WHAT YOU NEED TO KNOW

PORK AND CHRONIC DISEASE

TASTE WHAT PORK CAN DO.™

Fresh pork is a nutrient-dense, high-quality protein that fits into dietary patterns designed to manage risk factors of chronic diseases, including heart disease, obesity, prediabetes and type 2 diabetes. Backed by randomized controlled trials and expert guidelines, pork can be part of healthy, culturally inclusive and budget-conscious eating patterns.

HEART HEALTH

BLOOD PRESSURE[1]

Lean pork lowers blood pressure as effectively as fish or chicken when eaten in the DASH diet.

CHOLESTEROL[2] (LDL, TOTAL)

Lean pork can be eaten as part of a Mediterranean-style diet and still lower total cholesterol.

TRIMETHYLAMINE N-OXIDE[3]

Lean pork with fruits, veggies, and grains doesn't raise heart risks vs. chicken, based on gut markers like TMAO.

HEART PROBLEMS[4]

Eating red meats like lean pork does not appear to be linked to heart disease, stroke or other heart problems.

DID YOU KNOW?

Studies show consuming unprocessed red meat, including pork, does not lead to weight gain or obesity, or worsen risk factors for related metabolic diseases like blood lipids or blood pressure.[5,6,7]

Several cuts of pork are Heart-Check Certified by the American Heart Association.[8,9]

- Pork tenderloin
- Sirloin pork roast
- Sirloin pork chop

Eight pork cuts meet the USDA definition for "lean":[8]*

- Tenderloin
- Sirloin chops
- 96% lean ground pork

1 SERVING OF PORK IS

3 OUNCES OF A MUSCLE CUT (like tenderloin or pork chop)

3 OUNCES OF GROUND

3 OUNCES OF HAM

WEIGHT MANAGEMENT AND OBESITY

BODY WEIGHT[10]

Eating a weight-loss diet with extra lean pork helped older adults lose weight and improve physical function (like distance walked).

BODY FAT PERCENTAGE[11]

Without cutting calories, eating pork reduced body weight by 1.9 lbs and body fat by 0.77%.

WHOLE BODY MASS[12]

Overweight adults lifting weights lost ~17 lbs (mostly fat) by eating 90 g protein daily (incl. from pork), no matter meal spacing.

FEELING FULL[13]

Men who ate more protein from sources like pork, lost weight, felt fuller and had less desire to eat — especially at night.

FAST FACT

The sources of protein in this study included pork tenderloin, pork chops, ground pork and low-sodium deli ham.

TYPE 2 DIABETES AND PREDIABETES

AFTER-MEAL BLOOD SUGAR AND INSULIN[14]

In adults with prediabetes, a high-protein breakfast with lean pork lowers blood sugar and insulin vs. a sugary breakfast.

MARKERS OF BLOOD SUGAR CONTROL[15,16]

Eating red meat does not impact blood sugar or insulin levels linked to type 2 diabetes or other metabolic diseases.

DID YOU KNOW?

The American Diabetes Association and the American Heart Association encourage people with diabetes to consume a healthy dietary pattern that includes nutrient-dense foods and lean proteins such as pork.[17,18]

BOTTOM LINE:

Pork — when paired with plants — can be a valuable component of eating patterns for people with or at risk for chronic disease. Its affordability, nutrient density and versatility make it a smart choice across cultures and budgets.

pork®
TASTE WHAT PORK CAN DO.™

* Lean meats and poultry contain less than 10 grams of fat, 4.5 grams or less of saturated fats, and less than 95 milligrams of cholesterol per 100 grams and per labeled serving size.

[1] *Am J Clin Nutr.* 2015;102(2):302-8. [2] *Am J Clin Nutr.* 2018;108(1):33-40. [3] *Mol Nutr Food Res.* 2022;66(9):e2101136. [4] *Clin Nutr ESPEN.* 2024;60:289-297. [5] *Am J Clin Nutr.* 2017;105(1):57-69. [6] *Obesity.* 2025 Jul 25. doi: 10.1002/oby.24322. Epub ahead of print. [7] *Nutrients.* 2012;4(7):711-723. [8] FoodData Central. USDA website. https://fdc.nal.usda.gov/. Accessed April 15, 2025. [9] Heart-Check Certification. AHA website. https://www.heart.org/en/healthy-living/company-collaboration/heart-check-certification. Accessed April 15, 2025. [10] *J Clin Lipidol.* 2019;13(6):920-931. [11] *Am J Health Behav.* 2020;44(4):513-525. [12] *Am J Clin Nutr.* 2017;106(5):1190-1196. [13] *Obesity.* 2011;19(4):818-24. [14] *J Am Coll Nutr.* 2018;37(4):293-301. [15] *Eur J Clin Nutr.* 2023;77(2):156-165. [16] *Adv Nutr.* 2021;12(1):115-127. [17] *Diabetes Care.* 2019;42(Supplement 1):S46. [18] *Circulation.* 2019;140(11):e596-e646.