

## Special Issue

# Nutritional Value of Meat and Meat Products and Their Role in Human Health

### Message from the Guest Editor

Meat and meat products are ranked among the most nutritious food items available to humans, aiding in fulfilling most of their body requirements. They are an important source of energy and a range of nutrients, such as essential amino acids, minerals (iron, zinc, selenium), vitamins (B12, folic acid), and bioactive compounds (taurine, carnitine, carnosine, ubiquinone, glutathione and creatine). Meat and meat products exert a vital role in human evolution and are important components of a healthy and well-balanced diet. On the other hand, meat consumption, especially of red and processed meat (grilled, cured, smoked), is currently an area of scientific controversy and confusion as regards the relationship between their consumption and health outcomes, such as increased risk of cardiovascular diseases and colon cancer. I invite you to publish original research papers and reviews on topics presenting current knowledge on the nutritional value and health effects of meat and meat products. I believe that this Special issue will broaden the horizons of our knowledge on the role of meat and meat products in the human health.

### Guest Editor

Prof. Dr. Joanna Stadnik

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### Deadline for manuscript submissions

closed (25 May 2024)



## Foods

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### Message from the Editor-in-Chief

*Foods* (ISSN 2304-8158) is an open access and peer reviewed scientific journal that publishes original articles, critical reviews, case reports, and short communications on food science. Articles are released monthly online, with unlimited free access. Currently, *Foods* has been indexed by the Science Citation Index Expanded (SCIE - Web of Science), PubMed, and Scopus. Our aim is to encourage scientists, researchers, and other food professionals to publish their experimental and theoretical results as much detail as possible. We therefore invite you to be one of our authors, and in doing so share your important research findings with the global food science community.

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### Editor-in-Chief

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