



# ROLES OF RABBIT MEAT IN STRENGTHENING FOOD SUPPLY IN AN ATTEMPT TO ALLEVIATE FOOD SHORTAGE FOR PARENTS AND CHILDREN

*Hartono P.*

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## **Roles of Rabbit Meat in Strengthening Food Supply in an Attempt to Alleviate Food Shortage for Parents and Children**

Pujo Hartono

*Direktorat Gizi, Kementerian Kesehatan*

### **ABSTRACT**

Data from Riset Kesehatan Dasar shows that Indonesia still have four major nutrition problems: protein-calorie malnutrition (PCM), vitamin A deficiency, iodine deficiency, and nutritional anemia. These problems are widespread throughout Indonesia, although regional, ecological and cultural differences that affect food availability and consumption. The most basic is inadequate intake of protein and calories, causing under nutrition problems like: wasting, stunting and under weight. Lack of protein in Indonesia is the result of a combination of factors, mainly inadequate production; availability and inequitable distribution of foods and insufficient awareness of nutritional needs, and poor food habits, due lack of nutritional education. BPS survey (2012) shows that food consumption of sereals in Indonesia reach 91.9% of recommended dietarry allowances (RDA) and fat 116% (more than RDA), protein and vegetable consumption less than RDA. Low purchasing power to buy a good quality of protein with low cost price compounded with low education and knowledge make the malnutrition problem in Indonesia became worst. In the same time some Indonesian people currently getting over weight till obese, due lack of nutrition education and wrong nutritional behavior (nutritional double burden problem). Nevertheless Indonesian community has a good habitual on consumption of carbohydrate, protein and vegetable, but less on quantity and quality – especially the protein and vegetable. Income, knowledge and food availability is the factors influence to the consumption. We have an opportunity to promote rabbit meat as high quality animal sources food as an alternative to overcome the high cost of beef meat. Rabbit meat is very good for health. Efficacy of rabbit meat can lower cholesterol and heart disease. Rabbit meat is an alternative food for people who have heart disease or high cholesterol relative. However, the rabbit has not been so popular. "In fact, the nutritional quality better than other meat," said Dr. Yono C Raharjo of Ciawi Livestock Research Center, Bogor. Low cholesterol and sodium content makes rabbit meat is highly recommended as a food for patients with heart disease, the elderly, and those with problems with excess weight.

**Key Words:** PCM, Deficiency, Rabbit Meat, Cholesterol

### **THE BENEFITS OF RABBIT MEAT**

1. The meat has a high percentage of easily digestible protein, good for elderly group and children on develop ages.
2. It contains the least amount of fat and cholesterol among all the other available meats.
3. Rabbit meat contains less calorie value than other meats, good for diet of overweight and obese people.
4. Rabbit meat is almost cholesterol free and therefore heart patient friendly.
5. The natrium content of rabbit meat is comparatively less than other meats.
6. The calcium and phosphorus contents of this meat or more than any other meats.
7. Rabbit meat with the many health benefits, likes increase men and women

vitality; prevent from cancer and alleviate the asthma syndrome.

8. Can overcome some health problems, like: infertility; increasing fertility and asthma medications.
9. Halal meat.

There are many health benefits to eating rabbit meat. It is healthy and cheap to produce.

### **NUTRITIONAL FACTS**

A 100 g portion of rabbit has an average of 150 kcal, is rich in vitamin B12 and high-quality proteins and is a good source of iron. Many women have iron deficiencies. Proteins are important building and maintenance materials for our bodies at any age.

A leg of rabbit has the leanest meat (about 4 g of fat per 100 g). The saddle and shoulders have slightly more fat (about 8 and 12 g of fat per 100 g respectively). With an average of around 8 g of fat per 100 g, rabbit is one of the leanest type of meat. In accordance with the guidelines for healthy food that is good for your figure, the leanest variants are preferred. It is best to limit the fat content by removing any fat you can see. Rabbit that is bought in cuts has already had the fat removed.

The limited amount of fat in rabbit consists for one third of saturated fatty acids and for almost two thirds out of cholesterol-friendly unsaturated fatty acids. Compared to many other types of meat, rabbit furthermore contains more heart-friendly omega-3 fatty acids. The favourable

composition of the fats and the delicate flavour of rabbit meat is partly the result of the balanced feed of the animals containing amongst other things alfalfa and linseed.

Bred rabbits are slaughtered young, when they are 12 to 13 weeks old. The meat of these young animals contains little collagen and is therefore tender, juicy and easy to digest. The meat also remains tender during preparation. That is why rabbit is an easily digestible piece of meat.

Since malnutrition become a problem in Indonesia and also food intake especially protein in Indonesia less than Indonesian standard, reach only 62,1% of Recommended Dietary Allowances (RDA). So rabbit meat is one of the good alternative protein, appropriate for parents and children.



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***The Role of Rabbit Meat in  
Strengthening Food Supply in an  
Attempt to Alleviate Food Shortage  
for Parents and Children***

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***Pujo HARTONO***

Directorate of Nutrition, Ministry of Health,  
Republic of Indonesia





## **OUT LINE**

- 1. BACKGROUND**
- 2. NUTRITION SITUATION IN INDONESIA**
- 3. NUTRITION CONSUMPTION IN INDONESIA**
- 4. THE ROLE/BENEFIT OF RABBIT MEAT FOR HEALT  
AND IMPROVING NUTRITIONAL STATUS**
- 5. CONCLUSIONS**



# Map of The Republic of Indonesia



Source : Bakosurtanal





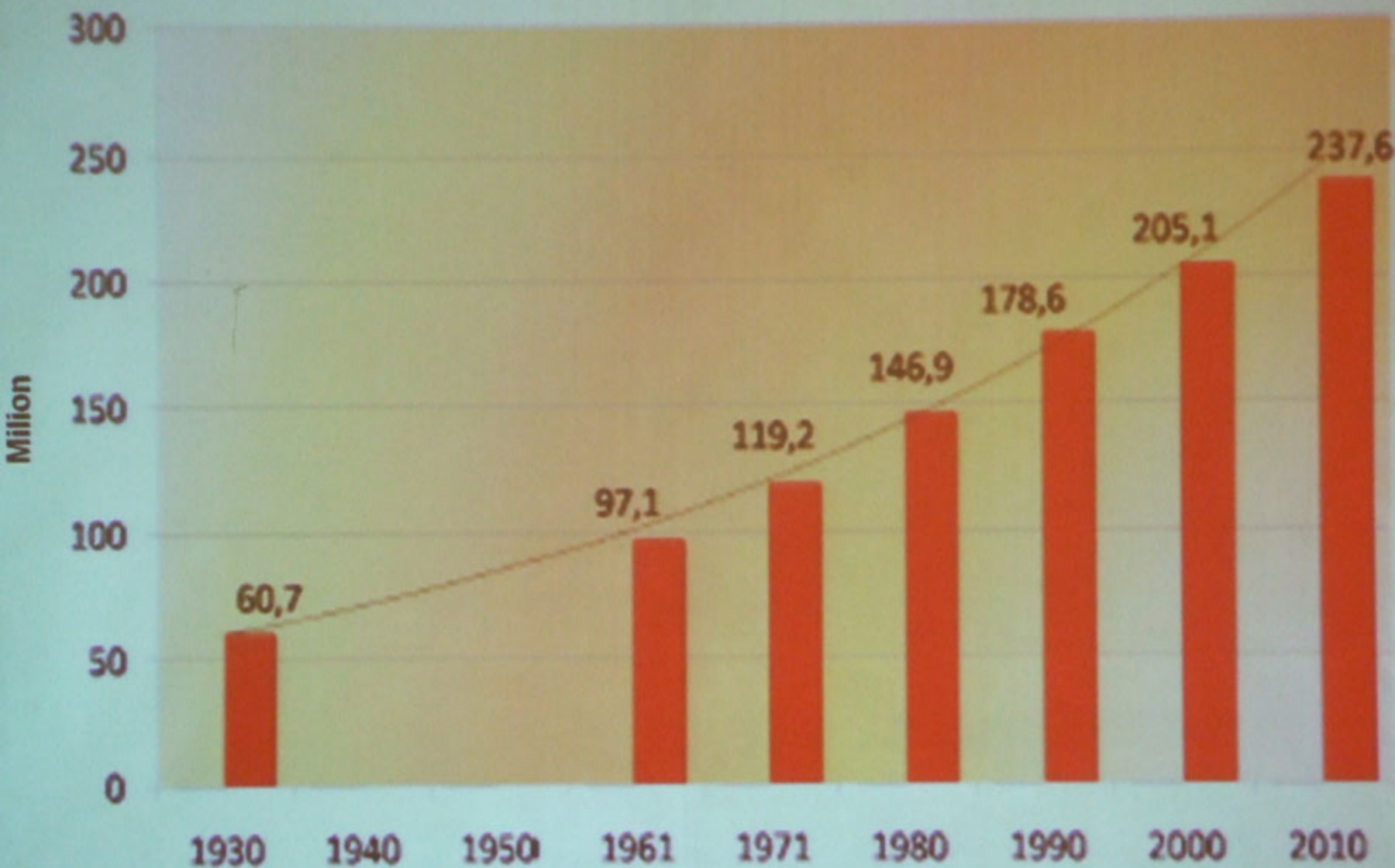
## Provinces in Indonesia



(Minister of Interior's Regulation Number 18/2005)



## Trend of Population Growth in Indonesia (1930-2010)



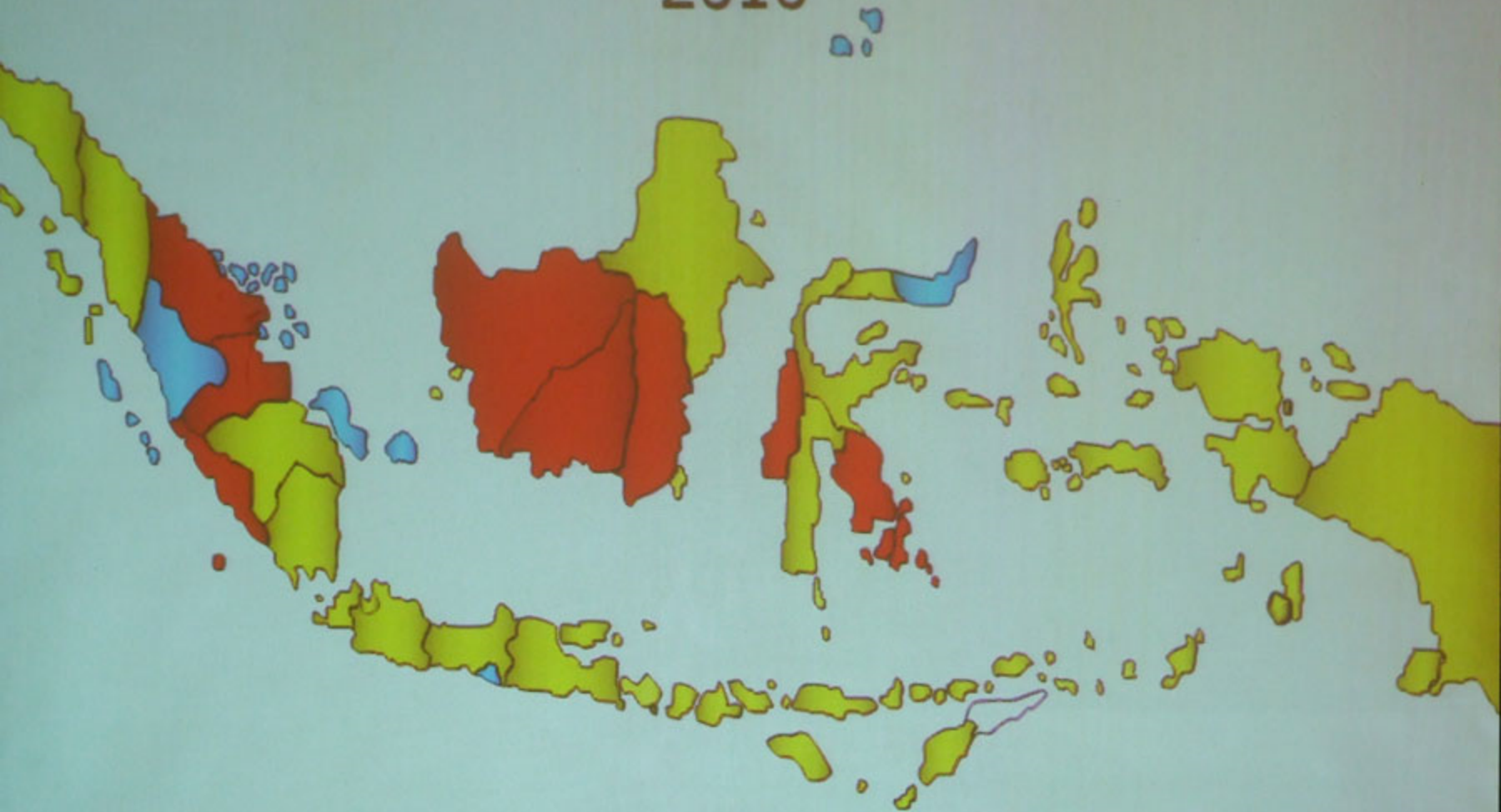


# INDONESIA Situation Analysis

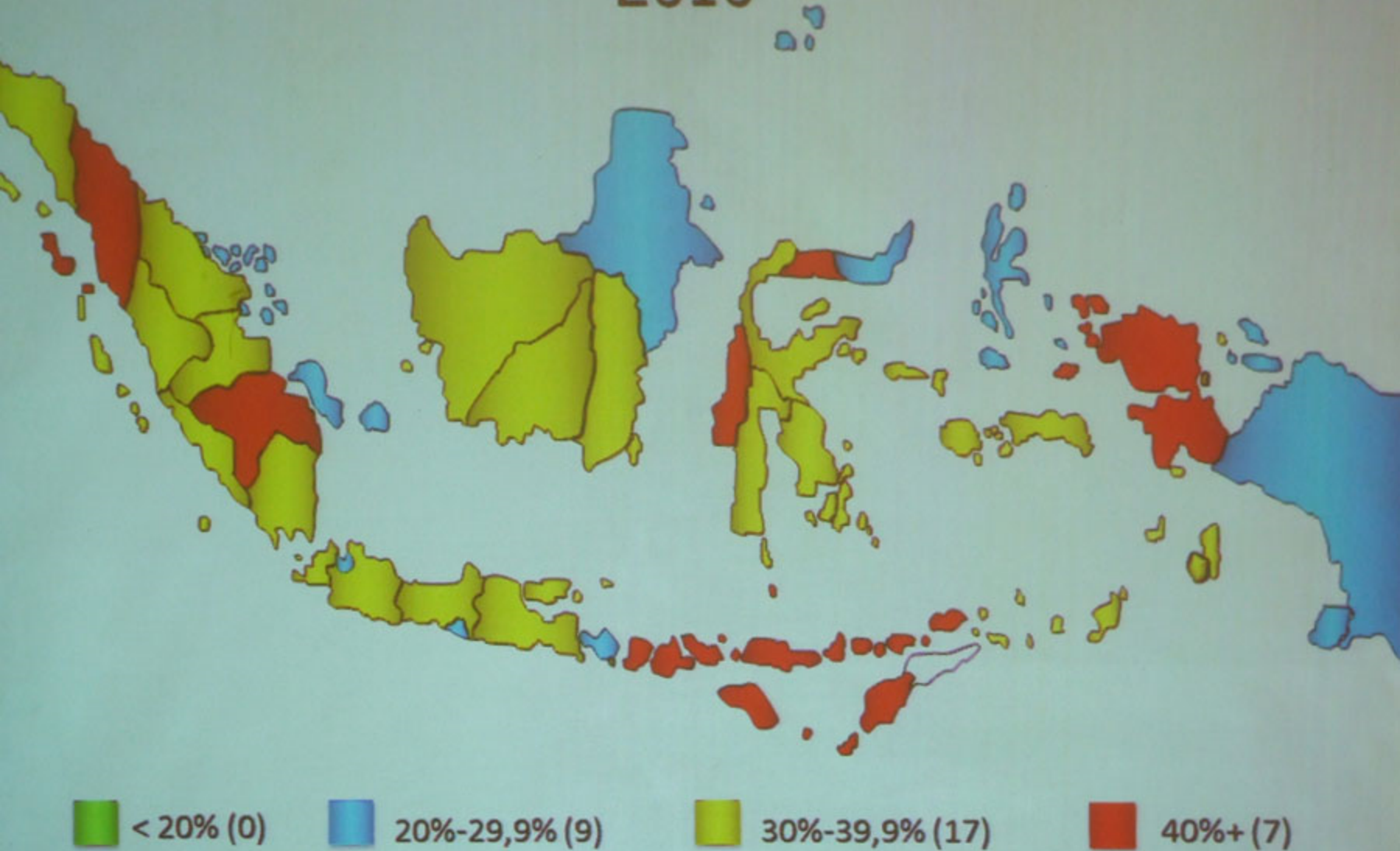
- 18.4% underweight, 36.8% stunting, 13.6% wasting among U5s (Basic Health Research, 2007)
- Both chronic (stunting) and acute malnutrition (wasting) still significant
- Large disparities between provinces
- Improper infant feeding practices a root cause:
  - Exclusive breastfeeding rate 62.2% (Basic Health Research 2007)
  - Complementary feeding introduced too early; quality?
- Micronutrient deficiencies still prevalent
  - 27.7% U5s with anemia (Basic Health Research, 2007)



# Prevalence of Stunting Under Five by Provinces 2010

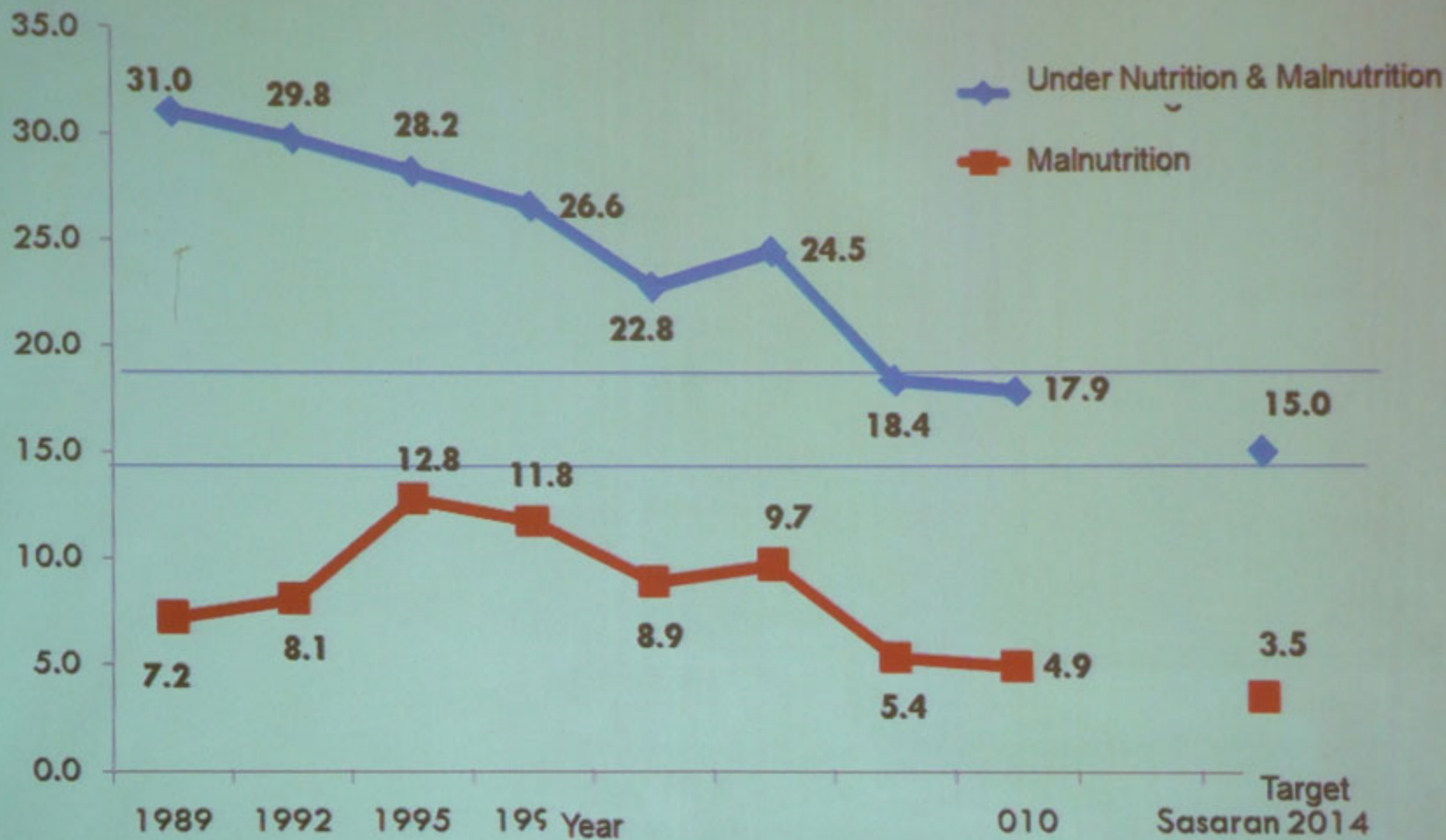


# Prevalence of Wasting Under Five by Provinces 2010





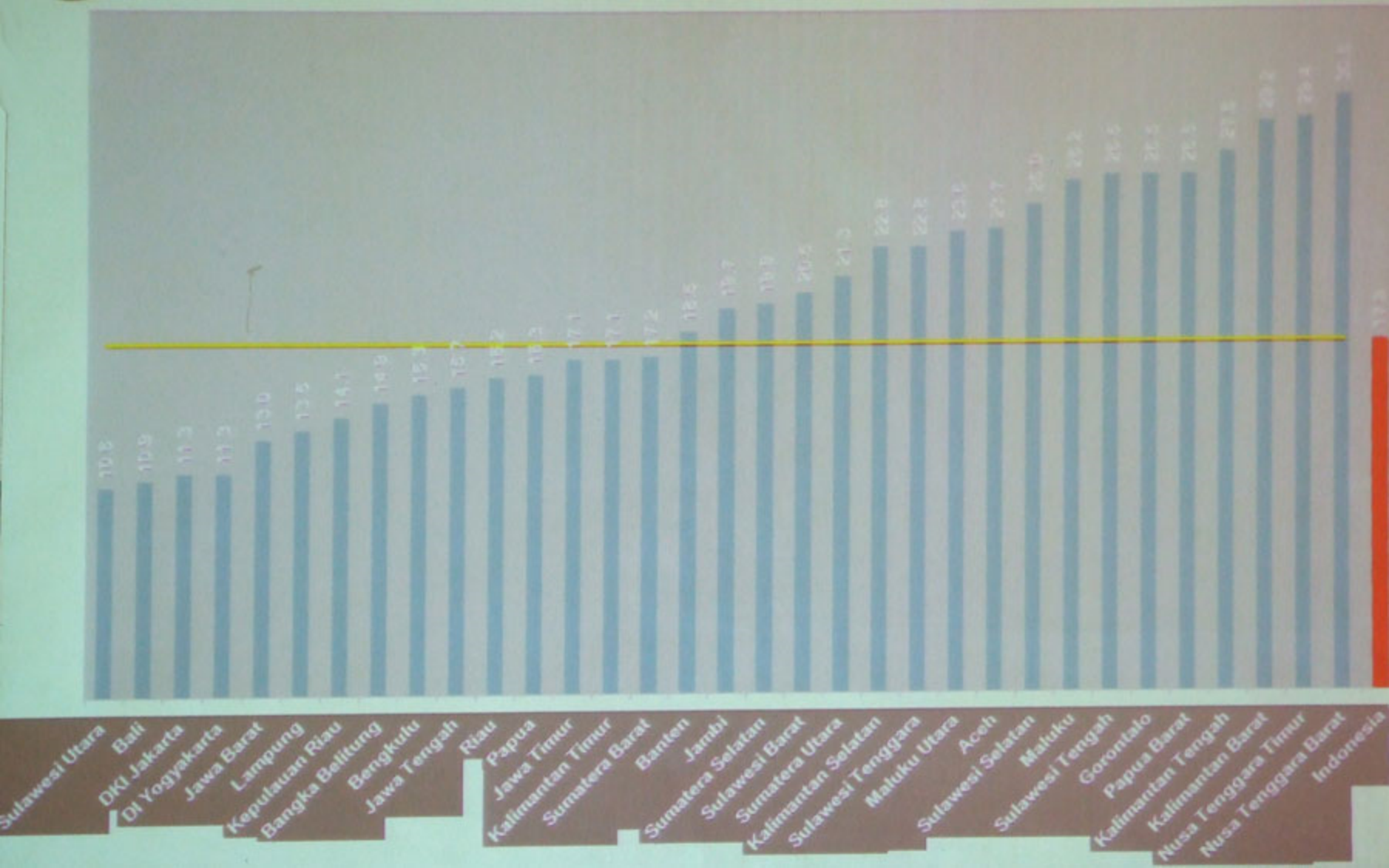
# Prevalence of Under Nutrition and Malnutrition in Indonesia (1989 – 2010)







# Prevalence of underweight by province National Health Research 2010





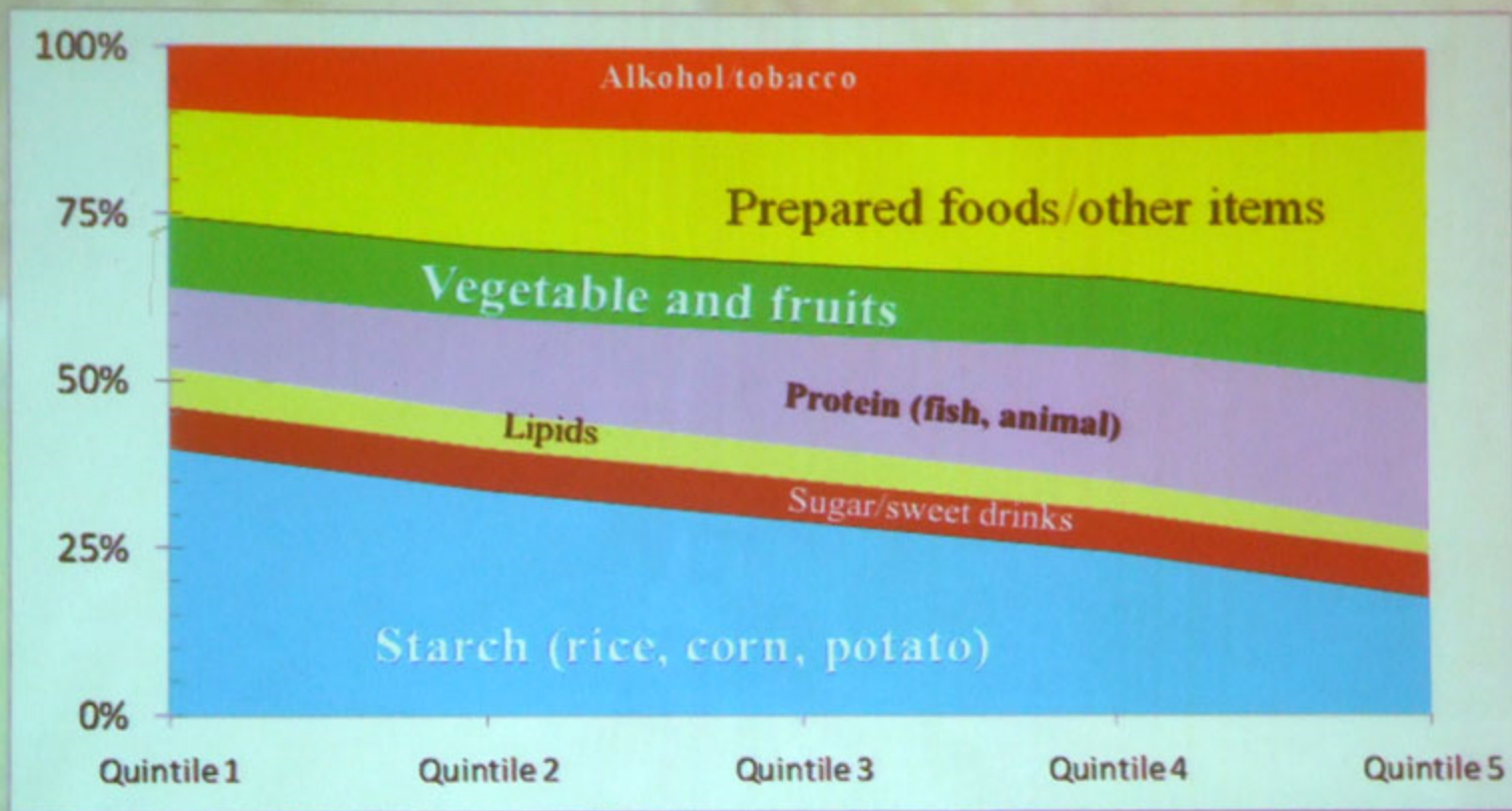
# NUTRITION CONSUMPTION IN INDONESIA

## FOOD CONSUMPTION BASED ON FOOD CATEGORY





# HOUSEHOLD EXPENDITURE PROPORTION BASED ON INCOME



Modified from Bob Tilden, 2011



## Benefit of Rabbit Meat for Health

- Consist of high quality of protein which food for children growing
- Also good for elders people
- Able to recover the asthma sindrome
- The brain part of rabbit good for women vertility
- Also good for men's vitality
- Protect from cancer risk



## Nutrition Contents of Rabbit Meat in Compare to Others Cattles

Type of Meat	Water (%)	Protein (%)	Fat (%)	Energy (MJ/kg)
Rabbit	67,9	20,8	10,2	7,3
Chicken	67,6	20,0	11,0	7,5
Beef	55,0	16,3	28,0	18,9
Mutton	55,8	15,7	27,7	13,1
Pork	42,0	11,9	28,0	13,3





## 4. Conclusions

- For the time being protein food intake in Indonesia less than Indonesian standar, reach only 62.1 % of RDA
- Rabbit is one of the good alternative protein, appropriate for elders and children group



# INSPIRING WORDS

(Oprah Winfrey)

*If you look at what you have in life,  
you'll always have more.*

*If you look at what you don't have in life,  
you'll never have enough.*

**THANK YOU**