

Unlocking the Health Benefits of Goat Meat

Authors : K. Makangali, G. Tokysheva, A. Shoman

Abstract : Goat meat and goat meat products have garnered increasing attention within the realm of nutrition and health due to their potential to provide a myriad of benefits. This scientific article presents a comprehensive review of the health advantages associated with goat meat consumption and the products derived from it. The paper explores the nutritional content of goat meat, highlighting its favorable composition in terms of protein, essential minerals, and amino acids. It delves into the intricate balance of macronutrients, with lower fat and cholesterol levels compared to other meats, making goat meat a desirable choice for individuals seeking healthier dietary options.

Keywords : goat meat, amino acid, nutrition, meat products, meat

Conference Title : ICAFS 2023 : International Conference on Agricultural and Food Sciences

Conference Location : Tokyo, Japan

Conference Dates : December 04-05, 2023