

## Comparison Chart

Feature	Cow's Milk	Buffalo Milk
Digestibility	Easier for young children	Harder for young children due to higher fat content
Protein	Moderate	Higher
Calcium	Moderate	Higher
Calories	Lower	Higher
Fat Content	Lower	Higher
Taste	Lighter, subtle	Richer, creamier
Texture	Thinner	Thicker
Lactose Content	Present	Present
Vitamin D (fortified)	Often Yes	May be Yes
Generally Recommended for Children?	Yes (especially under 5)	Maybe (with pediatrician guidance)