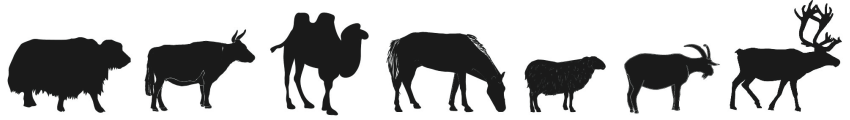


MONGOLIAN DAIRY LIVESTOCK



DID YOU KNOW?

Mongolia is a land of milk and...more milk! Archaeological evidence confirms that Mongolians have been nomadic dairy herders for more than 5,000 years, and today they milk more livestock species than any other country on earth.

Throughout Mongolia, seven different species are milked every day: yaks, cattle, Bactrian camels, horses, sheep, goats, and reindeer. The milk of these animals have different properties, making them ideally suited for producing different dairy products - from yak butter to goat yogurt to horse *airag* (alcohol). Each animal is adapted to a different region, and in northern Mongolia, yak milk products are a local delicacy. Give them a try!



Yak, *Bos grunniens*

Known locally as **capлар**, yaks were originally domesticated in Tibet and then migrated to northern Mongolia in prehistory. Yaks produce a rich creamy milk ideally suited to making yogurt, butter, and even vodka!



Cattle, *Bos taurus*

Cattle (**гүхэр**) are not native to Mongolia, but rather were first domesticated more than 10,000 years ago in the Near East. They were brought to Mongolia around 5,000 years ago by migrating herders, and they have been important dairy livestock ever since.

Camel, *Camelus bactrianus*

The two-humped Bactrian camel (**быра**) is native to the Gobi desert in southern Mongolia. It was traditionally used to pull heavy loads and its milk is made into *khormog*, a light alcoholic drink.



Horse, *Equus verus caballus*

Horses (**адуу**) are native to the Eurasian steppe and have been hunted by humans since the Paleolithic. Starting in the Bronze Age, people began milking them, and today they are used to make a fizzy alcoholic called *airag*, a kind of horse milk champagne.

Sheep, *Ovis aries*

Hairy sheep were first domesticated in the Near East, and they later acquired a mutation that turned them wooly. Wooly sheep (**хонь**) were brought to Mongolia 5,000 years ago, and their wool and milk has contributed to Mongolian society ever since.



Goat, *Capra hircus*

Goats (**ямаа**) were brought to Mongolia together with cattle and sheep around 5,000 years ago. Their milk is important for making yogurt, and their hair is combed to produce cashmere.

Reindeer, *Rangifer tarandus*

Reindeer (**цаа**) are native to the taiga and they have thick fur that allows them to survive extreme cold. In Mongolia they are milked only in the far north of the country. Reindeer produce very little milk, but they are highly prized and excellent for making butter and other creamy products.



MILK NUTRITION FACTS

Per 100 g	Yak	Cattle	Camel	Horse	Sheep	Goat	Reindeer
Nutrients (g)							
Lactose	6	4.5	4	5	5	4	3
Protein	6	3	4	2	6	5	11
Fat	5	3	5	1	8	3	16
Water	83	88	85	89	82	85	68
Vitamins (mg)							
A	0.01	0.05	0.1	0.0	0.03	0.03	nd
B1	0.02	0.05	0.01	0.01	0.04	0.02	nd
B2	0.05	0.17	0.12	0.00	0.16	0.05	nd
C	0.5	0.0	3	4	0.4	0.2	nd
E	0.04	0.07	0.15	0.02	nd	0.06	nd
Minerals (mg)							
Calcium	156	113	150	33	193	153	320
Iron	0.1	0.03	0.3	0.05	0.1	0.1	nd
Magnesium	17	10	8	13	20	24	19
Potassium	132	130	186	85	138	185	156
Sodium	56	43	66	10	51	52	48



This informational poster was produced by the scientists of the Heiroom Microbes Project and the Dairy Cultures Project at the Max Planck Institute for the Science of Human History in partnership with the Blessed by Yak women's cooperative.