## HOME DAIRY: COWS versus GOATS

### DAIRY BREEDS
- **Holstein, Jersey, Guernsey, Brown Swiss, Ayshire, Milking Shorthorn**
- **Nubian, Alpine, La Mancha, Oberhasli, Toggerburg, Saanen, Sable, Nigerian Dwarf**

### SIZE (lbs)
- **Cows:** 1,500-1,800
- **Goats:** 75-135

### COST (to buy)
- **Cows:** $1,000-$3,000
- **Goats:** $50-$300

### SPACE
- **Cows:** One cow requires around 2-5 acres of pasture
- **Goats:** One adult standard adult sized goat requires 10-15 square ft of space

### FENCING
- **Cows:** Barbed wire or wooden fence
- **Goats:** Watertight fence

### FEED (per day)
- **Cows:** ~100lbs
- **Goats:** ~7.5lbs of dry matter

### WATER (per day)
- **Cows:** 50 gallons
- **Goats:** 2-4 gallons

### MILK PRODUCTION (per day)
- **Cows:** 6-10 gallons
- **Goats:** 1-3 quarts
HOME DAIRY: **COWS** versus **GOATS**

NUTRITION FACTS IN ONE CUP OF MILK
(8 Ounces)

<table>
<thead>
<tr>
<th></th>
<th>Cows</th>
<th>Goats</th>
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</thead>
<tbody>
<tr>
<td>Calories</td>
<td>90-150</td>
<td>170</td>
</tr>
<tr>
<td>Protein (g)</td>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td>Fat (g)</td>
<td>0-8</td>
<td>10</td>
</tr>
<tr>
<td>Carbs (g)</td>
<td>12</td>
<td>11</td>
</tr>
<tr>
<td>Lactose</td>
<td>12</td>
<td>11</td>
</tr>
<tr>
<td>Calcium</td>
<td>275-300</td>
<td>330</td>
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</tbody>
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