Coming to Terms: Meat’s Role in a Healthful Diet

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Abstract

Meat provides high quality protein and other essential nutrients to the body, but its role in human health continues to be debated. Meat is a vague term and there is a lack of consistency and specificity in the definition and characterization of meat by nutrition scientists versus meat scientists. The leanness of today’s beef and pork is the result of continuous improvement throughout the meat supply chain, yet lean meat availability is inadequately considered in nutrition research. More consumer research is needed on the understanding of the term “meat” as well as industry support and education to help consumers make informed choices about what they eat.


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