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PIG MEAT AND THE HUMAN HEALTH

Summary

The pork consumption in Poland amounts to about 56% of the total meat consumption and does not decrease, although the consumption of poultry meat is increasing. It is currently thought that occurrence of cardiovascular diseases and cancers can be reduced by reducing the consumption of meat, especially that of fat meat. The composition and nutritional value of pork depends on genetics and feeding of pigs. Now, the pork is considerably leaner than 50 years ago. We should not negate its nutritional value, because it is very valuable as a source of energy and easily digestible proteins, vitamins and trace elements. Additionally, we can modify its composition so as to increase the value of health benefits through proper animal nutrition. Common accusation is solely due to the too high content of cholesterol in pork, but not only cholesterol is a reason of many diseases, but also the way of meat processing, during which are formed harmful cholesterol oxidation products.