


Comparison chart

Differences — Similarities —

Buffalo Milk versus Cow Milk comparison chart

 Edit	Buffalo Milk	Cow Milk
Properties	100% more fat content than cow's milk; can be preserved for longer	Lower in fat than buffalo milk; preserved for less time.
Nutrition	Buffalo milk is extremely rich in calcium, and is a good source of minerals like magnesium, potassium, and phosphorus.	Cow's milk is rich in a variety of minerals, vitamins, and proteins, It is also an excellent source of calcium.
Health benefits	Less cholesterol, more fat, more calories. It is good for healthy bones, dental health, cardiovascular health, and weight gain.	More cholesterol, less fat, fewer calories. It is beneficial for healthy bones, dental health, reducing obesity in children, protection from thyroid diseases, and cardiovascular health.
Uses	Produces thick and creamy dairy products suitable for the manufacture of traditional milk products like yogurt and cottage cheese (called "paneer" in South Asia), as well as indigenous milk products like khoa and ghee.	Dairy products: curds, sweets, cheese – but less thick and creamy
Top consumers and producers	Buffalo milk is popular in South Asia (India, Pakistan) and Italy.	Cow's milk is consumed all over the world, including regions that also consume buffalo milk.
Calories	237 (1 cup, about 244g)	148 (1 cup, about 244g)
Total Fat	17g (26% daily value) (in 1 cup)	8g (12% daily value) (in 1 cup)
Saturated fat	11g (55% DV)	4.6g (22% daily value)
Sodium	127mg (6% DV)	105mg (9% DV)
Total Carbohydrate	13g (4% DV)	12g (4% DV)
Dietary fiber	0g	0g
Sugar	13g	12g
Protein	9.2g (18% DV)	8g (16%)
Vitamin A	9%	7%
Calcium	41%	27%
Iron	2%	0%