

TABLE 18.9
ENERGY IN MILK*

Source of Milk	Composition			Energy in Components per kg of Milk			Energy per kg of Milk (kcal)
	Fat (%)	Lac- tose (%)	Pro- tein (%)	Fat % × 92.0 (kcal)	Lac- tose % × 39.5 (kcal)	Pro- tein % × 58.6 (kcal)	
Rat	9.3	3.7	8.7	856	146	510	1512
Woman	3.8	7.0	1.2	350	276	70	696
Sow	7.0	4.0	6.0	644	158	352	1154
Cow	3.7	4.8	3.3	340	190	193	723
Sheep	6.2	4.3	5.4	570	170	316	1056
Deer	10.5	4.5	9.0	966	178	527	1671
Goat	4.1	4.7	3.3	377	186	193	756
Mare	1.7	6.6	2.2	156	261	129	546
Bison	1.8	4.6	4.0	166	182	234	582
Reindeer	22.5	2.5	10.3	2070	99	604	2773
Musk ox	11.0	3.6	5.3	1012	142	311	1465
Water buffalo	12.0	4.0	6.0	1104	158	352	1614
Rhinoceros	0.3	7.2	3.2	28	284	188	500
Elephant (African)	20.5	7.3	3.2	1886	288	188	2362
Fin whale	32.0	0.3	13.0	2944	12	762	3718
Blue whale	42.0*	1.0	12.0	3864	40	703	4607
Porpoise	49.0	1.3	11.0	4508	51	645	5204

Milk constituents: lactose, 3.95 kcal/g, casein, 5.86 kcal/g, butter fat, 9.20 kcal/g.

* Compiled by Dr. J. Luick, whose contribution is greatly appreciated.