

Nutrisoft : www.nutrisoft.xyz

Rabbit Meat : Health Benefits and Nutrient Composition

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<span style="font-size: 14pt;">Rabbit meat may not be as popular as turkey and chicken due to less awareness about it's nutrient composition and health benefits, getting to know the health benefits of rabbit meat may convince you to give it a try.&nbsp;Rabbit meat is the best choice when what you need is white meat. </span></div>

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<div style="text-align: left; line-height: 1.5;"><span style="font-size: 14pt;">Unlike pork and beef, rabbit meat doesn't have a special name, it is called rabbit meat. Due it gaining popularity, some countries import rabbit meat for local consumption. Top 10 countries importing rabbit according to tridge report include:</span></div>

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<li><span style="font-size: 14pt;">Germany</span></li>

<li><span style="font-size: 14pt;">Portugal</span></li>

<li><span style="font-size: 14pt;">Switzerland</span></li>

<li><span style="font-size: 14pt;">United States</span></li>

<li><span style="font-size: 14pt;">Spain</span></li>

<li><span style="font-size: 14pt;">Czechia</span></li>

<li><span style="font-size: 14pt;">Italy&nbsp;</span></li>

<li><span style="font-size: 14pt;">Belgium</span></li>

<li><span style="font-size: 14pt;">France</span></li>

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<span style="font-size: 14pt;"><br />China remains the top exporter of rabbit meat. fresh rabbit meat is sold in the butcheries and markets of some countries, whereas certain supermarkets sell frozen rabbit meat.</span></div>

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<div style="text-align: left;"><span style="font-size: 14pt;">Read more:<a href="https://bit.ly/2Vcfo2M" target="\_blank" rel="noopener">&nbsp;Food High in Fiber</a></span></div>

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## **Nutrient Composition of Rabbit Meat**

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According to USDA, 100g of rabbit meat contains:

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<span style="font-size: 14pt;">Nutrients</span>	<span style="font-size: 14pt;">Composition per 100g</span>
<span style="font-size: 14pt;">Protein</span>	<span style="font-size: 14pt;">29.06g</span>
<span style="font-size: 14pt;">Carbohydrate</span>	<span style="font-size: 14pt;">0g</span>
<span style="font-size: 14pt;">Fiber</span>	<span style="font-size: 14pt;">0g</span>
<span style="font-size: 14pt;">Total lipid</span>	<span style="font-size: 14pt;">8.05g</span>
<span style="font-size: 14pt;">Ash</span>	<span style="font-size: 14pt;">1.04g</span>
<span style="font-size: 14pt;">Calcium</span>	<span style="font-size: 14pt;">19mg</span>
<span style="font-size: 14pt;">Iron</span>	<span style="font-size: 14pt;">2.27mg</span>

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<td><span style="font-size: 14pt;">Nutrients</span></td>

<td><span style="font-size: 14pt;">Composition per 100g</span></td>

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<td><span style="font-size: 14pt;">Protein</span></td>

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<td><span style="font-size: 14pt;">Carbohydrate</span></td>

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<td><span style="font-size: 14pt;">Fiber</span></td>

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<td><span style="font-size: 14pt;">Total lipid</span></td>

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<td><span style="font-size: 14pt;">Ash</span></td>

<td><span style="font-size: 14pt;">1.04g</span></td>

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<td><span style="font-size: 14pt;">Calcium</span></td>

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<td><span style="font-size: 14pt;">Iron</span></td>

<td><span style="font-size: 14pt;">2.27mg</span></td>

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<tr>
<td><span style="font-size: 14pt;">Magnesium</span></td>
<td><span style="font-size: 14pt;">21mg</span></td>
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<td><span style="font-size: 14pt;">Phosphorous</span></td>
<td><span style="font-size: 14pt;">263mg</span></td>
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<tr>
<td><span style="font-size: 14pt;">Potassium</span></td>
<td><span style="font-size: 14pt;">383mg</span><br /><br /></td>
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<td><span style="font-size: 14pt;">Sodium</span></td>
<td><span style="font-size: 14pt;">47mg&nbsp;</span></td>
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<tr>
<td><span style="font-size: 14pt;">Folate</span></td>
<td><span style="font-size: 14pt;">11ug</span></td>
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<tr>
<td><span style="font-size: 14pt;">Selenium</span></td>
<td><span style="font-size: 14pt;">38.5ug</span></td>
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<tr>
<td><span style="font-size: 14pt;">Niacin</span></td>
<td><span style="font-size: 14pt;">8.43mg</span></td>
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<tr>
<td><span style="font-size: 14pt;">Cholesterol</span></td>
<td><span style="font-size: 14pt;">82mg</span></td>
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<tr>
<td><span style="font-size: 14pt;">Zinc</span></td>
<td><span style="font-size: 14pt;">2.27mg</span></td>
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<div style="font-size: 18px; text-align: left;"><span style="font-size: 14pt;">Protein: rabbit meat is a rich source of animal protein, animal protein are complete protein because it is not limited in the

essential amino acids, 100g of rabbit meat contain 29.06g of protein. This could account for between 40-50% of daily requirement for an healthy individual&nbsp;</span></div>

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<div style="text-align: left;"><span style="font-size: 14pt;">Sodium: Rabbit meat has less sodium, which made it heart friendly.</span></div>

<div style="text-align: left;"><span style="font-size: 14pt;">Potassium: The potassium content also made it heart friendly nutrient&nbsp;</span></div>

<div style="text-align: left;"><span style="font-size: 14pt;">Selenium: selenium is a good antioxidant, antioxidants can help find aging, rabbit is a good source of selenium with 38.5ug.</span></div>

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<div style="text-align: left;"><span style="font-size: 14pt;">Folate: folic acid is an important nutrient in the diet of a pregnant woman. Rabbit meat has a portion of folate which is so beneficial in this condition.</span></div>

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<div style="text-align: left;"><span style="font-size: 14pt;">Cholesterol: the USDA recommends below 300mg of cholesterol consumption per day, 100g of rabbit meat contains 82mg , and this made it great for consumption as it has less chance of raising the cholesterol level in the body.</span></div>

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<div style="text-align: left;"><span style="font-size: 14pt;"><strong style="color: inherit; font-family: inherit;">Health Benefits of Rabbit Meat</strong></span></div>

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<li><span style="font-size: 14pt;">The meat is highly palatable, high in protein and low in calories, fat, and cholesterol.&nbsp;</span></li>

<li><span style="font-size: 14pt;">Rabbit meat is unique from other meats in that it is entirely white meat.</span></li>

<li><span style="font-size: 14pt;">It has many nutritional advantages over other meats, such as a lower cholesterol amount than any other meat, more protein per serving than chicken, fish or beef, and the lowest amount of calories per serving.</span></li>

<li><span style="font-size: 14pt;">The USDA says that rabbit is the most nutritious meat known to mankind.</span></li>

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<h2><span style="font-size: 14pt;"><strong>Rabbit Meat Vs Chicken</strong></span></h2></div>

<div style="text-align: left;"><span style="font-size: 14pt;">According to USDA, 100g of raw chicken contains</span></div>

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<div style="text-align: left;"><span style="font-size: 14pt;">Protein - 17.44g</span></div>

<div style="text-align: left;"><span style="font-size: 14pt;">Total lipid - 8.1g</span></div>

<div style="text-align: left;"><span style="font-size: 14pt;">Calcium - 6mg</span></div>

<div style="text-align: left;"><span style="font-size: 14pt;">Iron - 0.82mg</span></div>

<div style="text-align: left;"><span style="font-size: 14pt;">Potassium - 522mg</span></div>

<div style="text-align: left;"><span style="font-size: 14pt;">Sodium - 10.2ug</span></div>

<div style="text-align: left;"><span style="font-size: 14pt;">Folate - 1ug</span></div>

<div style="text-align: left;"><span style="font-size: 14pt;">Cholesterol - 86mg</span></div>

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<div style="text-align: left; line-height: 1.5;"><span style="font-size: 14pt;">Rabbit meat contains more protein compared to chicken, it also outperforms chicken in terms of calcium content.

Calcium is a great mineral that is great for maintaining good bone health. </span></div>

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<div style="text-align: left; line-height: 1.5;"><span style="font-size: 14pt;">Rabbit meat has more folate than chicken which made it the best choice during pregnancy especially in the first trimester.

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<div style="text-align: left; line-height: 1.5;"><span style="font-size: 14pt;">The cholesterol content is a little bit close but chicken still contains more cholesterol than rabbit, this is a win for rabbit meat. The only area chicken outperforms rabbit meat is the potassium content, chicken has more potassium.</span></div>

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<div style="text-align: left; line-height: 1.5;"><span style="font-size: 14pt;">The nutrient content of domesticated rabbits may vary due to quality and type of feed used. Rabbit meat is worth great attention and as a nutritionist, I will recommend it in our daily diet.</span></div>

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justify;"><span style="color: #0e101a; font-family: 'Open Sans', sans-serif; font-size: 16.7px; text-align: left;">&nbsp;</span></div>
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<div style="text-align: center;">&nbsp;</div>
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