THE POWER OF PORK



HOW PORK FUELS EVERY KIND OF ATHLETE

Whether you're hitting the gym, pounding the pavement, cycling through spin class or just getting your steps in — **what you eat before and after exercise matters**. Pork is a powerhouse protein that helps you recover, rebuild and come back stronger.

WHY PORK?

Because it's a nutrient-dense choice for performance and recovery.*

HIGH-OUALITY PROTEIN

Packed with complete protein, pork contains all nine essential amino acids. That's key for muscle repair, growth and recovery after exercise — especially after strength training or high-intensity workouts.¹

B VITAMINS = ENERGY METABOLISM

Pork is a source of thiamin, niacin, vitamin B6 and vitamin B12 — crucial for turning carbs into energy and supporting brain and nerve function under physical stress.²

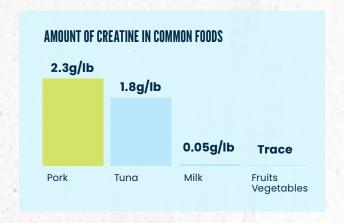
JUST AS LEAN AS CHICKEN BREAST

Just as lean as chicken breast and packed with flavor. Think of pork tenderloin as your blank canvas for flavor — perfect for quick, crave-worthy pre- or post-workout meals.*3

PORK VS. CHICKEN Pork Tenderloin (3oz Cooked)+ Total Fat 2.98g Protein 22.3g Chicken Breast (3oz Cooked)+ 2.69g 25.9g

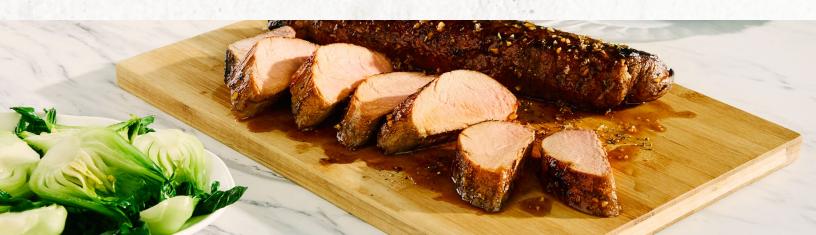
CREATINE (Yes, it's naturally in pork!)

Pork is a whole food source of creatine.*4 Creatine helps with short bursts of power and strength – think lifting, sprinting or HIIT.⁵



ZINC + IRON

These essential minerals support oxygen transport, immune strength and muscle function. Iron also helps reduce fatigue, which is especially important for endurance athletes like runners and cyclists.⁶





BACKED BY SCIENCE, BUILT FOR RECOVERY.

Researchers at Texas A&M University found when testing pork-based versus plant-protein meals, pork-based meals had a more positive impact on recovery and performance in college-aged athletes:‡7

- · Faster recovery from exercise, less muscle soreness
- · Lower oxidative stress and better hormonal balance
- · Less inflammation and protein breakdown after exercise
- · Lower depression scores
- · More appetite satisfaction and better perceptions of restful sleep

PORK IS BUILT OF EXERCISE

- Runners
- Weightlifters
- · Spin and HIIT fans
- · Weekend warriors
- Everyday movers

No matter your fitness level, pork delivers the nutrition your body needs to perform and recover without sacrificing flavor.

POST-WORKOUT PORK POWERHOUSE MEALS

Fuel your recovery with these easy ideas:

PORK TENDERLOIN + SWEET POTATO MASH

Complex carbs + protein = recovery magic.

WHOLE GRAIN WRAP WITH SHREDDED PORK, SPINACH AND HUMMUS

Great on-the-go option after any workout.

STIR-FRY WITH PORK STRIPS, BELL PEPPERS AND BROWN RICE

Replenishes energy and supports muscle repair.

COBB SALAD

Toss in crispy pork belly or tender pork loin for a next-level protein upgrade.

GROUND PORK AND EGG BREAKFAST BURRITO

Ideal after an early morning spin or run.

PORK + VEGGIE SKEWERS

Perfect for a protein-rich lunch or dinner.

KOREAN PORK LETTUCE WRAPS

Pork + plants = bold flavor with performance benefits.

AIR FRYER HAM. VEGGIE AND CHEESE FRITTATA

Using an air fryer speeds up the cooking time, making it a practical breakfast choice for busy mornings before a workout.

BYO CHARCUTERIE BOARD

Do some post-workout recovery grazing with a purpose. Build a balanced board with sliced pork tenderloin, prosciutto, salami, hampaired with colorful produce like grapes, bell peppers, cucumbers and apple slices.



Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted. FDC ID:168250 NDB Number:10061. fdc.nal.usda.gov/fooddetails/168250/nutrients%25201 +Comparison of Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted. FDC ID:168250 NDB Number:10061 with Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled FDC ID:171534 NDB Number:5747 fdc.nal. usda.gov/ ‡Findings from this study are applicable to those involved in military-style training. The duration of consuming the pork meals usda.gov/ ‡Findings from this study are applicable to those involved in military-style training. The duration of consuming the pork meals was only three days. There were only six women involved in the study. ¹ Protein. FDA website. https://www.accessdata.fda.gov/scripts/ InteractiveNutritionFactsLabel/assets/InteractiveNt-Protein_October2021.pdf. Accessed April 22, 2025. ³What Are B Vitamins? Academy of Nutrition and Dietetics website. www.eatright.org/health/essential-nutrients/vitamins/what-are-b-vitamins-and-folate. Updated April 3, 2025. Accessed April 22, 2025. ³ Comprehensive Sensory and Flavor Nuances of Pork Protein and Fat. Porkcheckoff.org website. https://www.porkcheck off.org/research/comprehensive-sensory-and-flavor-nuances-of-pork-protein-and-fat/. Accessed July 30, 2025. ⁴ Nutritional Supplements for Endurance Athletes. Springer Nature website. link.springer.com/chapter/10.1007/978-1-59745-231-1_11. Accessed July 10, 2025. ⁵ Dietary Supplements for Exercise and Athletic Performance. Office of Dietary Supplements website. ods.od.nih. gov/factsheets/ExerciseAndAthleticPerformance-Consumer/. Accessed April 22, 2025. ⁵ Solberg A, Reikvam H. Iron status and physical performance in athletes. Life. 2023;13(10):2007. ⁵ Gonzalez DE, et al. Effects of pork protein ingestion prior to and following performing the army combat fitness test on markers of catabolism, inflammation, and recovery. Nutrients. 2025;17(12):1995.

