# BÖLÜM 4

## Etin Besin İçeriğinin Belirlenme Yöntemleri

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## Giriş

Et, insan tüketimi için güvenli ve uygun olduğu düşünülen, küçükbaş ve büyükbaş hayvanlardan elde edilen yenilebilir kısımlar olarak tanımlanmaktadır. Etler kırmızı et ve beyaz et olmak üzere iki kategoriye ayrılmaktadır. Et ve et ürünleri beslenme için gerekli olan esansiyel amino asitler de dahil olmak üzere yüksek miktarda protein, lipidler, az miktarda karbonhidratlar, vitaminler ve mineraller açısından zengin bileşenler içerdiklerinden son derece besleyici ve değerli gıda kaynaklarıdır (S. Ahmad ve ark., 2018; Devatkal ve ark., 2012; Karakök Göncü ve ark., 2008). Etlerin besleyici değeri nedeniyle insan hayatında önemli bir yeri vardır. Et ve et ürünlerinin bileşimi, etin beslenme ve duyusal özelliklerinde önemli bir fark yaratırken etin elde edildiği hayvanın cinsi, yutulan yemin türü, iklim koşulları gibi faktörlere göre değişim göstermektedir (Kamruzzaman ve ark., 2012). Bununla birlikte, etin kimyasal bileşimi, teknolojik ve duyusal özellikleri kesim ağırlığına, kesim öncesi stres ve yaşlanma süresine ve ölüm sonrası faktörlerden (depolama süresi, sıcaklık) yüksek oranda etkilenmektedir (Prieto ve ark., 2009)

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