

## **2 JUNE 2006**

### **Healthy Potential of Sheep's Milk**

Sheep's milk has a higher content of essential vitamins and minerals than cow's milk and could be used to cater to consumers' appetite for healthy products.

Last month, a farm in southwest England launched a low-fat ice cream-like product made from whole sheep's milk that is expected to be a hit with people looking for a low-fat, natural, but still tasty alternative to dessert.

With the present trend towards healthier eating, the product is being marketed to the health-conscious market.

Because of the nutritional properties of sheep's milk when compared to cow's milk, there is a possibility that it could corner a larger share of the health market as a source of essential vitamins and minerals.

Calcium content in sheep's milk is between 162 mg and 259 mg per 100 grams compared to 110 mg per 100 grams for cow's milk and phosphorous, sodium, magnesium, zinc and iron levels are also higher.

In a recent blind-tasting, three out of four people said they preferred 'Slim Ewe' to regular ice cream.