

## GOAT MEAT COMPARISON

Table 1. Comparison of Nutrient Analysis of an 85 Grams (3 Ounce) Cooked Portion of Carcass Composite Meat from Goat and Chicken. \*

Nutrient	Goat**	Chicken*
<b>General</b>		
Fat, g	12.3	11.6
Protein, g	22.0	23.2
Calories, Kcal	203	203
Cholesterol, mg	94	75
<b>Minerals</b>		
Iron, mg	2.2	1.1
Calcium, mg	25.3	12.8
Sodium, mg	77.1	69.7
Zinc, mg	4.3	1.7
Magnesium, mg	23.7	20.0
Potassium, mg	308.3	189.6
Phosphorus, mg	57.8	154.7
Copper, mg	1.7	.06
<b>Vitamins</b>		
A, IU	34	137
Thiamin (B1), mg	.32	.054
Pyridoxine (B4), mg	.17	.34
Cobalamin (B12), mg	.56	.26
Pantothenic Acid, mg	.30	.88
Niacin, mg	2.52	7.20

\*Nutrient Profile information taken from USDA Human Nutrition Handbook 8-5. and Johnson (1987) utilized twelve carcasses from Florida Wood and Wood crossbred goats to determine the nutrient composition of goat meat. Sides from four carcasses in each gender class, including castrate, intact male, and female were dissected into separable components of bone and soft tissue. Gender class did not significantly impact nutrient composition of goat meat. Table 1 shows many of the major nutrients found in goat along with a comparison of the nutrient composition versus chicken. Comparisons between goat meat and chicken is not presented to indicate that one is more desirable than the other, but to help relate the nutrient levels found in goat to a common meat consumed in the United States.