

# GOAT MEAT

## A Healthy Choice



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## Do you eat meat?

If yes, consider adding goat meat to your diet. Goat meat is a good alternative to traditional meats. It is leaner nutritious meat and has been a staple red meat in the diet of many cultures worldwide. Goats have been a source of meat since the beginning of civilization. Goats are raised in the United States without hormones for their meat and milk. Goat meat is inspected under the US Federal Meat inspection Act of 1906.



### Healthy Option

Goat meat is a healthier alternative to other red meats like beef, lamb, and pork. It is naturally lean, very nutritious and has a range of health benefits. The meat has less fat, less saturated fat, more iron, and about the same amount of protein compared to beef, pork, lamb, or chicken.



IMG SOURCE: [CuredMeats.blogspot.com](http://CuredMeats.blogspot.com)

### Cholesterol

Goat meat also has lower levels of cholesterol compared to other meats. Low cholesterol and low saturated fat in the diet may help to decrease the risk of developing heart disease.

### Protein

Goat is a good source of high quality lean protein. The protein in goat meat provides all the essential amino acids needed for the health and development of our body. Protein is necessary for growth and in building bones, muscles, skin, and blood. Our body also uses protein to repair damaged tissues. Including enough protein in our daily meals may help prevent weight gain and in some instances, diabetes.

### Fat

The overall fat content of goat meat is lower than other red meats, therefore, it provides fewer calories. Including goat meat in the diet may reduce the risk of obesity. The American Heart Association recommends limiting the amount of saturated fats in the diet, and replacing it with unsaturated fats. Goat meat is low in saturated fats and has more of the recommended unsaturated fats.

# Minerals

Goat meat provides minerals needed in the body for growth and good health.

## Iron

Goat meat is rich in iron, a nutrient that is needed in our diet. Iron is important because your body needs it to make the protein called hemoglobin in the blood. Without hemoglobin red blood cells cannot carry oxygen from the lungs to the rest of the body. Iron is the most common nutrient deficiency in the United States. During pregnancy many women develop iron deficiency anemia as a result of not eating enough iron rich foods.



IMG SOURCE: Health Fitness Revolution



IMG SOURCE: Food, Pleasure, and Health

## Sodium

Goat meat is naturally low in sodium. The low sodium helps in regulating blood pressure.

## Potassium

Goat meat is high in potassium. The high potassium content helps to stabilize and regulate heartbeat.

Other minerals present in goat meat but at low levels include **calcium, phosphorus and magnesium.**

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