

STUDY ON THE NUTRITIONAL VALUE OF THE POULTRY MEAT ISSUED FROM DIFFERENT FARMING SYSTEM

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Abstract

The present study focuses on the fatty acids profile and amino acids profile of domestic animals meat from different intensive, free-range and organic farming systems. Broiler chicken meat contains unsaturated fatty acids such as oleic acid and linoleic acid, which are considered to be beneficial to health (h/H 2.52-3.16). Turkey meat was characterized by a high proportion of unsaturated fatty acids (MUFA + PUFA ~68%). The fatty acid profile varies according to the different anatomical segments of the pork, with the muscle showing the highest levels of SFA. Beef showed an n3/n6 ratio varying between 1.9 and 2.6. The importance of proper management of animal diets to improve meat quality is also emphasized. Meat is the most consumed protein source, rich in essential amino acids, therefore this study can help guide dietary decisions based on consumer health and lifestyle preferences, as well as improve practices in sustainable agriculture.

Key words: poultry, turkey, beef, pork, nutritional qualities