Alternate Red Meat Products: Nutrient Data, Cooking Yields and Nutrient Retention Values

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ABSTRACT
Iron
Sodium
B6
B12
Proximate and Cholesterol Content of ARM Products and Beef, Raw and Cooked

METHODS AND ANALYSES

METHODOLOGY AND ANALYSES

INTRODUCTION

MOISTURE GAIN/LOSS

CALCULATIONS AND FORMULAS

YIELD

RETENTION

OBJECTIVES

RESULTS

SUMMARY

Nutrient information for the majority of the alternate red meat products. While the USDA Standard Reference for Nutritional Data contains some nutrient data on elk, deer, and bison, the results from this study will expand our nutrient information to other forms and cuts of these products and add information on two new product sources: emu and ostrich. There is also a need for information on cooking yields and nutrient retention values for these alternate red meat products.

Alternative Red Meats are equally good sources of protein as beef

• Deer, elk, emu and ostrich are lower in fat and saturated fat than beef or bison

• All ARM products provide more iron than beef

• All ARM products have higher cooking yields than beef

• ARM products provided twice as much thiamin as beef

• ARM products generally have higher retentions of the B vitamins.

• Deer and elk

Nutrient Retention Values of ARM Products and Beef

Cooking Yields of ARM Products and Beef

Cooking Yields of ARM Products and Beef

Nutrient Retention Values of ARM Products and Beef

Nutrient Retention Values of ARM Products and Beef

Mineral and Vitamin Content of ARM Products and Beef, Raw and Cooked

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