MEAT AND HEALTH

Advances in Meat Research
Volume 6

Edited by
A.M. PEARSON
T.R. DUTSON

ELSEVIER APPLIED SCIENCE

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ELSEVIER APPLIED SCIENCE
LONDON and NEW YORK

ELSEVIER SCIENCE PUBLISHERS LTD
Crown House, Linton Road, Barking, Essex IG11 8JU, England

Sole Distributor in the USA and Canada
ELSEVIER SCIENCE PUBLISHING CO., INC.
655 Avenue of the Americas, New York, NY 10010, USA

WITH 110 TABLES AND 56 ILLUSTRATIONS

British Library Cataloguing in Publication Data

Meat and health.
1. Man. Health. Effects of meat
I. Pearson, A. M. (Albert Marchant) *1916–*
II. Dutson, T. R.
III. Series
613.2'8

Library of Congress Cataloging-in-Publication Data

LC card number 86-655182

ISBN 1-85166-452-1
ISSN 0885-2405

Printed in Great Britain by Galliard (Printers) Ltd, Great Yarmouth

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CONTENTS OF VOLUME 5—EDIBLE MEAT BY-PRODUCTS

Preface

In recent years a great deal of negative press has been devoted to so-called problems in human health from eating meat and other animal products. Much of the information presented has been distorted and sensationalized with little attempt being made to focus upon both the advantages and disadvantages of meat, poultry and fish in the human diet. Thus, the topic *Meat and Health* was chosen as the central theme for this book, with the aim of presenting both the rationale for eating meat and any negative aspects of such consumption.

The authors of the various chapters are leaders in their field, with many of them being recognized for their contributions to nutritional research. As has been the custom for other volumes in this series, each chapter has been subjected to a peer review by an expert in the respective field covered by the topic. Although the Editors have attempted to bring continuity to the various chapters, the opinions of the authors were held inviolate.

Chapter 1 provides an introduction to the topic of meat and health by briefly reviewing some of the health concerns and also some of the advantages of meat in the human diet. Chapters 2 and 3 discuss the interrelationships between fat, cholesterol and different fatty acids in meat and their probable relation to coronary heart disease and stroke. Chapter 4 focuses on the possible relationship between meat consumption and cancer. Chapters 5, 6 and 7 discuss toxic compounds produced during cooking and meat processing, chemical and pesticide residues in meat, and meat pathogens, respectively. Most of the remaining chapters discuss the nutritional contributions or lack of contributions from meat, such as iron (Chapter 8), zinc (Chapter 9), copper, cobalt, manganese, and magnesium

(Chapter 10), calcium, phosphorus, sodium and potassium (Chapter 11), protein and essential amino acids (Chapter 12), the fat-soluble vitamins—A, E, D and K (Chapter 13), thiamin, riboflavin, niacin and pantothenic acid (Chapter 14), and finally vitamin B_6, vitamin B_{12}, and folate acid (Chapter 15). The last two chapters (16 and 17) are devoted to the rationale for including meat in the human diet (Chapter 16), and some new methods of processing and ways for reducing the fat content of meat and meat products (Chapter 17). It is believed that in all this book presents a balanced discussion on the role of meat in the human diet and its relationship to human health.

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