



Oorsprong

Waterbuffelvleis kom van mak waterbuffels (*Bubalus bubalis*), wat hoofsaaklik in Suid-Asië, Suidoos-Asië, die Middellandse See, Suid-Amerika en dele van Australië voorkom. Lande soos Indië, Pakistan, Thailand, die Filippyne, Brasilië en Italië is groot produsente. In Italië is buffelvleis 'n nuwe-produk van die suiwelbedryf, veral van plase wat buffelmozzarella produseer.

Voedingstof	Waterbuffel	Beesvleis (Maer, Gaar)	Belangrike verskille
Kalorieë	130-150 kcal	180-250 kcal	Buffelvleis bevat minder kalorieë
Proteïen	20-23g	22-25g	Soortgelyke proteïeninhoud
Totale Vet	2-6g	8-18g	Buffelvleis bevat minder vet
Versadigde Vet	0.8-2g	3-6g	Laer in buffelvleis
Cholesterol	50-60 mg	70-90 mg	Buffelvleis is hart-vriendeliker
Yster	3-5 mg	2-3 mg	Buffelvleis het meer yster
Sink	4-6 mg	5-7 mg	Soortgelyke vlakke
Omega-3	Hoër	Laer	Buffelvleis besit gesonder vette

Grootte van Waterbuffel

Waterbuffels is groter as huishoudelike beeste, met bulle wat 700 - 1,200 kg weeg en koeie ongeveer 400 - 800 kg. Die karkasopbrengs is effens laer as beesvleis, maar die vleis is maerder en digter.

Waarom is die vleis so gesog? (Gesondheids- en omgewingsvoordele)

- Laer Vet & Cholesterol – Goed vir hartgesondheid in vergelyking met beesvleis.
- Hoog in proteïen & yster – Ondersteun spiergroei en voorkom bloedarmoede.
- Maerder & sappiger vleis – Ideaal vir atlete en gesondheidsbewuste verbruikers.
- Volhoubare keuse – Waterbuffels benodig minder voer en water as beeste.
- Ryk aan Omega-3 – Bied gesonder vette vir brein- en hartfunksie.

Waterbuffelvleis word in verskeie geregte gebruik, insluitend bredies, kerries, “steaks”, burgers en worsies, en word dikwels verkies vir sy ryk, effens soet smaak.

Origin

Water buffalo meat comes from domesticated **water buffaloes (Bubalus bubalis)**, which are primarily found in **South Asia, Southeast Asia, the Mediterranean, South America, and parts of Australia**. Countries like **India, Pakistan, Thailand, the Philippines, Brazil, and Italy** are major producers. In Italy, buffalo meat is a byproduct of the dairy industry, especially from farms producing **buffalo mozzarella**.

Nutrient	Water Buffalo	Beef (Lean, Cooked)	Key Differences
Calories	130-150 kcal	180-250 kcal	Buffalo meat has fewer calories
Protein	20-23g	22-25g	Similar protein content
Total Fat	2-6g	8-18g	Buffalo meat has less fat
Saturated Fat	0.8-2g	3-6g	Lower in buffalo meat
Cholesterol	50-60 mg	70-90 mg	Buffalo meat is heart-friendlier
Iron	3-5 mg	2-3 mg	Buffalo meat has more iron
Zinc	4-6 mg	5-7 mg	Similar levels
Omega-3	Higher	Lower	Buffalo meat has better fats

1. Size of Water Buffalo

Water buffaloes are **larger than domestic cattle**, with males weighing **700-1,200 kg (1,500-2,600 lbs)** and females around **400-800 kg (880-1,760 lbs)**. The carcass yield is slightly lower than beef, but the meat is **leaner and denser**.

2. Why Is It Good? (Health & Environmental Benefits)

- **Lower Fat & Cholesterol** – Great for heart health compared to beef.
- **High in Protein & Iron** – Supports muscle growth and prevents anemia.
- **Leaner & Juicier Meat** – Ideal for athletes and health-conscious consumers.
- **Sustainable Choice** – Water buffaloes require less feed and water than cattle.
- **Rich in Omega-3** – Offers healthier fats for brain and heart function.

Water buffalo meat is used in various dishes, including **stews, curries, steaks, burgers, and sausages**, and is often favoured for its rich, slightly sweet flavour.