

Special Issue

Nutritional Value of Meat and Meat Products and Their Role in Human Health—3rd Edition

Message from the Guest Editor

Meat and meat products are ranked among the most nutritious food items available to humans, fulfilling most of their bodily 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 play a vital role in human evolution and are important components of a healthy and well-balanced diet. On the other hand, meat consumption, especially the consumption of red and processed meat (grilled, cured, smoked), is currently an area of scientific controversy and confusion regarding the relationship between their consumption and health outcomes, which include an increased risk of cardiovascular diseases and colon cancer.

We invite you to submit original research papers and reviews that provide an overview of the nutritional value and health effects of meat and meat products. I believe that this Special issue will broaden of our knowledge regarding the role that meat and meat products play in human health.

Guest Editor

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About the Journal

Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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