

SPECIAL FEATURE

ROLE OF MEAT IN SPORTS NUTRITION

More
**EXCITING
READS INSIDE**

The Hidden Forces
Behind What We Eat:

Biology, Culture,
and Choice

! Why people love meat?



Dive into the sizzling pages of Meat Insider, where every issue is a tender journey through the finest cuts, the juiciest news, and the most savory stories from the heart of Al Mawashi.

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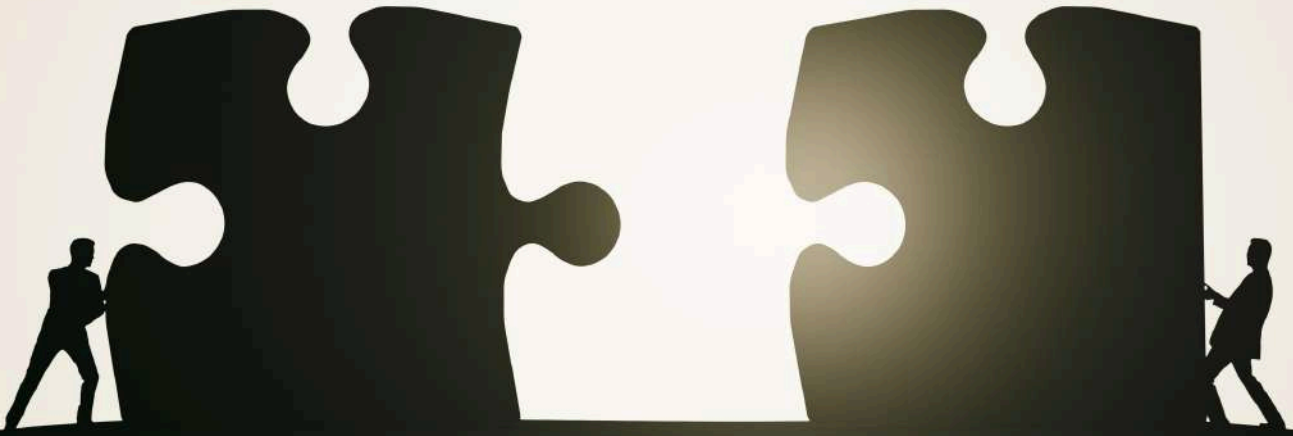
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BEHIND THE CURTAINS



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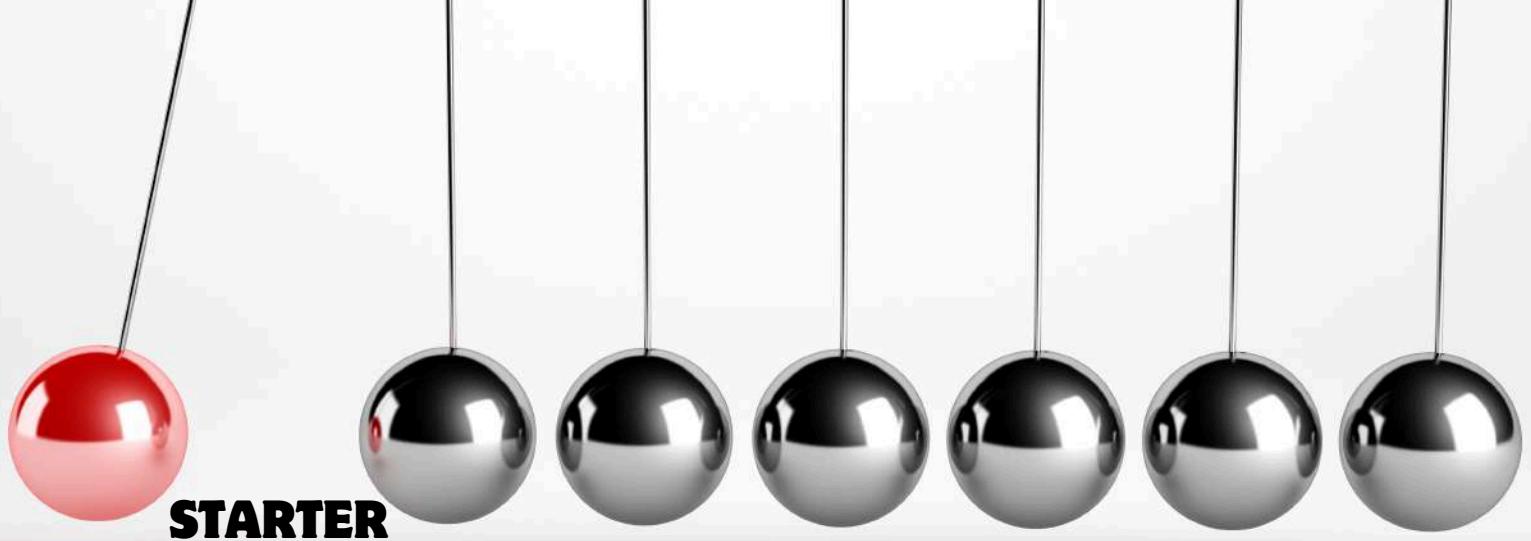
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Al Mawashi Soccer Team, UAE



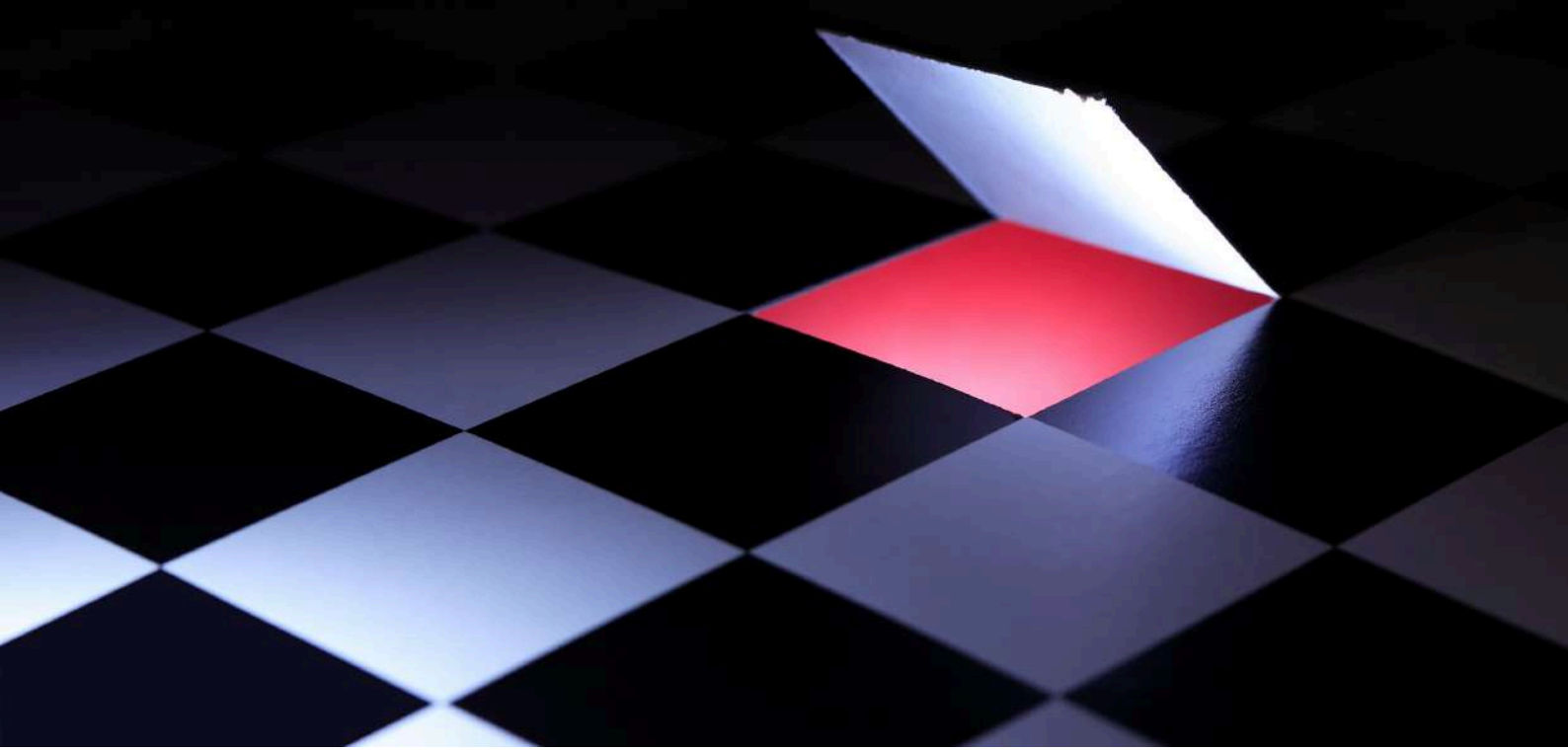
Fostering a Collaborative and Growth-Oriented Culture at Al Mawashi

At Al Mawashi, we believe that our employees are the cornerstone of our success. As a leading company in the UAE, specializing in livestock trading and food processing, we pride ourselves not only on delivering high-quality products but also on cultivating a work environment that fosters innovation, teamwork, and personal development.

As we continue to grow, the HR team remains committed to enhancing our company culture, ensuring that Al Mawashi remains a great place to work. By prioritizing our employee's development and well-being, we are confident that we will continue to meet and exceed the expectations of our clients, partners, and the community.

Together, we will build a brighter future, driven by innovation, collaboration, and a shared commitment to excellence.

Shadi Masoud



INTRODUCTION

By Fatima Zareen

Welcome to the Third edition of Meat Insider!

As the seasons change and the world of sports heats up, we're thrilled to bring you a special feature dedicated to the vital role of meat in sports nutrition.

In this edition, we dive deep into the synergy between high-quality protein and athletic performance, exploring how meat is not just a staple on the plate but a powerhouse for peak physical fitness.

As athletes and fitness enthusiasts strive to optimize their performance and recovery, the demand for high-quality, nutrient-dense protein sources has never been greater. Meat, with its rich supply of essential amino acids, vitamins, and minerals, stands at the forefront of sports nutrition, fueling the ambitions of those who push their bodies to the limit.

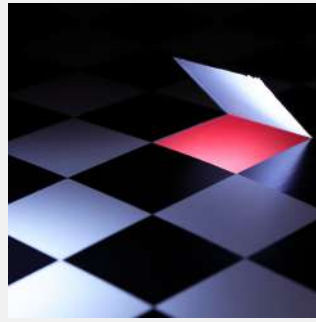
Alongside our special feature, we'll bring you the latest news and updates from across the Al Mawashi network as well as other topics.

Thank you for being a part of the Meat Insider community. We hope you find this edition both informative and inspiring!

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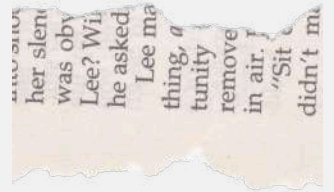
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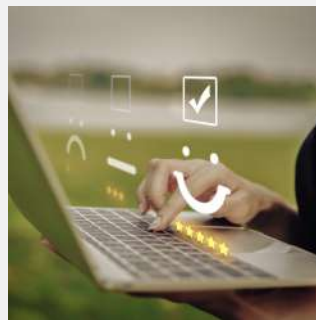
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at Al Mawashi to
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Fun Fact



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The Hidden Forces Behind What We Eat: Biology, Culture, and Choice

Once upon a time, Alezz and his younger sister, Al Joud, sat on a sunny afternoon eating lunch. Alezz, now a teenager, had developed a strong preference for meat, always piling his plate with extra servings. Al Joud, though she enjoyed meat too, didn't eat as much of it and often picked lighter dishes like salads. This difference had started a few years ago, around the time Alezz hit puberty. He was growing taller and stronger, and his body craved more protein, which made meat his favorite food.

Their parents told them that this wasn't uncommon. Boys like Alezz, as they grow older, tend to eat more meat compared to girls like Al Joud. They explained that this starts in childhood but becomes more noticeable during adolescence and early adulthood. Part of the reason is that boys' bodies need more protein to build muscles during these growth stages, while girls are often encouraged to focus on balanced, lighter diets. Alezz felt proud of his newfound strength and bigger appetite, while Al Joud embraced her balanced meals, choosing variety over quantity.



But it wasn't just biology shaping these choices. Cultural norms played a part too. Their father said that society often associates meat with masculinity and strength, encouraging boys to eat more of it. Meanwhile, girls are often taught to eat more health-conscious foods.

Alezz and Al Joud learned something important that day. While their different diets were shaped by biology, it was also the world around them that influenced their choices. The moral of their story was clear: **"We are shaped by nature and nurture, but the power to choose remains ours."** Society might guide them in certain directions, but being aware of those influences would help them make choices that are best for themselves.



EVENTS AND HAPPENINGS

Al Mawashi Kuwait Opens its 36th Branch at Salmiya Cooperative Society



Al Mawashi Kuwait celebrated the grand opening of its 36th branch at the Salmiya Cooperative Society. The inauguration was graced by prominent figures including Mr. Hamoud Zaid Mubarak Al-Qurayan, Chairman of the Board, Mr. Khaled Nasser Abdullah Al-Dosari, Chairman of the Social Committee, and Mr. Omar Mohamed Yusuf Al-Siddiqi, Secretary of the Salmiya Association. The new branch is set to enhance the community's access to premium meat products, continuing Al Mawashi's commitment to quality and service excellence.



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EVENTS AND HAPPENINGS



Al Mawashi Soccer Team - UAE

A Triumph of Tenacity and Team Spirit

Al Mawashi ST(UAE) team has taken friendly matches to a whole new level with their unmatched aggressiveness and determination. With each game, our players showcase a fierce commitment to winning, embodying the true spirit of competition and teamwork. Their relentless drive and tactical prowess have not only secured impressive victories but also fostered a strong sense of camaraderie among the team. From intense defensive maneuvers to strategic attacking plays, our team's performance exemplifies their dedication and skill. They don't just play; they compete with passion and heart.

Exciting News! Braai Opening



Al Mawashi Braai at Mushrif Park Dubai is set to reopen for the new season in mid-October! Get ready to experience our signature grills, premium cuts, and the warm, welcoming atmosphere you love. Perfect for family gatherings, corporate events, and friendly get-togethers, Al Mawashi Braai is your go-to destination for an unforgettable outdoor BBQ experience. Mark your calendars and stay tuned for more updates as we gear up for another fantastic season of delicious food and great memories!



EVENTS AND HAPPENINGS

Meat Queens: Empowering Women in the Kingdom of Flavor

Announcing the ladies-only club - Meat Queen for talented ladies at Al Mawashi UAE designed to foster creativity, camaraderie, and skill-building. Each month, one talented colleague takes the lead in organizing a unique activity that showcases her skills, This initiative not only celebrates individual talents but also strengthens team bonds and encourages a supportive environment for women in the workplace.

Whether it's a skill building workshop, an energetic gym session, or an educational masterclass, Meat Queen is about celebrating the diverse strengths of the women in our company while building a supportive and collaborative environment where every woman can shine.

Meat Queen is where creativity reigns, and collaboration thrives.



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By



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Best meat for all

We are excited to announce that Foodcraft by Emirates Flight Catering is now available at Al Mawashi! You can now shop their premium products both in www.almawashistore.com and on our app. Enjoy a wide range of high-quality food items crafted with the excellence and precision that Emirates Flight Catering is known for. Visit our online store today or order through the Al Mawashi app to experience the best of Foodcraft right at your doorstep.



Chef's Corner - Recipe

Lamb Maklouba with Eggplants

Ingredients:

- 1 kg lamb meat with bone
- 1 kg short-grain rice
- 500 g red onion, chopped
- 500 g tomatoes, chopped
- 2 kg large eggplants, sliced
- 5 g cardamom powder
- 10 g black pepper
- 5 g cinnamon powder
- 10 g allspice
- 5 g seven spice blend
- 1 Maggi cube
- 5 g turmeric powder
- Salt to taste
- 125 ml corn oil
- 50 ml ghee

Instructions:

1. Prepare the Lamb and Onion Base:
 - Heat a large pot or cooker over medium heat. Add the chopped red onions and a little corn oil (or any available oil).
 - Add salt to the onions and sauté until they become transparent.



2. Cook the Eggplants:

- Add the sliced eggplants to the pot with the onions. Sauté until the eggplants are soft and fragrant, absorbing the flavors from the onions.
- Add the chopped tomatoes to the pot and stir continuously.
-

3. Add Spices and Rice:

- Stir in all the spices (cardamom, black pepper, cinnamon, allspice, seven spice, turmeric) and mix well.
- Add the rice to the pot and continue stirring until the rice absorbs the flavors.





Chef's Corner - Recipe

4. Add Water and Simmer:

- Pour in enough boiling water to cover the rice. Let the mixture boil on high heat for about 5 minutes.
- Reduce the heat to low and simmer until the rice is 75% cooked.

5. Layer and Cook the Maklouba:

- In a separate pot, layer the bottom with a small amount of the partially cooked rice.
- Add a layer of lamb meat on top of the rice, followed by a layer of eggplant slices.
- Repeat the layers until all the ingredients are used, finishing with a layer of rice on top.

6. Final Cooking:

- Close the pot with a tight-fitting lid and cook on low heat for about 15 minutes.
- Once done, carefully invert the pot onto a serving dish to reveal the layers of lamb, eggplants, and rice.



7. Serve:

- Serve the Lamb Maklouba hot, garnished with your choice of toppings, if desired.





For the Love of Meat!



Whether you are a fan of a perfectly cooked steak, tender ribs, or a deliciously seasoned burger, there are countless ways to indulge in and celebrate your love for meat. Understanding where your meat comes from and how it is raised can deepen your appreciation. Look for high-quality, ethically sourced meat for the best flavor and texture.

Red meat has been an important part of the human diet throughout human evolution. The role of red meat in relation to satiety and weight control, in a healthy and varied diet may help weight loss as part of an energy-reduced diet. When you eat foods that are high in nutrients like red meat it makes you feel fuller. These foods also help to keep your blood sugar levels normal and sustain your energy levels for longer periods of time.

Meat is a complete protein, and a valuable source of key nutrients like iron, zinc, and vitamin B12. These nutrients are essential at every stage of life, and difficult to get from plant-based foods. In fact, gram-for-gram, beef is more nutrient dense and more economical than many other protein foods. A healthy balanced diet can include protein from meat, as well as from fish and eggs or non-animal sources such as beans and pulses.

Meat is a rich source of various nutrients essential for health, but its nutritional profile can vary depending on the type of meat and how it is prepared. Here is a general overview of the key nutrients found in meat:

Protein

Essential for building and repairing tissues, making enzymes and hormones, and supporting immune function. Meat is a high-quality protein source, providing all essential amino acids. Protein found in beef and other meats are referred to as “complete” proteins because they contain appropriate levels of all the essential amino acids required for human nutrition.

Vitamins

Vitamin B12 - Important for red blood cell formation, neurological function, and DNA synthesis. Found in considerable amounts in animal products.

Vitamin B6 - Involved in amino acid metabolism, neurotransmitter synthesis, and immune function.

Niacin (Vitamin B3) - Helps with energy production and DNA repair.

Riboflavin (Vitamin B2) - Supports energy production and cell function.

Minerals

Iron: Essential for oxygen transport in the blood. Meat contains heme iron, which is more easily absorbed than non-heme iron found in plant sources.

Zinc: Important for immune function, protein synthesis, and wound healing.

Selenium: Acts as an antioxidant and supports thyroid function.

Fat

Meat contains saturated fats and, depending on the type, can also contain monounsaturated and polyunsaturated fats.

Lean cuts of meat have less fat, while fatty cuts and processed meats can have higher fat content.

Cholesterol

Cholesterol is necessary for building cell membranes and producing hormones. However, elevated levels in the blood can be a risk factor for cardiovascular disease.

Creatine

Supports energy production in muscles and may enhance physical performance. Found in red meat.

Balancing meat consumption with a variety of plant-based foods can provide many of the same nutrients while potentially reducing health risks and environmental impact.

If you are considering changes to your diet, it might be helpful to consult with a healthcare provider or a nutritionist to ensure you are meeting your nutritional needs.



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By Fatima Zareen



The Role of Meat in Sports Nutrition

A Comprehensive Overview

Meat has long been recognized as an essential part of many diets, especially for athletes and active individuals. With its rich content of high-quality protein, essential vitamins, and minerals, meat plays a pivotal role in supporting athletic performance, muscle recovery, and overall health. This article delves into the nutritional significance of meat in sports nutrition, highlighting its key contributions to athletic performance, recovery, and long-term health benefits.

Special Feature

Contd.

Meat Insider

Protein: The Building Block for Muscle Recovery and Growth

Protein is crucial for athletes, as it aids in the repair, growth, and maintenance of muscle tissue, particularly after intense physical activity. Meat, especially lean cuts of beef, chicken, and turkey, provides high biological value (HBV) proteins that contain all the essential amino acids required for muscle protein synthesis. Research suggests that consuming protein-rich foods after exercise stimulates muscle repair and promotes muscle growth, critical for athletes involved in resistance training and endurance sports.

According to the International Society of Sports Nutrition (ISSN), athletes should consume between 1.4 to 2.0 grams of protein per kilogram of body weight daily, depending on the type and intensity of their activity. Lean meats provide an excellent source of this protein without excess fat, making them an ideal choice for maintaining muscle mass while controlling body fat levels.

Creatine: Boosting Strength and Endurance

Creatine, a compound naturally found in meat, is another key nutrient that enhances sports performance. It helps regenerate adenosine triphosphate (ATP), the energy currency of cells, during high-intensity activities like sprinting, weightlifting, and explosive sports.

By increasing creatine stores in the muscles, athletes can experience improvements in strength, power, and endurance. Studies have shown that creatine supplementation, alongside dietary sources from meat, can enhance muscle mass and strength during resistance training programs.

Iron and Zinc: Supporting Oxygen Transport and Immune Function

Iron and zinc are two vital minerals found abundantly in red meat that play critical roles in sports nutrition. Iron is essential for the formation of hemoglobin, the protein responsible for carrying oxygen in the blood. For endurance athletes, adequate iron levels ensure that muscles receive sufficient oxygen during prolonged exercise.

Athletes, particularly female and vegetarian athletes, are at higher risk of iron deficiency, which can lead to decreased performance and fatigue. Consuming red meat provides heme iron, the most bioavailable form of iron, which is absorbed more efficiently than non-heme iron found in plant-based foods.

Zinc, another important mineral found in meat, supports immune function, protein synthesis, and wound healing—all essential for athletes. Intense physical activity can suppress immune function, increasing the risk of illness.

Ensuring adequate zinc intake through foods like beef and lamb can help bolster the immune system and speed up recovery.

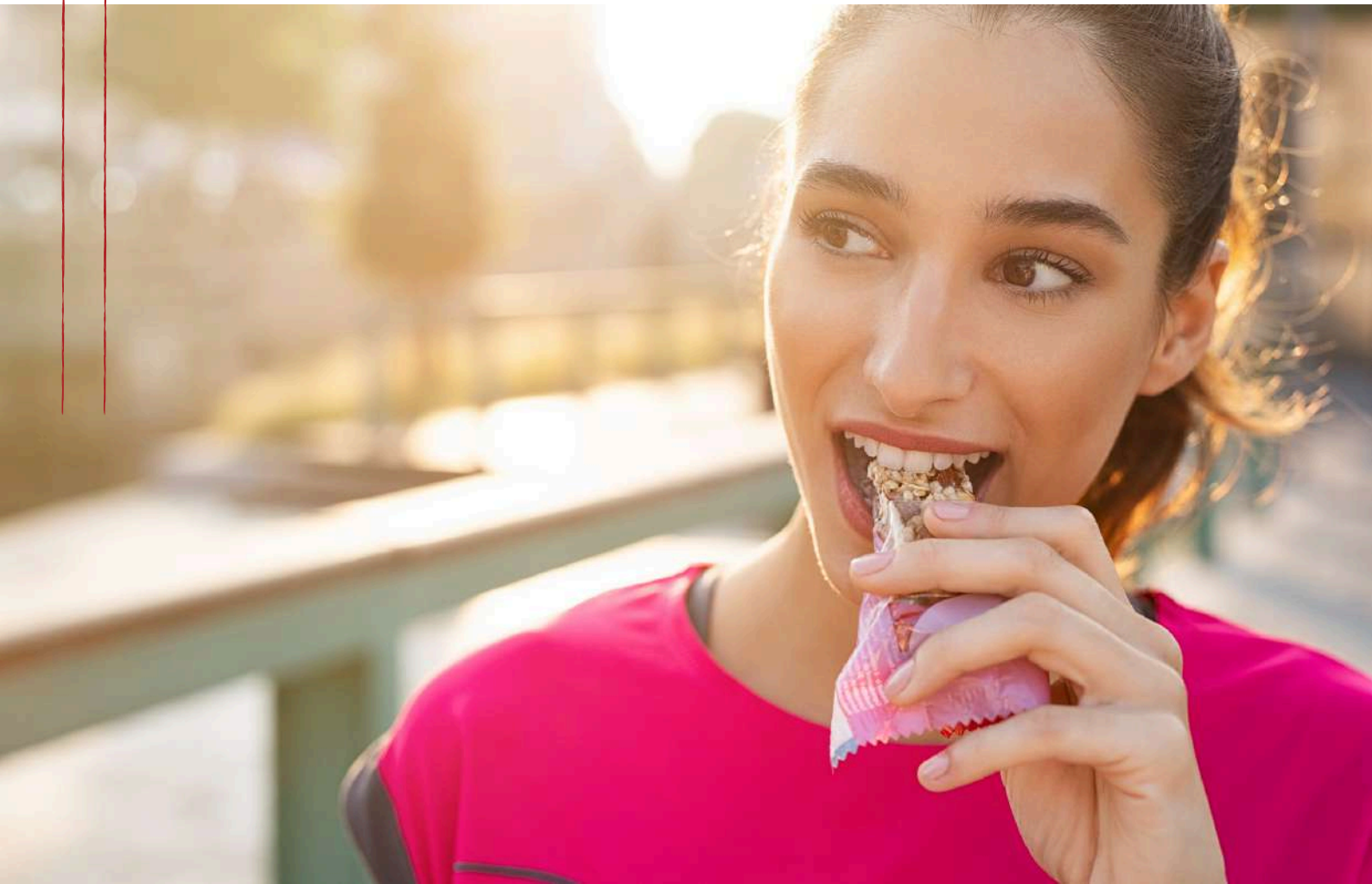
Vitamin B12: Vital for Energy Metabolism

Vitamin B12, predominantly found in animal products such as meat, is critical for energy metabolism. It aids in the conversion of food into energy, supports red blood cell formation, and ensures proper nerve function. Athletes with a B12 deficiency may experience fatigue, weakness, and impaired performance. Since vitamin B12 is not naturally present in plant-based foods, athletes who consume meat benefit from optimal levels of this vital nutrient to support energy production during training and competition.

Leucine: Enhancing Muscle Protein Synthesis

Leucine, one of the branched-chain amino acids (BCAAs), is a key regulator of muscle protein synthesis. Meat, particularly chicken and beef, is rich in leucine, which helps stimulate the muscle-building process post-exercise. Athletes aiming to maximize muscle recovery and growth benefit significantly from the leucine content found in meat. Studies have demonstrated that a higher leucine intake can lead to increased muscle protein synthesis, making it a crucial component of sports nutrition.





Practical Recommendations for Athletes

To optimize performance and recovery, athletes should incorporate a variety of meats into their diet, ensuring a balance between red and white meats for a well-rounded intake of protein, creatine, iron, and other essential nutrients. Some practical recommendations include:

- **Post-Workout Meal:** Consuming a lean meat source, such as grilled chicken or beef, with a balanced carbohydrate source (e.g., rice or sweet potatoes) helps replenish glycogen stores and repair muscle tissue.
- **Snacks:** Beef jerky or turkey slices can provide a convenient, high-protein snack between training sessions or events.
- **Meal Planning:** Athletes should prioritize lean cuts of meat to avoid excess saturated fat, focusing on skinless poultry, lean beef, and fish as part of their daily meals.

Conclusion

Meat plays an irreplaceable role in sports nutrition, offering high-quality protein, essential vitamins, and minerals that support muscle recovery, performance, and overall health. For athletes, including a variety of meats in their diet helps meet their increased nutritional needs, contributing to optimal performance, endurance, and long-term well-being.

By balancing the intake of different types of meat and combining them with other nutrient-dense foods, athletes can harness the full potential of this versatile food source.



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We are distinguished by the techniques and technologies that Bbayti uses to achieve its goal of reducing food waste.

The Importance of Reducing Food Waste and our vision in Bbayti Catering Services.

Reducing food waste is crucial for both environmental and economic reasons. Economically, reducing food waste can lead to significant cost savings. For households, it means spending less on groceries and reducing waste management costs.

For businesses, especially those in the food service and retail sectors, it translates into lower disposal costs and improved profitability.

More broadly, reducing food waste can enhance economic efficiency by making better use of resources such as land, water, and energy, which are used in food production. It can also reduce the financial burden on governments and municipalities in terms of waste management and environmental impacts.

Overall, addressing food waste not only helps conserve resources and reduce greenhouse gas emissions, but also promotes economic stability by making food systems more efficient and resilient.



At Bbayti Catering Services, we focus on:

Data-driven forecasting: We use advanced analytics to accurately predict food needs, reducing overproduction.

Menu Design: Our menus are flexible, allowing for adjustments based on seasonal availability and customer preferences. They are also of high quality and consistent with traditional dishes in a modern way.

Efficient Inventory Management: We carefully monitor and manage inventory to prevent overstock.

Food Donation Partnerships: We partner with local charities to donate food, such as the Food Bank and other charitable organizations.

Staff Training: We regularly train our team on waste reduction and effective practices.

Our Vision: We aim to be a leader in sustainable food delivery by continually innovating our practices to reduce waste, promote resource efficiency, and positively impact society and the environment.

Our environment is our life, so we are all responsible for it





Top five benefits of red meat for athletes

What Exactly Is Considered “Red Meat?”

Meats are separated into categories of either white or red depending on the amount of myoglobin found in the animal’s muscles. Red meat has high amounts of myoglobin and is harvested from mammals from the livestock category, including lamb, veal, beef, and pork

Five Reasons Why Athletes Should Eat Red Meat

Nutrition trends come and go. Red meat’s popularity has catapulted from one extreme to another over the years

1. Good Source of High-Quality Protein:

- Protein is an essential nutrient for all athletes.
- It is responsible for the maintenance and development of various muscle groups, bones, and other organs
- It has all nine essential amino acids that athletes need to repair muscle tissue and achieve optimum performance. Not to mention it plays an important role in keeping our immune system running
- Protein also helps transport and store other nutrients to different parts of the body

2. Satiety:

Do you often find yourself hungry after eating a full plate of steak and mash?

No, probably not!

Because red meat is rich in protein and amino acids, it takes the body longer to metabolize all its contents, keeping you feeling full for longer





Top five benefits of **red meat** for athletes

3. Great Source of Nutrients and Minerals:

Aside from protein, red meat is also a great source of other important minerals, such as zinc, vitamin B12, B3, and B6, iron, phosphorus, and more. Beef tallow, for example, is an exceptional natural source of nutrients like choline, vitamin D, vitamin E, and selenium

4. Healthy Fats:

Despite what popular belief says, red meat also contains healthy fat. Studies conducted on Australian beef and lamb have found that red meat does in fact have omega-polyunsaturated fats. It might not be as prominent as omega-3 from fish, but meat is not all bad fat.

Monounsaturated fats in beef are beneficial for supporting cardiovascular health. They can help maintain healthy cholesterol levels and provide a sustained source of energy, which is essential for longer-duration sports. Besides, most red meats nowadays contain lesser fats because of selective breeding.

5. Red Meat is Packed with Iron:

Recent research shows that athletes need 30% more iron than non-athletes. An estimated 30% of male athletes and 80% of female athletes may be iron deficient.

Red meat is packed with iron, which is essential in the production of hemoglobin.

Hemoglobin aids in the production of red blood cells, which help transport oxygen to different parts of the body. Oxygen is important in an athlete's recovery process during games, drills, and workouts.





Innovations and Improvements in Support Services

In the Support Service Department, we are constantly striving to enhance the experience for our customers, and this quarter has been no exception. We are excited to share some of the latest developments and ongoing projects that reflect our commitment to excellence and customer satisfaction.

The Braai Project: Simplifying Customer Experience

One of the most significant initiatives currently underway is the Braai Project. This project is designed to streamline the process for our customers to make reservations and order BBQ items. Recognizing the need for a more user-friendly system, our team is working diligently to ensure that customers can easily and efficiently make their selections without encountering any difficulties.

By leveraging technology and customer feedback, we aim to create a seamless experience that not only meets but exceeds customer expectations. The new system will allow customers to browse options, customize their orders, and finalize reservations with just a few clicks, making the entire process both intuitive and hassle-free.

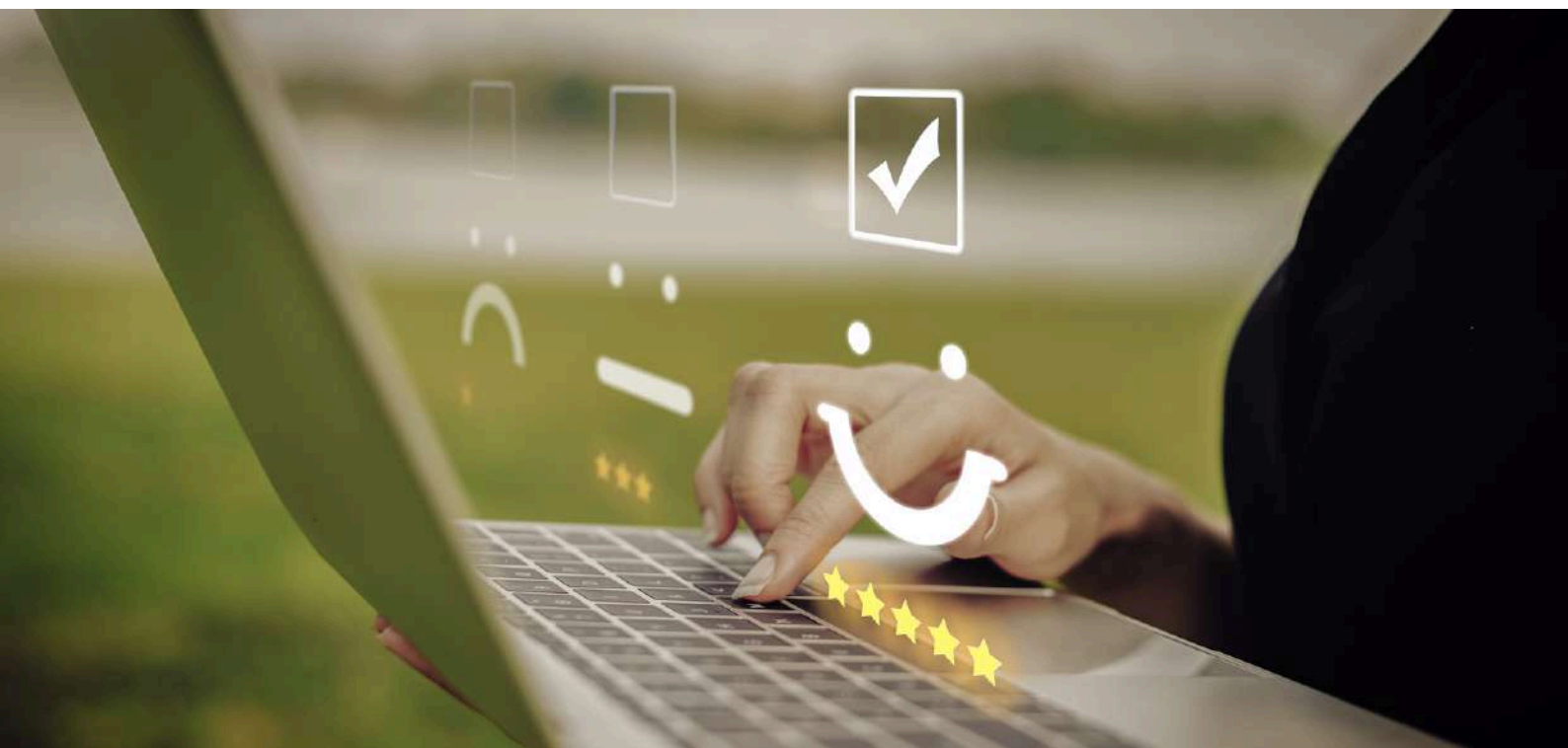
Reducing Errors and Enhancing Customer Satisfaction

In addition to the Braai Project, our department is also focusing on refining internal processes to minimize errors and avoid any delays or mistakes in orders. We understand that accuracy and timeliness are crucial to customer satisfaction, and we are committed to improving our operations to reduce complaints.

Our goal is ambitious but clear: to achieve zero complaints from our side during the session. To this end, we are implementing rigorous quality control measures, enhancing communication channels, and providing additional training to our team members. These steps are designed to ensure that every order is fulfilled correctly and delivered on time, every time.

Looking Ahead

As we continue to innovate and refine our processes, we are confident that these updates will lead to a better experience for our customers and a more efficient operation for our department. We are excited about the progress we are making and look forward to sharing more successes in the future.





Empowering our team at Al Mawashi to grow, succeed, and thrive - because our people are at the heart of everything we do."

Al Mawashi Company is an exceptional workplace where any employee can significantly impact his career satisfaction and success. We have an essential criteria that define us as a great work place, providing valuable insights for job seekers as well who seeks an environment that nurtures growth, prioritizes well-being, and fosters a positive work culture.

One of the most important criteria we have is the clear visionary leadership. Our management set a clear direction and guide their teams with purpose and authenticity. They invested in their employee's growth and development where every employee feels heard, respected, and valued creating a workplace where they can contribute their best work in an inclusive environment that fosters innovation, creativity, and collaboration. They are appreciated for their contributions and their achievements are recognized and celebrated creating a positive and motivating atmosphere.

We take in to consideration the balance between work and our employees personal life where we created supportive policies with flexible working hours to contribute in to a healthier and happier work environment. We prioritize the well-being of our employees that enhance their overall work experience. We created a workplace that cares for their holistic health that ensures a positive and supportive professional journey by providing them with healthcare coverage, wellness programs, and by involving them in various sports activities that suit their interests and enhance the spirit of bonding between them.

Al Mawashi has recently launched various employee engagement initiatives, including the formation of a company football team and a ladies-only club. The football team fosters camaraderie and teamwork through regular matches with other companies, promoting a healthy lifestyle aligned with the company's core values. Meanwhile, the ladies-only club offers a supportive and creative space where female employees can lead and participate in monthly activities, enhancing their professional and personal well-being. These clubs reflect Al Mawashi's commitment to creating a vibrant and inclusive work culture.

We have a great workplace that extends its impact beyond business goals. We are committed to social responsibility and sustainability. Aligning ourselves with an organization that values corporate social responsibility that allows to contribute to a broader purpose, adding meaning to your professional journey.

In essence, the benefits of working in a great place, like Al Mawashi Company, extend far beyond the office walls. Employees find themselves in an environment where their contributions are valued, their growth is nurtured, and their overall well-being is prioritized. These factors not only lead to professional success but also contribute to a fulfilling and enjoyable career journey!





Animal nutrition

Animal Nutrition is the study of food in the way that's are utilized in the animal body for the purpose of body maintenance, production and reproduction in the most efficient-way and economic manner.

Animal nutrition is one of the main component of animals feed and its play a vital role in the life of animals. It has direct effect on the health, growth, production and reproduction of animals.

The purpose of animal nutrition is to develop a relationship between nutrient intake and the response of the animals to it.

For a productive animals farm two things are most important Animals welfare and Animal Nutrition, both are directly affect the health and production of animals. Lack of implementation of best animals' welfare and improper animals' nutrition will adversely affect the performance and production of the animals.

The main components of animal nutrition are protein, carbohydrates, fats, minerals, vitamins and water.

Details of the nutritional components and its sources:

•**Proteins:** Essential for growth, repair, and maintenance of tissues.

Its sources are blood meal, bone meal, fish meal, meat meal, Soybeans, legumes (e.g., beans, lentils), nuts, and seeds.

•**Carbohydrates:** Primary source of energy.

Its sources are grains (Corn, wheat, oats, barley), Fruits and Vegetables (Potatoes, carrots, apples, bananas), Legumes (Beans, peas, lentils).





Nourish to flourish - balanced diets for healthier livestock.

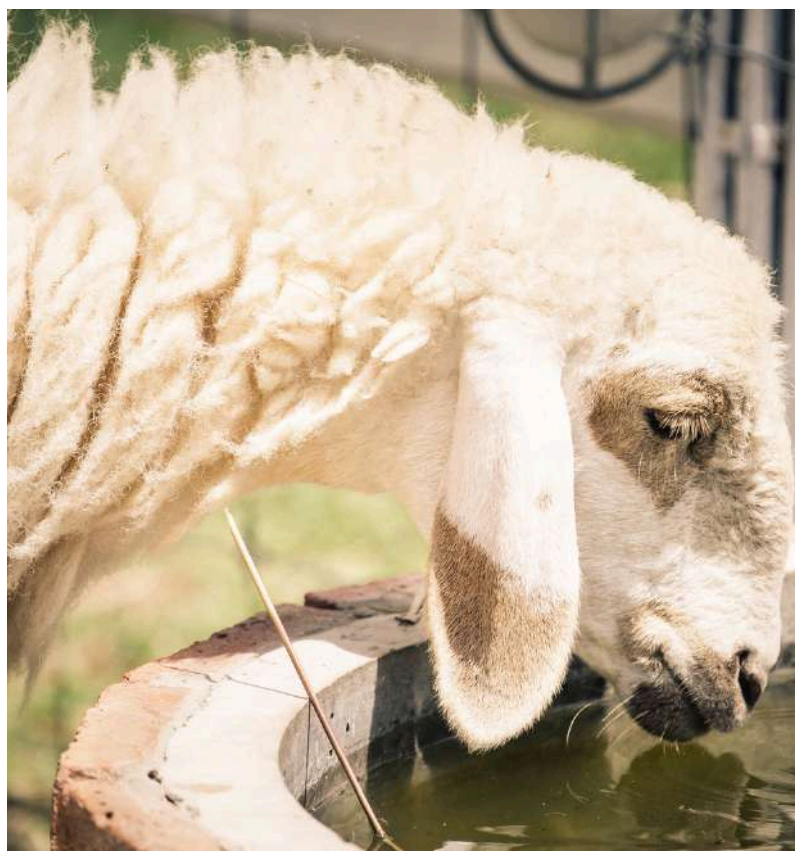
Fats: Supply energy, aid in the absorption of fat-soluble vitamins (A, D, E, K), and support cell structure.

It's found in Animal Sources such as Meat, fish oils, dairy fats and in Plant Sources such as Vegetable oils (e.g., soybean oil, canola oil), nuts, seeds (e.g., flaxseed, chia seeds)

Vitamins: Vital for various biochemical functions including metabolism, immune function, and cell repair. Vitamins are categorized into fat-soluble and water-soluble. Vitamins (A,D,E,K,B,C). It's found in Green forage, vegetables and in synthetic form.

Minerals: Important for bone health, nerve function, and enzyme activities. Its categorized in to macro (Ca, P, K, S, Na, Mg) and micro minerals (Fe, Zn, Cu, Mn, I, Se). Minerals are found in limestone, mineral salt blocks, grains, green forage.

Water: Vital for almost every physiological process. Help in the metabolic process, regulate body temperature, digestion, hydration and waste removal.





Tailored nutrition for every stage of growth

Beneficial effect of balance Nutrition:

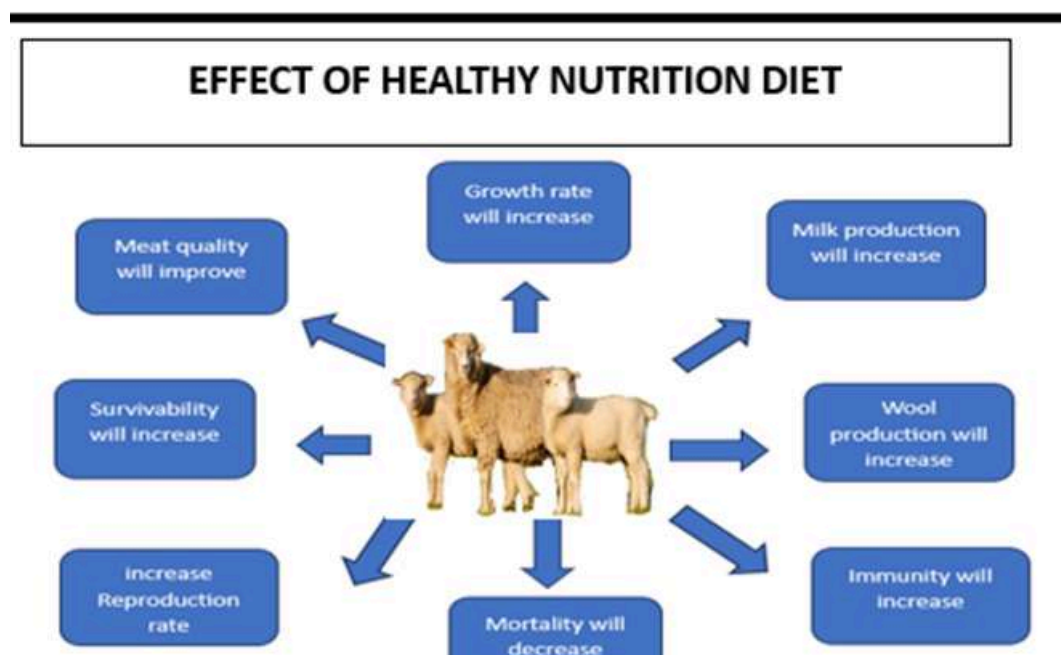
- Growth and Development: Adequate nutrition ensures proper growth in young animals and maintains health in adults.
- Reproductive Health: Balanced nutrition supports fertility and successful reproduction.
- Immune Function: Good nutrition strengthens the immune system, making animals less susceptible to diseases.
- Energy Levels: Properly balanced diets help maintain energy levels for daily activities.
- Coat and Skin Health: Nutrient-rich diets contribute to healthy skin and a shiny coat in animals.
- Bone Health: Adequate minerals, like calcium and phosphorus, are essential for strong bones and teeth.

Side effects of Poor Nutrition:

- Malnutrition: Can lead to stunted growth, weight loss, and weakened immune systems.
- Deficiencies: Lack of specific nutrients can cause diseases or health issues, like rickets (calcium deficiency) or anemia (iron deficiency).
- Obesity: Overfeeding or feeding inappropriate types of food can lead to obesity, which is associated with various health problems.
- Behavioral Issues: Poor diet can affect behavior, leading to issues like lethargy or aggression.

How to manage nutrition in animals ration ?

- Determine Requirements: Identify specific nutritional needs based on species, age, and production stage.
- Formulate Balanced Rations: Ensure a mix of energy, protein, fiber, vitamins, and minerals.
- Select Quality Feeds: Choose high-quality forages and concentrates, and avoid contaminants.
- Use Feeding Strategies: Implement methods like Total Mixed Ration (TMR) or precision feeding.
- Monitor Performance: Track growth, health, and production metrics regularly.
- Adjust as Needed: Modify rations based on performance data and changing needs.
- Consult Experts: Seek advice from nutritionists and veterinarians for optimal diet formulation.





Fun Fact

**The cutest sheep in the world:
Valais Blacknose.**



These exceptional – looking sheep originate in the mountains of the Valais French (French) or Wallis (German) area of Switzerland.

Valais has become the darling sheep of the rest of the world and has been dubbed “the world’s cutest breed”. In fact, often they don’t even look real and some people have mistaken them for well-crafted felt projects.





The Hidden Forces Behind What We Eat: Biology, Culture, and Choice

By Motaz Abusaaada

Ref:<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8619336/>

For the love of meat

By Elmarie Kriel

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The Role of Meat in Sports Nutrition By Fatima Zareen

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Top five benefits of red meat for athletes

By Sajid Aboobacker

Ref: weeklyathlete.com

Animal Nutrition

By Dr. Altaf Khan

Ref: · NRC Publications: Nutrient Requirements of Farm Animals (e.g., dairy, beef).

· Textbooks: Animal Nutrition by McDonald et al., Applied Animal Nutrition by Smith.

· University Extensions: Guidelines from institutions like Penn State Extension.

· Journals: Journal of Animal Science, Animal Feed Science and Technology.

· Feed Manufacturers: Resources from companies like Cargill or ADM.

· Online Tools: Tools like Dairy Comp 35 for practical ration management.

Fun Fact

By Fatima Zareen

Ref:<https://valaisblacknose.co.nz/the-breed/>

References



Let's Meat!

- Corporate Events
- Family Gatherings
- Friends Meetups



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