

# A REVIEW OF GOAT MEAT COMPOSITION, QUALITY AND HEALTH BENEFITS

L. Marinică<sup>1,4</sup>, D. Nadolu<sup>1,2\*</sup>, A.H. Anghel<sup>1,2,3</sup>,  
O.C. Dordescu (Preșa)<sup>2,4</sup>, C. Pascal<sup>4</sup>

<sup>1</sup>National Association of Goat Breeders of Romania, Constanța, Romania

<sup>2</sup>Institute of Research-Development for Sheep and Goat Breeding Palas,  
Constanța, Romania

<sup>3</sup>Faculty of Natural Sciences and Animal Sciences “Ovidius University”  
of Constanta, Romania

<sup>4</sup>Faculty of Food and Animal Sciences, “Ion Ionescu de la Brad” Iasi  
University of Life Sciences, 8 Mihail Sadoveanu Alley, 700489 Iasi, Romania  
e-mail: dorinanadolu@yahoo.com

## **Abstract**

*With a long tradition in different regions of the world, rearing goats for meat production has become a valuable agricultural activity, given the adaptability of these animals to different environments and climatic conditions. Goat meat production plays a key role in meeting global demand for healthy meat. Although a major source of meat in developing countries, where it is valued, goat meat is less popular in Western countries. Perceptions are changing, however, as its health benefits are becoming increasingly recognized, mainly due to its low fat and cholesterol content. The aim of this article is to provide a detailed assessment of the composition and quality of goat meat, examining its nutritional aspects and impact on health, highlighting the benefits it can bring to the daily diet. Understanding these aspects is essential to ensure optimal quality for consumers, thus helping to promote goat meat as a valuable and healthy dietary option.*

**Key words:** meat, goats, benefits, health