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Review Article

Meat Cooking, Importance and Hazards

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Abstract:

Meat is a great source of protein. They also provide many other nutrients your body needs, such as iodine, iron, zinc, vitamins (especially B12), and essential fatty acids. Therefore, it is a good idea to eat meat as part of a balanced diet each week. However, it is best to stick to unprocessed lean meats and eat the recommended portion sizes to avoid consuming too much salt and saturated fat.

Keywords: nutrients; body needs; iodine; iron; zinc; vitamin B12; essential fatty acids

Introduction:

Meat is excellent source of protein, which is important for growth and development (1-7). But did you know it also contain many other substances you need for good health as Iodine, which helps your body produce thyroid hormones. Iron, which carries oxygen throughout your body. Zinc, which boosts your immune system, keeps your skin healthy, and promotes growth, development, and reproductive health. Vitamin B12, which works on your nervous system. Omega 3, which supports heart and brain health (8-14).

Sufficient amount of protein for body health:

It is recommended to eat 1-3 portions of lean meat and poultry, fish, eggs, tofu, nuts and seeds, and beans or legumes every day. 3-4 portions are recommended during pregnancy. To ensure you get enough iron and zinc, about half of this should be lean red meat (160-166). A standard portion size of meat or poultry is 65g of cooked lean red meat such as beef, lamb, veal, goat (about 90-100g raw). 80g of cooked lean poultry such as chicken or turkey (about 100g raw). But when it comes to red meat, moderation is key (15-21). Scientists recommend a maximum of 455g of cooked lean meat per week, and limiting processed meats such as ham and bacon to avoid some of the health risks associated with eating these foods. Many men eat too much red meat, and conversely, women and children tend not to eat enough (22-28).

Proper way of cooking meat:

There are so many delicious ways to prepare meat. Choose lean cuts of meat. Cut chops, lean rump steaks, or breasts are good places to start (157,158,159,160,161,162 and 163). Grill meats instead of frying them. And don't add extra oil when cooking. Use low-fat marinades to add flavor to your meat. Marinades also tenderize meat and keep it moist while cooking (29,30,31,32,33,34 and 35). When frying meat, place it on a wire rack over a baking sheet to drain the fat. When slow-cooking stews, curries, and casseroles, try using less meat and more vegetables and beans (36,37,38,39,40,41 and 42).

Sanitizing meat:

Cooking meat properly kills all bacteria. This will protect you and your family from food poisoning. Safe cooking methods depend on the type of meat (150,151,152,153,154,155 and 156). Some meats need to be cooked thoroughly (i.e., until the juices run clear and no pink or red flesh is visible when cut) (43,44,45,46,47,48 and 49). Cook the following meats thoroughly Offal (including liver), Meatballs and sausages, Kebabs, Rolled roasts. You can eat a whole cut of beef or lamb if it is still pink or raw on the inside (as long as it is cooked on the outside) (143-149). This includes Steaks, Chops, Roasts. If you are at higher risk for more severe effects of toxoplasmosis (for example, if you are pregnant or immunocompromised), you should make sure the meat is cooked thoroughly to reduce this risk (50- 56). It can be hard to know how long to cook meat – it varies depending on the size of the cut, the quality of the meat, and how you like it served (if it's red meat). Rather than concentrate on cooking time, you could monitor temperature (57-63).

Safely storage of meat:

Storing your meat and flesh safely also helps stop bacteria spreading, re ducing the threat of food poisoning (64-70). Tips for chilling meat and flesh safely include

Store unwrapped fresh raw meat in clean holders in the coldest part of

your fridge (at 0 – 3 ºC). still, you can keep it for over to 5 days (the face of the meat will dry out a little, but this stops the growth of micro-organisms), If the vessel is voiced to allow air rotation (71-77). You can leave meat and flesh wrapped in its original packaging (A plastic bag from the botcher or a sealed package from the supermarket), but this keeps humidity trapped, which enables bacteria to grow (78-84). Meat or flesh cooled in its shop packaging should be used within 3 days.

Store raw diced meat in the coldest part of the fridge and use within 3 days (85-92). Don't eat meat after the use- by date.

Cool any leftover cooked meat or flesh as snappily as you can (lower than one hour), and also put it in your fridge for latterly (93- 99).

Indurating meat and flesh is a great way to stay systematized. Then are some tips for indurating your meat safely (100-106). indurate your meat and flesh before the stylish before or use by date. The stylish idea is to put your meat and flesh in the freezer as soon as you get home from shopping (136-142). Over time, the air in the freezer can percolate the plastic, 'burning' the meat or flesh. Meat with freezer burn is still safe to eat, but the freezer burn can affect the taste. Still, cook it straight down, If you defrost the meat or flesh in the microwave (107-113). Thaw it in the fridge to make sure it does not get too warm, If you want to cook it latterly (129-135). When defrosting meat or flesh in the fridge, do it in a sealed vessel (121-128). This keeps any hazardous (which may contain bacteria) down from other foods in your fridge.And flash back, if you defrost meat and also cook it, you can indurate it again. But don't reheat meat or flesh further than formerly. This increases the threat of food poisoning (114-120).

Conclusion

Meat is a great source of protein and lots of other nutrients your body needs. Check your recommended intake of meat and try to stick with it. Meat must be stored and cooked safely. There are lots of ways you can shop for meat sustainably and ethically.

Conflicts of Interest

The authors declare no conflicts of interest.

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