**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] Surname, N., Surname, N., Surname, N., & Surname, N. **(All names should be written)** (Year). Title of the article. *Title of the Journal*, Volume(issues if used), Pages. **(Journal-Title of the Journal should be written in italics-Times New Roman 10)**  [2] Surname, N., Surname, N., Surname, N., & Surname, N. (Year). *Book Title*(edition if used). City of publication, Country/State: Publisher. **(Book-Book Title should be written in italics)**  **The committee recommended that authors follow APA 6 writing guidelines if the above reference examples are inadequate.** |

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