



# CHOOSE LEAN PORK

Your guide to *health and flavor*

## SELECT A LEAN CUT



New York pork chop



Sirloin pork chop



Ribeye pork chop



Sirloin pork roast



New York pork roast



Ground pork, 96% lean



Porterhouse pork chop



Pork tenderloin

*Pork tenderloin is one of the leanest, most tender cuts of pork.*



TASTE WHAT  
PORK CAN DO.™

**PORK &  
PARTNERS**

 **ENJOY THE FLAVOR**



For flavorful, tender and juicy pork, cook lean whole muscle cuts (roasts, chops and tenderloin) until a meat thermometer reads **145\* F** (medium-rare), followed by a 3-minute rest. Ground pork should always be cooked to 160°F.

**2 basic methods for cooking pork:**

**Dry heat:** grilling, broiling and sautéing are best applied to naturally tender cuts of meat.

**Moist heat:** stewing and braising are best for tenderizing less-tender cuts.

**Practice Portion Control**

The average serving size of pork is 3 oz of boneless cooked meat (4 oz raw) – about the size of a deck of cards.



 **DISCOVER THE BENEFITS**

**8 cuts of pork meet USDA guidelines for “lean”\*\***

**Lean** = less than 10g fat, 4.5g saturated fat and 95mg cholesterol per 100g of meat.

Pork tenderloin and sirloin pork chop meet USDA guidelines for “extra lean.”\*\*

**Extra Lean** = less than 5g total fat, 2g saturated fat, and 95 mg cholesterol per 100g of meat.

**Pork Tenderloin is a source of 11 key nutrients.\*\***

**Excellent source:** protein, thiamin, riboflavin, niacin, vitamin B6, vitamin B12, selenium and zinc.

**Good source:** choline, pantothenic acid and phosphorous. \*\*

*Learn more about pork nutrition!*  
**[pork.org/nutrition](http://pork.org/nutrition)**

\*National Nutrient Database for Standard Reference, Release 23. Based on 3-ounce cooked servings (roasted or broiled), visible fat trimmed after cooking.

\*\*U.S. Department of Agriculture, FoodData Central, 2019. Based on 3-ounce serving cooked pork. NDB# 10093. „Excellent” source: 20% or more of Daily Value; „Good” source: 10-19% of Daily Value.

