

<b>Cooked Meat</b>	<b>Energy</b>	<b>Protein</b>	<b>Fat</b>	<b>Sodium</b>	<b>Cholesterol</b>
<b>Goat</b>	143 calories	27 grams	3 grams	86 mg	75 mg
<b>Beef</b>	305 calories	26 grams	21 grams	62 mg	88 mg
<b>Chicken</b>	223 calories	24 grams	13 grams	73 mg	76 mg
<b>Pork</b>	273 calories	27 grams	17 grams	62 mg	91 mg

### **Goat Meat Comparison**

<u>3 oz. Roasted</u>	<u>Calories</u>	<u>Fat</u>	<u>Sat'd Fat</u>	<u>Protein</u>	<u>Iron</u>
<b>GOAT</b>	<b>122</b>	<b>2.58 g</b>	<b>.79g</b>	<b>23g</b>	<b>3.2m g</b>
BEEF	245	16g	6.8g	23g	2.9m g
PORK	310	24g	8.7g	21g	2.7m g
LAMB	235	16g	7.3g	22g	1.4m g
CHICKEN	120	3.5g	1.1g	21g	1.5m g

Sources: USDA Handbook #8, 1989 and, Home and Garden Bulletin #72, U.S. Dept. of Agriculture 1981