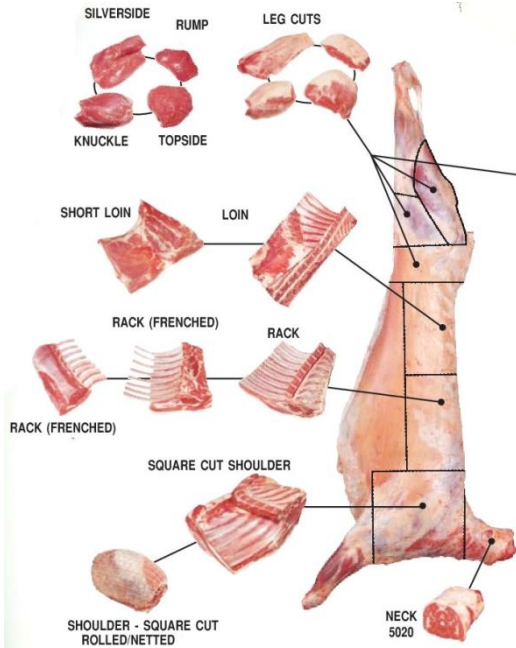


GOAT Meat...

A Natural Choice For
Health-Conscious Consumers



Nutrient	Goat	Chicken	Beef	Pork	Lamb
Calories	122	162	179	180	175
Fat (g)	2.6	6.3	7.9	8.2	8.1
Saturated Fat (g)	0.79	1.7	3.0	2.9	2.9
Protein (g)	23	25	25	25	24
Cholesterol (mg)	63.8	76.0	73.1	73.1	78.2

[1] Per 3 oz. of cooked meat
[2] USDA Nutrien Database for Standard Reference, Release 14 (2001)



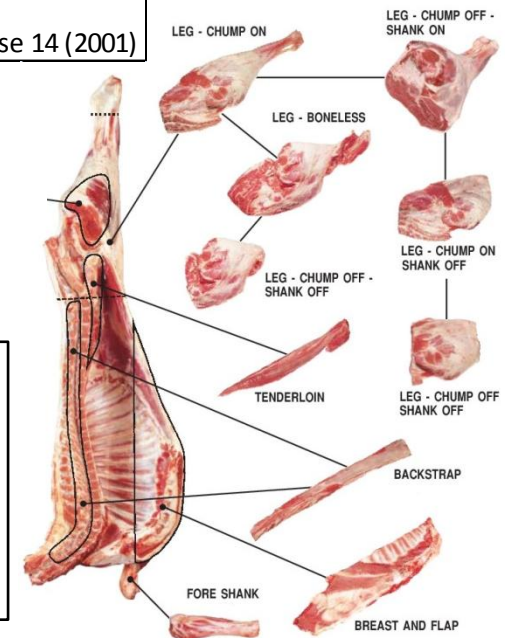
Calorie Breakdown:

- Carbohydrate (0%)
- Fat (19%)
- Protein (81%)



Favorable Nutritional Qualities

- Lean red meat
- Low saturated fat
- Low Cholesterol
- Low Sodium
- High iron content
- High potassium content



★ Essential amino acid composition closely resembles beef & lamb ★



IOWA MEAT GOAT ASSOCIATION
Est. 2003

www.iowameatgoat.com