

NEBRASKA PORK PRODUCERS ASSOCIATION

NEWS RELEASE

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NUTRIENT-RICH PORK...DELICIOUS PART OF HEALTHY EATING PATTERNS

“Have you met the “new” pork? If you think you know pork, think again! Seven cuts of pork- from tenderloin to a rib eye pork chop meet the USDA guidelines for lean,” asks Jane Stone, Domestic Marketing Director for the Nebraska Pork Producers Association. “In fact, pork tenderloin is just as lean as a skinless chicken breast and many cuts of pork from the loin are leaner than a skinless chicken thigh.”

Seven common cuts of pork are, on average, 16% leaner than 20 years ago. The pork industry has responded to the consumer’s desire for lean pork products through efforts in feeding and management practices by pork farmers.

Over the past two decades, America’s pig farmers have worked closely with their swine nutritionists, veterinarians, and swine geneticists to make changes in what pigs eat, how they are raised and bred to develop a leaner, quality pork product that is desired and preferred by our customers, according to pork producer Russ Vering of Howells, President of the Nebraska Pork Producers Association.

In the market place today, lean, nutrient-rich pork is versatile, affordable and accessible for many Americans. Pork has many beneficial qualities to make pork easy to incorporate into any healthy and balanced diet according to Vering.

Source of Key Nutrients: Pork is both a good source of protein and also provides several important vitamins and minerals. A 3-ounce serving of pork is an “excellent” source of thiamin, selenium, protein, niacin, vitamin B6 and phosphorus, and a “good” source of riboflavin, zinc, and potassium.

Lean Protein: Today’s pork is 16% leaner and 27% lower in saturated fat compared to 20 years ago. Seven cuts of pork meet the USDA guidelines for “lean” by containing less than 10 grams of fat, 4.5 grams of saturated fat and 95 milligrams of cholesterol per 100 grams of meat. Popular pork tenderloin has the same amount of fat as a skinless chicken breast.

Heart-Healthy: Pork is naturally low in sodium and a “good” source of potassium – two nutrients that, when coupled, can help regulate blood pressure. Pork tenderloin is certified as heart-healthy by the American Heart Association with its heart-check mark, indicating that it contains less than 6.5 grams of fat, 1 gram or less of saturated fat (and 15% or less calories from saturated fat) and 480 milligrams or less of sodium per label serving, among other criteria.

One final tip when looking for lean... Think “Loin” and “Chop.” One of the easiest ways to remember lean cuts of pork is to look for the word “loin” in the name, such as pork tenderloin. Any kind of pork chop is also a lean choice, from sirloin chop to porterhouse chop.

The Nebraska Pork Producers Association is a grassroots, incorporated, non-profit organization established in 1961. NPPA was developed to promote the pork industry through the enhancement of consumer demand, producer education and research. For more information, visit NPPA’s website at www.NEpork.org.