The Nutritional Benefits of Pasture-Raised Sheep & Goats

Better feed, better meat and milk
Sheep and goats are designed to eat plants. However, the animals are sometimes raised in confined conditions and fed a diet high in grain for part or most of their lives. Sheep and goats that are raised outdoors on range or pasture instead of in confinement are able to eat plants and exercise freely. This results in healthier animals ... and more nutritious food for people as well.

Studies show the nutritional value of meat and dairy from sheep and goats is higher when the animals consume grass and forage instead of grain.

Better Fat Quality
- Less saturated fat, more heart-healthy polyunsaturated fats
  - Replacing saturated fats with polyunsaturated fats is associated with reduced blood levels of total and LDL cholesterol.
  - Studies suggest that replacement reduces the risk of cardiovascular disease, including heart attacks, and related deaths.

Lower ratio of omega-6 to omega-3 polyunsaturated fats
- Omega-6 fats are considered more inflammatory than omega-3 fats.
- Research suggests a lower ratio of omega-6 to omega-3 fats may improve cognitive function and reduce the risk of many chronic diseases, such as cardiovascular disease and cancer.

Increase in Nutrients
- Higher levels of vitamin E and protein
  - Vitamin E is an antioxidant and protects cells from free radicals.
  - Protein is needed to build, maintain, and repair tissue.

By the numbers...
Compared to animals fed grain, meat & dairy from sheep & goats raised 100% on pasture have:

- 2.2x more omega-3 fats
- 70% lower omega-6:omega-3 ratio
- 1.7x higher polyunsaturated:saturated fat
- 2.3x more vitamin E
- 15% higher protein

www.FoodAnimalConcernsTrust.org
The Bottom Line
Pasture-raised animals produce nutritionally superior food for people. In addition to the nutritional advantages, there are many animal welfare and environmental benefits associated with pasture-based animal agriculture. Please consider supporting your local family farmers who raise their animals humanely on grass and well-managed pasture.

Food Animal Concerns Trust (FACT) is a national nonprofit organization that promotes the safe and humane production of meat, milk, and eggs. FACT offers grants, scholarships, webinars and a mentorship program for livestock and poultry farmers who wish to raise their animals on pasture.

www.FoodAnimalConcernsTrust.org