



BEEF CONSUMPTION IN HUNGARY

SANDOR ADAM GESZTI, DANIEL ANTAL, KAROLY BODNAR

Hungarian University of Agriculture and Life Sciences, Szarvas, Hungary

Abstract: *The importance of beef worldwide stands out among red meats. The work examines the situation of beef production and consumption, changes in consumer habits and attitudes, as well as factors influencing Hungarian consumption. The perception of the meat of Hungarian gray cattle in Hungarian consumption is also affected. Nowadays, meat from beef cattle breeds is hardly available in domestic stores, the dominance of the Holstein-Friesian breed is typical. However, consumption, which was not too high before, fell significantly in the last two years as a result of inflationary price increases.*

• Introduction

The nutrients of meat are essential for our vital functions, they are very important sources of protein, fat, vitamins and minerals. The composition and quality of the meat are greatly influenced by the rearing conditions. The meat of farm animals reared in natural conditions means better quality and greater food safety for the consumer.

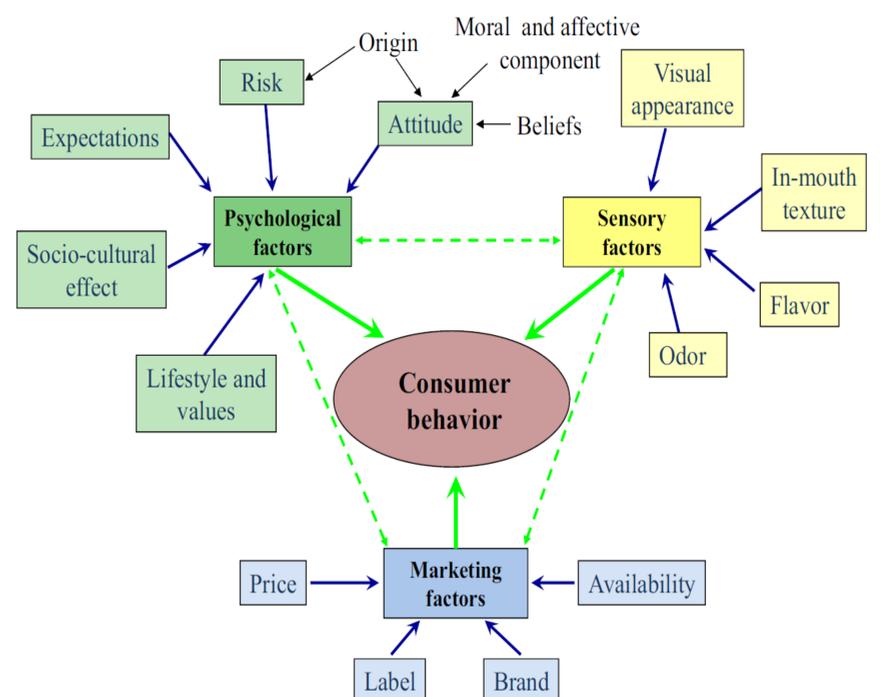
Meat is one of our most important sources of protein. During the evolution of humans, body sizes also developed differently depending on the level of protein intake. The complete protein content of meats is between 15-22 g/100 g. In case of protein deficiency, resistance to diseases weakens and the function of the immune system decreases. The leaner the meat, the higher its protein content. The meat parts of young animals (regardless of the animal) are easier to digest.

• Material and method

The present work is based on research results presented in the Hungarian and international scientific journals. The examination of the previous data of the researchers of the topic serves the preparation of a research project that is about to start.

• Results and discussions

Beef is rich in protein, its average protein content is between 19-22%. From a biological nutritional point of view, the amino acid composition is important, because the essential amino acids (tryptophan, lysine, methionine, phenylalanine, threonine, valine, leucine, isoleucine) are essential for cell renewal. Meat contains large amounts of vitamins B₁, B₂, B₆, B₁₂, A and D. Vitamin B₁₂ should be emphasized: without eating meat, our daily needs cannot be covered by our diet.



Main factors affecting consumers' behaviour

• Conclusions

According to the majority of sources, the consumption of beef has many positive effects on the consumer. By consuming beef in moderation, but regularly, we can get valuable nutrients from natural sources. In Hungary, unfortunately, the gastronomic culture also neglects it somewhat, and the decrease in the ability of consumers to pay in recent years has also significantly reduced demand.