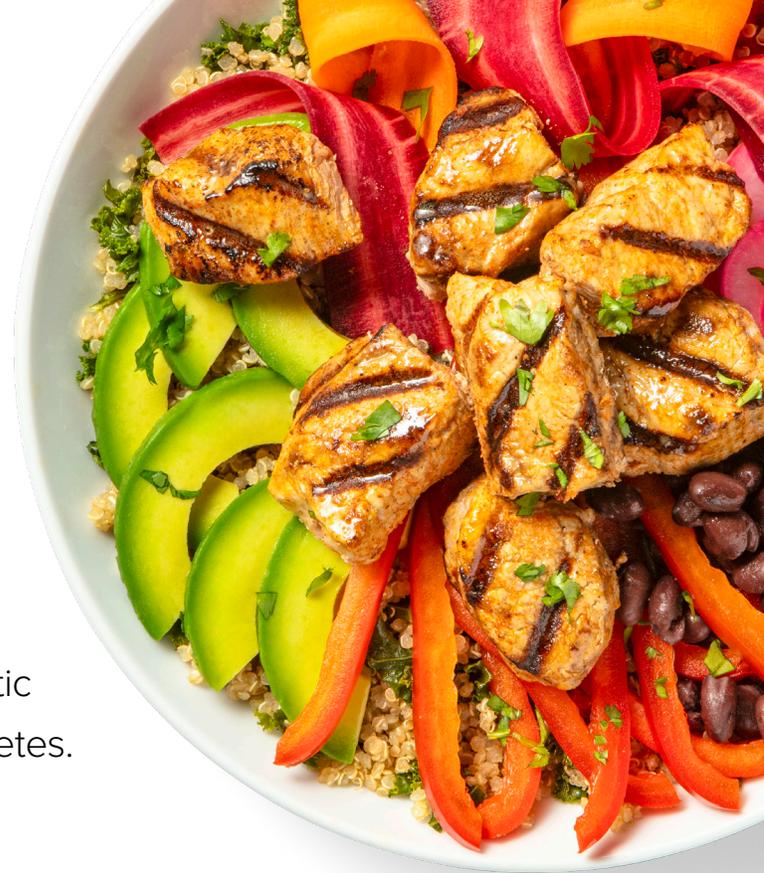


# INCLUDE PORK IN A DIABETES- FRIENDLY DIET

Pork not only tastes delicious but it is also affordable and nutritious. It can be a fantastic addition to any meal even if you have diabetes.



## Surprising Benefits of Pork

As a lean, quality protein, pork can add flavor and nutrition to your plate while helping to promote balanced blood sugar. And if that's not enough, as a carrier food, adding pork can help you eat more of the foods we often fall short of such as vegetables and whole grains. Read on to discover more amazing benefits of adding pork:

- Pork can provide an affordable, versatile source of quality protein with only 3 grams of fat in pork tenderloin, which may be beneficial to cardiovascular health.
- Three cuts of pork have been recognized by the American Heart Association as Heart-Check certified because they meet rigorous nutrition criteria as heart-healthy foods.
- Pork is a nutritional powerhouse that contains important vitamins and minerals. It's a good source of choline, phosphorous, pantothenic acid and an excellent source of thiamin, riboflavin, niacin, vitamin B6, vitamin B12, selenium, zinc and protein.
- Scientists have found pork has more than 110 unique flavor nuances and taste experiences, including the most intense umami flavor compared to other plant and animal proteins.
- Lean pork is a high-quality, nutrient-dense protein that offers variety, nutrition and glycemic benefits to the diabetes meal plan.

## Pork & Blood Sugar

- As a protein-rich food, pork has a minimal impact on blood glucose levels when consumed as part of a balanced meal.<sup>1</sup>
- Protein rich meals have been found to lower postprandial glucose responses compared to fiber- and carbohydrate-rich meals and adding protein to carbohydrate-containing meals can significantly improve postprandial glucose levels.<sup>2</sup>

<sup>1</sup> [https://www.frontiersin.org/journals/nutrition/articles/10.3389/fnut.2024.1395745/full?Audience=%25%25\\_\\_AdditionalEmailAttribute2%25%25&BusinessGoal\\_Audience\\_EmailCategory\\_Channel=%25%25\\_\\_AdditionalEmailAttribute5%25%25&Business\\_Goal=%25%25\\_\\_AdditionalEmailAttribute1%25%25&Channel=%25%25\\_\\_AdditionalEmailAttribute4%25%25&Email\\_Category=%25%25\\_\\_AdditionalEmailAttribute3%25%25&id\\_mc=316770838](https://www.frontiersin.org/journals/nutrition/articles/10.3389/fnut.2024.1395745/full?Audience=%25%25__AdditionalEmailAttribute2%25%25&BusinessGoal_Audience_EmailCategory_Channel=%25%25__AdditionalEmailAttribute5%25%25&Business_Goal=%25%25__AdditionalEmailAttribute1%25%25&Channel=%25%25__AdditionalEmailAttribute4%25%25&Email_Category=%25%25__AdditionalEmailAttribute3%25%25&id_mc=316770838)

<sup>2</sup> <https://www.frontiersin.org/journals/nutrition/articles/10.3389/fnut.2024.1395745/full> & <https://pubmed.ncbi.nlm.nih.gov/39019167/>





## Meal Planning Tips for Diabetes with Pork

- For one-step cooking with easy clean up, use lean pork to create a delicious sheet pan meal. Add pork tenderloin onto a baking sheet with sliced tomatoes, diced carrots and chopped onions. Season with olive oil, garlic and a dash of salt and pepper. Roast until the pork reaches an internal temperature of 145° F followed by a 3-minute rest and the vegetables are tender.
- Use batch cooking to allow you to enjoy lean pork multiple times per week, only cooking once. This technique saves you time and money! Here's a few ways to make it work:
  - o Season and roast pork tenderloin until fully cooked, then shred it. Serve it as pulled pork tacos with toppings like avocado, cilantro and lime and use the leftover pulled pork as a topping for salads or even a BBQ pork pizza with whole grain crust!
  - o Grill pork chops, slice and serve over a fresh green salad with vinaigrette. Use the leftover slices in a pork sandwich on whole grain bread with lettuce and tomato or toss it into a stir fry with brown rice and vegetables.
- Pork is a perfect pairing. Pork is the ultimate carrier food as it pairs well with foods we need more of (like veggies and beans) since they taste better together! Add half a plate of veggies to a palm-sized portion of pork and a cup of carbohydrates.

### Recipe Inspiration

Pork Power Bowl



*Learn more about pork nutrition!*  
[pork.org/nutrition](https://pork.org/nutrition)

**PORK &  
PARTNERS**

