

MEAT SUPPLY PER PERSON IN ROMANIA AND ITS NEIGHBOURING COUNTRIES

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Abstract: This paper assesses the situation of meat supply/capita in Romania and its neighbouring countries. Meat consumption refers to eating products obtained from animals, such as beef, pork, chicken, fish and other domestic or wild animals. Balanced meat consumption refers to the inclusion of adequate and diversified amounts of meat in the diet, in a way that provides nutritional benefits, without having significant adverse effects on health or the environment. Also, a balanced consumption of meat can vary depending on factors such as age, sex, level of physical activity and possible medical conditions of a person. It is important to consider the individual's needs when planning the diet.

Key words: meat, protein, consumption, food, nutrition

INTRODUCTION

The human body needs a lot of vitamins, salts and minerals to maintain health and to be able to provide the energy we need. Protein is essential for any balanced nutrition and meat is part of the food needed for good health. [5,11]

People have divided opinions when it comes to meat, some consider it to be harmful and others say that a meatless meal cannot be full. [12,17]

The nutritional characteristics of the meat depend on the species of the animal, its age, the sex and the food it eats. The main types of meat indicated to be consumed and their benefit:

- Pork is an important source of protein, iron and zinc. It is recommended to eat pork in moderation
- Beef is rich in iron, it is ideal for anemic people
- Lamb is recommended for underweight people because it is rich in iron, selenium and has an increased caloric intake. It also helps to resist bones and prevent anemi
- Chicken is most recommended because it has a role in decreasing appetite. It has a high content of iron, zinc, magnesium, vitamin B12
- Fish meat is light, rich in phosphorus, potassium and iodine. [4,16]

Consuming meat every day can cause us quite serious health problems. Meat can be the most toxic food of all foods or basic ingredients, in addition to antibiotics and hormones, growth accelerators. [10,15]

The key to a healthy aging is probably in the control of our environment, including what we eat. It is recommended not to eat more than 85 grams of red meat a day or a maximum of 600 grams of meat per week. It all depends on the type of meat consumed, because there is lean meat, containing more meat and very little fat, on the other hand, there is processed or ground meat that has the addition of fats, sugar, and other compounds that can be harmful to health. [6,7]

Iron that stimulates energy is especially important for women, who need more than men in many age groups. Red meat is an easy-to-absorb iron source, which helps prevent

anemia. One in four women experience anemia, so symptoms of iron deficiency anemia may include constant feeling tired and lack of concentration. [2,10] One in six new cases of bowel cancer is related to the excessive consumption of red meat and processed meat such as ham, bacon, salami and sausages. [9,14]

It would be recommended to change our eating habits and put more emphasis on quality, not quantity. Those who eat meat daily have problems much more often with constipation, weight gain, reduced immunity, liver sensitivity and other more serious diseases. It is recommended to eat white meat products 3-4 times a week, and red meat 1-2 times a week. [3,1]

In order to benefit from the nutritional benefits of meat consumption and to minimize the negative impact on health and the environment, it is recommended:

- Consumption of quality meat, preferably organic or from sustainably raised animals
 - Limitation of processed and processed meat consumption
 - Incorporation into a diet of a variety of protein sources, such as legumes, nuts, seeds and dairy products
 - Maintaining a balance between the consumption of meat and plant products.
- [8,13]

MATERIALS AND METHODS

The study presents a research based on external data, pertaining to the meat supply in the years: 2000, 2005, 2010, 2015 and 2020, provided by Our World In Data. Those second-party external data were analyzed and interpreted by the authors, using established methods of economic analysis and interpretation.

The main purpose of the study is to identify the level of the meat supply per person per year in Romania, Hungary, Serbia, Bulgaria, Moldova and Ukraine.

RESEARCH RESULTS

In 2000, the first presented year, the country of Hungary ranks first in terms of meat consumption, with precisely 94,5 kg meat/capita. In the second place, at a significant difference, with an amount smaller with 38,09 kg, is the country of Bulgaria, which has 56,41 kg meat/capita. In the third place, with a quantity smaller with 7,98 kg of meat comparative with Bulgaria is the country of Romania, which counts 48,43 kg meat/capita. In the fourth place, with a quantity of 17,14 kg smaller than Romania's, is the country of Ukraine, which counts 31,29 kg meat/capita. Moldova is the country with the smallest amount, precisely 18,86 kg meat/capita. It is important to mention that in 2000, no value was recorded in Serbia. (Figure 1)

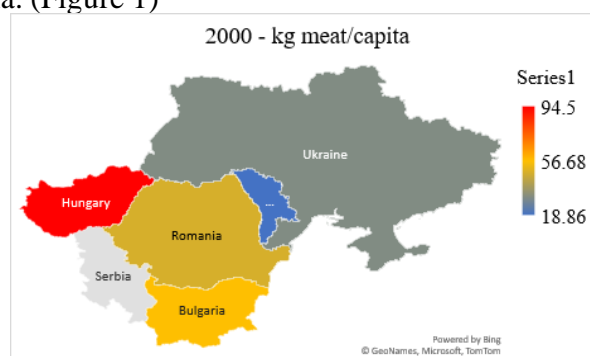


Figure 1. Meat supply/capita in 2000

Source: Authors own adaptation by [11]

In 2005, the second presented year, the country of Hungary ranks again the first in terms of meat consumption, with 84,18 kg meat/capita, but comparative with 2000, the quantity of the consumed meat decreased. This time, after 5 years, in the second place, with a quantity smaller with 18,68 kg then Hungary's, is Romania, with 65,5 kg meat/capita, so comparative with the previous analyzed year, the quantity majored with 17,07 kg meat/capita. In the third place, with a quantity smaller with 15,66 kg then Romania's, is the country of Bulgaria, with 49,84 kg meat/capita, a smaller quantity comparative with 2000. Again, in the fourth place, at a difference of 11,74 kg from Bulgaria, is Ukraine, which counts 38,1 kg meat/capita, with 6,81 kg meat/capita more than in 2000. In the last place, with an amount of 34,86 kg meat/capita is the country of Moldova, but comparative with 2000, the amount is almost doubled. The same as in 2000, no value was recorded in Serbia in 2005. (Figure 2)

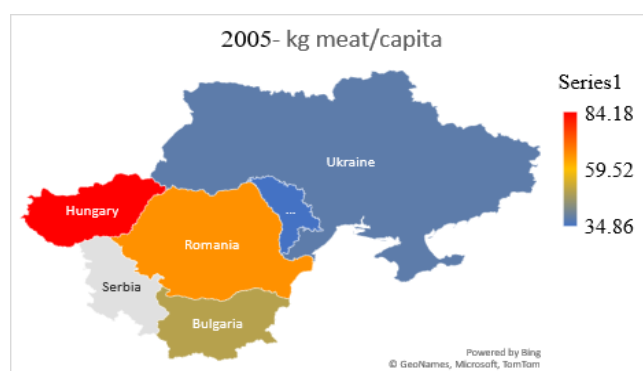


Figure 2. Meat supply/capita in 2005

Source: Authors own adaptation by [11]

In 2010, the third presented year, the country of Hungary continues to rank the first in terms of meat consumption but with a quantity smaller then both of the years mentioned before, precisely with 70,89 kg meat/capita. As the previous year, in the second place, with a quantity smaller with 8,8 kg then Hungary's, is the country of Romania, with the amount of 62,09 kg meat/capita, which is little decreased then the one from 2005. Unlike the years analyzed before, Serbia has reported the data, precisely a quantity of 59,86 kg meat/capita and comes in the third place. In the fourth place, at a difference of 5,21 kg from Serbia, is the country of Bulgaria, with 54,65 kg meat/capita, an amount increased with 5 kg meat/capita comparative with 2000. In the fifth place, with a quantity higher then 2000 and 2005 is the country of Ukraine, with 50 kg meat/capita. As before, Moldova is the last country in the ranking with 34,73 kg meat/capita. (Figure 3)

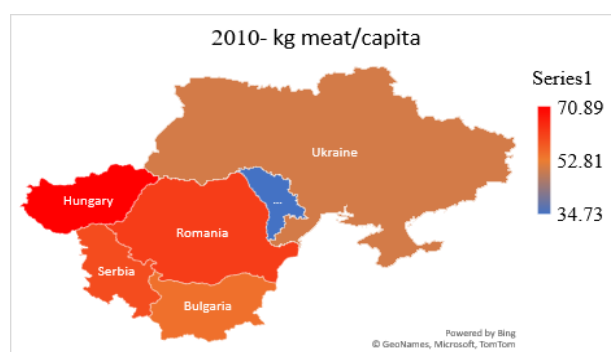


Figure 3. Meat supply/capita in 2010

Source: Authors own adaptation by [11]

In 2015, the third presented year, as before, the country of Hungary ranks the first in terms of meat consumption, with 73,86 kg. In the second place, at a difference of 7,78 kg, is again the country of Romania, with 66,08 kg meat/capita. In the third place, at a difference of approximatively 2 kg is Serbia, with 65,97 kg meat/capita. The ranking continues as previously, and in the fourth place, with a quantity smaller with 11,16 kg, is the country of Bulgaria, with 54,81 kg meat/capita. In the fifth place is Ukraine with 48,2 kg meat/capita and in the end, Moldova has the smallest quantity, precisely 43,14 kg meat/capita. (Figure 4)

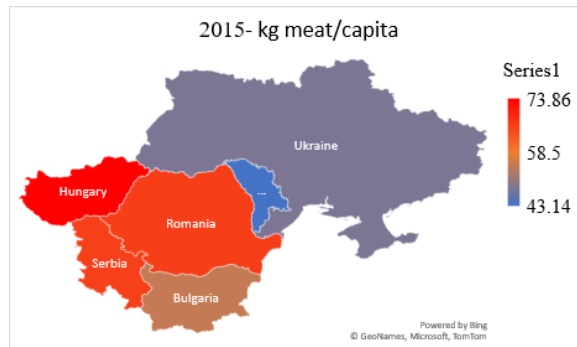


Figure 4. Meat supply/capita in 2015

Source: Authors own adaptation by [11]

In 2020, the last analyzed year, the country of Hungary ranks the first regarding meat consumption, with 82,16 kg. This time, in the second place, with a quantity smaller with 9 kg, is the country of Serbia, which has 73,16 kg meat/capita. In the third place, with a smaller quantity with 7,47 kg is the country of Romania, which has 65,69 kg meat/capita. In the fourth place, is the country of Bulgaria, with an amount decreased with 9 kg, respectively with 56,69 kg meat/capita. In this year, in fifth place, is Moldova with 50,49 kg meat/capita and at a small difference comes Ukraine with the the smallest quantity of meat, respectively 49,29

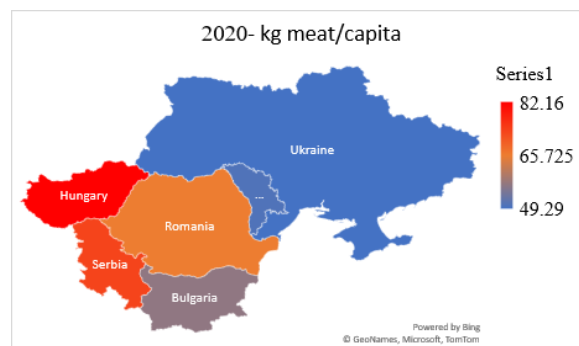


Figure 5. Meat supply/capita in 2020

Source: Authors own adaptation by [11]

CONCLUSIONS

In terms of meat consumption in Europe, in 2000 it was 70,14 kg meat/capita, and in the next presented year it increased by 3,25 kg, being 73,39 kg of meat/capita. 2005 is the year with the most decreased quantity of all the analyzed years. In 2010 with a quantity higher with 3,19 kg compared to 2005, the amount is 76,58 kg of meat/capita, this year registering the highest value. In 2015, with a quantity decreased with 0,8 kg compared to

2010, it accounts 75,78 kg meat/capita. In the last year, 2020, the quantity increased with 0,04 kg compared to 2015, being 75,82 kg meat/capita.

As previously presented, in the course of 20 years, the amount of meat/capita consumed in Europe has not remained constant, oscillating between 70,14 kg and 76,58 kg. The fact that this quantity increased by almost 5 kg from 2000 to 2020 is an alarming concern and this fact can raise more problems and issues regarding the greenhouse gas emissions, the deforestation and biodiversity loss, the water and soil impact, the dependence of imports and other economic and social problems. It is important to emphasize that it is not necessarily required to completely give up meat consumption, but to consume responsibly and include in the diet a variety of protein sources, including vegetable alternatives.

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