



# MEAT AND HEALTH

## ADVANCES IN MEAT RESEARCH

### VOLUME 6

*Edited by*

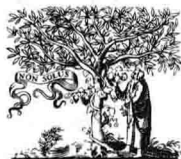
A. M. PEARSON

*Department of Animal Science,  
Brigham Young University, Utah, USA*

and

T. R. DUTSON

*Agricultural Experiment Station,  
Oregon State University, Oregon, USA*



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# **MEAT AND HEALTH**

**ADVANCES IN MEAT RESEARCH, VOLUME 6**

## CONTENTS OF VOLUME 5—EDIBLE MEAT BY-PRODUCTS

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17. Marketing of Edible Meat By-products. A. SEVERIN JOHNSON

## 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<sub>6</sub>, vitamin B<sub>12</sub>, 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.

A. M. PEARSON  
T. R. DUTSON

## List of Contributors

the late GEORGE M. BRIGGS

*Department of Nutritional Sciences, 119 Morgan Hall, University of California, Berkeley, California 94720, USA*

L. S. DARNELL

*University of Texas Medical Branch, Preventive Medicine and Community Health, 301 University Boulevard, Keiller 136, Rt. F-17 Galveston, Texas 77550, USA*

J. I. GRAY

*Department of Food Science and Human Nutrition, Michigan State University, East Lansing, Michigan 48824, USA*

R. GAURTH HANSEN

*Department of Nutrition and Food Sciences, Utah State University, Logan, Utah 84322-8700, USA*

JOSEPH H. HOTCHKISS

*Institute of Food Science, Stocking Hall, Cornell University, Ithaca, NY 14853, USA*

PHYLLIS E. JOHNSON

*USDA, ARS, Human Nutrition Research Center, PO Box 7166, University Station, Grand Forks, North Dakota 58202, USA*



## NJERI KARANJA

*Oregon Health Sciences University, Division of Nephrology and Hypertension, 3181 SW Sam Jackson Park Road, Portland, Oregon 97201, USA*

## DAVID KRITCHEVSKY

*The Wistar Institute of Anatomy and Biology, 3601 Spruce Street, Philadelphia, Pennsylvania 19104, USA*

## TALASH A. LIKIMANI

*Oregon Health Sciences University, Division of Nephrology and Hypertension, 3181 SW Sam Jackson Park Road, Portland, Oregon 97201, USA, Present address:*

*University of Nairobi, Department of Food Science and Nutrition, Faculty of Agriculture and Veterinary Science, PO Box 29053, Kabete, Kenya*

## DAVID A. MCCARRON

*Oregon Health Sciences University, Division of Nephrology and Hypertension, 3181 SW Sam Jackson Park Road, Portland, Oregon 97201, USA*

## DONALD J. MCNAMARA

*Department of Nutrition and Food Science, University of Arizona, Tucson, Arizona 85721, USA*

## ELAINE R. MONSEN

*Nutritional Sciences/Medicine, University of Washington, Seattle, Washington 98195, USA*

## FORREST H. NIELSEN

*USDA, ARS, Human Nutrition Research Center, PO Box 7166, University Station, Grand Forks, North Dakota 58202, USA*

## ROBERT S. PARKER

*Division of Nutritional Sciences, Savage Hall, Cornell University, Ithaca, New York 14853, USA.*

## A. M. PEARSON

*Department of Animal Science, Brigham Young University, 355 WIDB, Provo, Utah 84602, USA*

PETER L. PELLETT

*Department of Human Nutrition, University of Massachusetts at Amherst, Amherst, Massachusetts 01003, USA*

MICHAEL M. PULLEN

*Department of Large Animal Clinical Sciences, College of Veterinary Medicine, University of Minnesota, St. Paul, Minnesota 55108, USA*

RAYMOND REISER

*Department of Biochemistry and Biophysics, Texas Agricultural Experiment Station, Texas A&M University System, College Station, Texas 77843-2128, USA*

H. H. SANDSTEAD

*University of Texas Medical Branch, Preventive Medicine and Community Health, 301 University Boulevard, Keiller 136, Rt. F-17 Galveston, Texas 77550, USA*

HOWERDE E. SAUBERLICH

*Department of Nutrition Sciences, University of Alabama at Birmingham, Birmingham, Alabama 35294, USA*

the late BERNARD S. SCHWEIGERT

*Department of Food Science and Technology, 126 Cruess Hall, University of California, Davis, California 95616, USA*

F. B. SHORLAND

*School of Biological Sciences, Victoria University of Wellington, Wellington, New Zealand*

JOHN EDGAR SMITH

*Nutrition Department, Henderson Building South S-128A, Pennsylvania State University, University Park, Pennsylvania 16802, USA*

L. B. SMITH

*Department of Food Science and Nutrition, University of Minnesota, St. Paul, Minnesota 55108, USA*

**J. C. WALLWORK**

*University of Texas Medical Branch, Preventive Medicine and  
Community Health, 301 University Boulevard, Keiller 136, Rt. F-17  
Galveston, Texas 77550, USA*

**CAROL T. WINDHAM**

*Department of Nutrition and Food Sciences, Utah State University,  
Logan, Utah 84322-8700, USA*

**BONNIE WORTHINGTON-ROBERTS**

*Nutritional Sciences/Epidemiology, University of Washington, Seattle,  
Washington 98195, USA*

**BONITA W. WYSE**

*Office of the Dean, College of Family Life, Utah State University,  
Logan, Utah 84322-2900, USA*

**VERNON R. YOUNG**

*Clinical Research Center and Laboratory of Human Nutrition, School  
of Science, Massachusetts Institute of Technology, Cambridge,  
Massachusetts 02139, USA*

**E. A. ZOTTOLA**

*Department of Food Science and Nutrition, University of Minnesota,  
St. Paul, Minnesota 55108, USA*

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