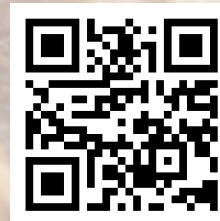




Nutrition Resources



For recipes and more, scan
the QR code or visit
eatpork.org.



eatpork.org

Kansas Pork Association
2601 Farm Bureau Road, Manhattan, KS 66502
785-776-0442 www.kspork.org
communications@kspork.org



PORK: GOOD FOR YOU

Best served with: *everything.*

Health Benefits of Lean Pork

Preserves lean muscle to help maintain weight management¹

Excellent source of vitamins and minerals²

Thiamin, Zinc, Selenium,
Niacin, Riboflavin, B6, B12

Certified
Heart-Healthy

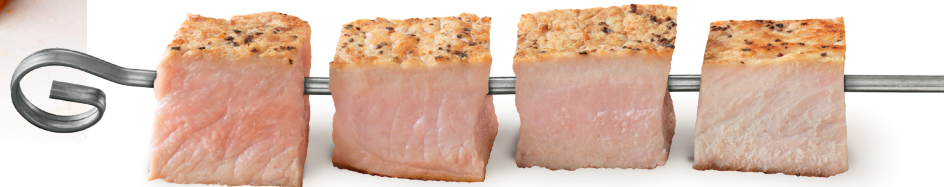
Sirloin, Tenderloin



23G PROTEIN per 3 oz serving²

PORK SIRLOIN
137 CAL³

PORK TENDERLOIN⁴
122 CAL



MEDIUM-RARE*
145-150°F

MEDIUM
150-155°F

MEDIUM-WELL
155-160°F

WELL
160°F

For delicious results, cook to 145°F

**PORK &
PARTNERS**

**pork
checkoff**

© 2023 National Pork Board, Des Moines, Iowa USA. This message funded by America's Pork Producers and the Pork Checkoff. 2/31/23

¹ Kim, J. E., O'Connor, L. E., Sands, L. P., Slebodnik, M. B., & Campbell, W. W. (2016). Effects of dietary protein intake on body composition changes after weight loss in older adults: a systematic review and meta-analysis. *Nutrition Reviews*, 74(3), 210–224. Heart-Check certification does not apply to research on weight loss.

² U.S. Department of Agriculture, FoodData Central, 2019. NDB# 10093.

³ U.S. Department of Agriculture, FoodData Central, 2019. NDB# 10216

⁴ U.S. Department of Agriculture, FoodData Central, 2019. NDB# 10061

*145°F with a 3-minute rest provides the optimal eating experience and is the minimum safe internal cooking temperature provided by USDA's Food Safety & Inspection Service.

Pork Can Do Whaaat?

It's surprisingly good for you

Pork has vitamins B6, B12, and other mood boosting powers that can make you feel as good as it tastes. So, get ready to be surprised in the best, most delicious way possible.

Meet a better meat

Today, pork has 27% less saturated fat than it did 30 years ago. Talk about real progress.

- Pork is full of good fats
- Good fats are heart healthy

Perfect pork pairings

Pork pairs well with fruits, vegetables, AND whole grains. That's a whole lotta "delish" and "nutrish" packed into one plate.

A protein that makes you think differently.

Literally. The nutrients in pork increase brain chemicals that promote mood and motivation, which makes it kind of a no-brainer.

- Eat good, feel good
- Brain boost
- A mental health helper

Surprisingly nutritious

Vitamins in a bottle are great. But the vitamins in pork can be marinated, sautéed, or roasted, and obviously taste a whole lot better.

- **68% daily value - Selenium per 3 oz. pork**
 - Selenium can help increase energy and brain health as we grow older. "Future you" will thank you.
- **10% daily value - Choline per 3 oz. pork**
 - For expecting moms, choline provides much needed nutrients for brain development in babies. And it's key for brain function throughout life. So, be smart about your next meal.
- **29% daily value - Vitamin B6 per 3 oz. pork**
 - Vitamin B6 helps your body get energy from the food you eat. That's a lot of goodness on your plate.

What's Surprisingly Good for You? Pork!

Plants + pork = nutritious match made in heaven

Pork provides nutrients that are hard to get from plant-based diets alone. We're talking vitamin B12, iron, zinc, and essential fatty acids. Essentially, pork has your back.

- Promotes health into later life
- Energize your day

Want extra motivation and concentration? Pork's got you!

It's easy to be motivated to eat a delicious meal with pork. And even better? It's easier to stay focused thanks to the protein, selenium, and choline in pork.

- Helps you get focused and stay focused
- Can provide that extra drive

Looking for more energy? Eat more pork!

A breakfast full of zinc and vitamin B6 means you've got more energy to do more throughout your day.

- A shot of the energy you need
- Great start to your day

Expect surprising benefits while expecting

Check this out!

- Nutrients for newborns - Pork has choline, which is good for brain health and development. Ooh baby, that sounds good!
- An "ultra-sound" decision - The nutrients in pork can help with fetal development. Perfect for your little pork bun in the oven!
- Protein for two - Parents aren't the only ones who benefit from pork. The baby gets protein too. That's a delicious win-win.

Perfect for any plate

It's time to shake things up with pork. This lean powerful protein raises the recipe bar.



CHOOSE LEAN PORK

Your guide to *health and flavor*



Select a Lean Cut



New York pork chop



Sirloin pork chop



Ribeye pork chop



Sirloin pork roast



New York pork roast



Ground pork, 96% lean



Porterhouse pork chop



Pork tenderloin

Pork tenderloin is one of the leanest, most tender cuts of pork.

**PORK &
PARTNERS**



© 2023 National Pork Board, Des Moines, Iowa USA. This message funded by America's Pork Producers and the Pork Checkoff. 2/31/23



Enjoy the Flavor



145°F

For flavorful, tender and juicy pork, cook lean whole muscle cuts (roasts, chops and tenderloin) until a meat thermometer reads **145°F** (medium-rare), followed by a 3-minute rest. Ground pork should always be cooked to 160°F.

2 basic methods for cooking pork:

Dry heat: grilling, broiling and sautéing are best applied to naturally tender cuts of meat.

Moist heat: stewing and braising are best for tenderizing less-tender cuts.

Practice Portion Control

The average serving size of pork is 3 oz of boneless cooked meat (4 oz raw) – about the size of a deck of cards.



Discover the Benefits

8 cuts of pork meet USDA guidelines for “lean”**

Lean = less than 10g fat, 4.5g saturated fat and 95mg cholesterol per 100g of meat.

Pork tenderloin and sirloin pork chop meet USDA guidelines for “extra lean.”*

Extra Lean = less than 5g total fat, 2g saturated fat, and 95 mg cholesterol per 100g of meat.

Pork Tenderloin is a source of 11 key nutrients.**

Excellent source: protein, thiamin, riboflavin, niacin, vitamin B6, vitamin B12, selenium and zinc.

Good source: choline, pantothenic acid and phosphorous.**

Find recipe ideas at
pork.org/porkandpartners

*National Nutrient Database for Standard Reference, Release 23. Based on 3-ounce cooked servings (roasted or broiled), visible fat trimmed after cooking.

**U.S. Department of Agriculture, FoodData Central, 2019. Based on 3-ounce serving cooked pork. NDB# 10093. "Excellent" source: 20% or more of Daily Value; "Good" source: 10-19% of Daily Value.



PORK: THE ULTIMATE CARRIER FOOD

What is a “carrier” food?

When a carrier food is on your plate or in your bowl, it could help you eat more of the food groups and nutrients many of us need more of for better health.

Pork is the ultimate carrier food!

A 2023 study* looking at 8 years of health and diet information from tens of thousands of children (aged 2-18) and adults (aged 19+) found that compared to people who don't eat pork, pork eaters tended to have more of the following nutrients in their diet:

Check out these easy recipes that showcase pork's role as a carrier food with a world of flavor!



CHILDREN – 9 NUTRIENTS “CARRIED” BY PORK[^]

Copper
Magnesium
Potassium
Selenium
Zinc
Thiamin
Niacin
Vitamin B6
Choline

ADULTS – 10 NUTRIENTS “CARRIED” BY PORK⁺

Iron
Phosphorus
Potassium
Selenium
Zinc
Thiamin
Riboflavin
Niacin
Vitamin B6
Choline

[^]About 52, 15, and 45% of children aged 2-18 years were consumers of all pork, fresh pork, and processed pork, respectively, with an average intake of 47, 60 and 38 g/day, respectively.

⁺About 59, 20, and 49% of adults age 19+ years were consumers of all pork, fresh pork, and processed pork, respectively, with an average intake of 61, 77, and 48 g/day, respectively.



Putting the carrier food impact of pork into perspective.

Researchers think that because pork is a carrier food, over 2.5 million children and over 5.7 million adults meet potassium recommendations in their diet every day.*

That's about as many people as those living in Los Angeles, Chicago and Houston – combined!

Pork is the carrier food for the future. Why? As a nutrient-dense and high-quality protein, it's...

ROLE POTASSIUM PLAYS IN THE BODY

Potassium is a mineral found in many foods. Your body needs potassium for almost everything it does, including proper kidney and heart function, muscle contraction, and for nerves to work properly.



GOOD FOR YOU

Helps you add more under-consumed food groups (like vegetables, beans and whole grains) to your eating pattern and nutrients (like choline, iron and potassium)



GOOD FOR THE PLANET

Low environmental impact per 100 grams of protein compared to other foods



GOOD FOR YOUR WALLET

Affordable, flavorful and accessible for any budget



GOOD FOR YOUR CULTURE

A top protein used in culturally appropriate diets around the world

Learn more about pork nutrition!

pork.org/nutrition



PORK & PARTNERS

Reference:

Agarwal S, Fulgoni VL III. Association of pork (all pork, fresh pork and processed pork) consumption with nutrient intakes and adequacy in US children (age 2–18 years) and adults (age 19+ years): NHANES 2011–2018 analysis. *Nutrients*. 2023;15(10):2293.

Frankenfeld CL, Wallace TC. Dietary patterns and nutritional status in relation to consumption of chickpeas and hummus in the U.S. population. *Appl. Sci.* 2020;10:7341.

Greenhouse gas emissions per 100 grams of protein. Our World in Data website. <https://ourworldindata.org/environmental-impacts-of-food#explore-data-on-the-environmental-impacts-of-food>. Accessed 5/30/23.

Meat and Dairy Production. Our World in Data website. <https://ourworldindata.org/meat-production>. Accessed 5/30/23.

OECD/FAO (2022). OECD-FAO Agricultural Outlook 2022-2031. OECD Publishing, Paris. <https://doi.org/10.1787/1fb0b29c-en>.

Poinsot R, Maillot M, Drewnowski A. Fresh pork as protein source in the USDA thrifty food plan 2021: A modeling analysis of lowest-cost healthy diets. *Nutrients*. 2023;15(8):1897.

Potassium. Office of Dietary Supplements, National Institutes of Health website. <https://ods.od.nih.gov/factsheets/Potassium-HealthProfessional/>. Updated June 2, 2022. Accessed July 5, 2023.

* Regarding Agarwal et al., 2023, this is an observational study and is therefore unable to be used to determine cause and effect. The information is based on self-reported diet habits over a single point in time. Adult consumers of pork tended to be male and older, and carry other traits such as less likelihood of being normal weight, having education above High School or engage in vigorous activity. Pork consumers tended to also have higher intakes of sodium, which is a nutrient of public health concern to limit. The results from this study need to be confirmed in clinical research settings.

Build A Nutritious Plate with PORK

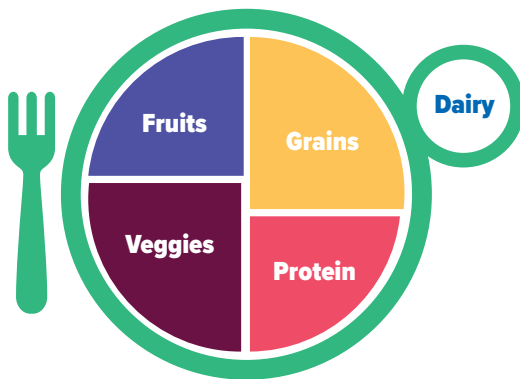
A resounding message from the 2020 Dietary Guidelines for Americans is that the foods and beverages that people consume have a profound impact on their health. What you choose to put on your plate or pour in your glass, meal in and meal out, can impact your health — for better or for worse.

Good health is easier to achieve than you may think. It's the small changes that help add up to a big difference, like choosing lean meats or using whole grains and including more fruits and vegetables at each meal. By shifting to more nutrient-rich choices and eating and drinking the amount that's right for you, you can feel better and more energized while lowering the risk for diseases like diabetes and heart disease.



Healthy Plate Checklist

- ☐ Half my plate is filled with fruits and vegetables and there is often variety among my choices.
- ☐ Grains are whole grain.
- ☐ Protein choices are lean and varied.
- ☐ Dairy foods, such as milk, yogurt and cheese, are low-fat or fat-free.
- ☐ Foods like spreads and oils, beverages and packaged foods are those types and brands that are lower in saturated fat, sodium and added sugars.
- ☐ Portion sizes for grains and protein are reasonable — i.e., each fills about a quarter of my plate.
- ☐ Any added fats, salt and sugars topping the foods on my plate are used sparingly.



PORK & PARTNERS

pork checkoff

© 2023 National Pork Board, Des Moines, Iowa USA. This message funded by America's Pork Producers and the Pork Checkoff. 3.23



Nutritious Plate Ideas

These examples show what a nutritious plate looks like, and features delicious, lean pork, a half plate of fruits and veggies, whole grains and low-fat dairy foods. Making small shifts to create delicious and nutritious meals is easier than you think.

MEAL 1:

Sauteed Pork Tenderloin Medallions with Lemon



- Pork tenderloin medallions
- Whole wheat pasta
- Berries
- Broccoli/rabe
- Fat-free Greek yogurt

MEAL 2:

Easy, Breezy Honey-Chipotle Pork Kabobs



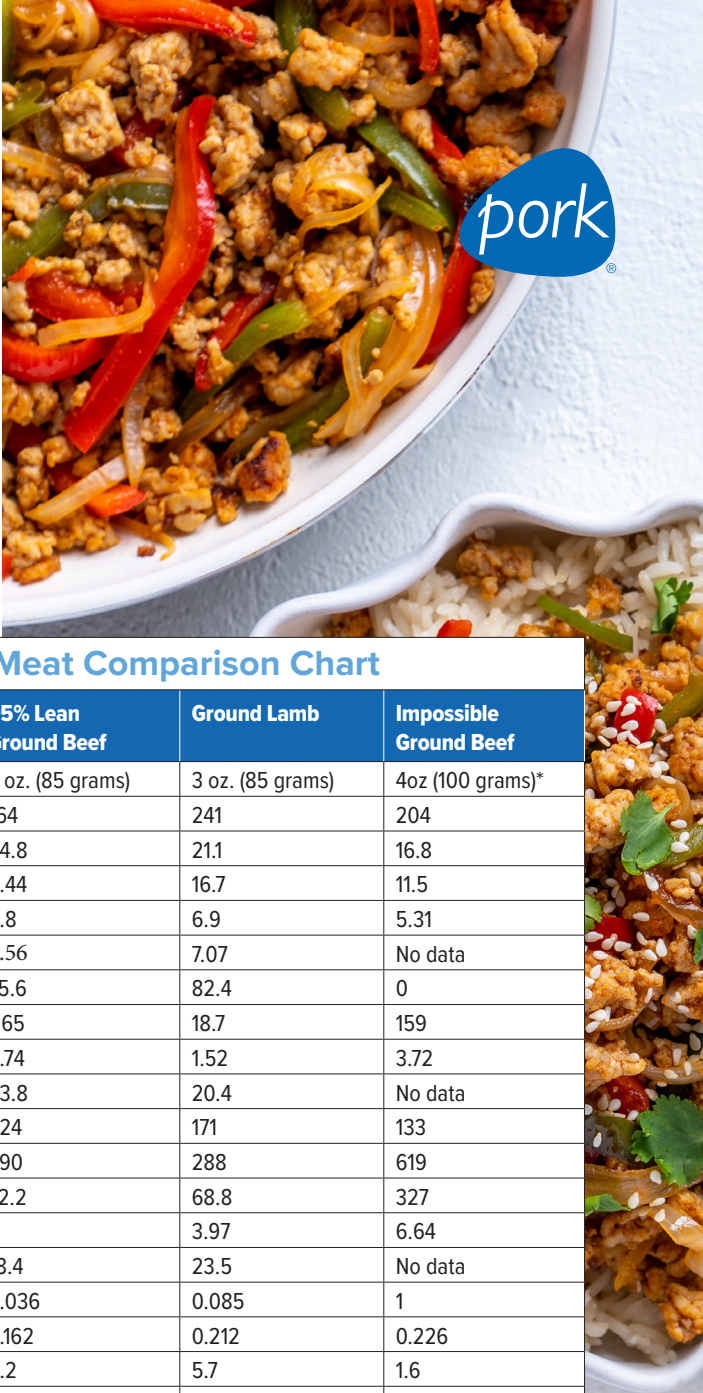
- Pork kabobs
- Arugula salad
- Whole-grain wild rice
- Grapes
- Fat-free milk



145°F

The National Pork Board recommends cooking pork chops, roasts and tenderloin to an internal temperature of 145 degrees Fahrenheit, followed by a 3-minute rest time.

SHAPING A NUTRITIOUS DIET WITH GROUND PORK



	Cooked Meat/Plant-Based Meat Comparison Chart					
	96% Lean Ground Pork	Ground Chicken	93% Ground Turkey	95% Lean Ground Beef	Ground Lamb	Impossible Ground Beef
Portion	3 oz. (85 grams)	3 oz. (85 grams)	3 oz. (85 grams)	3 oz. (85 grams)	3 oz. (85 grams)	4oz (100 grams)*
Energy (kcal)	159	161	181	164	241	204
Protein (g)	26	19.8	23	24.8	21.1	16.8
Total Fat (g)	6.08	9.26	9.86	6.44	16.7	11.5
Sat. Fat (g)	1.66	2.64	2.52	2.8	6.9	5.31
Mono. Unsat. Fat (g)	2.3	4.15	3.32	2.56	7.07	No data
Cholesterol (mg)	66.3	91	88.4	75.6	82.4	0
Calcium (mg)	16.2	6.8	26.4	7.65	18.7	159
Iron (mg)	0.892	0.79	1.33	2.74	1.52	3.72
Magnesium (mg)	23	23.8	24.6	23.8	20.4	No data
Phosphorus (mg)	222	199	220	224	171	133
Potassium (mg)	364	575	258	390	288	619
Sodium (mg)	71.4	63.8	76.5	72.2	68.8	327
Zinc (mg)	2.18	1.63	3.2	6	3.97	6.64
Selenium (mcg)	39.7	12.2	24.1	18.4	23.5	No data
Thiamin (mg)	0.425	0.103	0.075	0.036	0.085	1
Riboflavin (mg)	0.411	0.257	0.223	0.162	0.212	0.226
Niacin (mg)	9.35	6.04	6.88	6.2	5.7	1.6
Vit. B6 (mg)	0.609	0.457	0.422	0.364	0.119	0.354
Choline (mg)	84.5	50.2	66.9	80.6	79.4	No data
Vit. D (IU)	5.95	No data	6.8	1.7	1.7	0

All data pulled from USDA FoodData Central
 * Impossible products only have data available for 100g (4oz) portions

Plant-Powered Possibilities with Ground Pork:

- Add chopped mushrooms to ground pork for a burger
- Mix chopped parsley, onion, and garlic with ground pork for flavorful meatballs
- Add pepper, potatoes, and ground pork to a breakfast egg casserole

Did you know...

Pork is a carrier food, meaning that it may help people consume more of under-consumed nutrients like iron and fiber, and food groups like vegetables, legumes, and whole grains.*

Check out the recipes on the back of this handout to see how pork is the perfect partner for some of your favorite vegetables!

* Agarwal S, Fulgoni VL III. Association of pork (all pork, fresh pork and processed pork) consumption with nutrient intakes and adequacy in US children (age 2–18 years) and adults (age 19+ years): NHANES 2011–2018 analysis. *Nutrients*. 2023;15(10):2293.



PIGS DON'T FLY *and Other Pork Truths*

We're not trying to brag, but did you know that pork is the world's most popular protein? That's right – pork is the most consumed protein in the world¹.

To understand its popularity, you have to look beyond the bacon, and seek the (lean) meat of the matter. And we mean lean. Compared to 30 years ago, pork today has about:

16% less fat²

27% less saturated fat²

These **eight cuts of pork** are lean, meaning they contain less than 10 grams of fat per 3-ounce serving³, but they are also versatile in the kitchen and across global cuisines.



1. Pork Tenderloin
2. Sirloin Pork Chop
3. Sirloin Pork Roast
4. New York Pork Chop
5. 96%Lean Ground Pork
6. New York Pork Roast
7. Porterhouse Pork Chop
8. Ribeye Pork Chop

Pork tenderloin and **pork sirloin roast**, are even certified by the American Heart Association as heart-healthy foods, containing less than 5 grams of fat, 2 grams or less of saturated fat, and 480 milligrams or less of sodium per serving.

Choosing lean pork as part of a balanced diet can help meet requirements for key nutrients Americans are under-consuming, including: **potassium, magnesium and choline**.

Lean pork is also:

An “excellent” source of:

- Protein
- Vitamin B6 and B12
- Thiamin
- Riboflavin
- Zinc
- Niacin
- Selenium

A “good” source of:

- Choline
- Phosphorous⁵



You can feel good about choosing lean pork. Swine have the lowest emissions of any class of livestock and have the ability to feed the world's population without grazing on deforested land and emitting heat-trapping methane gas.⁶

Since 1960, farmers have used over 75% less land, 25% less water and 7% less energy, reducing carbon emissions by 8%.

PORK & PARTNERS

pork checkoff

© 2023 National Pork Board, Des Moines, Iowa USA. This message funded by America's Pork Producers and the Pork Checkoff. 3.23

¹OECD-FAO Agricultural Outlook. Meat consumption. Accessed October 15, 2021. <https://data.oecd.org/agroutput/meat-consumption.htm>

²National Pork Board. USDA Nutrient Data Set for Fresh Pork (Derived from SR), Release 11. <https://www.ars.usda.gov/ARSUserFiles/80400525/Data/Pork/Pork1-1.pdf>

³Specific Cut NDB Numbers: 1. U.S. Department of Agriculture, FoodData Central, 2019. NDB#10061 2. U.S. Department of Agriculture, FoodData Central, 2019. NDB#10216 3. U.S. Department of Agriculture, FoodData Central, 2019. NDB#10217 4. U.S. Department of Agriculture, FoodData Central, 2019. NDB#10068 5. U.S. Department of Agriculture, FoodData Central, 2019. NDB#10976 6. U.S. Department of Agriculture, FoodData Central, 2019. NDB#10069 7. U.S. Department of Agriculture, FoodData Central, 2019. NDB#10042 8. U.S. Department of Agriculture, FoodData Central, 2019. NDB#10050

⁴National Nutrient Database for Standard Reference, Release 23. Based on 3-ounce cooked servings (roasted or broiled), visible fat trimmed after cooking

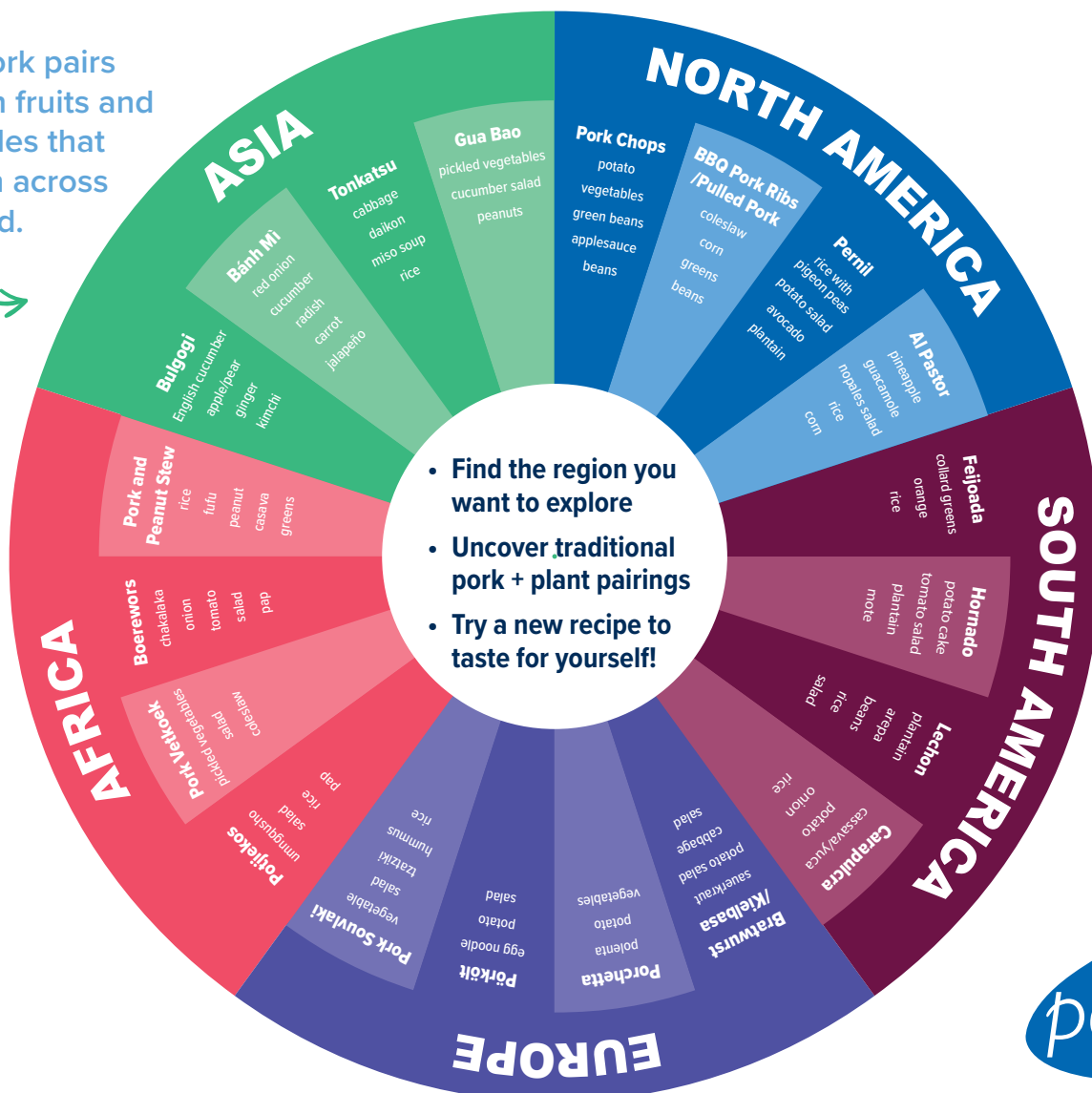
⁵U.S. Department of Agriculture, FoodData Central, 2019. Based on 3-ounce serving cooked pork. NDB# 10093. “Excellent” source: 20% or more of Daily Value; “Good” source: 10-19% of Daily Value

⁶A Retrospective Assessment of U.S. Pork Production: 1960 to 2015, Univ. of Arkansas, National Pork Board, 2018.

Pork + Plants WORLD OF FLAVORS

With our pork pairings flavor wheel as your guide, you can experience its ‘world of flavors.’

Fresh pork pairs well with fruits and vegetables that are seen across the world.

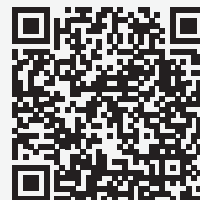


Pork is Good For You!

- Pork is a nutrition powerhouse packed with protein, fresh pork cuts containing over **20g of protein** per 3oz serving.
- Nutrients in fresh pork, like **choline**, **zinc** and **vitamins B6 and B12**, may help regulate mood and feelings of well-being.

Flavor on Flavor on Flavor

Pork can have as many as **110+ unique taste experiences.**



References: 1. National Institutes of Health Office of Dietary Supplements. Choline: Fact Sheet for Health Professionals. Published March 29, 2021. 2. Skarupski KA, Tangney C, Li H, Ouyang B, Evans DA, Morris MC. Longitudinal association of vitamin B-6, folate, and vitamin B-12 with depressive symptoms among older adults over time. Am J Clin Nutr. 2010;92(2):330-335. 3. Petrilli MA, Kranz TM, Kleinhaus K, et al. The Emerging Role for Zinc in Depression and Psychosis. Front Pharmacol. 2017;8:414-414. 4. Swardfager W, Herrmann N, Mazereeuw G, Goldberger K, Harimoto T, Lanctôt KL. Zinc in Depression: A Meta-Analysis. Biol Psychiatry. 2013;74(12):872-878. 5. U.S. Department of Agriculture, Agricultural Research Service. FoodData Central, 2019. fdc.nal.usda.gov. (NDB# 10093)



© 2024 National Pork Board, Des Moines, Iowa USA. This message funded by America's Pork Checkoff Program.