

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

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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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