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Meat Composition and Nutrition

Editors: Owais Yousuf, PhD
Kaiser Younis, PhD
Khawaja Osama, PhD

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In Production
Pub Date: Forthcoming October 2025
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Notes: 46 b/w illustrations

The world of meat, as a fundamental aspect of human nutrition and culture, is both rich and complex. This new volume illuminates this complexity, comprehensively exploring the biochemical makeup, nutritional properties, and broader implications of meat consumption. Recently, meat discussions have evolved beyond mere sustenance to encompass many issues, including health, ethics, sustainability, and economics. Against this backdrop, understanding the composition of meat and its nutritional significance becomes paramount.

The new book clearly documents the major and minor components of the meat; meat processing technology, meat products and packaging, meat analysis and regulations, meat by-products, and meat alternatives. The chapters cover:

- **meat proteins and their nutritional value** (discusses the proteinaceous components of meat, covering their structures, functions, and nutritional implications and the role of meat proteins in muscle development, metabolism, and overall human health)
- **meat fat** (including saturated fats, unsaturated fats, and cholesterol)
- **meat minerals and vitamins** (covers the micronutrient content of meat, highlighting its role as a rich source of essential minerals such as iron, zinc, and selenium, as well as vitamins including B vitamins and vitamin D)
- **meat pigments** (looks at factors influencing meat color, including species, age, diet, and processing methods, as well as the sensory implications of meat coloration)
- **meat slaughtering** (covers the processes involved in converting live animals into meat products)
- **meat analysis techniques** (addresses the methods used in the evaluation of meat products, highlighting their strengths, limitations, and applications in quality control and assurance)
- **meat processing operations** (explores the industrial-scale processes involved in meat production and processing)
- **meat products** (showcases the diverse array of meat-based food products offered to consumers)
- **meat packaging and storage** (covers the strategies employed to preserve the freshness, flavor, and safety of meat products throughout the supply chain)
- **meat transportation** (logistics of transporting meat from farm to fork)
- **meat laws and food safety regulations** (explores the regulatory frameworks governing meat production, labeling, trade, and safety at the national and international levels)
- **health and environmental concerns of meat** (explores the complex interplay

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