

# PROFILE ON PORK:

## NUTRITIOUS AND DELICIOUS



### PORK CERTIFIED AS HEART-HEALTHY

Now, more than ever, today's busy consumers are looking for convenience and foods to help them feel good.

To help your patients better navigate the supermarket, the American Heart Association's Heart-Check mark easily identifies foods – including pork tenderloin and pork sirloin roast – that meet the organization's heart-healthy guidelines as part of an overall sensible eating pattern.



*Please note that the Heart-Check Food Certification does not apply to research or information reached through websites unless expressly stated. For more information, see the AHA nutrition guidelines at: [heartcheckmark.org/guidelines](http://heartcheckmark.org/guidelines).*

Pork is naturally low in sodium and a “good” source of potassium. A 3-oz. serving of pork tenderloin has 49mg of sodium and 350mg of potassium.

Be sure your patients realize that lower sodium intake coupled with higher potassium intake helps regulate blood pressure.<sup>i</sup>

### HIGH ON NUTRIENTS, LOW ON CALORIES

For patients seeking easy ways to increase nutrients while keeping calories in check, suggest a 3-ounce serving of roasted, trimmed pork tenderloin, which is:<sup>ii</sup>

- An “excellent” source of B-vitamins, which can help your patients maintain a healthy cardiovascular system.
- An “excellent” source of selenium, essential for the proper functioning of the immune system and thyroid gland.
- Only 6% of calories in a 2,000-calorie diet.

#### Pork Provides Essential Nutrients



Source: 2010 National Nutrient Database for Standard Reference, Release 23 Based on 3-oz. Cooked Pork Tenderloin.

“Excellent” = 20% or more of daily value, “Good” = 10-19% of daily value

“Lean pork products\* are good sources for protein, and if they are incorporated at meals when people do not normally consume protein, such as breakfast and lunch, they may prove to be a nice strategy to control weight; promote satiety, which is the feeling of being full; and retain lean tissue mass, which is essential for people as they age.”

—Wayne W. Campbell, Ph.D.  
Professor and Researcher from Purdue University

\*Specifically pork tenderloin.  
National Hog Farmer. (2011, March 30).  
<http://nationalhogfarmer.com/pork-checkoff/lean-pork-products-weight-loss-0330>

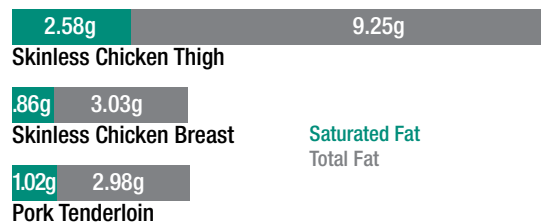


## A ROLE IN HEALTHY WEIGHT

Studies have shown that higher protein diets - including those with lean meats such as lean pork cuts - can contribute to both weight loss and ongoing weight maintenance by helping to reduce overall energy intake,<sup>iii</sup> increase energy expenditure,<sup>vi</sup> and improve satiation.<sup>iv,v</sup> Recent research found that when obese and overweight individuals switched to a high protein diet consisting of 25% of total calories coming from lean pork and other proteins, they reported an increased feeling of fullness throughout the day.<sup>vi</sup>

## LEANER THAN CONSUMERS THINK

### Today's Lean Pork Compared to Lean Chicken



Source: 2010 National Nutrient Database for Standard Reference, Release 23  
Based on 3-oz. cooked servings (roasted/broiled), visible fat trimmed after cooking.

Nearly half of Americans don't realize that pork tenderloin is as lean as a skinless chicken breast - ounce for ounce.

Nearly a quarter of Americans think pork is fattier than chicken. Pork tenderloin has one-third the total fat as a skinless chicken thigh.

## CHOOSING THE BEST CUTS FOR COOKING

Advise your patients to choose cuts of pork that come from the loin – including chops and roasts – and 96% lean ground pork, the leanest cuts of pork available.

Pork tenderloin meets the U.S. Department of Agriculture (USDA) guidelines for “extra lean” (less than 5g fat, 2g saturated fat and 95mg cholesterol per serving) while seven other pork cuts meet USDA’s guidelines for “lean” (i.e., less than 10g fat, 4.5g saturated fat and 95mg cholesterol per serving). See the chart at right for specific cuts.

### USDA LEAN AND EXTRA LEAN CUTS

- Pork tenderloin “extra lean”
- Sirloin Pork Chop
- Sirloin Pork Roast
- New York Pork Chop
- Ground pork (96% lean)
- New York Pork Roast
- Porterhouse Chop
- Ribeye Pork Chop

Just because your patients want to eat healthier doesn't mean they have to compromise on taste! The USDA recently announced that **pork can be safely cooked to 145°F**, followed by a 3-minute rest time, resulting in pork that is more tender, juicy and flavorful. Ground pork, like all ground meat, should be cooked to 160°F.

## CONNECT WITH US

For additional information and recipes for you and your patients, visit [pork.org/health](http://pork.org/health). Also, follow @PorkandHealth on Twitter. For more information, please contact Adria Huseth at [AHuseth@pork.org](mailto:AHuseth@pork.org).

<sup>i</sup>Buyck et al. (2009). Differential associations of dietary sodium and potassium intake with blood pressure: a focus on pulse pressure. *Journal of Hypertension*, 27(6), 1158-1164.

<sup>ii</sup>U.S. Department of Agriculture, Agricultural Research Service. (2010). *USDA National Nutrient Database for Standard Reference, Release 23*. Accessed July 5, 2012 from <http://www.ars.usda.gov/ba/bhnrc/ndl>

<sup>iii</sup>Paddon-Jones, D, Westman, E, Mattes, RD, Wolfe, RR, Astrup, A and Westerterp-Plantenga, M. (2008). Protein, weight management, and satiety. *Am J Clin Nutr.*, 87: 1558S-1561S.

<sup>iv</sup>Westerterp-Plantenga MS, Nieuwenhuizen A, Tome D, et al. (2009). Dietary protein, weight loss, and weight maintenance. *Ann Rev Nutr*, 29: 21-41.

<sup>v</sup>Leidy, HJ, Tang, M, Armstrong, CL, Martin, CB and Campbell WW. (2011). The effects of consuming frequent, higher protein meals on appetite and satiety during weight loss in overweight/obese men. *Obesity*, 19(4): 818-824.

<sup>vi</sup>Leidy HJ, Armstrong, CL, Tang, M, Mattes, RD and Campbell WW. (2010). The influence of higher protein intake and greater eating frequency on appetite control in overweight and obese men. *Obesity*, 18(9): 1725-1732.