

Nutritional Power of Pork

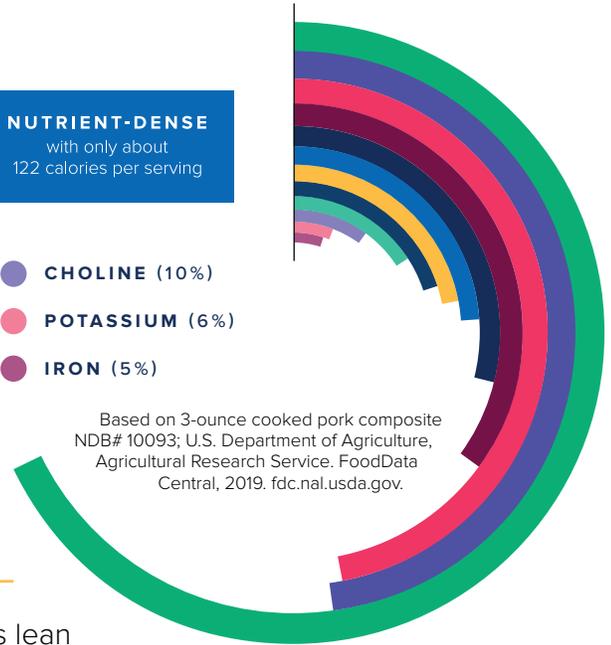
Fresh pork is a nutritional powerhouse:

Providing over 10 key nutrients to maintain good health.

- SELENIUM (68%)
- NIACIN (35%)
- ZINC (22%)
- CHOLINE (10%)
- THIAMIN (48%)
- VITAMIN B6 (29%)
- RIBOFLAVIN (20%)
- POTASSIUM (6%)
- PROTEIN (47%)
- VITAMIN B12 (24%)
- PHOSPHOROUS (16%)
- IRON (5%)

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

NUTRIENT-DENSE
with only about
122 calories per serving

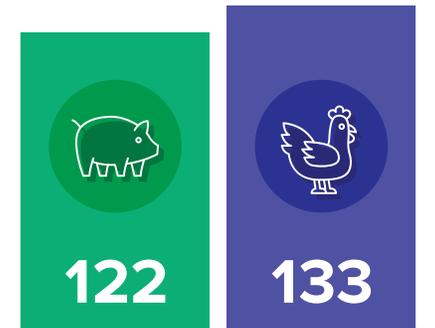


Based on 3-ounce cooked pork composite NDB# 10093; U.S. Department of Agriculture, Agricultural Research Service. FoodData Central, 2019. fdc.nal.usda.gov.

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.

Calories Per Serving



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

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

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.



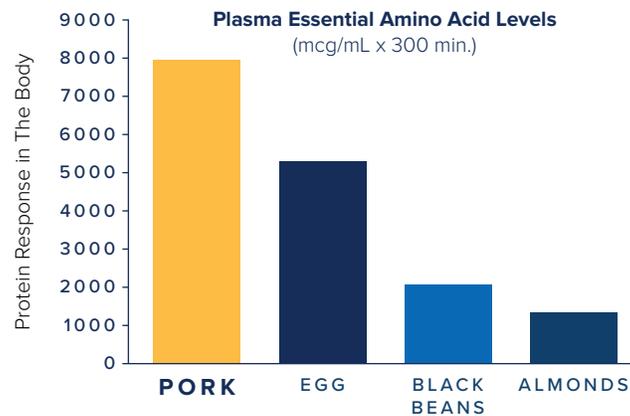
Learn more about pork’s role as a carrier food. >



Importance of Pork in the American Diet: A Healthy Choice that Meets the 4 Domains of Sustainable Nutrition

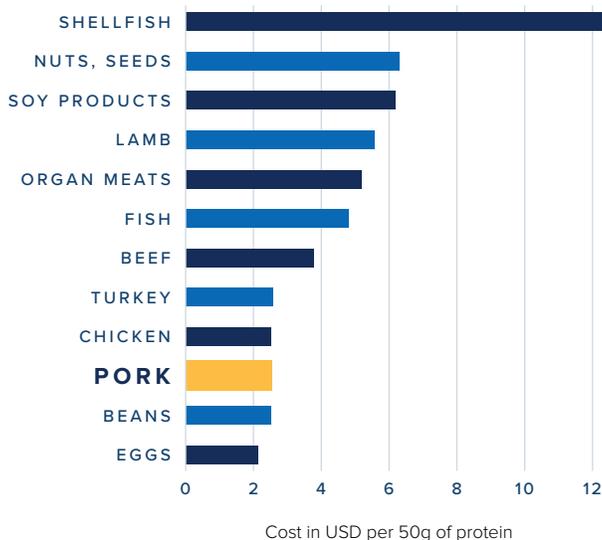
Health/Nutrition

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.



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.



REFERENCES

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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

Europe

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

Asia

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

South America

- Feijoada
- Hornado
- Lechon
- Carapulcra

Africa

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



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.

