



Canada's Food Guide recommends choosing lean meat, like pork, more often.

Since 1999, pork has been a proud participant in the Health Check™ food information program. The Heart and Stroke Foundation of Canada created Health Check™, a national food information program, to help Canadians make wise food choices at the grocery store. The Health Check™ program makes it easy to identify healthy food choices with a simple and recognizable Health Check™ symbol displayed on food packages.

PORK, A HEALTHY CHOICE



Check for Health Check™

The Health Check™ symbol on the package means that the product's nutrition information has been reviewed by the Foundation and that it meets the established nutrient criteria based on *Eating Well with Canada's Food Guide*. Choosing Health Check™ products will help contribute to healthy eating for you and your family.



Health Check™ Criteria for Fresh Meat

Different food products have to meet different criteria to be part of the Health Check™ program. For example, the criteria for breads focuses on fat and fibre, while criteria for milk focuses on fat and calcium. Fresh meat must qualify based on the criteria listed in the boxes below.

Lean

10% fat or less

Extra Lean

7.5% fat or less

All trimmed fresh pork cuts (excluding ribs)

Lean Ground

17% fat or less

Lean ground pork

A Healthy Choice!

Pork provides energy and many nutrients such as high quality protein, six essential B-vitamins and four important minerals (phosphorus, magnesium, zinc and iron), that are all important for the maintenance of good health. *Eating Well with Canada's Food Guide*

recommends Canadians eat 1-3 servings of meat and alternatives every day, and to choose lean meats, like pork, more often.

Trimmed Pork = Extra Lean

All trimmed fresh pork cuts (excluding ribs)

Extra Lean and Lean Pork Choices

Trimmed Pork Cuts	100g raw serving	Calories	Protein (g)	Fat (g)
	Tenderloin*	110	22	1.5
	Leg Inside*	110	22	2.0
	Loin Centre Cut*	120	24	2.5
	Sirloin*	140	22	5.0
	Shoulder Blade*	120	20	4.0
	Rib chop	150	22	6.0
	Rib Steak*	150	22	6.5
	Lean Ground Pork	220	19	15

*boneless Source: Canadian Nutrient File, 2007

Provençal Pork Chops

YIELD: SERVES 4 | COOKING TIME: 10-15 MIN | PREPARATION TIME: 10 MIN



Ingredients

4	Pork loin centre chops	4
1/3 cup	red wine vinegar	75 mL
1 tbsp	chopped fresh rosemary	15 mL
1 tbsp	chopped fresh thyme	15 mL
2	garlic cloves, minced	2
1 tsp	canola oil	5 mL
1/2 tsp	pepper	2 mL
1/4 tsp	salt	1 mL

Cooking Instructions

Place Pork chops in a plastic bag, non-metal bowl or sealable container. Combine red wine vinegar, fresh herbs, garlic, oil, pepper and salt. Pour mixture over Pork; seal or cover and refrigerate for 2 to 8 hours, turning meat occasionally. Preheat barbecue on high; reduce temperature to medium. Discard Pork marinade. Place Pork chops on grill; close barbecue cover and grill Pork chops, turning often until cooked, about 5-7 minutes per side. *Serve Pork chops with grilled mushrooms and salad.*

Nutrition Facts

Per 1 recipe serving

Amount	% Daily Value
Calories 140	
Fat 5 g	8 %
Saturated 1.5 g + Trans 0 g	8 %
Polyunsaturated 0.5 g Monounsaturated 2.5 g	
Cholesterol 70 mg	23 %
Sodium 185 mg	8 %
Carbohydrate 2 g	0 %
Fibre 0 g	0 %
Sugars 0 g	
Protein 23 g	
Vitamin A	0 %
Calcium	2 %
Vitamin C	2 %
Iron	8 %

A Healthy Choice

When grocery shopping choose lean cuts of pork, such as pork tenderloin or loin chops, as part of your healthy mealtime planning.

A 100g average serving of raw, trimmed pork contains 2.7g of fat.

†All trimmed pork cuts, with the exception of ribs, are extra-lean. When selecting meat, choosing leaner cuts of meat more often is part of healthy eating. Canada Pork financially supports the Health™ Check program. This is not an endorsement. See www.healthcheck.org

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ONTARIO PORK

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