

# HOW MUCH PROTEIN

is in Pork?

Per 3 oz. serving

PORK LOIN

**24g**

PORK SIRLOIN

**24g**

PORK  
TENDERLOIN

**22g**

The Institute of Medicine suggests that about 10-35% of your day's total daily calories should come from protein; and of that protein, they recommend about 20 to 3- grams per meal to help maintain muscle mass and function.

Bonus: eating twice the recommended amount of protein has been linked to beneficial effects on muscle and body composition, leg power, weight loss, weight management, and healthy aging.

