

# Why to eat Rabbit Meat ?



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**INDIAN COUNCIL OF AGRICULTURAL RESEARCH**

ICAR Research Complex for N.E.H. Region

Tripura Centre, Lembucherra - 799 210

West Tripura

## Why to eat Rabbit Meat ?

- ▶ It is one of the best white *i.e* totally lean meat available in the market.
- ▶ Rabbit meat is very tender and juicy.
- ▶ The organoleptic test has indicated that it is the most delicious meat.
- ▶ There is no religious taboo or social stigma attached to the consumption of this meat.
- ▶ This meat is having high percentage of easy digestible protein.
- ▶ It contains least fat among the all-available meat.
- ▶ Rabbit meat has less calorie value.
- ▶ It contains high amount of polyunsaturated fatty acids, which are not detrimental to our heart.
- ▶ Rabbit meat is almost "**Cholesterol free**" and therefore heart-patient can eat this meat instead of other meat available in the market.
- ▶ Sodium content is comparatively less.
- ▶ As this meat has comparatively less fat, cholesterol and sodium, so it is not harmful for the heart-patient.
- ▶ Calcium and phosphorus contents are more than the other meats.

- ▶ Highest nicotinic acid (13 mg/kg meat) containing meat.
- ▶ Usually a commercial rabbit yields between 60-65 per cent dressed out meat which means consumer gets higher percentage of meat from a live one.
- ▶ Ratio of meat to bone is high (5: 1.2) and this ratio is higher than chicken. About 70 per cent of carcass is composed of edible meat compared to about 50 per cent in the chicken.
- ▶ Rabbit meat dose not have a strong flavour and is comparable to chicken but not identical.
- ▶ This meat could be suitable for consumption in the existing climate of Tripura.
- ▶ It is easily digestible, suitable for aged people and nutritive both in hot as well in cold weather.
- ▶ Rabbit meat, popularly termed as '**Game**', considered as delicacy by virtue of its high palatability and nutritive value.
- ▶ Rabbit meat and meat-product have tremendous potential to become popular as delicate items in future.

*Due to excellent quality, taste, healthy, delicately flavoured and appetizing nature, rabbit meat is now becoming more popular among the people of all communities.*

## Comparative nutritional values of different meats

Meat	Protein (%)	Fat (%)	Moisture (%)	Cholesterol (mg/100g)	Sodium (mg/100g)	Calcium (mg/100g)	Phosphorus (mg/100g)
<b>Rabbit</b>	<b>21</b>	<b>11</b>	<b>68</b>	<b>50</b>	<b>40</b>	<b>20</b>	<b>350</b>
Beef	16	28	55	95-125	65	12	195
Pork	12	45	42	110	70	10	195
Chicken	20	11	67	60	70	10	240
Chevon	15	15	60	85-95	75	10	165



## Different cuts of rabbit meat

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