

MAKE EVERY BITE COUNT WITH PORK



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.



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 is key to keeping your **muscles strong and helping you feel full.**

PORK GIVES YOU **MORE THAN JUST PROTEIN**

In addition to protein, pork delivers iron, zinc, B vitamins, and other nutrients that can sometimes be harder to get when your appetite is smaller.

PAIRS PERFECTLY WITH **FRUITS & VEGGIES**

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.



TASTE WHAT PORK CAN DO

Learn more at **pork.org**

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

DELICIOUS & EASY WAYS TO ADD PORK TO MEALTIMES

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.

COLD & PRODUCE -PACKED



Pork loin + apple slices
+ low-fat cheese



Ham roll-ups + cucumber
spears + hummus



Prosciutto + melon
wedges + fresh basil

PORK & PRODUCE POWER COMBOS



Pork tenderloin
+ pear slices + walnuts



Diced ham + peach slices
+ cottage cheese



Pork + lettuce leaves
+ cucumber + carrot
sticks

WARM & VEG-HEAVY MEALS



Pulled pork + apple slaw
+ whole grains



Pork meatballs + zucchini
noodles + tomato sauce



Stuffed peppers
+ ground pork +
black beans + corn

SHELF-STABLE OR QUICK-HEAT OPTIONS



Pork jerky
+ carrot sticks + grapes



Pork stick
+ apple slices + nut butter



Low-sodium pork rinds +
guacamole + cherry tomatoes