

## Meat Consumption for Family Health in Nigeria

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**Abstract :** This paper discussed the concept of meat its nutritive value in family meals. The paper further discussed the selection, storage and preparation of meat in family meal the Nigerian way. The paper made the following recommendations among others; that families in Nigeria should rear cow meat for easy access to the meat and that family should purchase meat that are fresh from chain shops in the market to avoid meat contamination among others.

**Keywords :** meat, selection, storage meals, concept and preparation

**Conference Title :** ICMSFET 2015 : International Conference on Meat Science, Food Engineering and Technology

**Conference Location :** Rome, Italy

**Conference Dates :** December 03-04, 2015