

pork

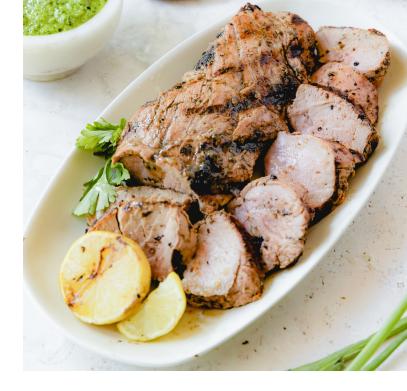
tenderloin

corn, onions, sweet

potatoes

PRO TIPS FOR Pork cuts

Use this guide as a reference for key benefits, simple recipes and culinary pro tips for the most popular pork cuts.





slow cook

BBQ sauce

once fully cooked, split in half to use for two separate meals.

Examples: pulled pork sandwiches with BBQ sauce one night, pulled pork tacos the next day.

Planning for Pork

- Take inventory of the foods you already have at home before you plan out meals.
- Lean on sheet pan and one pot meals for less clean up.
- Utilize convenient options such as pre-cut produce, frozen steamer vegetables and microwavable grains as a quick side or ingredient.
- Purchase 1-2 fruits and vegetables each to utilize in snacks and meals throughout the week.
- Cook once, eat twice when preparing pork, make enough to last several meals.
- Purchase a whole pork loin and cut into several sets of pork chops and loin roasts to save money.



Did you know?

Pork tenderloin is just as lean as boneless skinless chicken breast.



meet **potassium** recommendations daily when pork is on the plate. Pork helps consumers consume more plants!



internal cooking temperature for whole muscle cuts of pork such as chops, roasts and loins. 3 oz SERVING OF PORK Rich in: thiamin, riboflavin, niacin, vitamin B6, vitamin B12, selenium, zinc Good source of: choline, pantothenic acid, phosphorus



Both lean and high fat pork fat can be described as kokumi, a Japanese word to describe "rich taste" or "delicious."

Learn more about pork nutrition! pork.org/nutrition

