

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-QUALITY 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

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

AMOUNT OF CREATINE IN COMMON FOODS



PORK VS. CHICKEN

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

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 FOR ALL TYPES 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, ham—paired 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/food-details/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 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/InteractiveNFL_Protein_October2021.pdf. Accessed April 22, 2025. ² What 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](https://www.porkcheckoff.org/research/comprehensive-sensory-and-flavor-nuances-of-pork-protein-and-fat/) website. <https://www.porkcheckoff.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. ⁶ Solberg A, Reikvam H. Iron status and physical performance in athletes. *Life*. 2023;13(10):2007. ⁷ 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.



TASTE WHAT PORK CAN DO.