

## ***Nutritional Facts for Goat Meat***

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### Why Goat Meat?

Goat meat is the most nutritious red meat you can ingest. Far leaner than beef, it is excellent for those watching the waistline, cholesterol levels, and needing an alternative to the average hum-drum food.

Goat meat is naturally lean, meaning it is much lower in saturated fat and cholesterol, having a naturally higher HDL count (the good cholesterol) and a naturally low LDL count (the bad kind of cholesterol). It is also lower in calories than other meats. Since the molecular structure of goat meat is different than that of beef or chicken, it is easier to digest.

70% of the world's population is very familiar with goat meat, and prefer it to all other red meats. It is only here in our Western culture that we are slow to catch on to what the rest of the world already knew about. It's time we dragged more of our friends to a taste-test with goat meat!

## ***Comparative Chart for Goat Meat Nutrition***

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Per 3 oz. Cooked					
	GOAT	CHICKEN	BEEF	PORK	LAMB
Calories	122	162	179	180	175
Fat (g)	2.6	6.3	7.9	8.2	8.1
Sat Fat (g)	0.79	1.7	3	2.9	2.9
Protein (g)	23	25	25	25	24
Cholesterol (mg)	63.8	76	73.1	73.1	78.2

Data from USDA Nutrient Database for Standard Reference Release 14 (July 2001)

## ***Cooking Goat Meat***

Do you need a special recipe to serve goat? No Way!! Just substitute ground goat in any recipe calling for ground beef or ground pork. Or substitute goat sausage for any recipe calling for sausage. Use goat meat in any lamb recipe, or for any beef recipe. Experiment - the results will tantalize your taste buds! Just remember that goat meat is best slow cooked over low heat due to the lean nature of the meat.