

Composition of Human Milk vs. Cow's Milk

Class 2 Handout

Composition	Human Milk	Cow's Milk
Water, 100 ml	87.1	87.3
Energy, Kcal	75	69
Total solids	12.9	12.7
Protein	1.1	3.3
Fat	4.5	3.7
Lactose (sugars)	6.8	4.8
*Ash	0.21	0.72
Proteins, % of total		
Casein	40	82
Whey proteins	60	18
Ash, major components		
Calcium, mg	340	1,250
Phosphorus, mg	140	960
Vitamins per liter		
Vitamin A IU	1,898	1,025
Thiamin	160	440
Riboflavin	360	1,750
Niacin	1,470	940
Vitamin C, mg	43	11
Reaction	Alkaline	Acid

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From Gyrogy, Paul "Biochemical Aspects." The American Journal of Clinical Nutrition '24: August, 1971.