

powerful + pairings

delicious + nutritious + ingenious

Power Your Plate with Pork

Pork and Nutrition⁴

In addition to being an excellent source of protein, fresh pork provides vitamins and minerals important to a healthy lifestyle. A 3-ounce serving of pork provides the following nutrients.

	EXCELLENT SOURCE	GOOD SOURCE
Niacin	✓	
Phosphorus	✓	
Protein	✓	
Potassium		✓
Riboflavin		✓
Selenium	✓	
Thiamin	✓	
Vitamin B-6	✓	
Zinc		✓

Did you know?

- + Today, seven cuts of pork meet the USDA guidelines for “lean,” containing less than 10 grams of fat, 4.5 grams of saturated fat and 95 milligrams of cholesterol per 100 grams of meat. Pork tenderloin, a nutrition superstar, meets the definition of “extra lean,” and is as lean as skinless chicken breast.¹
- + Pork is the perfect pairing on the plate when it comes to mouth-watering flavors and powerful nutrition to fuel your body.
- + For the juiciest, most delicious taste, pork should be cooked to 145°F as measured by a digital cooking thermometer.²
- + Pork is an economical source of quality protein at \$2.32 on average per pound compared to beef at \$2.68, cheddar cheese at \$5.40 per pound, and poultry ranging between \$1.21 to \$3.11 per pound depending on the cut.³

Pork's Health Benefits

Bodies and brains need fuel and that comes from food. Choosing pork as a central part of eating habits not only tastes delicious but contributes to nutritiously fueling your life.

- + Eating 20-30g of protein per meal may help you feel fuller and more satisfied. For every 3 oz. serving of pork tenderloin, there's 22g of protein.⁵

- + Both 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.³





More Reasons to Believe

- + Pork is the most popular protein in the world.⁶
- + From meals in less than 30 minutes to tips on cooking with pork, you can find more reasons to believe with the [resources](#) created that power your plate with pork.



Pork and Sustainability

Safeguarding the environment comes naturally to America's pork producers because they understand their inherent responsibility to future generations.⁷ In total, U.S. pork production accounts for less than 0.3% of total greenhouse gases.



Pork Meets USDA's Challenge to Make Every Bite Count!

Make Every Bite Count starts with a well-rounded plate. Eating a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives is key, but taste is also important. Nutritious and delicious combinations of pulses, pork and sorghum bring nutrients, textures, and flavors together to create *Powerful Pairings* that bring taste and balance to the plate to fuel the body and mind.



Powerful Pairings that include pork, pulses and sorghum dial up so much great taste, nutrition, and versatility that they make it easier to achieve more family meals.

Powerful Pairings, when consumed as part of family meals, will have a positive impact on overall health and well-being. Research shows that family meals improve family cohesion, communication, and relationships, helping us prepare for uncertainty, manage difficult life moments, and celebrate simple joys together. It is not just eating together, but also preparing meals as a family favorably impacts health. Research also shows that people who frequently cook meals at home eat healthier and consume fewer calories. Discover *Powerful Pairings* when you're preparing and sharing your next family meal; sample a new variety of [pulses](#), learn new ways to cook [sorghum](#), introduce a new cut of [pork](#) and enjoy!

1. U.S. Department of Agriculture Nutrient Database Release 18 or the 2006 Revised USDA Nutrient Data Set for Fresh Pork.
 2. https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/meat-preparation/fresh-pork-from-farm-to-table/ct_index
 3. <https://www.ers.usda.gov/data-products/meat-price-spreads/>
 4. U.S. Department of Agriculture Nutrient Database Release 18 or the 2006 Revised USDA Nutrient Data Set for Fresh Pork.
 5. USDA Nutrient Database, NDB #10061
 6. http://www.fao.org/ag/againfo/themes/en/meat/backgr_sources.html
 7. <https://www.pork.org/environment/sustainable-pig-farming/>

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