

# KEY NUTRIENTS

in Pork

Pork has many beneficial qualities that make it easy to incorporate into a balanced menu. The variety of options range from decadent and flavorful to lean and nutrient-rich cuts that are affordable, easy to make, and enjoyable to people of all ages.

Both the pork tenderloin and pork sirloin roast meet the criteria for the American Heart Association Heart Checkmark, which means they contain less than 5 grams of fat, 2 grams or less of saturated fat, and 480 milligrams or less of sodium per label serving. Pork is also packed with protein, making it easy to include in a health-forward and balanced diet.





# Key Nutrients in Pork

Percent of daily value provided by pork based on a 3-ounce serving

Reference: [USDA](#), Agriculture Research Service, 2012

## Iron

**6%**

Iron is a mineral we need for growth and development. Our body uses it to make hemoglobin, which is a protein in red blood cells that carries oxygen from the lungs throughout the body, and myoglobin, a protein that provides oxygen to muscles. Your body also uses iron in hormone production. Iron in food comes in two forms: heme iron and nonheme iron. Meat like pork, seafood, and poultry have both heme and nonheme iron.

## Niacin

**34%**

Important for the normal function of many enzymes in the body and involved in the metabolism of sugars and fatty acids

## Potassium

**6%**

This mineral, also known as an electrolyte, plays a major role in water balance and helps maintain normal blood pressure. This is considered a nutrient of public health concern.

## Thiamin

**50%**

Without this key vitamin, metabolism of carbohydrates, protein, and fat would be significantly compromised. Animal protein is one of the best sources of this nutrient, and among the choices, pork is tops.

## Vitamin B12

**25%**

Helps build red blood cells and metabolize carbohydrates and fats.

**6%**

### **Magnesium**

Important for the normal function of many enzymes (catalysts for the body's chemical reactors), glucose and muscle action.

**15%**

### **Phosphorous**

Strengthens bones and generates energy in cells.

**20%**

### **Riboflavin**

Next to milk, few foods have as much riboflavin per serving as pork. Riboflavin has an important role in the release of energy from foods.

**30%**

### **Vitamin B6**

Important for the normal function of enzymes and co-enzymes, which are needed to metabolize protein, carbohydrates, and fats. Plus, it plays a critical role in the regulation of glycogen (stored carbohydrates) metabolism.

**25%**

### **Zinc**

A component of more than 70 enzymes, zinc is a key player in energy metabolism and the immune system.

**46%**

### **Protein**

Protein is an important part of a healthy diet. It is a critical part of the processes that provide fuel for a body's energy, and carries oxygen throughout the bloodstream and body.