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## Meat as factor for changes of lipid status in the blood serum of the people

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Human health depends largely on the diet, especially the consumption of meat is characterized by large content fat and unsaturated fatty acids and are thought to be factor for cardiovascular disease. In recent years, there are many studies on the nutritional value of meat and its impact on the health of consumers. There is a major contradiction to the meat's influence on human health and daily change recommendations on the types of meat consumed. Some studies recommend as the best white meat and red dispute, others prefer to consume poultry and beef as the healthiest, and still others say that the meat as food product that is characterized by major adverse consequences for human health and offer suggestions to be consumed. Examined the impact of the consumption of meat on the change of lipid status among people of different age and sex who in their diet consume different types of meat. All participants were interviewed before a voluntary basis for diet and consumption of different variety types of meat and are divided into two groups of people who use daily diet poultry and beef and people who regularly consume different types of meat. Respondents are divided by gender and age of four age groups. The research included 207 respondents of which 83 men and 124 women. Since blood constituents were examined following parameters: total cholesterol (HOL), high density lipid (HDL) and low density lipid (LDL) and triglycerides (TG). The concentration of total cholesterol in the blood serum of the male respondents who consumed beef and poultry meat was 5.20 mmol / l and women 5.362 mmol / l. The concentration of HDL in men was 1.36 mmol / l, female 1.425 mmol / l, LDL in men 3.00 mmol / l, and 3.202 women and TG in men and 1.35 in women 1.502 mmol / l. The concentration of total cholesterol in the blood serum of the respondents who regularly consume different types of meat regardless of age on average in men is 5.382 mmol / l and women 5.212 mmol / l. Concentration of HDL in men 1,252 mmol / l and women 1,465 mmol / l, LDL in men 3.385 mmol / l, and 2,925 women and TG in men and 1.77 in women 1,337 mmol / l. Consumption of different types of meat in their diet no significant effect on the increase in the concentration of cholesterol and triglycerides in blood serum of men.

### Biography

Prof Dr. Mitre Stojanovski PhD, was born on 15.09.1951 in Brod, Bitola. Primary education finished in his birth place. Secondary agricultural school finished in Bitola with excellent success in 1970. In the academic year 1970/71 enrolled on the Agriculture Faculty in Skopje, where he graduated in 1974. In the academic year 1974/75 enrolled at the postgraduate studies also in the Agriculture Faculty in Skopje. Master's degree in 1978. Doctor of Agricultural Science, branch: stockbreeding in 1994 on the Agriculture Faculty in Skopje.

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