

## Notes when using frozen meat

Frozen meat is a favorite dish of many people. However, how to eat frozen meat to ensure your health is important to note the following.

Frozen meat is a dish that contains a lot of protein, fat makes people easy to eat and gain weight. So how must frozen meat eat and ensure your family's health? Here are some simple tips to help you enjoy this dish.

Frozen meat is an indispensable dish in every Lunar New Year of the Northern people, in the winter meat dishes contain lots of protein, fat makes people easy to eat and gain weight. Frozen meat is usually processed from ingredients such as pork, ear, and skin. These are ingredients that contain lots of bad cholesterol. In addition to the ingredients from pork, chicken and meat can also be processed into frozen meat.

When it comes to frozen meat, we will think of the fat and cool, making the meat become an attractive dish for many people. However, if the eastern meat is loaded into the body too much, it is easy to cause overweight, and also adversely affect those with a history of metabolic disorders.



According to experts, winter meat should and should not be combined with the following foods to ensure health.

## 1. Eat together onions and vegetables

On Tet holiday, dishes that often contain a lot of fat make you fast, so the onion will be a dish to help you resist boredom. Frozen meat and pickles are the couple that come together in the tray of Tet. Frozen meat has fatty properties, easy to get bored. Therefore, eating together onion, salted, kimchi will reduce the boredom and help the body digest meat more easily.

Besides melon you can also add green vegetables to enhance your body's vitamins and to limit the overcharge of protein.

## 2. Avoid eating rice with frozen meat

The habit of eating winter meat along with rice has become the "custom" of every family in every meal on Tet. However, this is a bad habit and should not be maintained because, when eating like that, it is difficult to control the amount of food you are putting into your body. This is an indirect cause of increased obesity.

## 3. Combine eating frozen meat and fruit

If on that day you are invited to eat too much and consume a lot of frozen meat, then it is best to add some fruits after meals. This is the best way to limit the amount of fat you consume.

Some fruits help absorb the amount of fat in foods such as papaya, plums and apples. They are high in fiber, vitamin C and natural acids that promote the metabolism of fats and proteins in food.

In addition, experts note that frozen meat must be preserved carefully in the refrigerator compartment, so it is divided into parts, avoiding rancid causing poisoning.

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