



*nutrients*



*Special Issue Reprint*

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

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Meat and meat products are among the most nutrient-dense food sources in the human diet. They fulfill most of our bodily requirements, acting as important sources of energy and a variety of essential nutrients needed for metabolic functions. Meat and meat products may also contain non-nutritive components, such as sodium, saturated fat, nitrites, heterocyclic aromatic amines, and polycyclic aromatic hydrocarbons, which are associated with negative health-related outcomes. Reprint “Nutritional Value of Meat and Meat Products and Their Role in Human Health” focuses on research related to the recent developments in the field of the nutritional value and health effects of meat and meat products. This reprint contains empirical studies and systematic reviews regarding the relationship between meat consumption and their association with nutrient intake and meeting nutrient recommendations. It covers the correlations between meat consumption and adverse health outcomes and concerns regarding the environmental and climate-related effects of animal-sourced food production.



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