

# Homemade Goat Milk Formula Recipe Nutrient Database

Nutrients per 100 calories (5 fl. oz.)

per 100 calories (5 fluid oz.)	PROTEIN	FAT	LINOLEIC ACID	VITAMIN A	VITAMIN D	VITAMIN E	VITAMIN K <sub>1</sub>	THIAMINE (B1)
5 fl oz of properly prepared Goat Milk Formula	2.2 grams	5.4 grams	446 milligrams	324 IU	93 IU	4 IU	4.2 micrograms	83.3 micrograms
Minimum required by law?	1.8 grams	3.3 grams	300 milligrams	250 IU	40 IU	.7 IU	4 micrograms	40 micrograms
Maximum allowed by law?	4.5 grams	6.0 grams	<i>no maximum</i>	750 IU	100 IU	<i>no maximum</i>	<i>no maximum</i>	<i>no maximum</i>
In compliance?	✓ Yes	✓ Yes	✓ Yes	✓ Yes	✓ Yes	✓ Yes	✓ Yes	✓ Yes
Nutrient Source(s) in Goat Milk Formula Recipe	Full Cream Goat Milk Powder (FCGMP)	FCGMP, Goat Milk Ghee, Sunflower Oil, Grapeseed Oil	FCGMP, Goat Milk Ghee, Sunflower Oil, Grapeseed Oil	FCGMP, Goat Milk Ghee, Head Start Vitamin, DHA	Head Start Vitamin, Infant DHA	Head Start Vitamin, Sunflower Oil	Head Start Vitamin	Head Start Vitamin
Form of Nutrient	alpha <sub>2</sub> casein, betaglobulin whey	2.7 g saturated, 1.0 g monounsaturated, 0.4 g polyunsaturated	Linoleic acid, Conjugated linoleic acid	Retinol, Palmitate	D3 Cholecalciferol	d-alpha Tocopheryl Succinate	Phytonadione (K1)	Thiamine hydrochloride

per 100 calories (5 fluid oz.)	VITAMIN B6	RIBOFLAVIN (B2)	PANTOTHENIC ACID	VITAMIN B12	NIACIN	FOLATE	BIOTIN	VITAMIN C
5 fl oz of properly prepared Goat Milk Formula	77 micrograms	100 micrograms	833 micrograms	1.7 micrograms	1,333 micrograms	28.3 micrograms	16.7 micrograms	11.67 milligrams
Minimum required by law?	35 micrograms	60 micrograms	300 milligrams	.15 micrograms	250 micrograms	4 micrograms	1.5 micrograms	8 micrograms
Maximum allowed by law?	<i>no maximum</i>	<i>no maximum</i>	<i>no maximum</i>	<i>no maximum</i>	<i>no maximum</i>	<i>no maximum</i>	<i>no maximum</i>	<i>no maximum</i>
In compliance?	✓ Yes	✓ Yes	✓ Yes	✓ Yes	✓ Yes	✓ Yes	✓ Yes	✓ Yes
Nutrient Source(s) in Goat Milk Formula Recipe	Blackstrap Molasses, Head Start Vitamin	Head Start Vitamin	Head Start Vitamin	Head Start Vitamin	Head Start Vitamin	Head Start Vitamin	Head Start Vitamin	Head Start Vitamin
Form of Nutrient	Pyridoxine Hydrochloride	Riboflavin	d-Calcium Pantothenate	Methylcobalamin Dicalcium Phosphate	Niacinamide, Myo-Inositol Hexanicotinate	Methylated Folate (as Quatrefolic (methyltetrahydrofolic acid) glucosamine))	Biotin Dicalcium Phosphate	Ascorbic Acid

per 100 calories (5 fluid oz.)	CHOLINE	INOSITOL	CALCIUM	PHOSPHORUS	MAGNESIUM	IRON	ZINC	MANGANESE
5 fl oz of properly prepared Goat Milk Formula	13 milligrams	5.45 milligrams	83 milligrams	60.5 milligrams	19.2 milligrams	.651 milligrams	.95 milligrams	14.1 micrograms
Minimum required by law?	7 milligrams	4 milligrams	60 milligrams	30 milligrams	6 milligrams	.15 milligrams	.5 milligrams	5 micrograms
Maximum allowed by law?	<i>no maximum</i>	<i>no maximum</i>	<i>no maximum</i>	<i>no maximum</i>	<i>no maximum</i>	3.0 milligrams	<i>no maximum</i>	<i>no maximum</i>
In compliance?	✓ Yes	✓ Yes	✓ Yes	✓ Yes	✓ Yes	✓ Yes	✓ Yes	✓ Yes
Nutrient Source(s) in Goat Milk Formula Recipe	FCGMP, Goat Milk Ghee, Head Start Vitamin	FCGMP, Goat Milk Ghee, Head Start Vitamin	FCGMP, Blackstrap Molasses Head Start Vitamin	Full Cream Goat Milk Powder (FCGMP)	FCGMP, Blackstrap Molasses Head Start Vitamin	FCGMP, Blackstrap Molasses Head Start Vitamin	FCGMP, Blackstrap Molasses, HeadStart Vit.	FCGMP, Blackstrap Molasses
Form of Nutrient	Bio-organic & (as Choline L-Bitarate (Vitacholine) VitaShure Choline))	Bio-organic, Myo-inositol Hexanicotinate	Calcium Phosphate, Dicalcium Malate (DimaCal*)	Calcium Phosphate	Dimagnesium Malate, Bio-organic	(as Ferrous Bisglycinate Chelate (Ferrochel*))	Zinc Bisglycinate, Bio-organic	Bio-organic

per 100 calories (5 fluid oz.)	COPPER	IODINE	SELENIUM	SODIUM	POTASSIUM	CHLORIDE
5 fl oz of properly prepared Goat Milk Formula	117.9 micrograms	12.5 micrograms	3.65 micrograms	34.1 milligrams	151 milligrams	108.3 milligrams
Minimum required by law?	60 micrograms	5 micrograms	2 micrograms	20 milligrams	80 milligrams	55 milligrams
Maximum allowed by law?	<i>no maximum</i>	75 micrograms	7 micrograms	60 milligrams	200 milligrams	150 milligrams
In compliance?	✓ Yes	✓ Yes	✓ Yes	✓ Yes	✓ Yes	✓ Yes
Nutrient Source(s) in Goat Milk Formula Recipe	FCGMP, Blackstrap Molasses	Full Cream Goat Milk Powder (FCGMP), Head Start	FCGMP, Blackstrap Molasses Head Start Vitamin	Full Cream Goat Milk Powder (FCGMP)	FCGMP, Blackstrap Molasses	Full Cream Goat Milk Powder (FCGMP)
Form of Nutrient	Bio-organic	Potassium Iodide, Bio-organic	Selenium Glycinate, Bio-organic	Bio-organic	Bio-organic	Bio-organic

Please talk with your doctor regarding any changes you make to your child's diet. The information here is provided via calculation and is presented "as is" with no guarantees regarding accuracy.

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[GoatMilkFormula.com](https://goatmilkformula.com)

Hello there!

The data found on this sheet is meant to be a helpful guide on how the Goat Milk Formula Recipe stacks up to federal guidelines for nutrients required by law in infant formula.

Federal law bases nutrient requirements not on serving size but on calories. There are dozens of different nutrients that have required minimums and, in some cases, maximum levels that must be maintained per 100 calories which is equal to 5 fl. oz.

Now this is a recipe that creates an 8 fl. oz bottle which has 160 calories per bottle. It also is not a ready-to-mix infant formula with standardized nutrient levels in every gram of powder. This means there are certain nutritional assumptions that need to be made in order to compare the nutrient level per 100 calories.

For example, the recipe calls for the Head Start multivitamin powder to be added to only one bottle per day. This means that we have to average the nutrients found in that one bottle over the course of several bottles per day. In other words, the vitamins/minerals in this particular bottle will be different than the other bottles that don't contain the Head Start vitamin. Three (8 oz) bottles per day would result in a slightly different concentration of nutrients per 100 calories than four (8 oz) bottles per day.

For this reason, I based this nutrient database on the assumption of 30 fl. oz. of formula consumed per day. This number was based primarily on the empirical data/feedback we received from parents.

This means the nutritional information per 100 calories (5 fl. oz) is assuming that baby is consuming 30 fl. oz of per day.

One last thing, the "Nutrition Facts Panel" located to the right, includes % Daily Values (% DV) that are based on the FDA standards set for infants 0-12 months and are not based on the % DV for adults.

Please talk with your doctor regarding any changes you make to your child's diet. The information is provided via calculation and is presented "as is" with no guarantees regarding accuracy.

Joe Stout, M.S.

<b>Nutrition Facts</b>	
1 serving per container	
<b>Serving size 5oz bottle (142g)</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>100</b>
<b>% Daily Value</b>	
<b>Total Fat</b> 5g	<b>17%</b>
Saturated Fat 2.5g	
Trans Fat 0g	
<b>Cholesterol</b> 15mg	
<b>Sodium</b> 35mg	
<b>Total Carbohydrate</b> 11g	<b>12%</b>
Dietary Fiber 0g	
Total Sugars 10g	
Includes 8g Added Sugars	
<b>Protein</b> 2g	<b>18%</b>
Vitamin D 1.5mcg	15%
Calcium 85mg	30%
Iron 0.7mg	6%
Potassium 150mg	20%
Vitamin A 100mcg	20%
Vitamin C 12mg	25%
Vitamin E 6mg	120%
Vitamin K 4.2mcg	170%
Thiamin 0.1mg	30%
Riboflavin 0.1mg	25%
Niacin 1.3mg	35%
Vitamin B6 0.1mg	25%
Folate 28mcg DFE	35%
Vitamin B12 1.7mcg	340%
Pantothenic Acid 0.8mg	45%
Phosphorus 60mg	20%
Magnesium 19mg	25%
Zinc 1mg	30%
Selenium 3.6mcg	20%
Copper 0.1mg	60%
Manganese 0.1mg	25%

## **Nutrients** per 100 Calories (5 fl oz)

<b>Protein</b> .....	2.2 g
<b>Fat</b> .....	5.4 g
<b>Linoleic Acid</b> .....	446 mg
<b>Carbohydrate</b> .....	11 g

## **Vitamins**

A .....	324 IU
D .....	93 IU
E.....	4 IU
K.....	4 mcg
Thiamine (B <sub>1</sub> ).....	83 mcg
Riboflavin (B <sub>2</sub> ) .....	100 mcg
B <sub>6</sub> .....	77 mcg
B <sub>12</sub> .....	1.7 mcg
Niacin.....	1333 mcg
Folate.....	28 mcg
Pantothenic Acid .....	833 mcg
Biotin.....	16.7 mcg
C (Ascorbic Acid).....	12 mg
Choline.....	13 mg
Inositol.....	5 mg

## **Minerals**

Calcium .....	83 mg
Phosphorus .....	61 mg
Magnesium.....	19 mg
Iron .....	.65 mg
Zinc.....	.95 mg
Manganese .....	14 mcg
Copper.....	118 mcg
Iodine.....	13 mcg
Selenium.....	3.7 mcg
Sodium.....	34 mg
Potassium.....	151 mg
Chloride .....	108 mg