**SALT AND MEAT**

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| **ABSTRACT**  Meat and meat products are considered essential components of the human diet, as they are a source of very high quality protein, essential amino acids, B-group vitamins and important minerals such as iron and zinc. Meat and meat products are among the products in which salt is used most intensively. Salt; It is an indispensable additive because it limits microbial growth, forms emulsion by dissolving proteins, increases water holding capacity, and formation of characteristic structure, taste, flavor and odor. On the other hand, excessive salt consumption brings many health risks. For this reason, there has been pressure on the meat industry to produce less salty and/or unsalted products. In this study, the functions and reduction strategies of salt in meat and meat products were evaluated.  **References:**  [1] Akgün, B., Genç, S., Arıcı, M. (2018). Tuz: gıdalardaki algısı, fonksiyonları ve kullanımının azaltılmasına yönelik stratejiler. Akademik Gıda, 16(3), 361–370. https://doi.org/10.24323/ akademik-gida.475397  [2] Bayraktar, F. (2017). Isıl işlem görmüş sucuk üretiminde potasyum klorür kullanımının ürün özelliklerine etkileri. Atatürk Üniversitesi, Fen Bilimleri Enstitüsü, Yüksek Lisans Tezi, Erzurum |

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