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Nutritional Value of Meat and Meat Products and Their Role in Human Health

Guest Editor:

Prof. Dr. Joanna Stadnik

Department of Animal Raw
Materials Technology, Faculty of
Food Science and Biotechnology,
University of Life Sciences in
Lublin, Lublin, Poland

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Message from the Guest Editor

Meat and meat products are ranked among the most nutritious food items available to humans, aiding in fulfilling most of their body requirements. They are an important source of energy and a range of nutrients, such as essential amino acids, minerals (iron, zinc, selenium), vitamins (B12, folic acid), and bioactive compounds (taurine, carnitine, carnosine, ubiquinone, glutathione and creatine). Meat and meat products exert a vital role in human evolution and are important components of a healthy and well-balanced diet. On the other hand, meat consumption, especially of red and processed meat (grilled, cured, smoked), is currently an area of scientific controversy and confusion as regards the relationship between their consumption and health outcomes, such as increased risk of cardiovascular diseases and colon cancer.

I invite you to publish original research papers and reviews on topics presenting current knowledge on the nutritional value and health effects of meat and meat products.

I believe that this Special issue will broaden the horizons of our knowledge on the role of meat and meat products in the human health.



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Special Issue



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Editor-in-Chief

Prof. Dr. Arun K. Bhunia

1. Department of Food Science,
Purdue University, West
Lafayette, IN, USA

2. Department of Comparative
Pathobiology (Courtesy), Purdue
University, West Lafayette, IN,
USA

Message from the Editor-in-Chief

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Foods Editorial Office
MDPI, St. Alban-Anlage 66
4052 Basel, Switzerland

Tel: +41 61 683 77 34
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