

REFERENCES

- Ahmad, M., Qureshi, S., Akbar, M. H., Siddiqui, S. A., Gani, A., Mushtaq, M., Hassan, I., & Dhull, S. B. (2022). Plant-based meat alternatives: Compositional analysis, current development and challenges. *Applied Food Research*, 2(2), 100154. <https://doi.org/10.1016/j.afres.2022.100154>
- Andreani, G., Sogari, G., Marti, A., Froldi, F., Dagevos, H., & Martini, D. (2023). Plant-based meat alternatives: Technological, nutritional, environmental, market, and social challenges and opportunities. *Nutrients*, 15(2), 452. <https://doi.org/10.3390/nu15020452>
- Beyond Meat. (2009). *Burger: Plant-based Burger Patties: Beyond Meat*. Vegan Burger Meat, Crumbles, & Sausages. <https://www.beyondmeat.com/en-US/products/the-beyond-burger>
- Bohrer, B. M. (2019). An investigation of the formulation and nutritional composition of modern meat analogue products. *Food Science and Human Wellness*, 8(4), 320–329. <https://doi.org/10.1016/j.fshw.2019.11.006>
- Bühler, J. M., Schlangen, M., Möller, A. C., Bruins, M. E., & van der Goot, A. J. (2021). Starch in plant-based meat replacers: A new approach to using endogenous starch from cereals and legumes. *Starch - Stärke*, 74(1–2), 2100157. <https://doi.org/10.1002/star.202100157>
- Coulston, A. M. (1999). The role of dietary fats in plant-based diets. *The American Journal of Clinical Nutrition*, 70(3). <https://doi.org/10.1093/ajcn/70.3.512s>
- Darrah, K. (2021, August 2). Seven plant-based food startups serving up vegan meat in Europe. Sifted. <https://sifted.eu/articles/plant-based-meat-startups>
- Faloye, O. R., Sobukola, O. P., Shittu, T. A., & Bakare, H. A. (2021). Influence of frying parameters and optimization of deep fat frying conditions on the physicochemical and textural properties of chicken nuggets from Funaab-alpha broilers. *SN Applied Sciences*, 3(2). <https://doi.org/10.1007/s42452-021-04249-5>
- Food Safety and Inspection Service*. The Color of Meat and Poultry | Food Safety and Inspection Service. (2013). <https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/color-meat-and-poultry>
- Fry Family Food. (2022, November 28). *Gluten free rice protein chia nuggets*. Fry Family Food ZA. <https://fryfamilyfood.com/za/our-food/rice-protein-chia-nuggets/>
- Geiker, N. R., Bertram, H. C., Mejborn, H., Dragsted, L. O., Kristensen, L., Carrascal, J. R., Bügel, S., & Astrup, A. (2021). Meat and human health—current knowledge and research gaps. *Foods*, 10(7), 1556. <https://doi.org/10.3390/foods10071556>

- Gofit foods, llc. (2015). Plant-based food products, compositions, and methods. United States.
- González, N., Marquès, M., Nadal, M., & Domingo, J. L. (2020). Meat consumption: Which are the current global risks? A review of recent (2010–2020) evidences. *Food Research International*, 137, 109341. <https://doi.org/10.1016/j.foodres.2020.109341>
- Good Food Institute. (2022, May 2). *Environmental benefits of plant-based meat products: GFI*. The Good Food Institute. <https://gfi.org/resource/environmental-impact-of-meat-vs-plant-based-meat/>
- Good Food Institute. (2023, April 11). *2023 outlook: The State of the plant-based meat category*. The Good Food Institute. <https://gfi.org/blog/2023-outlook-the-state-of-the-plant-based-meat-category/>
- Harvard T.H. Chan. (2021, July 6). *Nutrition Source: Coconut oil*. The Nutrition Source. <https://www.hsph.harvard.edu/nutritionsource/food-features/coconut-oil/>
- McClements, D. J., Weiss, J., Kinchla, A. J., Nolden, A. A., & Grossmann, L. (2021). Methods for testing the quality attributes of plant-based foods: Meat- and processed-meat analogs. *Foods*, 10(2), 260. <https://doi.org/10.3390/foods10020260>
- Michelle Braun, P. (2022, November 21). *The value and use of soy protein ingredients*. U.S. Soy. <https://ussoy.org/the-value-and-use-of-soy-protein-ingredients/>
- Miller, V., Reedy, J., Cudhea, F., Zhang, J., Shi, P., Erndt-Marino, J., Coates, J., Micha, R., Webb, P., Mozaffarian, D., Abbott, P., Abdollahi, M., Abedi, P., Abumweis, S., Adair, L., Al Nsour, M., Al-Daghri, N., Al-Hamad, N., Al-Hooti, S., ... Zohoori, F. V. (2022). Global, regional, and national consumption of animal-source foods between 1990 and 2018: Findings from the global dietary database. *The Lancet Planetary Health*, 6(3). [https://doi.org/10.1016/s2542-5196\(21\)00352-1](https://doi.org/10.1016/s2542-5196(21)00352-1)
- Plant-based Meat Nutrition Facts*. The Good Food Institute. (2022a, October 18). <https://gfi.org/resource/plant-based-meat-nutrition-facts/>
- PT. Garindo Food International. (n.d.). *Sausage Variants*. Brosur. Retrieved May 16, 2023.
- PT. Garindo Food International. (n.d.). *Regular Meatballs*. Brosur. Retrieved May 16, 2023.
- PT. Garindo Food International. (n.d.). *Beef Slices Variants*. Brosur. Retrieved May 16, 2023.
- PT. Garindo Food International. (n.d.). *Nuggets*. Brosur. Retrieved May 16, 2023.
- PT. Garindo Food International. (n.d.). *Chicken Karaage and Chicken Katsu*. Brosur. Retrieved May 16, 2023.
- PT. Garindo Food International. (n.d.). *Chorizo Sausage*. Brosur. Retrieved May 16, 2023.

Romão, B., Botelho, R. B., Torres, M. L., Maynard, D. da, de Holanda, M. E., Borges, V. R., Raposo, A., & Zandonadi, R. P. (2023). Nutritional profile of commercialized plant-based meat: An Integrative Review with a systematic approach. *Foods*, 12(3), 448. <https://doi.org/10.3390/foods12030448>

Ross, A., & Willson, V. L. (2017). Paired samples T-test. *Basic and Advanced Statistical Tests*, 17–19. https://doi.org/10.1007/978-94-6351-086-8_4

Ryan-Harshman, M., & Aldoori, W. (2006). New dietary reference intakes for macronutrients and fibre. *Canadian family physician Medecin de famille canadien*, 52(2), 177–179.

Sha, L., & Xiong, Y. L. (2020). Plant protein-based alternatives of reconstructed meat: Science, technology, and challenges. *Trends in Food Science & Technology*, 102, 51–61. <https://doi.org/10.1016/j.tifs.2020.05.022>

Shoaib, A., Sahar, A., Sameen, A., Saleem, A., & Tahir, A. T. (2018). Use of pea and rice protein isolates as source of meat extenders in the development of Chicken Nuggets. *Journal of Food Processing and Preservation*, 42(9). <https://doi.org/10.1111/jfpp.13763>

U.S Department of Agriculture. (2010). *Fooddata Central Search Results*. FoodData Central. <https://fdc.nal.usda.gov/fdc-app.html#/food-details/168580/nutrients>

U.S. Department of Agriculture. (2018). *Fooddata Central Search Results: Sunflower Oil*. FoodData Central. <https://fdc.nal.usda.gov/fdc-app.html#/food-details/1103867/nutrients>

World Health Organization. (2020). *Healthy diet*. World Health Organization. <https://www.who.int/news-room/fact-sheets/detail/healthy-diet>

World Health Organization. (2021). *New who factsheet: How can we tell if plant-based products are healthy?*. World Health Organization. <https://www.who.int/europe/news/item/22-12-2021-new-who-factsheet-how-can-we-tell-if-plant-based-products-are-healthy>