

# About Buffalo Milk

## Milk Composition Analysis

**58% more calcium than cows milk!**

**40% more protein than cows milk!**

**43% less cholesterol than cows milk!**

Buffalo milk is a **totally natural product** that can be consumed like any other milk. Time after time participants in tasting trials pick out buffalo milk in preference to cows, goats and artificially manufactured milks. **They just love the taste.**

Buffalo milk is very white and beautifully smooth. It is significantly lower in cholesterol and higher in calcium than cows, sheeps or goats milks. And unlike the array of industrially produced soya and other cereal milks it is **totally free of additives and chemical formulations.**

MILK COMPOSITION ANALYSIS					
Constituents		Cow	Goat	Sheep	Buffalo
Protein	gram	3.2	3.1	5.4	4.5
Fat	gram	3.9	3.5	6.0	8.0
Carbohydrate	gram	4.8	4.4	5.1	4.9
Energy	K cal K J	66 275	60 253	95 396	110 463
Sugars (Lactose)	gram	4.8	4.4	5.1	4.9
Fatty Acids- Saturated	gram	2.4	2.3	3.8	4.2
Monounsaturated	gram	1.1	0.8	1.5	1.7
Polyunsaturated	gram	0.1	0.1	0.3	0.2
Cholesterol	mg	14	10	11	8
Calcium	iu	120	100	170	195

In addition to the significant cholesterol and calcium benefits Buffalo Milk is also a rich source of **iron, phosphorus, vitamin A** and of course protein.

Buffalo Milk also contains high levels of the **natural antioxidant** tocopherol. Peroxidate activity is normally 2-4 times that of cows milk.

An unfortunate sign of the times is the growing number of people who suffer from **cows milk allergy** (cma).

Fortunately this is not the case with Buffalo Milk which is suitable for many suffers from cma\*.

The high milk solids of Buffalo Milk not only make it ideal for processing into superb dairy products but also contribute to significant **energy savings** in conducting that process. Yogurts are natural thick set without recourse to adding addition milk proteins or gelling agents as with lesser milks.

Dairies love to work with Buffalo Milk, which we all know makes the best mozzarella. The smooth texture and richness converts into a truly wonderful range of **multiple award winning products**. And for vegetarians who are denied the opportunity to enjoy Italian buffalo mozzarella (which uses animal rennet) Ribbelsdale's English buffalo mozzarella is simply the best!