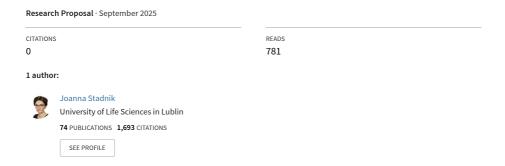
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# Special Issue Nutritional Value of Meat and Meat Products and Their Role in Human Health-3rd Edition



## **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**

Prof. Dr. Joanna Stadnik

Department of Animal Raw Materials Technology, Faculty of Food Science and Biotechnology, University of Life Sciences in Lublin, Lublin, Poland

#### Deadline for manuscript submissions

25 September 2025



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Nutrients
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
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#### 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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- Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
- Research Institute of Biomedical and Health Sciences (IUIBS),
   University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
   Preventive Medicine Service, Centro Hospitalario Universitario
   Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

#### Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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