phosphorus, daily value = 27.0%
 Protein, daily value = 17.4%
 Potassium, daily value = 14.2%



Nutrient	Cow's Milk Percentage	Goat's Milk Percentage	Which is more nutritional?

Based on the chart, which milk would have the overall highest nutritional value? _____