

Mineral Content in Plant-based vs. Meat Burgers

Ospina Zeaki*

Department of Preventive Medicine and Public Health, University of the Basque Country (UPV/EHU), 01006 Vitoria, Spain

Introduction

The modern food landscape is evolving rapidly, with a growing emphasis on sustainable and health-conscious eating. Plant-based diets have gained popularity for their perceived benefits, including reduced environmental impact and potential health advantages. As a result, plant-based alternatives to traditional meat products, such as plant-based burgers, have become prevalent in the market. These meatless burger options often claim to provide the taste and texture of traditional meat burgers while offering potential health benefits. This study aims to investigate the mineral content in plant-based burgers compared with meat burgers, shedding light on the nutritional aspects of these alternative food products and providing valuable insights into their dietary implications [1].

Description

Plant-based burgers are designed to mimic the sensory attributes of meat, making them appealing to both vegetarians and omnivores. These products typically use a variety of plant-based ingredients, such as legumes, grains and vegetable proteins, to replicate the taste, texture and appearance of meat. Understanding the mineral content of plant-based burgers and how it compares to that of traditional meat burgers is essential for evaluating their nutritional value. Minerals are essential nutrients that play a crucial role in various physiological functions, including bone health, nerve function and overall well-being. Key minerals, such as iron, zinc, calcium and magnesium, are vital for the human diet [2,3]. Therefore, assessing the mineral content of plant-based burgers is an important aspect of understanding their nutritional profile and their potential to meet daily dietary requirements. This study involves a comprehensive analysis of the mineral content in plant-based burgers and traditional meat burgers. It examines the concentrations of essential minerals, including iron, zinc, calcium and magnesium, in both product types. Additionally, the study explores the bioavailability of these minerals in each burger type, as bioavailability is a crucial factor in determining the extent to which the minerals can be absorbed and utilized by the human body [4,5].

Conclusion

In conclusion, the assessment of mineral content in plant-based burgers compared with meat burgers provides valuable insights into the nutritional aspects of these alternative food products. The findings from this study offer a better understanding of the mineral profiles of these burgers and their potential to contribute to daily dietary mineral intake. While plant-based burgers have gained popularity as a sustainable and health-conscious choice, their mineral content may differ from that of traditional meat burgers.

Assessing and comparing the mineral content is a crucial step in evaluating the nutritional value of plant-based alternatives. Further research and dietary guidelines can help individuals make informed decisions regarding their dietary choices, considering not only taste and texture but also the overall nutritional composition of these products.

Acknowledgement

None.

Conflict of Interest

None.

References

1. Willett, Walter, Johan Rockström, Brent Loken and Marco Springmann, et al. "Food in the Anthropocene: The EAT-Lancet Commission on healthy diets from sustainable food systems." *Lancet* 393 (2019): 447-492.
2. Craig, Winston J. "Health effects of vegan diets." *Am J Clin Nutr* 89 (2009): S1627-S1633.
3. Craig, Winston J. "Iron status of vegetarians." *Am J Clin Nutr* 59 (1994): S1233-S1237.
4. Tomova, Aleksandra, Igor Bukovsky, Emilie Rembert and Willy Yonas, et al. "The effects of vegetarian and vegan diets on gut microbiota." *Front Nutr* 6 (2019): 47.
5. Tonheim, Live Edvardsen, Synne Grouffh-Jacobsen, Tonje Holte Stea and Sigrun Henjum. "Consumption of meat and dairy substitute products amongst vegans, vegetarians and pescatarians." *Food Nutr Res* 67 (2023).

*Address for Correspondence: Ospina Zeaki, Department of Preventive Medicine and Public Health, University of the Basque Country (UPV/EHU), 01006 Vitoria, Spain, E-mail: ozeaki@yahoo.com

Copyright: © 2023 Zeaki O. This is an open-access article distributed under the terms of the creative commons attribution license which permits unrestricted use, distribution and reproduction in any medium, provided the original author and source are credited.

Received: 03 July, 2023, Manuscript No. VTE-23-118575; **Editor Assigned:** 05 July, 2023, PreQC No. P-118575; **Reviewed:** 17 July, 2023, QC No. Q-118575; **Revised:** 22 July, 2023, Manuscript No. R-118575; **Published:** 31 July, 2023, DOI: 10.37421/2376-1318.2023.12.268

How to cite this article: Zeaki, Ospina. "Mineral Content in Plant-based vs. Meat Burgers." *Vitam Miner* 12 (2023): 268.