The Importance of Taurine Meat in Human Alimentation

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ABSTRACT
Meat is an important ingredient in the proper functioning of the human body. Thinking out of a trophic-biological point of view, meat represents the main aliment with plastic and energetic roles. The protein substances that the meat contains have a high biological value, due to the fact that they have all the necessary amino acids needed to maintain a healthy azote balance within the body. The production of meat is quite a complex operation, that is based not only on the market needs (which is mostly based on price and income), but also a multitude of social and economic influences.

Keywords: meat, taurine, protein, nutritional value.

INTRODUCTION
The quantity of meat that is consumed in different countries depends mostly on the cultural, social, political, geographical and religious influences. Meat has a key role in most communities. It has a value of prestige, often people thinking about meat as being an essential part in their alimentation. If we look at meat from a scientific point of view, it is considered as being a product that has a high nutritional value. It offers a rich iron source, and also helps at the absorption of iron from other alimentary products. Taking all these things into consideration we can be sure that a pressure to grow the availability of taurine meat products exists. Taurine meat plays and important role in the overall alimentation of the population, and an essential role in the evolution of mankind, having found proof from more than 2 million years ago that the ancestral line of mankind were ever-growing meat consumers (Mann, 2007).

AIMS AND OBJECTIVES
The main aim of this research is to enhance the importance of cattle meat in our alimentation due its huge positive action for the human organism.

MATERIALS AND METHODS
In this direction is envisaged the dosage in protein and lipids and also their quality and the dosage in vitamins and minerals.

The meat, through its proteins, represents an important source of nitrogenous substances with a high biological value. The biological value of the meat proteins is conditioned by its composition in amino acids, especially the essential ones and the proportion between these (valine, leucine, isoleucine, lysine, methionine threonine, phenylalanine, tryptophan). The amino acids from the meat proteins represent approximately 85% from the total existent nitrogen.
Judging the quality of the proteins, we must first look at the digestibility and the high biological value (~90%), meat proteins being part of the first class of quality.

Lipids from meat are important mainly for their intake energy. Speaking in terms of quality, the lipids from meat are inferior to the lipids from the vegetable oils, as a result of their lower content of essential fat acids like linoleic acid, linolenic acid or the arachidonic acids.

The taurine meat is a very good source of iron, sodium, potassium, but a lean source of calcium. In meat we can find other substances necessary for the proper functioning of the human body, like cobalt, aluminium, copper, manganese, zinc, magnesium etc.

RESULTS AND DISCUSSION

Cattle are an important source of meat, they participated in the Global Fund with around 33% meat. The perspective of the development of the taurine meat production is determined by the current consumption of taurine meat, still low, namely 10.4 kg beef / person / year estimating that the optimal value of this indicator is 30 kg.

CONCLUSION

The beef is an essential component in human nutrition because no animal products, it is necessary to have some knowledge of nutrition sufficient in order to choose an appropriate diet. There is an increasing demand for cattle meat from the countries that are in development, demand that can be satisfied by increasing domestic consumption and / or increased imports.

REFERENCES

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