

# CHAPTER I

## INTRODUCTION

### 1.1 Background of study

Nugget is one of the restructured meat products. Nugget products made from young jack fruit are called vegan nugget . Vegan nugget are almost the same as other nuggets such as chicken nuggets, the difference is in the type and characteristics of the raw materials. Vegan nuggets are processed products from steamed young jack fruit , tvp and seasoned with spices and mixed with a binder and then molded, dipped in batter and breading, then fried or stored in the freezer before being fried.

Meanwhile, there is a rising global trend, of which many people in the world are shifting their diets to plant-based diets. Not only the people, but also food manufacturers are developing innovations in plant-based foods, and these current plant-based foods are increasingly competitive with animal products *(Nathania, L., & Hartanto, B. (2023).)*

Many reasons are driving them to substitute animal products for vegetable options, which some of them are high consumption of animal-based foods will lead to tremendous usage of land and water; unbalanced nutrition that can cause an increase in diabetes, cancer, and chronic diseases; and some concern about the animal-welfare and hope to replace meat with plant-based alternatives

Jackfruits are high in antioxidants and Vitamin A, which help prevent a variety of health conditions such as heart disease, cancer, and cataracts. Jackfruit is also a rich source of vitamins B, and C, and minerals. Its yellow color is due to a carotenoid antioxidant, which helps lower multiple health risk factors.

With a subtle sweetness, the popularity of jackfruit is partly because of its stringy flesh, the texture of which makes it a great meat substitute in vegan versions of classic recipes like pulled pork or chicken. *(Atmadja, Al-Ghifari and Yuniyanto, T. F., Eka, A., & Yuliantini. (2020))*

## **1.2 The Objectives of the Study**

The objectives of this study are following below:

1. Introducing Texturized Vegetable Protein and jackfruit as a meat substitute for vegans
2. To promote overall health, reduce chronic disease risk, and lower mortality rate because of general patterns of lower body weight, decreased consumption of processed meat, and an increased consumption of plant foods.