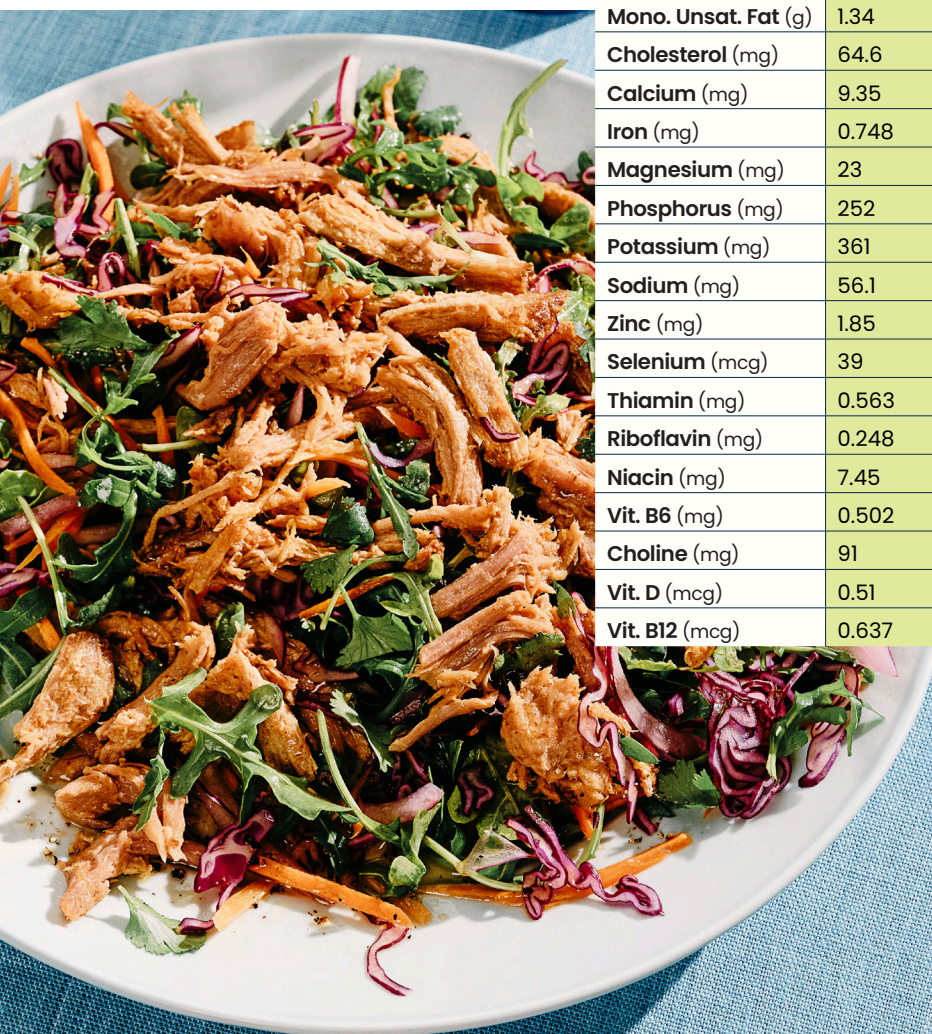


COMPARING PORK & COMMON PROTEINS

Today's fresh, lean pork cuts are **lower in fat** than you may think and **full of key nutrients** essential for health at any age.

Whether you're trying to eat smarter, get more protein, or manage your heart health, **pork can be a great addition to your plate.**



HOW DOES PORK COMPARE?¹

Cooked Meat/Plant-Based Meat Comparison Chart*					
	Sirloin Pork Chop	Chicken Breast	Strip Steak	Lamb Chop	Impossible Burger
Portion	3 oz. (85 g)	3 oz. (86 g)	3 oz. (85 g)	3 oz. (85 g)	100 g**
Calories	137	142	224	200	204
Protein (g)	24.3	26.7	22.4	21.9	16.8
Total Fat (g)	3.71	3.07	14.3	11.7	11.5
Sat. Fat (g)	1.16	0.869	5.62	5.45	5.31
Poly. Unsat. Fat (g)	0.522	0.662	0.528	0.506	—
Mono. Unsat. Fat (g)	1.34	1.07	5.94	4.73	—
Cholesterol (mg)	64.6	73.1	74.8	72.2	0
Calcium (mg)	9.35	12.9	16.2	11.9	159
Iron (mg)	0.748	0.894	1.44	1.99	3.72
Magnesium (mg)	23	24.9	18.7	21.2	—
Phosphorus (mg)	252	196	173	190	133
Potassium (mg)	361	220	279	286	619
Sodium (mg)	56.1	63.6	45.9	54.4	327
Zinc (mg)	1.85	0.86	4.04	4.11	6.64
Selenium (mcg)	39	23.7	24.2	8.58	—
Thiamin (mg)	0.563	0.06	0.06	0.109	1
Riboflavin (mg)	0.248	0.098	0.108	0.332	0.226
Niacin (mg)	7.45	11.8	5.98	4.62	10.6
Vit. B6 (mg)	0.502	0.516	0.47	0.365	0.354
Choline (mg)	91	73.4	85.8	—	—
Vit. D (mcg)	0.51	0.086	0.255	—	0
Vit. B12 (mcg)	0.637	0.292	1.33	2.59	6.9

¹ FoodData Central, USDA website <https://fdc.nal.usda.gov/>, Accessed April 14, 2025.

All data pulled from USDA FoodData Central
 *FDC ID: sirloin pork chop (168310), chicken breast (171477), strip steak (169539), lamb chop (172583), impossible burger (2664239)
 **Impossible products only have data available for 100g (4oz) portions

**PORK &
PARTNERS**

pork TASTE WHAT
PORK CAN DO.

WHY PORK PACKS A NUTRITIONAL PUNCH

Fresh, lean pork isn't just about protein — it's full of the essential vitamins and minerals your body needs.



HEART-HEALTHY FAT

Over half the fat in a sirloin pork chop is unsaturated.

- Sirloin pork chops are **lower in saturated fat** than strip steak.



POWERED BY B VITAMINS

Lean pork is higher in riboflavin and vitamin B12 than chicken breast, and higher in riboflavin, niacin and vitamin B6 than strip steak.

- Pork has **2.2x more vitamin B12** than chicken breast.



BRAIN & METABOLISM SUPPORT^{2,3}

A pork chop provides more choline and phosphorus than many other proteins.

- Sirloin pork chops have nearly **90% more phosphorus** than the impossible burger.

A PERFECT PAIRING WITH PLANTS

PORK + PLANTS = A BALANCED, SATISFYING PLATE.

Add fresh vegetables, whole grains, legumes and fruits for a flavorful way to enjoy global cuisine and meet your nutrition goals.



SEARCHING FOR
RECIPE INSPIRATION?

pork.org/porkandpartners/recipes



**PORK &
PARTNERS**



**TASTE WHAT
PORK CAN DO.™**

WHAT TO LOOK FOR AT THE STORE



Fresh pork today is leaner than it was decades ago⁴ — and sirloin pork chop, pork tenderloin, or loin roast have earned the American Heart Association Heart-Check mark ✓ as certified heart-healthy extra lean cuts of meat.⁵

- **Pork tenderloin ✓**
- **Sirloin pork chop ✓**
- **Sirloin pork roast ✓**
- New York pork chop
- Ground pork, 96% lean
- New York pork roast
- Porterhouse pork chop
- Ribeye pork chop

PORK FITS. NATURALLY.

With its impressive nutrition profile, lean pork is a smart choice for any eating style — from Mediterranean to Flexitarian.

Ask your dietitian or healthcare professional how to include pork as part of your healthy routine.



² Choline. NIH website. <https://ods.od.nih.gov/factsheets/Choline-HealthProfessional/>. Last updated June 2, 2022. Accessed May 6, 2025.

³ Phosphorus. NIH website. <https://ods.od.nih.gov/factsheets/Phosphorus-HealthProfessional/>. Last updated May 4, 2023. Accessed May 6, 2025.

⁴ USDA Nutrient Data Set for Fresh Pork (Derived from SR), Release 1.1. USDA website. <https://www.ars.usda.gov/ARSUserFiles/80400525/Data/Pork/Pork1-1.pdf>. Published September 2007. Accessed April 14, 2025.

⁵ Heart-Check Certification. American Heart Association website. <https://www.heart.org/en/healthy-living/company-collaboration/heart-check-certification>. Accessed April 14, 2025.

