

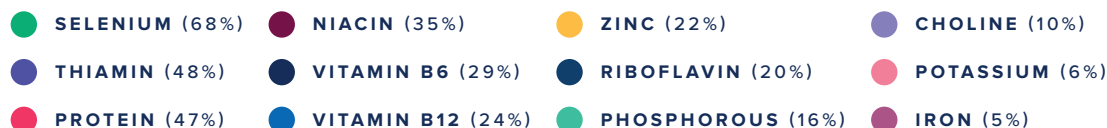
# Why Pork is a Good Protein Choice for Americans



## Nutritional Power of Pork

### Fresh pork is a nutritional powerhouse:

Providing over 10 key nutrients to maintain good health.



% daily nutrient contributions of pork; based on 3-ounce cooked pork composite NDB# 10093

**NUTRIENT-DENSE**  
with only about  
122 calories per serving

Based on 3-ounce cooked pork composite NDB# 10093; U.S. Department of Agriculture, Agricultural Research Service. FoodData Central, 2019. fdc.nal.usda.gov.

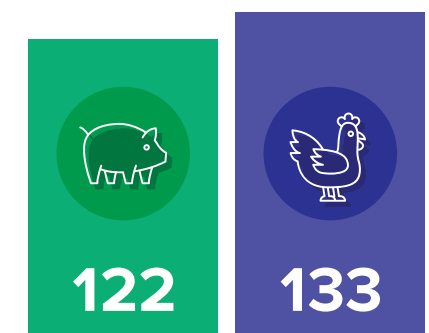
## The Facts About Fresh Pork

Pork tenderloin is one of the **“Great 8” cuts of lean pork** to be as lean as skinless chicken breast and have **fewer calories compared to other meats and poultry**. Leading health authorities, including the **Dietary Guidelines for Americans** and **American Heart Association**, include lean cuts of meat, like pork, as part of dietary pattern recommendations.

### SELECT NUTRIENT PROFILE OF “GREAT 8” CUTS OF LEAN PORK

3-OUNCE COOKED SERVING (85G)	TOTAL FAT (G)	SATURATED FAT (G)
PORK TENDERLOIN	2.98	1.02
SIRLOIN PORK CHOP	3.71	1.16
SIRLOIN PORK ROAST	4.51	1.53
NEW YORK PORK CHOP	5.17	1.77
96% LEAN GROUND PORK	5.27	1.58
NEW YORK PORK ROAST	5.34	1.64
PORTERHOUSE PORK CHOP	6.20	1.84
RIBEYE PORK CHOP	7.11	2.40
PORK COMPOSITE	7.83	2.63

### Calories Per Serving



The chart above uses pork NDB# 10061, Pork Tenderloin, and chicken NDB# 5748, Chicken Breast, 3 ounces, cooked serving

### What is Lean?

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

**Pork is a carrier food**, helping people add more under-consumed food groups (like vegetables, beans and whole grains) and nutrients (like choline, iron and potassium) to eating habits.



**Learn more** about pork's role as a carrier food. >

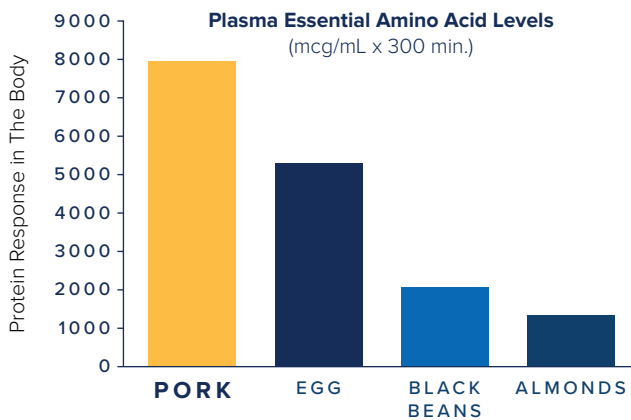


# Importance of Pork in the American Diet:

## A Healthy Choice that Meets the 4 Domains of Sustainable Nutrition

### Health/Nutrition

**Pork offers more usable protein-building nutrients than plant-based foods** like beans and almonds, helping maintain muscle health in both younger and older adults.



### Society

**Pork is a deeply rooted, culturally celebrated protein** enjoyed by many different Americans. Its rich variety of over 110 flavor notes makes it versatile in global cuisines, helping to meet the nutritional needs of communities everywhere.

#### North America

- Tacos Al Pastor
- Carnitas Tacos
- BBQ Pulled Pork
- Pozole
- Pernil
- Grilled Pork Ribs
- Pork Chop

#### Asia

- Korean Pork Bulgogi
- Tonkatsu
- Gua Bao
- Pork Banh Mi
- Minced Pork
- Dumplings
- Char Siu

#### Africa

- Pork and Peanut
- Stew
- Boerewors
- Pork Vetkoek
- Potjiekos

#### Europe

- Kielbasa/Bratwurst
- Schweinebraten
- Porchetta
- Pork Souvlaki
- Porkolt

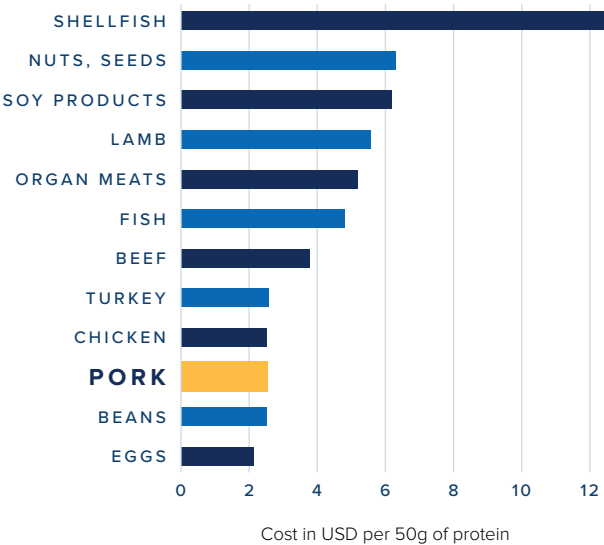
#### South America

- Feijoada
- Hornado
- Lechon
- Carapulcra



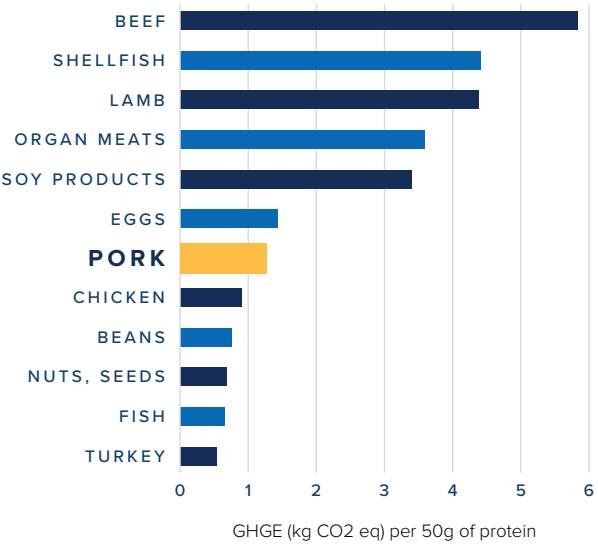
### Economics

**Fresh pork is a preferred and cost-effective meat source in the Thrifty Food Plan** because it helps people across different cultures and the lifespan for all Americans while meeting nutrient requirements within a low-cost healthy diet.



### Environment

**The estimated greenhouse gas emissions (GHGE) for pork** are closer to those of beans and poultry and lower compared to other red meats – a clear environmental advantage.



### REFERENCES

1. U.S. Department of Agriculture, Agricultural Research Service. FoodData Central, 2019. fdc.nal.usda.gov. (NDB # 10061, 10216, 10217, 10068, 10069, 10042, 10050, 10987, 10981, 10078, 10085). 2. U.S. Department of Agriculture, Agricultural Research Service. FoodData Central, 2019. fdc.nal.usda.gov. (NDB# 10061, 5746). 3. U.S. Department of Agriculture, Agricultural Research Service. FoodData Central, 2019. fdc.nal.usda.gov. (NDB# 10061, 23572, 23562, 5194, 5060, 17225). 4. U.S. Department of Agriculture, Agricultural Research Service. FoodData Central, 2019. fdc.nal.usda.gov. (NDB# 10093). 5. National Pork Board. USDA Nutrient Data Set for Fresh Pork (Derived from SR), Release 11. Accessed September 21, 2021. 6. Arnett DK, Blumenthal RS, Albert MA, et al. 2019 ACC/AHA guideline on the primary prevention of cardiovascular disease: A report of the American College of Cardiology/American Heart Association task force on clinical practice guidelines. *Circulation*. 2019;140(11):e596-e646. 7. Connolly G, et al. Effects of consuming ounce-equivalent portions of animal- vs. plant-based protein foods, as defined by the Dietary Guidelines for Americans on essential amino acids bioavailability in young and older adults: Two cross-over randomized controlled trials. *Nutrients*. 2023;15(13):2870. 8. Ankersen, Lisbeth. Comprehensive Sensory and Flavor Nuances of Pork Protein and Fat. Pork Checkoff website. porkcheckoff.org/research/comprehensive-sensory-and-flavor-nuances-of-pork-protein-and-fat/. Accessed November 5, 2024. 9. Poinsett 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. 10. Poinsett R, Maillot M, Drewnowski A. Hispanic Thrifty Food Plan (H-TFP): Healthy, affordable, and culturally relevant. *Nutrients*. 2024;16(17):2915. 11. Drewnowski A. Perspective: The place of pork meat in sustainable healthy diets. *Adv Nutr*. 2024;15(5):100213.

