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Nutritive advantages of goat milk

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With certain exceptions, goat milk is similar to sheep and cow milk, as well as with human population milk by its composition, traits and biological and energetic value. In relation to some parameters goat milk has more advantages than these other types of milk. Due to its specific composition, milk is used in the production of variety of cheese and different types of milk drinks. Western Europe produces reputable types of goat cheese which reach significantly higher price than cow cheese. Mediterranean and Middle Eastern countries have a tradition for regular usage of drinks made of fresh or processed goat milk in people's diet. Due to the goat's ability to transform carotene into vitamin A, the fat in goat milk has exceptionally white color. Goat milk fat drops are smaller and more evenly distributed, allowing faster and easier digestion in human organisms. This is the reason why people with digestive problems prefer consuming goat milk. Fat in goat milk contains large amount of caprylic and caproic acids. According to literature data a few of these acids are in free form, contributing specific odour and flavor of goat milk. Many researches characterize goat milk as a drink for convalescent but also as basic detoxifier of human organism. This work attempts to present nutritive value of goat milk and the advantage in relation to other types of milk (cow, sheep and human milk).

Biography

Nikola Pacinovski was born on 29.07.1969, in Gevgelia, Macedonia. He finished secondary and high school (Biotechnology) in Gevgelia. In the year of 1988/89 he enrolled the Faculty of Agriculture in Skopje, Department of Animal Husbandry, where he graduated in 1994. After graduation, he was employed at the Institute of Animal Science in Skopje, on 01.11.1995, as Junior Assistant. In the 1995/1996 he enrolled post-graduate studies, Group of ruminants, and passed the exams with an average grade of 9.80. On 26.12.2000, he defended his MSc thesis titled „Comparative investigations on growth and carcass quality of lambs of Domestic merinized sheep and its crossbreeds with the Chios and Sardinia breed”, submitted to the Faculty of Agriculture in Skopje, and acquired the academic title Master of Agriculture Sciences.

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