

TYPES OF MEAT

TYPES OF MEAT WITH BENEFITS

RED MEAT

Pork

It contains vitamin B1 and B6, thiamine and niacin. These compounds are essential in the prevention of Beriberi; this is a medical condition that causes numbness and tingling in your feet and fingers, as well as aiding in the prevention of heart diseases.



Beef

It provides your body with a protein responsible for maintaining metabolism which keeps your vital organs fully functioning. It also contains antioxidants that help prevent the build-up of free radicals in your body that are responsible for aging and other health diseases.



Mutton and lamb

Provides you with proteins and essential amino acids used in your body's growth and development. It also has vitamin B2 and Riboflavin, which also help in the general growth of your body.



Venison

This is meat from a deer. It's usually costly, making it unpopular among meat consumers. It contains all the forms of vitamin B and a significant amount of minerals essential for your general body strength.



WHITE MEAT

Chicken

It contains Vitamin B6 and minerals such as phosphorus essential for both the formation and strengthening of your teeth and bones.



Turkey

It provides your body with vitamins B3 and B4.



Duck

It has iron that prevents you from becoming anemic and antioxidants that delay and prevent your skin's aging.



MEAT

"Meat is the flesh of animals used for food"— Webster's International Dictionary. In the sense used here, meat consists of the muscular tissues or lean internal fat, and the fat which is deposited between the tendons and tissues. Strictly speaking, meat means the flesh of any animal used for food, but ordinarily it applies only to the animals raised for food, the wild animals are called "game". The meats found in the market are beef (cattle), veal (calf), pork (swine), lamb and mutton (sheep).

Meat, as it is purchased in the market, consists of muscular tissue connective tissue, bones, glands and edible organs. All meats contain fat in the connective and adipose tissue, between the fibers and muscles, between the cells or in the muscle cells. The fat of cattle and sheep is called tallow; that from hogs after rendering is called lard. Fat adds weight to the carcass, increases palatability, and helps to retain the moisture of the muscles.

Meats contain *proteins, fats, water, inorganic salts, nitrogenous extractives, non-nitrogenous extractives, carbohydrate, enzymes, and pigments*. Meat is one of the most important sources of protein. The proportion of protein in meat varies

somewhat with the kind and cut in beef, lamb and veal and comprises between 14 and 26 per cent in a given weight unit.

Mineral salts are essential for the well-being of the body. *Meats are rich sources of iron and phosphorus*, however, they are low in calcium and must be served with foods rich in calcium salts.

It is related primarily to the thickness, firmness, and strength of both the muscle fiber and connective tissue. It also involves the amount, consistency and character of the juices or extractives. Colour does not determine quality, but it is an excellent index of quality. The best finish in beef implies a smooth covering of brittle, flaky, white fat over most of the interior and a much thinner covering over the interior surface of the ribs. **Best quality in beef is indicated by** a lean of a bright cherry red colour, good marbling, firm, fine grain, a cut surface which is smooth and velvety to sight and touch. Red porous bones indicate a young animal as contrasted to the white, flinty bones of the older animal.

Meat may be preserved for future in several ways:

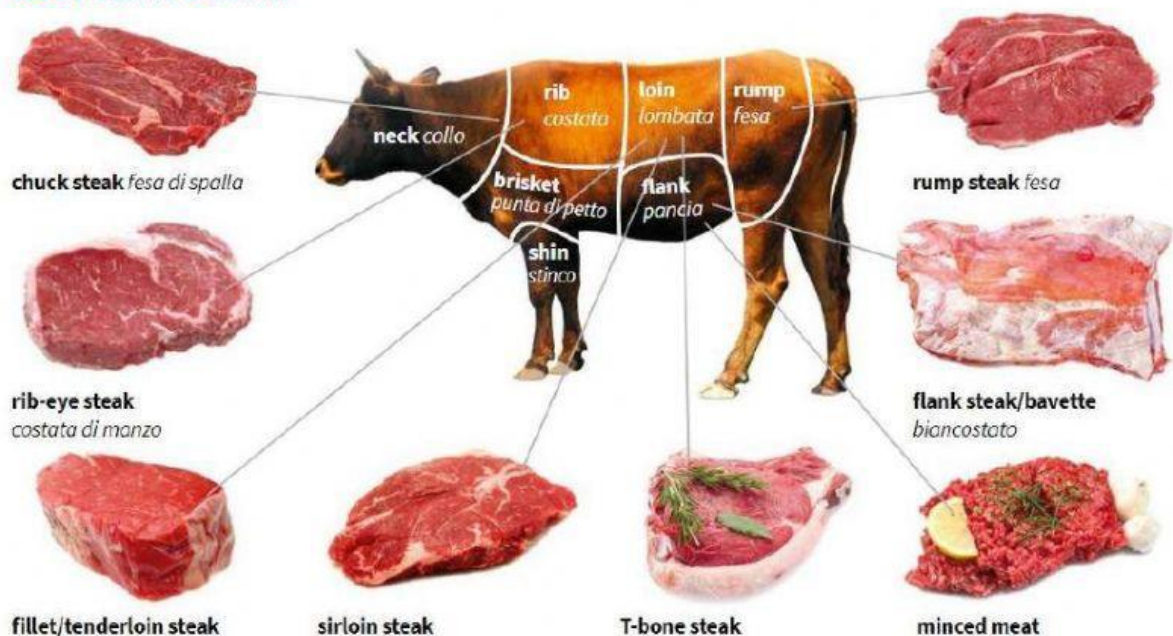
- 1) *canning* is one way. Fresh meats and some of the sundry parts are canned;
- 2) *curing* is a very important method of preservation.

Common salt is the basis for all curing and is the only really essential ingredient. Smoking aids in preserving meats and it gives a pleasant flavour. Sugar and saltpetre are other ingredients of the curing formulae. Examples of cured meats are: corned beef, dried beef, ham, bacon, salt pork and some types of sausages;

- 3) meat may be *held in cold storage* to preserve it;

- 4) *freezing* quickly at a very low temperature is a new development in meat preservation and merchandising.

Beef *Carne bovina*



Pork *Carne di maiale*

