

Build A Nutritious Plate with PORK

A resounding message from the 2025-2030 Dietary Guidelines for Americans is that the foods and beverages that people consume have a profound impact on their health. What you choose to put on your plate or pour in your glass, meal in and meal out, can impact your health — for better or for worse.

Good health is easier to achieve than you may think. It's the small changes that help add up to a big difference, like choosing lean meats or using whole grains and including more fruits and vegetables at each meal. By shifting to more nutrient-rich choices and eating and drinking the amount that's right for you, you can feel better and more energized while lowering the risk for diseases like diabetes and heart disease.



Building a Healthy Meal

- ☐ Eat the Right Amount for You
- ☐ Prioritize protein foods at every meal (like pork)
- ☐ Consume dairy
- ☐ Eat vegetables & fruits throughout the day
- ☐ Incorporate healthy fats
- ☐ Focus on whole grains
- ☐ Limit high processed foods, added sugars & refined carbohydrates
- ☐ Limit alcoholic beverages



**PORK &
PARTNERS**



**TASTE WHAT
PORK CAN DO.™**

Nutritious Plate Ideas

These examples show what a nutritious plate looks like, and features delicious pork, a half plate of fruits and veggies, whole grains and full-fat dairy foods. Making small shifts to create delicious and nutritious meals is easier than you think.

MEAL 1:

Mediterranean Pork Zucchini Boats



<https://pork.org/recipes/mediterranean-pork-zucchini-boats/>

MEAL 2:

Pork and Pineapple BBQ Skewers



<https://pork.org/recipes/pork-pineapple-bbq-skewers/>



145°F

The National Pork Board recommends cooking pork chops, roasts and tenderloin to an internal temperature of 145 degrees Fahrenheit, followed by a 3-minute rest time.



EGG ROLL IN A BOWL

SERVINGS: 4 | PREP TIME: 15 MIN. | COOK TIME: 15 MIN.

INGREDIENTS:

1 tablespoon sesame oil
1 small red onion, diced
1 tablespoon minced garlic
1 tablespoon finely minced ginger
1 pound ground pork
2 teaspoons Sriracha
1 bag (14 oz) coleslaw mix
2 red bell peppers, sliced thinly
1 bag (10 oz) matchstick carrots
3 tablespoons low-sodium soy sauce (or liquid aminos) 1
tablespoon rice wine vinegar Salt
and black pepper to taste

OPTIONAL FOR GARNISH:

Green onions, sliced
Sesame seeds
Wonton strips

OPTIONAL SAUCES:

SWEET: Drizzle with hoisin or duck sauce

SPICY: Drizzle with Sriracha, hot sauce, or sweet chili garlic sauce

CREAMY: Mix together Greek yogurt, Sriracha, lime juice and salt, to taste

DIRECTIONS:

1. **HEAT** sesame oil in a large skillet over medium heat. Add red onion, cook 2-3 minutes. Add garlic and ginger. Cook until fragrant, about 1 minute. Add ground pork and Sriracha. Cook and crumble until pork is cooked through and reaches an internal temperature of 160° F, about 7-10 minutes.
2. **ADD** coleslaw mix, red bell pepper, carrots, soy sauce, sesame oil, rice wine vinegar, black pepper, and salt, to taste, and stir until well combined. Cook, stirring occasionally, until cabbage is tender, about 5 minutes.
3. **SPOON** pork-cabbage mixture in to a serving bowl. Drizzle with sauce of choice and garnish, if desired.

<https://pork.org/recipes/egg-roll-in-a-bowl/>

NUTRITION FACTS PER SERVING, sauces & garnish not included
Calories 413, Total Fat 29g (Saturated Fat 10g) Cholesterol 82mg,
Sodium 586mg, Total Carb 16g (Dietary Fiber 5g, Sugars 8g), Protein
23g, Vitamin D 0%, Calcium 9%, Iron 12%, Potassium 15%

Visit pork.org/porkandpartners for more
nutritious and delicious pork recipes.

**PORK &
PARTNERS**



© 2026 National Pork Board, Des Moines, Iowa USA. This message funded by America's
Pork Producers and the Pork Checkoff. 3.23 | <https://www.dietaryguidelines.gov/>

*Serve with something like
a yogurt parfait with
whole grain granola.*

