

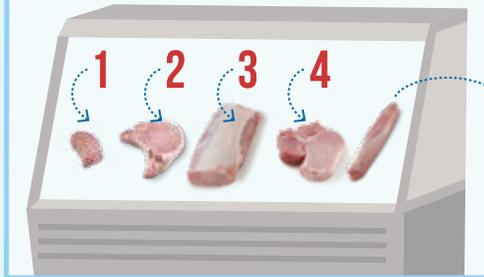


# LEAN TOWARD PORK: Your Guide to Health and Flavor

## AT THE MARKET: Choose the Right Cut

### 150+ Cuts of Pork

are getting new consumer-friendly names similar to beef



- 1. NEW YORK PORK CHOP**  
*previous name: Top Loin Chop*
- 2. RIBEYE PORK CHOP, BONE-IN**  
*previous name: Rib Chop, bone-in*
- 3. NEW YORK PORK ROAST**  
*previous name: Top Loin Roast*
- 4. PORTERHOUSE PORK CHOP**  
*previous name: Loin Chop*

### PORK TENDERLOIN

is one of the most tender cuts of pork. It's also one of the leanest.

When shopping, look for lean cuts of pork with the word **LOIN** on the label.

## Discover All the Benefits

### NUTRITION FACTS

Great news for pork lovers: many lean cuts are flavor- and nutrient-packed.

### 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 IS A SOURCE OF 9 KEY NUTRIENTS.

A 3oz. serving is an "excellent" source of **PROTEIN**, **VITAMIN B6**, thiamin, phosphorus, niacin and selenium. A "good" source of potassium, riboflavin and zinc.\*\*

**TODAY'S PORK** is **16%** leaner and **27%** lower in saturated fat, compared to about 20 years ago.\*

### NEW PORK LABELING

makes it easier to identify your favorite cut by:

- 1. Consumer-friendly names**
- 2. Cut Characteristics**
- 3. Preparation Recommendations**



Net Wt/Ct	Unit Price	Total Price
1.12 lb	\$3.49/lb	\$3.91

PRODUCT OF US

## AT HOME: Enjoy Pork Lean, Tender + Juicy



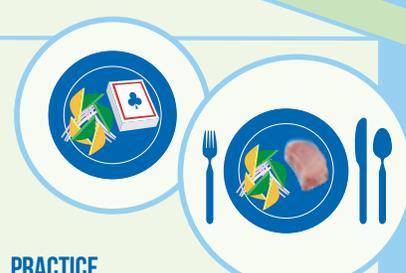
**FOR FLAVORFUL, TENDER AND JUICY PORK,** cook until a meat thermometer reads between **145°F** (medium-rare), with 3 minutes rest, and **160°F** (well). Ground pork should always be cooked to **160°F**.

### THERE ARE 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 **4oz.** of boneless raw pork, and **3oz.** of cooked meat, about the size of a deck of cards.



There are over **2,000** recipes in our collection at [pork.org/cooking](http://pork.org/cooking)

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

\*\*2010 Nutritional Nutrient Database for Standard Reference, Release 23. Based on 3-ounce cooked pork tenderloin. "Excellent" source: 20% or more of Daily Value; "Good" source: 10-19% of Daily Value