

# MEET YOUR MEAT

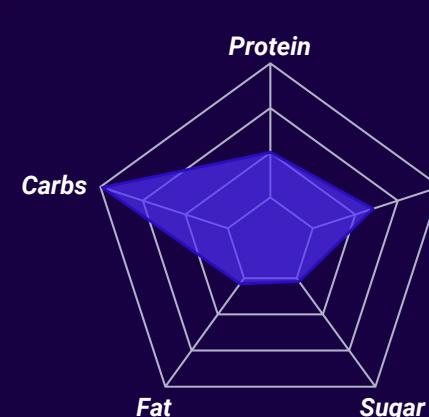
## WHY MEAT?

As we know, different types of food contain varying amounts of nutrients such as protein, carbohydrates, fats, and sugar, as well as different calorie counts. The chart on the right illustrates these differences for four types of food. As shown, bread has the highest amount of carbohydrates, while nuts and seeds have the highest fat content.

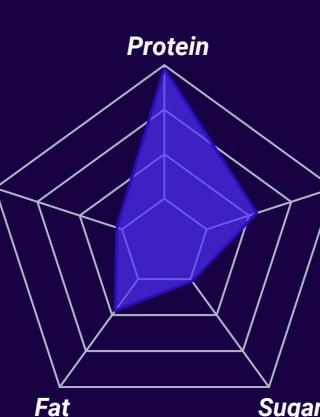
Meat and nuts have both the highest amount of protein, but the first one is significantly less caloric. This makes it an ideal type of food for people that want to cut<sup>1</sup>.

[1] reduce bodyfat without losing muscle

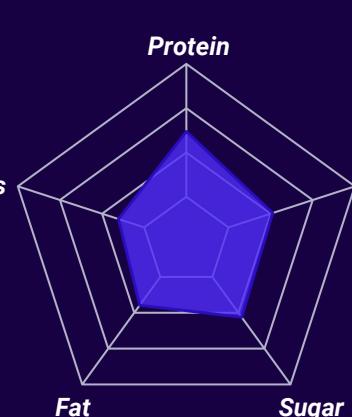
## Bakery



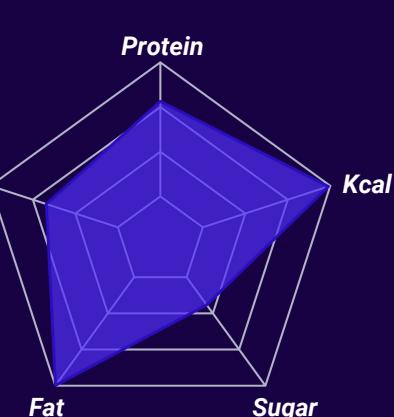
## Meat



## Dairy



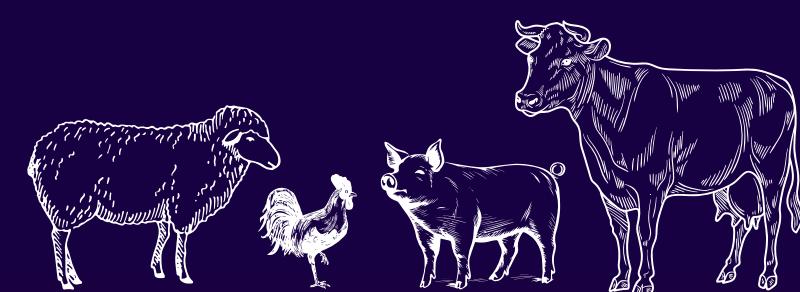
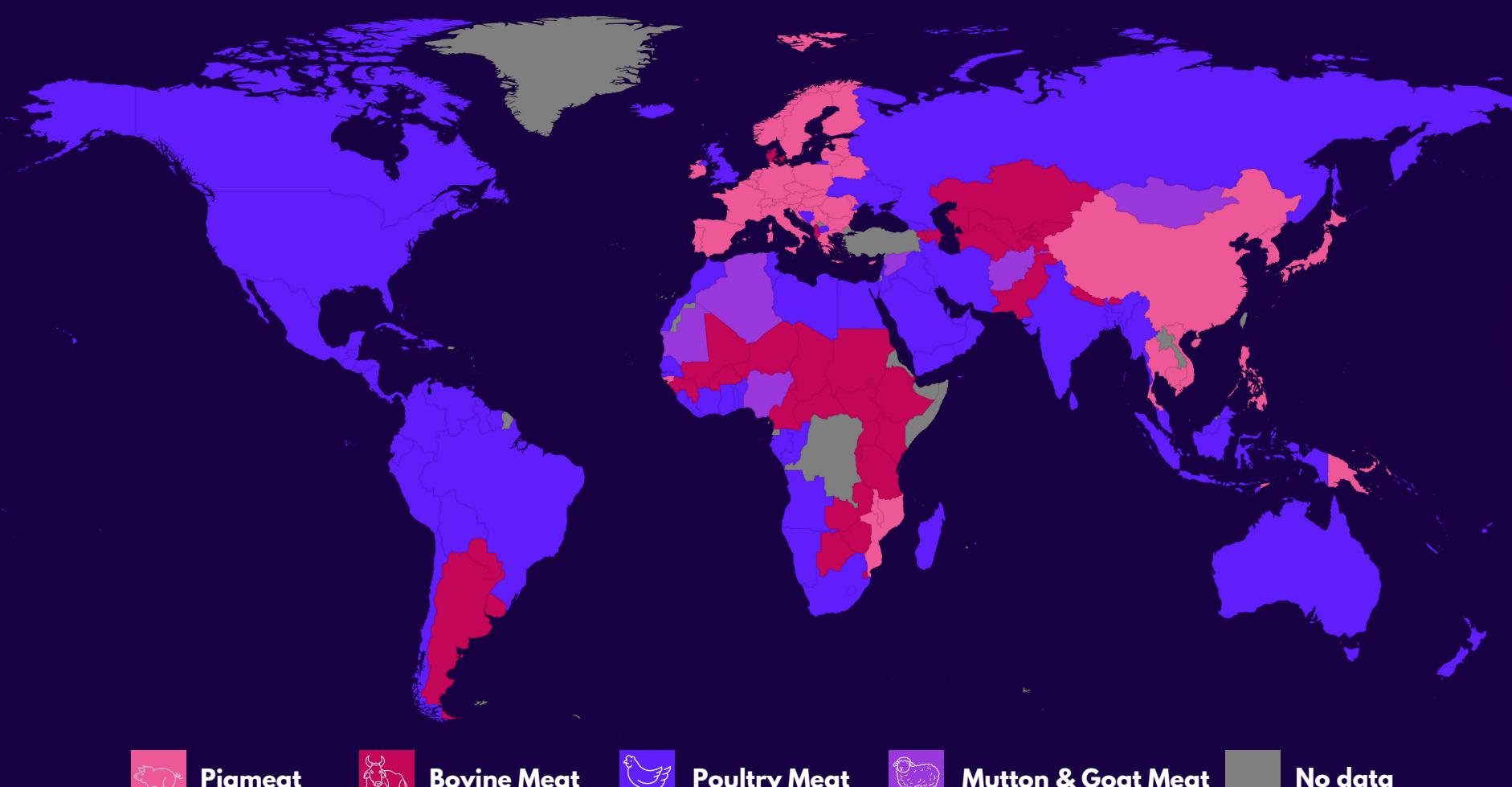
## Nuts (and seeds)



## AVERAGE NUTRIENTS VALUES FOR DIFFERENT TYPES OF FOOD

Maximum value means that the product group has the highest content of a nutrient among all food groups. All the values are proportional.

As an example one could deduce that meat has the most protein for 100g of product, around two times as much as dairy has.



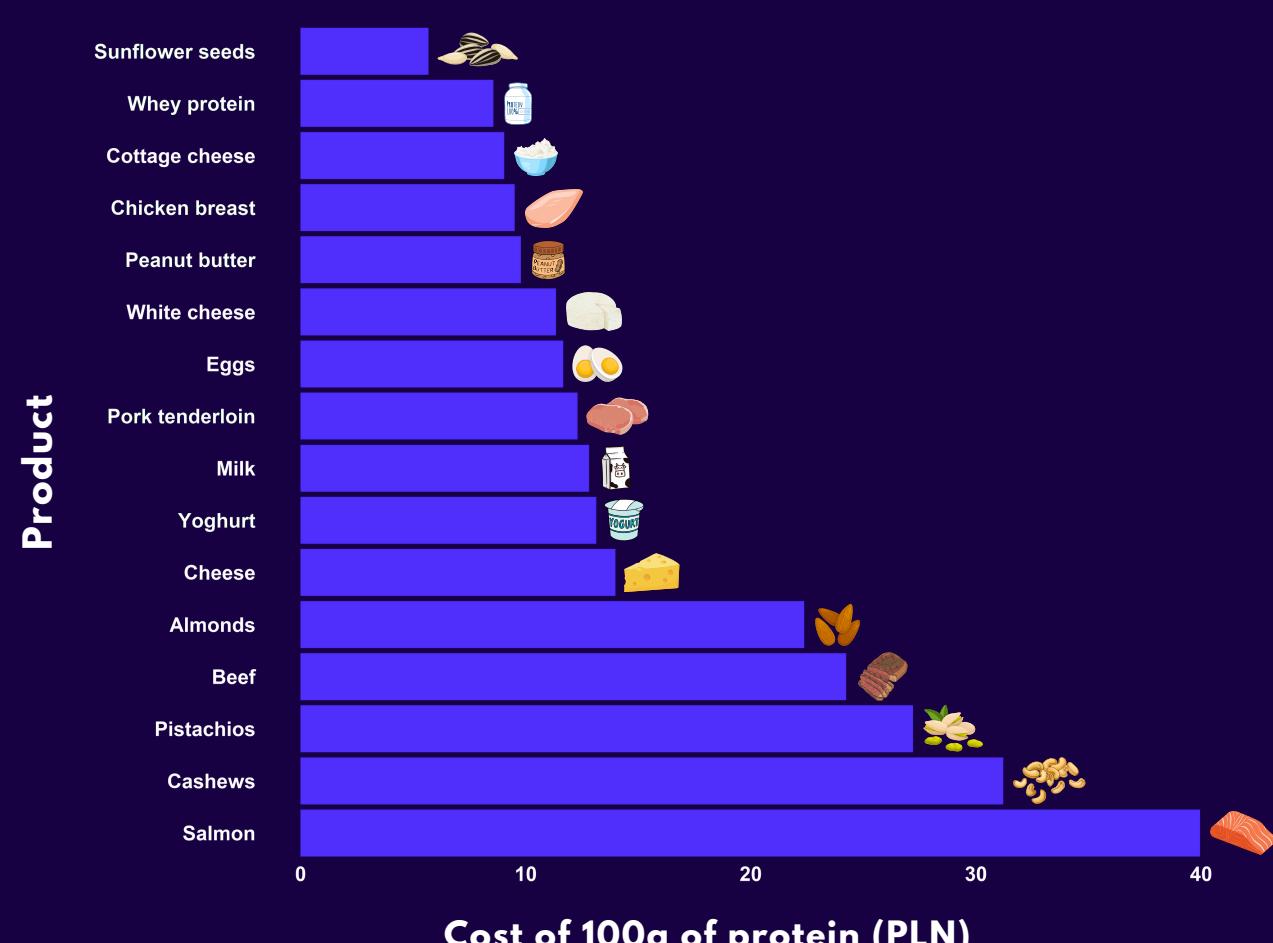
## MEAT WORLDWIDE

So now we know that meat is good. No two kinds of meat are the same though. People living in different regions have distinct taste and preferences.

Each country has its most popular type of meat. On the map besides we can clearly see the influence that geography has on what people eat. Turns out it is easier to choose something that is widely accessible.

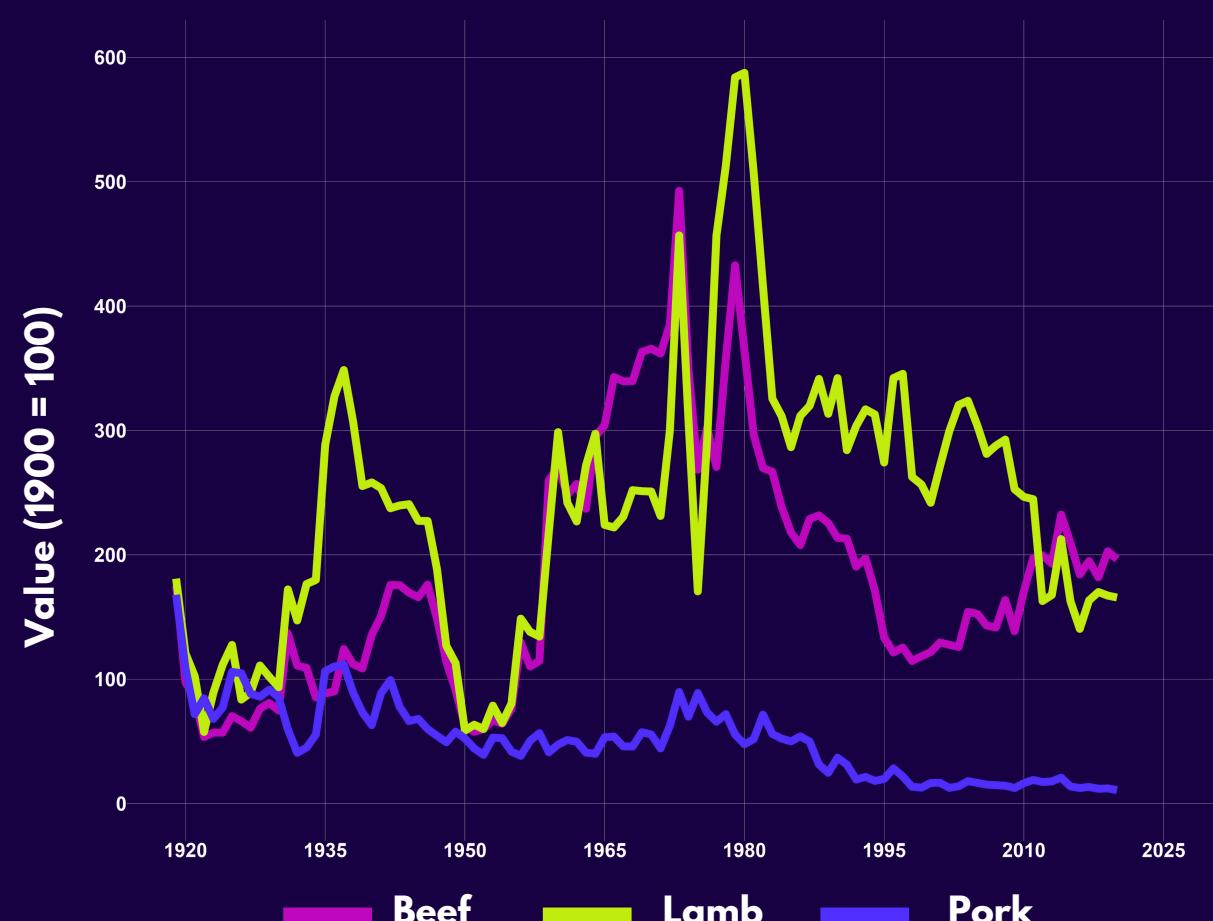
## PROTEIN IN NUMBERS

### WHAT IS THE CHEAPEST?



Each product has its price. It also has a certain protein content. How much do we really pay to get the 100 grams of protein in different products? 100 grams is a good indicator, because it is widely believed that a physically active adult should consume at least that much in order to be able to gain muscle.

### MEAT PRICES OVER THE YEARS



The prices in 1900 have been set as a reference point with a value of 100. This normalization allows for a comparison of relative price fluctuations across different types of meat, providing insights into the trends and shifts in the market over the past century.

