

Chapter 1 : Meat and Poultry Recipes - blog.quintoapp.com

This article will explore several different types of meat: red meat (beef, lamb, goat, bison, etc.), poultry (chicken and turkey), pork, and seafood. These types of meat differ significantly in their nutrient quality, and especially in the quality of the fats they contain.

In this hub, I will discuss the most popular meat beef, pork, lamb and chicken and compare them in terms of nutrition, fat, and taste. Less popular meat like duck, rabbit, goose, turkey are not included. Red meat in culinary terminology refers to meat which is red-colored when raw, as contrasted with white meat. Beef, pork, lamb are considered "red" while chicken and rabbit are invariably considered "white". Red meat is one of the richest sources of iron and complete protein. It also contains levels of creatine, minerals such as zinc and phosphorus, and vitamins such as niacin, vitamin B12, thiamin and riboflavin. Red meat is the richest source of Alpha Lipoic Acid, a powerful antioxidant. However, regular consumption of red meat presents several health risks, largely due to the saturated fat content. Regular consumption of red meat has also been linked to bone loss, type 2 diabetes, hypertension and arthritis. The healthy eating pyramid recommends that red meat be consumed sparingly. Meat from intensive chicken farm Consumption of white meat has risen dramatically over the past few decades, driven by the availability of cheap, mass-produced chicken. However, the recent exposure of conditions in intensive chicken farm questions the value of chicken meat produced from such poor conditions. The majority of poultry are farmed intensively in battery cages or overcrowded chicken sheds, mutilated and unable to express their natural behaviours. Their hearts, lungs and bones struggle to keep pace: As a result, millions of chickens suffer crippling legs or succumb to heart failure. Animal disease and its impact on meat Various animal diseases such as foot and mouth disease, bovine spongiform encephalopathy BSE , and avian influenza birds flu cast doubts on beef and chicken. The pig is not an exception, being the carrier of various helminths, like roundworm, pinworm, hookworm, etc. One of the most dangerous and common is *Taenia solium*, a type of tapeworm. Tapeworms may transplant to human intestines as well by consuming untreated or uncooked pork. Eat well, and prosper Based on the above considerations, I personally think that lamb is the best meat of the four. Lamb is fairly fatty, and, unlike pork, the fat is not entirely edible - it is more like tallow. Some people are turned off by the smell of lamb, but what they are smelling is burning lamb fat, which does have a very "lamby" odor - for these people I recommend leaner cuts that have been well trimmed.

Chapter 2 : Regional variations of barbecue - Wikipedia

While the cholesterol in meat products does not seem very impressive from the above referenced chart, understand that a three ounce to a three and a half ounce portion is the serving size most often indicated.

While the cholesterol in meat products does not seem very impressive from the above referenced chart, understand that a three ounce to a three and a half ounce portion is the serving size most often indicated. For most people, this is half to a third of a regular serving size, which is where the problem comes in. When small servings of lean meat are included in a low cholesterol diet plan, they are likely to have much less impact. However, when seven to nine ounce servings of meat are included, they can have a much more dramatic effect on cholesterol levels over time. What is more interesting to note as well is that it is nearly impossible to determine just how much the cholesterol in meat is going to impact each individual, as The Mayo Clinic explains that the effect that ingested sources have can vary greatly from person to person. The fundamentals surrounding the cholesterol in meat becomes further skewed because of the incredibly wide variety of kinds, types and processing techniques available. One of the most basic of these comparisons has to do with various poultry. For instance, turkey lovers will find that skinless white meat is far lower in cholesterol by as much as a third than the juicy dark meat of the bird. And, those who prefer chicken will benefit from skinless white meat options rather than dark meat selections with the skin on, as the cholesterol in chicken is much higher in both skin on and dark meat selections. What is often forgotten about in diets to lower cholesterol is how much of a dramatic impact that saturated fats play in cholesterol elevation. While intake is important, how much of an impact that the cholesterol in meat holds for instance, may be less of a factor than overall dietary choices. One interesting example of this theory in action is a study cited by LiveScience that observed the diets of a group of Japanese people. Per person, the Japanese consume around eggs each year on average, and eggs are well known to be high in cholesterol. However, surprisingly the study found that even though these high cholesterol foods were a part of the daily diet of Japanese people, they benefited from lower than average cholesterol levels. The study concluded that the tendency for the Japanese diet to be very low in saturated fats was likely the reason behind this result. How does this finding translate to the way the cholesterol in meat impacts blood fat levels? Well, it suggests that in terms of dietary choices, choosing to add in lean meats which provide many necessary nutrients may not be such a bad thing if saturated fats and carbohydrates are reduced alongside. And, it also suggests that the way in which meats are prepared is also very important, whereby lean steaks or pork may be substituted for poorly prepared options like fried chicken, which combines present cholesterol with cooking methods that add saturated fat. Not all types of meat are good choices for a cholesterol diet. As evidenced by our chart above, some options like venison and lamb contain notably more cholesterol than other types of meat. However, the lean options that we have presented along with evidence that meat can be enjoyed by those with high cholesterol when other reasonable considerations to manage elevated lipids are employed, shows that the ideal diet for cholesterol management may vary from person to person, and is one part of a bigger compilation of lifestyle changes that will lead to better overall health with less emphasis on the cholesterol in meat and other foods and more focus on better all around eating and limiting saturated fats and sugars.

Chapter 3 : Goat is an underrated meat “ but there are many reasons why you should cook with it | SBS

Other Meats At The Kansas City Steak Company, we hold our meat to a higher standard. Experience the flavorful taste of our premium lamb, turkey, chicken and other meats that are sure to be a hit at your next celebration.

China, Hong Kong and Macau[edit] Hong Kong style barbecue Chuanr are small pieces of meat on skewers roasted over charcoal or, sometimes, electric heat. Chuanr originated in the Xinjiang province of China and in recent years has spread throughout the rest of the country as a popular street food, most notably in northern China. In busy tourist areas, chuanr can also be made with various insects, bugs, birds, and other exotic animals. Barbecue can also be found in night markets and in some restaurants, often sold on skewers. Some restaurants allow customers to barbecue at their own table; many of these are all-you-can-eat chain restaurants. In the Cantonese-speaking regions, pork barbecue is made with a marinade of honey and soy sauce, and cooked in long, narrow strips. This form of barbecue is known as char siu , and is commonly eaten and is a common streetfood. In addition, outdoor barbecues usually known simply as BBQ are popular among local residents on short trips to regional parks in the countryside. Honey is brushed on near the end of cooking. At the same time, foil-wrapped pieces of corn and sweet potato are placed on the hot coals; these take a long time to cook so they are usually eaten at the end of the barbecue. Unlike Western barbecues, everyone gathers around the fire and cooks their own food, so the atmosphere is closer to that of a fondue or a hot pot. It is a main course and is therefore served with rice and side dishes such as kimchi. Bulgogi literally means fire meat. The more common Korean BBQ is called galbi , which are marinated ribs. Japan[edit] Barbecuing is very popular in Japan as part of an outdoor activity. Normally, more vegetables and seafood are incorporated than in the United States, and soy sauce or soy based sauces are commonly used. Occasionally, the Japanese-style fried noodle Yakisoba can be cooked as well. In addition, Jingsjukan mutton , Yakniku grilled meat , and Horumonyaki beef or pork offal are also used. Yakitori is the Japanese equivalent of shish kebab. Spare ribs , chicken, and steak are also grilled and glazed with teriyaki sauce. Taiwan[edit] Barbecuing is a popular outdoor activity in Taiwan. Most are fired by charcoal, or sometimes compressed logs, and the food is placed on grills. The most popular item is slices of meat marinated in soy sauce, which is often sandwiched in a piece of toast before being eaten. Seafood and vegetables are also common, sometimes seasoned and wrapped in tinfoil packages before grilling. Outdoor barbecuing is a common way to celebrate the Mid-Autumn Festival harvest festival in Taiwan. Southeast Asia[edit] Satay is popular in several Southeast Asian countries including: Thailand, Malaysia, Singapore, Indonesia, and the Philippines. It consists of pieces of meat skewered on bamboo sticks marinated in a mixture of spices similar to a curry mix and pulverised peanut. Most common meats are chicken, lamb, and beef, and, in non-Muslim enclaves, one will also find satay made from pork and animal offal. Satay is a mainstay of most Malaysian, Indonesian, and Singaporean barbecues. Traditional satay uses only chicken thigh meat cut into strips before they are skewered. Other types of satay include pork, mutton, and beef. After the meat has been cooked over a charcoal flame, it is served with a thick, gooey, dipping sauce made from the same mixture as the marinade for the meat, a peanut-tasting, curry-like mixture. Before , it was possible to get satay of animals like tapir , elephants, flying fox , goannas and wild boar. Unfortunately, these animals are now rare or endangered and their use in this manner is prohibited. It is extremely rare for any celebratory occasion not to include it. Philippine lechon is prepared similarly to that of the Spanish-speaking islands of the Caribbean. The hog is opened from head to tail along the belly, and is slow-grilled, turned on a rod over a fire. Even though the Spanish-speaking islands of the Caribbean and the Philippines do not share a common everyday spoken language, it is still referred to with the same pronunciation. This may be due to the fact that both regions were ruled by Spain for several centuries; linguists estimate that some forty percent of the various Philippine languages contain Spanish loanwords. Barbecue is also the term for skewered pork or chicken, marinated in, and basted with, a sweetish sauce made from ketchup, pineapple juice or 7-Up. Chicken barbecue is often served with what is popularly known as Java sauce. Bananacue , a dish consisting of plantains , skewered on a stick similar in style to shish kebab, is also commonly cooked. A majority of Singaporeans live in government subsidised apartments or HDB flats. A

lack of open space in homes results in BBQ gatherings in parks or chalets. The Singapore National Parks rents out barbecue pits that are placed in popular parks such as: Besides satay, other BBQ food includes sambal stingray or cuttlefish wrapped in aluminium foil, grilled meat chicken, pork, beef marinated in BBQ sauce commonly made from soya sauce, pepper, salt, sugar, and oyster sauce. Taiwanese sausages, chicken franks, and sausages are also grilled. Marshmallows skewered using satay sticks is another highlight of a Singaporean barbecue. Instead, the fire starter comes in a box of small rolled up briquettes made of sawdust and wax which is lit and placed under a stack of charcoal briquettes. Central and Southern Asia[edit] India and Pakistan[edit] Chicken tikka with a variety of other dishes cooked and served under the BBQ method The tandoor is a form of barbecue, particularly focused on baking, that is common in Northern India, Afghanistan, and Pakistan. Grilling is also popular, and uses native, local spices, especially the many Curry blend variations. In addition, there is also the grilling of different types of meat covered in a spicy cream based batter called tikka masala. This dish has become one of the most symbolic dishes of Indian cuisine, next to indian curry. Mongolian cuisine Nomadic Mongolians have several barbecue methods, one of which is Khorkhog. They first heat palm-sized stones to a high temperature over a fire and alternate layers of lamb and stone in a pot. The cooking time depends on the amount of lamb used. Another way of cooking is a boodog "boo" means wrap in Mongolian. Usually marmot or goats are cooked in this way. There is no pot needed for cooking boodog, after slaughter and dressing; the innards are put back inside the carcass through a small hole, and the whole carcass is cooked over the fire. The Mongolian barbecue often found in restaurants is a style of cooking falsely attributed to the mobile lifestyle of nomadic Mongolians. Originating in Taiwan in the mid to late 20th century, the so-called "Mongolian barbecue", a popular dish in American and Canadian Chinese restaurants, consists of thinly sliced lamb, beef, chicken, pork, or other meat, seasonings, vegetables, and noodles, or a combination thereof, which is quickly cooked over a flat circular metal surface that has been heated. This section does not cite any sources. Please help improve this section by adding citations to reliable sources. Unsourced material may be challenged and removed. April The Alps[edit] A traditional cooking method used in, but not exclusive to, the French and Swiss Alps, pierrade involves the usually communal, cooking of meats on a hot stone, situated on the serving table. Germany[edit] Thuringian sausages on the "Rost" Germans are enthusiastic about their version of barbecue, grilling Grillen, especially in the summertime. It is the one area of traditional home cooking that is a predominantly male activity. Regional festivals feature grilled items ranging from eel to trout, whole sides of pork or beef, chicken, and duck. Mutzbraten with Sauerkraut and Bread Smoking is common practice in German butchering, but pure smoke-based techniques have not yet become popular until a few years ago. An old german barbecue style food is the Mutzbraten in Saxony and Thuringia, a fist-sized piece of meat from the shoulder or comb of a pork with a strong dry marinate from marjoram, pepper and salt, which is cooked and smoked over pieces of birch wood. It is usually served with Rye-wheat bread, Sauerkraut and mustard. Meanwhile, classic barbecue smoking techniques are also spreading in Germany and even industrially produced pulled meat like pork, chicken and turkey as well as a selection of barbecue sauces and side dishes like cole slaw are available as convenience food in many supermarkets. Barbecue variations from the United States, Turkey, Greece, other Balkan States, the German-speaking emigrants from the statlar, and the immigrant communities in Germany, with notable traditions of outdoor grilling in Germany developed by immigrants and visitors from the former Soviet Union. Mediterranean[edit] Barbecuing is popular in Mediterranean countries. It is influenced by traditional Mediterranean cuisine. In addition, some dishes combine grilling with braising for more variety. Often, barbecue meat items are marinated with olive oil and citrus juice mixtures, and then garnished with various herbs and spices; basic persillade and several variations are often put on top of the meat. Russia[edit] Shashlik is the Russian version of shish kebab, and like all other international variants, is cooked on a grill. It is traditionally made of lamb, but there can also be pork, beef, ground seasoned beef, chicken, or sturgeon shashliks. Scandinavia[edit] Barbecue in Scandinavia is very similar, if not identical, to barbecue in Germany, even having the same name. It also uses traits of traditional Scandinavian gourmet cuisines. In addition to more traditional meats such as chicken, beef, lamb, pork and sausages, wild game, especially venison, is common. A sauce made from juniper berries is often put on top of the meats when served. Local

fish like salmon, herring, perch and whitefish are commonly grilled on open fire or smoked. United Kingdom and Republic of Ireland[edit] Barbecuing is a popular al fresco cooking and eating style, common in both the United Kingdom and Republic of Ireland. Most popular are steel-built kettle and range-style barbecues with wheels to facilitate moving the equipment, but permanent brick barbecues are also common. In recent times, barbecue cook-off competitions have started to take place in the British Isles, similar to those held in the United States, Canada, continental Europe, and Australia. Some competitions allow teams, as well as individuals from various countries to compete against each other. The most common foods cooked on British and Irish barbecues are: Vegetarian products often require extra attention due to their lower fat content, weaker structure, and tendency to stick to grill plates and griddles. Less common food items include: Similar to the United States, barbecue sauce is sometimes spread on the meat before or during its cooking. All of the major supermarket chains now offer a range of barbecue products, although availability is usually limited to the barbecue season late spring to early autumn. Generally the British barbecuing style tends to most closely resemble that of North America and Australia, however. Middle East and Eastern Mediterranean[edit] Iran[edit] There are various types of Persian-style kabob , the main one being kubideh kabob, which is seasoned ground beef that is skewered and barbecued outside on a charcoal flame. There is also a marinated chicken kabob called jukeh kabob, and a filet mignon steak kabob called kabob barg. Both are skewered as well. All three main types of Persian kabob are usually served with Iranian style saffron rice and salad Shirazi , but can also be eaten with Middle Eastern lavash bread.

Chapter 4 : Why are chicken, lamb, pork and beef the 'normal' meats? - BBC News

But changing an ingrained meat culture isn't easy. In the UK, it's beef, chicken, pork, lamb. In the US, you can delete lamb from that list. Europeans seem more diverse.

Like other types of meat, lamb is primarily composed of protein. For this reason, eating lamb, or other types of meat, may be especially beneficial for bodybuilders, recovering athletes, and post-surgical patients. Simply put, eating meat promotes optimal nutrition whenever muscle tissue needs to be built up or repaired. High-quality protein is the main nutritional component of lamb. It is composed of saturated and monounsaturated fats in approximately equal amounts. Lamb fat tallow usually contains slightly higher levels of saturated fat than beef and pork ². Intake of saturated fat has long been considered a risk factor for heart disease, but many new studies have not found any link ³ , ⁴ , ⁵ , ⁶ , ⁷. Ruminant Trans Fats Lamb tallow contains a family of trans fats, known as ruminant trans fats. Unlike trans fats found in processed food products, ruminant trans fats are believed to have beneficial effects on health. The most common ruminant trans fat is conjugated linoleic acid CLA ⁸. Compared to other ruminant meats, such as beef and veal, lamb contains the highest amounts of conjugated linoleic acid ⁹. Conjugated linoleic acid has been linked with various health benefits, such as reduced body fat mass, but large amounts in supplements may have adverse effects on metabolic health ¹⁰ , ¹¹ , Lamb may contain varying amounts of fat. Most of it is saturated fat, but there is also a small amount of conjugated linoleic acid CLA , which has several health benefits. Lamb is a rich source of many vitamins and minerals. These are the most abundant ones: Important for blood formation and the function of the brain, vitamin B12 is only found in animal-derived foods, and is absent from vegan diets. Deficiency in vitamin B12 may cause anemia and neurological damage. Meat is often a rich source of selenium, although this depends on the feed of the source animal. Selenium has various important functions in the body Found in high amounts in lamb, zinc is usually much better absorbed from meat than plants. It is an essential mineral that is important for growth and the formation of hormones, such as insulin and testosterone. Also called vitamin B3, niacin serves a variety of important functions in the body. Inadequate intake of niacin has been linked with increased risk of heart disease Found in most foods, phosphorus is essential for body growth and maintenance. Lamb is a rich source of iron, mostly in form of heme iron, which is highly bioavailable and is absorbed more efficiently than non-heme iron found in plants In addition to these, lamb contains a number of other vitamins and minerals in lower amounts. Sodium salt may be particularly high in some processed lamb products, such as cured lamb. Lamb is a rich source of many vitamins and minerals, including vitamin B12, iron, and zinc. Other Meat Compounds Aside from vitamins and minerals, meat contains a number of bioactive nutrients and antioxidants that may affect health. Found in high amounts in meat, creatine is essential as an energy source for muscles. Creatine supplements are popular among bodybuilders and may be beneficial for muscle growth and maintenance ¹⁶ , An antioxidant amino acid, found in fish and meat. It is formed in our own bodies and may be beneficial for heart and muscles ¹⁸ , ¹⁹ , An antioxidant, present in high amounts in meat. Grass-fed beef is particularly rich in glutathione ²¹ , Conjugated linoleic acid CLA: A family of ruminant trans fats that may have various beneficial health effects when consumed in normal amounts from foods, such as lamb, beef , and dairy products ²³ , A sterol found in most animal-derived foods. Dietary cholesterol does not have significant effects on levels of cholesterol in the blood. As a result, it is not considered to be a health concern Lamb contains several bioactive substances, such as creatine, CLA, and cholesterol. As a rich source of vitamins, minerals, and high-quality proteins, lamb can be an excellent component of a healthy diet. Maintenance of Muscle Mass Meat is one of the best dietary sources of high-quality protein. In fact, it contains all of the amino acids we need and is referred to as a "complete" protein source. High-quality protein is very important for the maintenance of muscle mass, especially in elderly people. Inadequate protein intake may accelerate and worsen age-related muscle wasting, increasing the risk of sarcopenia, an adverse condition associated with very low muscle mass In the context of a healthy lifestyle and adequate exercise, regular consumption of lamb, or other high-protein foods , may help preserve muscle mass. As an excellent source of high-quality protein, lamb may promote the growth and

maintenance of muscle mass. Improved Physical Performance Not only can lamb help preserve muscle mass, it may also be important for muscle function. It contains an amino acid called beta-alanine, which the body uses to produce carnosine, a substance that is important for muscle function 27 , Beta-alanine is found in high amounts in meat, such as lamb, beef and pork. High levels of carnosine in human muscles have been associated with decreased fatigue and improved exercise performance 29 , 30 , 31 , Adhering to diets that are low in beta-alanine, such as vegetarian and vegan diets, may decrease levels of carnosine in muscles over time

For this reason, regular consumption of lamb, or other foods rich in beta-alanine, may benefit athletes and those who want to optimize their physical performance. Lamb may improve muscle function, stamina, and exercise performance. Prevention of Anemia Anemia is a common condition, characterized by low amounts of red blood cells and decreased oxygen-carrying capacity of the blood, the main symptoms of which are fatigue and weakness. Iron deficiency is a major cause of anemia , but can be easily avoided with proper dietary strategies. Meat is one of the best dietary sources of iron. Not only does it contain heme-iron, a highly bioavailable form of iron, it also improves the absorption of non-heme iron, the form of iron found in plants 15 , 36 , This effect of meat is not entirely understood and is referred to as the "meat factor" Heme-iron is only found in animal-derived foods. For this reason, it is often low in vegetarian diets, and absent from vegan diets. This is a part of the reason why vegetarians are more at risk of anemia than meat-eaters Simply put, eating meat may be one of the best dietary strategies to prevent iron deficiency anemia. As a rich source of highly available iron, lamb may help prevent anemia. Lamb and Heart Disease Heart disease cardiovascular disease is a major cause of premature death. It is actually a group of various adverse conditions involving the heart and blood vessels, including heart attacks, strokes, and hypertension. There have been mixed results from observational studies on the link between red meat and heart disease. Some studies have found an increased risk from eating high amounts of both processed and unprocessed meat 40 , whereas others have found increased risk for processed meat only 41 , 42 , or no effect at all There is no hard evidence supporting this link. Observational studies only reveal an association, but cannot prove a direct causal relationship. Several theories have been proposed to explain the association of high meat intake with heart disease. Obviously, high intake of meat means less intake of other foods, such as heart-healthy fish, fruit and vegetables. It is also linked with unhealthy lifestyle factors; lack of physical activity, smoking, and overeating 44 , 45 , Most observational studies try to correct for these factors. The most popular theory is the diet-heart hypothesis. Many people believe that meat may cause heart disease because it contains high amounts of cholesterol and saturated fat , impairing the blood lipid profile. However, most scientists now agree that dietary cholesterol is not a risk factor for heart disease Also, the role of saturated fats in the development of heart disease is not entirely clear. Many studies have not been able to link saturated fat with increased risk for heart disease 5 , 6 , 7. In itself, meat does not have adverse effects on the blood lipid profile. Lean lamb has been shown to have similar effects as fish or white meat, such as chicken At the end of the day, moderate consumption of lean lamb is unlikely to raise the risk of heart disease. It is a matter of debate whether eating lamb increases the risk of heart disease or not. Consumption of mildly cooked, lean lamb is probably safe and healthy. Lamb and Cancer Cancer is a disease, characterized by abnormal growth of cells. A number of observational studies indicate that eating large amounts of red meat may increase the risk of colon cancer over time 48 , 49 , Not all studies support this 51 , Observational studies cannot prove that meat intake actually causes cancer. Instead, they have identified a possible causal relationship. Several substances found in red meat may possibly increase the risk of cancer in humans. These include heterocyclic amines Heterocyclic amines are a class of cancer-causing substances, formed when meat is exposed to very high temperatures, such as during frying, baking or grilling 54 , They are found in relatively high amounts in well-done and overcooked meat. Studies consistently indicate that eating overcooked meat, or other dietary sources of heterocyclic amines, may increase the risk of various cancers, including colon cancer, breast cancer, and prostate cancer 56 , 57 , 58 , 59 , Although there is no clear-cut proof that meat intake causes cancer, it seems sensible to avoid eating high amounts of overcooked meat. Moderate intake of mildly cooked meat is probably safe and healthy, especially when it is steamed or boiled. Consumption of red meat has been linked with increased risk for cancer.

Chapter 5 : Which Meat to Choose? | Paleo Leap

Lamb is the meat of the domestic sheep (Ovis aries). It is a type of red meat, a term used for the meat of mammals, which is richer in iron than chicken or fish.. The meat of young sheep, in their.

Subscribe Which Meat to Choose? You can pick any cut of meat that looks tasty and fits your budget—right? Any kind of meat will already put you a mile ahead of unpronounceable processed food products, weird soy substitutes for milk and cheese, and additive-laden freezer dinners. This article will explore several different types of meat: These types of meat differ significantly in their nutrient quality, and especially in the quality of the fats they contain. Focusing mainly on seafood and ruminant meat as a staple source of calories, and eating moderate amounts of poultry and pork alongside plenty of healthy fats like butter or coconut oil will let you maximize both the variety and the healthfulness of your diet. Red meat boasts high levels of several micronutrients, including B vitamins, iron, and zinc, as well as smaller levels of other minerals. Red meat also aids in the absorption and utilization of Vitamin D—the cholesterol in the fat helps you absorb it from the sun, and red meat also contains a metabolite of Vitamin D called 25 OH D3, which helps to increase the total level of Vitamin D in the body. Pork comes much closer, with significant levels of several important B vitamins and minerals. Seafood, of course, also provides an impressive array of micronutrients, from iodine to selenium, and even some Vitamin D. Some kinds of seafood, like mussels, are also excellent source of B Vitamins, iron, and other rarer micronutrients like copper and zinc. Thus, looking only at the micronutrient content of various types of meats, organ meats of any kind are the clear winners, followed by red meat and seafood, then pork, and then poultry. Fat Quality Animal fat is one of the most delicious and completely guilt-free pleasures of Paleo. But not all fat is created equal: Fats are classified into three main types, depending on the molecular structure of the fat: Getting plenty of saturated fat is a cornerstone of a healthy diet. Without going into the biology behind saturated and unsaturated fatty acids, the saturated kind are much more stable, and thus do not produce harmful inflammation and oxidative stress like unsaturated fats do. Saturated fats are solid at room temperature: Monounsaturated fats are also very healthy—these are the fats found most famously in olive oil that everyone agrees on, from vegans to carnivores. Polyunsaturated fats PUFAs, on the other hand, are one of the most hotly debated topics in the Paleo community. Polyunsaturated fats are also further broken down into two types: Omega 3 and Omega 6 also referred to as N-3 and N While neither type is beneficial in excess, the ideal diet would contain a much lower ratio of Omega-6 to Omega-3 than most people get today—excess Omega-6 is very strongly correlated with inflammation and overall ill health. Nutritionists advocating conventional wisdom generally support a 4: All of this is relevant to what type of meat you choose, because different meats contain different ratios of all these kinds of fats. Understanding how to compare different meats in terms of their fat quality is important, but a fairly complicated endeavor. Even bearing in mind that this kind of analysis is not simple, it is possible to make some broad generalizations about the fat quality of different meats. In general, the ratio of other fats to PUFA is best in ruminant meat. Beef contains much less total PUFA per grams as pork or chicken does, so in terms of its PUFA profile, beef is a healthier choice as a staple food. Beef contains an Omega-6 to Omega-3 ratio of approximately 4: Again, when discussing nutrition and health, the diet of the animal is also important. For example, scientists at the University of Wyoming found that free-range beef had a significantly lower amount of O-6 PUFA and a higher amount of O-3 compared to grain-fed beef for the free-range beef, the O6: O3 ratio was roughly 3: Several other studies have produced approximately similar number; the precise ratio varies with the breed of cattle and the cut of meat, but free-range beats conventionally raised in every trial. Unlike other meats, which all have more O6 than O3, many types of fish boast an O6: O3 ratio of 0. This is why fish oil is such a popular supplement among people seeking to re-balance their levels of O3 and O6. In this case, the potential harmful effects of the PUFA are balanced out by the benefits of restoring healthy O6: O3 levels, so the high level of PUFA in fatty fish is actually a health benefit. Thus, in terms of fat quality, ruminant meat and fatty fish are clearly superior to poultry and pork products, with pastured or grass-fed products in every category being far more nutritious than their conventionally produced counterparts. Cost Cost is one category where chicken

categorically wins over almost every other kind of meat. To a certain extent, this is inevitable, but there are ways you can reduce the cost of other meats. Alternately, try ordering meat online from a source like US Wellness Meats or a more local distributor in your area. Look for whatever you can find locally if you live in Boston, fish will probably be more available from local producers than pork, and be ready to jump on sales and bulk products wherever you can find them. Unless otherwise noted, all nutrition data is from the USDA nutrient database. Micronutrients Ratio of O6:

Chapter 6 : Cholesterol in Meat and Poultry Comparison Chart

Beef is divided into large sections called primal cuts. These primals are then broken down further (or fabricated) into individual steaks and other retail blog.quintoapp.com most tender cuts of beef, like the rib and tenderloin, are the ones furthest from the horn and the hoof.

Chapter 7 : Which is best meat, lamb, beef, pork, or chicken? | HubPages

Chicken and fish have less saturated fat than most red meat. Why are chicken, fish and beans better to eat than red meat? In general, red meats (beef, pork and lamb) have more saturated (bad) fat than chicken, fish and vegetable proteins such as beans.

Chapter 8 : Cook's Thesaurus: Other Meats

The gout foods table for meat covers key foods in the Beef Products, Lamb, Veal and Game Products, Pork Products, Poultry Products, and Sausages and Luncheon Meats groups from the USDA food database.