

Sardinia, in the centre of the Mediterranean Sea, is the island of centenarians. Its environment is among the most pristine ones on Earth.

Its mild climate and healthy food are a guarantee of high living standards, and lamb meat is the Sardinian traditional food. Sheep graze freely on the lush green pastures, lambs are milk-fed, and the quality of the meat is guaranteed by the **PGI mark**.

Savour the Sardinian PGI lamb:
protected, guaranteed, unique.

**SIMPLY THE BEST
MEDITERRANEAN LAMB MEAT**



CON.T.A.S

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**SARDINIAN
PGI LAMB**

THE BEST MEDITERRANEAN LAMB MEAT



**IN THE ISLAND OF LONG LIFE
THE BEST LAMB MEAT IS GUARANTEED BY THE
PGI MARK**



WHY CHOOSE SARDINIAN PGI LAMBS?

- 1

Sardinia and its perfect environment

Sardinia's wildlife, climate and land guarantee the genuineness and quality of the products.
- 2

Reared in total freedom

Sardinian PGI lambs are raised in total freedom on resource-rich natural pastures, surrounded by the local flora that is unique to Sardinia, under its radiant sun and clean air.
- 3

Nourishment

The suckling lamb is fed exclusively with the mother's milk. Afterwards, it is reared with natural food and unique plants that grow abundantly in Sardinian pastures.
- 4

Alien to any kind of adulteration and cruelty

It is a meat without adulteration or manipulation that does not undergo stress or force feeding.
- 5

Halal Certification

Sardinian PGI lambs are produced in accordance with the Italian and European laws on hygiene, food safety and animal welfare, and comply with the Islamic principles of lawfulness.

TASTE, LIGHTNESS AND PROTEINS IN PERFECT BALANCE

Pastoral life has always been closely linked to the history and economy of the island. Indeed, the Sardinian PGI lamb is the result of an ancient culture and tradition. Lamb meat is an ideal food both for its taste and its nutritional value. The meat has a distinctive white colour, it is very tender and lean, easily digestible and high in protein. This makes it particularly suitable as part of a diet for all those in need of light but high-energy food: young men, athletes, convalescents, and so on. In addition to being very easy to cook, it can also be prepared in many, always delicious, ways.



AVERAGE CHEMICAL COMPOSITION OF SARDINIAN PGI LAMB MEAT *	
ASH (g/100g)	1,23
PROTEIN (g/100g)	19,77
MOISTURE (g/100g)	76,69
VITAMIN E (mg/100g)	0,24
FAT (g/100g)	1,90
CHOLESTEROL (mg/100g)	86,50
ω6/ω3	2,31
SATURATES (g/100gFA**)	42,20
* Values are expressed per 100g of meat as is	
** Values are expressed as a percentage of the total fatty acids present in 1g of fat extracted from meat.	
Source Agris Sardinia – Research project law reg. 21/2000	

FROM THE MOST BEAUTIFUL ISLAND THE BENEFITS ARE GUARANTEED



A CULINARY HERITAGE IN HARMONY WITH ALL GASTRONOMIC TRADITIONS IN THE WORLD

In the kitchen and on the table is where the difference in quality of this lamb is tasted and ascertained; the only one that guarantees the right balance of its white meat: tender and lean, always tasty, easily digestible and rich in proteins. Lamb meat is a central component in traditional Sardinian dishes and can enrich an extremely wide variety of plates, in harmony with all the gastronomic traditions of the world.

