

WEIGHT MANAGEMENT TIPS

Leading health and nutrition experts offer these simple guidelines to help you stay strong, nourished and satisfied—even while eating less^{1,2}



Focus on whole foods that are **RICH IN NUTRIENTS**, not empty calories



Start your meals with **HIGH-QUALITY PROTEINS** to support muscle & energy



Pair protein with **RESISTANCE TRAINING** to help prevent muscle loss



Look for foods with key nutrients like **VITAMIN B12, IRON AND ZINC**



1. Obesity. 2024;32(9):1613-1631. 2. Obesity. 2025;33(8):1475-1503.

Pork is a **convenient and delicious high-quality source of protein** that can help you stay on track when seeking to lose weight or if you are on a weight-loss medication.

LEARN MORE

EATING WELL WHILE LOSING WEIGHT MEANS MAKING EVERY BITE COUNT.

PORK IS PACKED WITH HIGH-QUALITY PROTEIN

More than 20g per 3oz serving of fresh pork, **plus 10+ important nutrients** for energy, strength, and overall health.



HELPING YOU STAY STRONG AND SATISFIED

Protein keeps your **muscles strong** and helps you feel full.



PORK GIVES YOU MORE THAN JUST PROTEIN

Pork also delivers **iron, zinc, B vitamins, and other nutrients** that can sometimes be harder to get when your appetite is smaller.



PAIRS PERFECTLY WITH FRUITS & VEGETABLES

Pork goes **hand-in-hand with fruits and veggies**—making it easier to eat more of the foods your body craves when losing weight.

PORK IS CONVENIENT, WITH PORTION-FRIENDLY OPTIONS.

Whether you need a **quick snack or a simple meal**, pork fits the bill—with no fuss. Think pork jerky or pork meatballs.



TASTE WHAT
PORK CAN DO.™

Learn more at **pork.org**

For full references, visit **pulseconnect.me/pork**