Research Question

How is the intersection between meat consumption and gender performance negotiated within middle-class families?
THE MEAT MATRIX

The protein spectrum is populated by a vast array of characters that vary in culinary and nutritional quality. To simplify matters, we put every major cut of meat through a rigorous equation to compare value. We calculated the scores below by assigning 0 to 4 points for protein-to-fat ratio, 0 to 3 points for the density of 10 essential nutrients, 0 to 2 points for percentage of saturated fats, 0 to 1 point for total cholesterol, and then adding up the numbers. The result is a chart that lets you compare chicken breast with duck leg and porterhouse with pork chops, and it ultimately allows you to employ a little strategy as you indulge your carnivorous side.

SCORECARD

6 Eat regularly
4.0 to 5.99 Eat occasionally
0 to 3.99 Eat rarely

CHICKEN

Light meat 7.38
Dark meat 5.99
Gizzards 5.97

TURKEY

Light meat 7.34
Dark meat 5.55
Ground 4.71

OSTRICH

Top loin 7.09
Ground 5.64

BISON

Top sirloin 6.75
Grass-fed, ground 4.63

BEF

Kidney 6.79
Liver 6.22
Heart 5.82
Round 4.91
Flank 4.73
Top loin 4.25
Grass-fed, ground 4.13
T-bone 3.92
Top sirloin 3.50
Ground 3.87

ORK

Tenderloin 6.90
Top loin/loin chops 5.02
Center loin/center rib 5.39
Sirloin 5.13
Ribs 4.72
Spareribs 4.09
Blade chops/roast 4.02
Ham, whole 3.24
Bacon (cured) 3.03

UCK

Breast 5.22
Leg 3.80

AM

Shoulder 4.21
Ground 3.15

Drink

Grinder
Breakfast Lunch & Dinner

Red 33 (erythrosine) and Red 40 (allura red)
Food dyes that change red and orange properties, respectively. Red 40 is the most widely used food dye in the US. FOUND IN: Cinnamon, cranberries, cranberry juice, jellies, ketchup, hot sauce, soy sauce.

Mammol

A traditional market food in Europe, mammol is a type of sausage or ham that is widely used in Europe and parts of Asia. It is typically made from pork or beef and is often seasoned with herbs and spices.

Olestra

Linseed oil is a form of oil that is produced by partially hydrogenating vegetable oils. It is a food additive that is often used in foods to provide a lower saturated fat content. FOUND IN: Some brands of potato chips and other snack foods.

Partially Hydrogenated Vegetable Oil

A type of oil that is used in the food industry to replace trans fats. It is produced by subjecting vegetable oil to a process called hydrogenation. FOUND IN: Many processed foods, including cakes, pastries, cookies, and some spreads.

What You Need to Know

- A high intake of saturated fats can raise cholesterol levels, increasing the risk of heart disease.
- Red meat consumption has been linked to an increased risk of certain types of cancer.
- The consumption of processed meats has been associated with an increased risk of colorectal cancer.
- Choosing lean cuts of meat and opting for plant-based protein sources can help reduce the risk of heart disease and certain types of cancer.
“Foods are objects that are inscribed with many meanings, representing ethnicity, nationality, region, class, age, sexuality, culture, and (perhaps most importantly) gender” (Sobal 2005).
Food provisioning has been found to help “construct and reaffirm the essence of family” (Phillips 2008).
Methods

- Data collected through open-ended interviews.
- Sample:
  - 23 parents
  - 11 children
Methods

Eligibility requirements:

● Parents self-identified as a main food provider for their household.

● Parent had at least one child between ages 8-15.

● Only 8-15 year old children of interviewed parents were sought out for an interview.
Findings
Marcela

“[Barbecue] means I don’t cook. Well yeah, That’s what he says… I do the shopping and all the preparation.”
Lily

“Yeah I do Publix kind of things. And my husband does Sam’s Club runs. He’ll buy the big bulk of chicken breast or steaks, all that kinds of things. Sam’s Club you can get in bulk. I do, like, the salads and stuff.”
Charlie

“[My daughters] are really involved with baking. My wife does bake. I don’t count that as cooking. And baking is something I don’t do because baking you have to follow a very particular recipe if you want it to work out. And I can’t follow directions to save my life.”
“I sit at my desk all day dealing with other people’s issues so for me, staying in the kitchen, helps me decompress. So I don’t mind standing in the kitchen for 3-4 hours when I get home from work ‘cause I sat behind a desk all day long. It helps her out cause I'm in the kitchen and she can take a break, and sit down.” -Carl

No one man should have all that flour!
The data suggests...

- Despite how parents negotiated and divided food labor, men remained involved with buying and cooking meat.

- Even when meat is not a staple of a family’s diet, meat’s implications on gender are still present in the negotiations of food work.

- Meat, and its implications on gender identity, is bartered in food work negotiations.
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References


