

# Don't be fooled by their health claims

Goats' milk contains almost as much lactose as cows' milk. Milan University reckons that labels advocating goats' milk for either intolerance or allergy should be banned!

## Pus, Bugs, Hormones and Fat

Goats' milk contains oestrogens that may promote cancer. A half of unpasteurised goats' milk samples that were tested were rife with disease-causing bacteria, much of it from faecal contamination. As for saturated 'bad' fat – the *Journal of Dairy Science* says: "The largest health concerns for consumers of goats' milk... is its elevated fat content compared to cows' milk".

Taking the pus? Cows' milk and goats' milk contains pus!

Life for a dairy goat is just as miserable as for a cow. Be kind, be healthy – go dairy-free. Viva! can help, with great-tasting, dairy-free recipes



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...don't be fooled