



# The U S Goat Industry



The goat is a multi-purpose animal with uses ranging from companionship to commercial meat production. Products made from goat's milk include cheese, yogurt, soap and pharmaceuticals. Goat meat is the healthiest meat you can eat. Goats are also excellent pack animals capable of moving through terrain that horses and mules cannot navigate. The preference of goats for a variety of browse not generally favored by cattle can be used to improve pasture or to control noxious weeds. Some of the most luxurious fibers known to man, cashmere and mohair, are produced by goats. A unique characteristic of the goat industry is that goats may be raised for food or fiber production or may even be pets.



## Nutritious Goat Milk

Goat milk is similar to cow milk in protein, higher in fatty acids and calcium, and the protein and fat contained in goat milk are more easily digested than that in cow milk. Vitamin A is more readily available in goat milk. Up to 50% of people who are lactose intolerant find that they can easily digest goat milk. Goat milk does not form mucous (phlegm) making it easier for asthmatics and people with allergies to use.

Goat aka *Chevon* and/or *Cabrigo* is the healthiest meat you can eat.

Based on 3oz of Cooked Meat	Calories	Fat	Saturated Fat	Protein	Iron	Cholesterol
<b>GOAT</b>	122 <i>LOW</i>	2.58 <i>LOWEST</i>	0.79 <i>LOWEST</i>	23 <i>HIGH</i>	3.3 <i>HIGHEST</i>	63.3 <i>LOWEST</i>
<b>BEEF</b>	245	16	6.8	23	2.9	73.1
<b>PORK</b>	310	24	8.7	21	2.7	73.1
<b>LAMB</b>	235	16	7.3	22	1.4	78.2
<b>CHICKEN</b>	120	3.5	1.1	21	1.5	76

Information from:  
 University of Texas, San Antonio Value Chart,  
 Goat Milk: Composition, Characteristics...Fort Valley State  
 University [W. Park Young]

Information from USDA Database for Standard Reference Release 14 [July 2001]

Visit <https://AmericanGoatFederation.org> for more information