Why to eat Rabbit Meat?

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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 caloric 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.

Comparative nutritional values of different meats

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

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 does 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.
Different cuts of rabbit meat

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