

PORK: GOOD FOR YOU



PORK IS A DELICIOUS, HEALTHY PROTEIN

24g
PROTEIN



3oz

PORK LOIN = 165 CALORIES
PORK SIRLOIN = 173 CALORIES
PORK TENDERLOIN¹ = 122 CALORIES

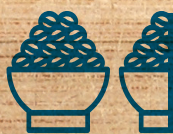
COMPARED TO OTHER PROTEINS

6 TABLESPOONS
OF PEANUT BUTTER



564 CALORIES

1½ CUPS OF COOKED
BLACK BEANS



340 CALORIES

4 HARD-BOILED
EGGS



310 CALORIES

HEALTH BENEFITS OF LEAN PORK

+ PRESERVES LEAN MUSCLE TO HELP MAINTAIN WEIGHT LOSS²

+ EXCELLENT SOURCE OF VITAMINS AND MINERALS
THIAMIN, RIBOFLAVIN, SELENIUM,
NIACIN, B6, B12

+ CERTIFIED HEART-HEALTHY
SIRLOIN, TENDERLOIN



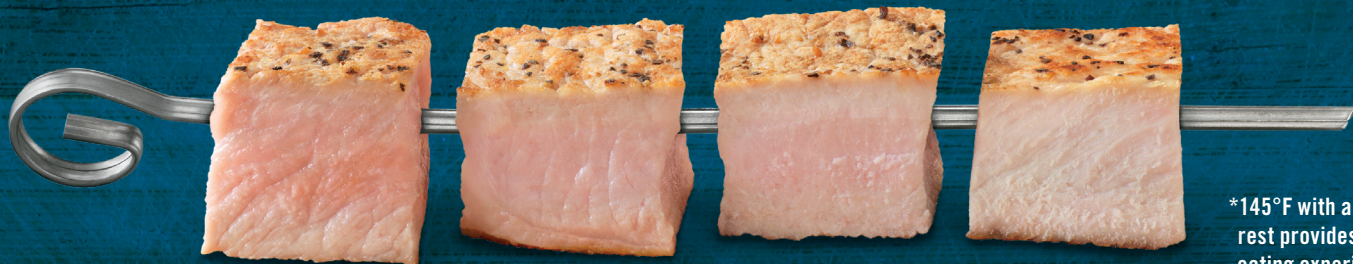
1. Three ounces of pork tenderloin offers 22 grams of protein.

2. Kim, J. E., O'Connor, L. E., Sands, L. P., Slebodnik, M. B., & Campbell, W. W. (2016). Effects of dietary protein intake on body composition changes after weight loss in older adults: a systematic review and meta-analysis. *Nutrition Reviews*, 74(3), 210–224.

Heart-Check certification does not apply to research on weight loss.

Source: U.S. Department of Agriculture Nutrient Database Release 18, 2006 Revised USDA Nutrient Data Set for Fresh Pork

FOR DELICIOUS RESULTS, COOK TO 145°F!



MEDIUM-RARE*
145-150°F

MEDIUM
150-155°F

MEDIUM-WELL
155-160°F

WELL
160°F

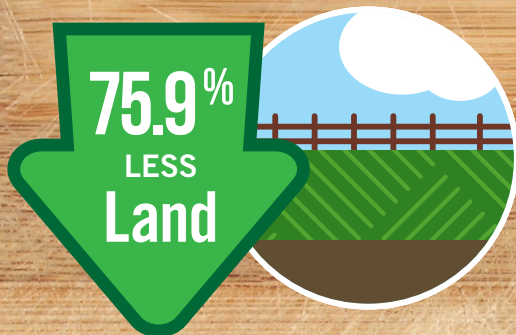
*145°F with a 3-minute rest provides the optimal eating experience and is the minimum safe internal cooking temperature provided by USDA's Food Safety & Inspection Service.



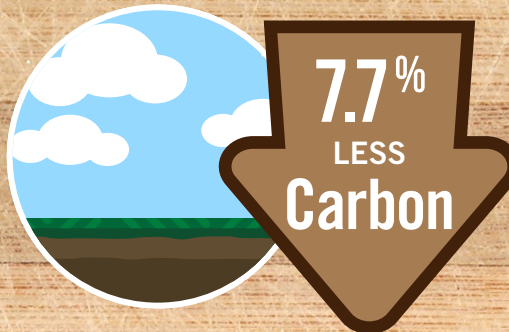
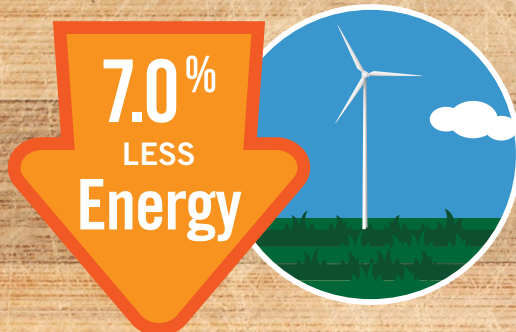
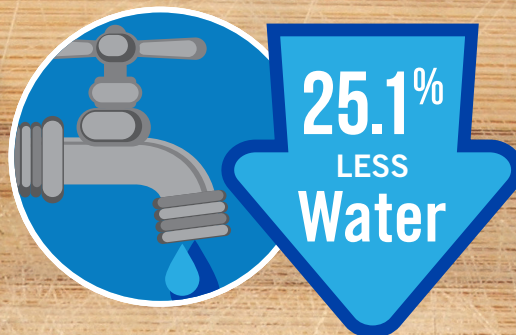
PORK: GOOD FOR THE PLANET



U.S. PORK'S SUSTAINABILITY KEEPS IMPROVING



IMPROVEMENTS
PER POUND OF PORK
PRODUCED
(1960-2015)



Data Source:
*A Retrospective
Assessment of U.S.
Pork Production:
1960 to 2015,*
Univ. of Arkansas,
National Pork
Board, 2018.

Over the decades, America's pig farmers have made dramatic improvements in how they raise pigs:

Effective measures combine to reduce greenhouse gas emissions and U.S. pork's carbon footprint.



Enhanced protection from harsh weather and predators



Better genetics and animal care



Improved crops to better match animals' needs



How crops are raised



How pigs are fed



How nutrients are recycled



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For more information, go to pork.org.