



## GOAT QUOTES

### Leading Food and Nutrition Experts Share Their Thoughts on Why "G.O.A.T.'s" Milk Is The "Greatest Of All Time!"

#### **Dr. Liz Applegate,**

Director of Sports Nutrition, UC Davis, nutrition columnist for Runner's World and author of "Eat Smart, Play Hard"

<http://lizapplegate.com>

"Goat cheese is now a staple at many cocktail parties, but goat's milk and other goat milk products are swiftly making their way into the mainstream American diet too. Goat's milk is slightly higher in calcium, less allergenic than cow's milk, and because of its different fat profile, it may be easier to digest. Goat's milk also has more Vitamin A and B6 than cow's milk with fewer calories. It's a nutritious alternative that families should try!"

"Teeming with healthy live bacteria, goat milk kefir supplies your intestinal tract with microscopic 'soldiers' that provide a barrier in your intestinal tract. Studies show that people who eat a daily serving of probiotics, such as goat milk kefir, have fewer negative GI symptoms and a stronger immune system. Include one-cup serving daily over cereal, topped with fruit or in smoothies - a great new option for a nutritious breakfast!"

#### **Matt Armendariz**

Leading Food Blogger

[www.mattbites.com](http://www.mattbites.com)

"Finally! The goddesses of all things goat get together and join forces! I'm so fortunate my parents introduced me to goat's milk as a child; that led to a Chevre fixation I've had most of my life. My background in natural and specialty foods introduced me to Cypress Grove Chevre and their glorious Humboldt Fog goat cheese many years ago, and more recently I discovered Laloo's amazing ice creams. I can't go too long without any of these things. They're all regulars in my kitchen. I'm not just flavor driven either and I appreciate the effort and commitment these women put into their craft. You absolutely cannot beat that."

### **Dr. Jonny Bowden**

Board Certified Nutrition Specialist, AOL, Men's Health Advisory Board, Author "The 150 Most Effective Ways to Boost Your Energy" (2009), "The Healthiest Meals on Earth" (2008) and "150 Healthiest Foods on Earth" (2007)

[www.jonnybowden.com](http://www.jonnybowden.com)

"I'm a HUGE fan of goat's milk – I'm not at all a fan of cow's UNLESS it is raw and unpasteurized. For one thing, most goats are not raised on feedlots. This means not only are the animal welfare issues better (and I happen to like goats), but goats raised on small, family farms are not shot with bovine growth hormones, steroids or antibiotics the way cows are on feedlot farms. This alone makes goat's milk way better than cow's milk. Goat's milk is also healthier because most goats, unlike most cows, eat their natural food source – pasture fed grass – which makes their milk much higher in omega 3 fatty acids. Goat's milk fat is also different making it easier to digest than cow's milk. Clinical findings show that many people with cow's milk allergies or sensitivities are OK with goat's milk. Last, but not least, I like the taste of goat's milk – it's creamy and milky. I bet in a blind taste test at the same temperature most people couldn't tell the difference between a glass of goat's milk and cow's milk. And I LOVE goat's milk ice cream. Goat's milk – try it, you'll like it!"

### **Dr. Stephanie Clark**

Associate Professor, Washington State University School of Food Science

<http://sfs.wsu.edu/facultystaff/Clark.html>

"Goat's milk is a great choice for those seeking variety in diets rich in dairy products! With equivalent vitamin D, vitamin B6, calcium and iron to cow milk, higher protein, magnesium, phosphorus and potassium than cow milk, and slightly lower lactose and sodium than cow milk, goat's milk is a super food to incorporate into your diet. Some people who have cow milk allergies may tolerate goat's milk due to the different protein structures. Try adding goat's milk yogurts, hard and soft cheeses, even ice cream to your diet!"

### **Anya von Bremzen**

Author of "The New Spanish Table," Travel+Leisure Contributing Editor

[www.harpercollins.com/authors/15294/Anya\\_Von\\_Bremzen/index.aspx](http://www.harpercollins.com/authors/15294/Anya_Von_Bremzen/index.aspx)

"Ah the goodness of goat! I'm not lactose sensitive but I'd invent it as an excuse not to go back to cow milk. And after getting addicted to Laloo's Black Mission Fig and Cajeta de Leche, I'm certainly not touching any other ice cream or frozen yogurt again. Goat's milk products - from exquisite cheeses to delicious yogurts and kefir - make you feel as if you're eating 'real' as opposed to manufactured food."

### **Carrie Wiatt**

Founder, Diet Designs, Hollywood's favorite nutritionist" (Elle), "The Queen of Lean" (GQ), "The Diet Diva" (Vanity Fair), Author "Portion Savvy" and "Eating by Design"

[www.dietdesigns.com](http://www.dietdesigns.com)

"I was bowled over with the texture, taste and wide range of goat's milk products available today. Goat's milk is a super food for adults and kids that I'm recommending to my clients!!"