

LEAN PORK IN A HEALTHY DIET



Lean Pork's Updated Nutrient Profile

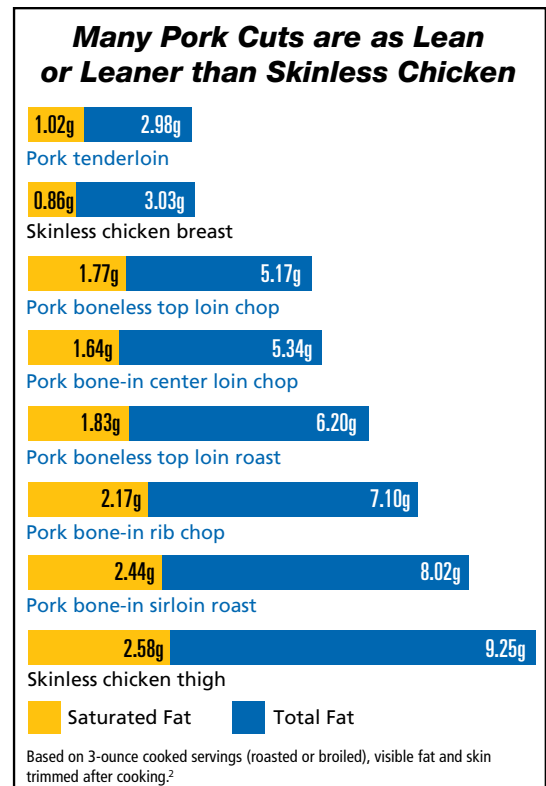
An updated analysis of the U.S. Department of Agriculture's (USDA) Nutrient Database for pork revealed many of today's favorite pork options are among the leanest meats in the USDA database.

- Six common cuts of pork have, on average, 16% less fat and 27% less saturated fat than 15 years ago.
- Pork tenderloin contains only 2.98 grams of fat per 3-ounce cooked serving, the same fat content as a comparable serving of skinless chicken breast.²

Dietary Guidelines and Healthy Diet

Lean cuts of pork (see box to right) can play an important role in helping achieve recommendations of the Dietary Guidelines for Americans.

- Lean cuts of pork are nutrient dense. A 3-ounce serving of pork tenderloin is an "excellent" source of protein, thiamin, vitamin B6, phosphorus and niacin and a "good" source of riboflavin, potassium and zinc.
- Fresh pork is naturally low in sodium, with only about 50 milligrams of sodium per serving or about 2% of the Daily Value (DV).²
- When consumed as part of a 2,000-calorie diet, a serving of pork tenderloin represents only 5% of the DV for saturated fat, 4.5% of the DV for total fat and 21% of the DV for cholesterol.²
- To select the leanest pork cuts, look for the word "loin" in the name, such as pork tenderloin or sirloin chop.
- Pork can be a nutritious option in any weight management plan. Research published in the journal *Obesity* found that including protein from lean sources of pork in your diet could help you retain more lean body mass, including muscle, while losing weight³.
- For additional information on pork, its health benefits and delicious pork recipes, visit www.PorkAndHealth.org and www.TheOtherWhiteMeat.com.



¹Williams J, Howe J, Trainer D, Snyder C, Boillot K, Lofgren P, Buege D, Douglass L, Holden J. Nutritional changes in fresh pork cuts between 1991-2005. Institute of Food Technologists Annual Meeting & Food Expo, June 26, 2006.

²US Department of Agriculture, Agriculture Research Service, 2006.

³Leidy H, Carnell N, Mattes R, Campbell W. Higher protein intake preserves lean mass and satiety with weight loss in pre-obese and obese women. *Obes Res.* 2007;15:421-429.