

**FOOD AND BIOLOGICAL VALUE OF MEAT** Animal meat is an essential food product. Pork fat in the ratio of saturated, monounsaturated and polyunsaturated fatty acids (3: 4: 1) is pretty close to optimal (3: 6: 1). Nitrogenous substances include: carnosine, creatine, adenosine triphosphoric acid and its decomposition products, free amino acids, glutathione, purine and pyrimidine bases. Saturated fatty acids and monounsaturated oleic acid predominate in beef and mutton; the content of PUFA (linoleic and especially linolenic) is insignificant. The meat contains nitrogenous and nitrogen-free extractive substances that affect the taste of products made from it and are energetic pathogens of secretion of the human gastric glands. The group of nitrogen-free extractive substances includes: glycogen, dextrins, maltose, glucose, lactic and pyruvic acid. There is a lot of PUFA in pork – up to 10.5% in adipose tissue, including up to 9.5% linoleic, up to 0.6% linolenic and up to 0.35% arachidonic acid. Extractive substances are divided into nitrogenous and nitrogen-free.