



PORK, A LEAN CHOICE



Meeting consumer's desire for lean meat has been achieved by the pork industry through improved feeding and breeding practices.

Today all fresh trimmed pork cuts, except ribs, are extra-lean, with ten common cuts of pork having 6 grams of fat or less per serving!



ONTARIO PORK



www.PutPorkOnYourFork.com

Eating Well with Canada's Food Guide recommends eating **1-3 servings of lean meat** and alternatives every day. Pork contains many of the nutrients recommended by Health Canada for the maintenance of good health, including **six essential vitamins and four important minerals, protein and energy**. Pork is nutrient dense, being rich in important vitamins and minerals such as thiamine, riboflavin, vitamin B12, vitamin B6, iron, zinc and magnesium. Pork is a **lean choice** (less than 10% fat) and the fats present are predominately the preferred unsaturated fats.

How many Food Guide servings of meat and alternatives do you need?

			
	Age [in years]	Females	Males
Children	2-3	1	1
	4-8	1	1
	9-13	1-2	1-2
Teens	14-18	2	3
Adults	19-50	2	3
	51+	2	3

www.healthcanada.gc.ca/foodguide

What is one serving?



Cooked meat, poultry, fish, shellfish
75 g (2½ oz)
125 mL (½ cup)



Cooked legumes
175 mL (¾ cup)



Eggs
2 Eggs



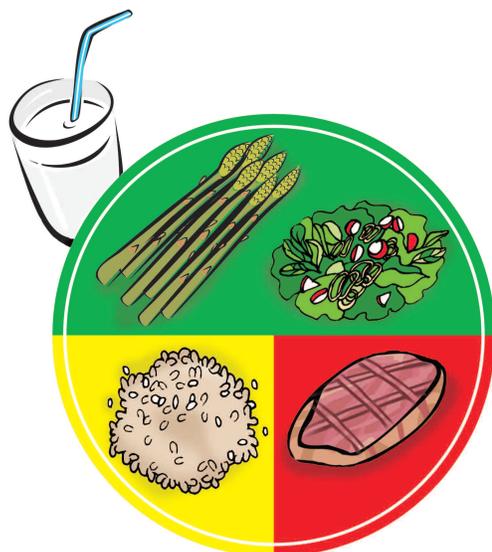
Tofu
150 g (¾ cup)
175 mL



Peanut or nut butters
30 mL (2 Tbsp)



Shelled nuts / seeds
60 mL (¼ cup)



Keep Your Dinner Portions in Check

Include 3 to 4 food groups at each meal: a vegetable, a grain, a meat and a dairy (or their alternatives).

Example:

1 cup 1% milk = 1 Milk & Alternatives

100g pork loin = 1 ¼ Meat & Alternatives

6 spears asparagus = 1 Vegetables & Fruit

1 cup brown rice = 2 Grain Products

1 cup salad = 1 Vegetables & Fruit

Getting the Facts

The Nutrition Facts table is an easy and quick way to see what a serving of lean pork has to offer!



Most prepackaged foods will have a Nutrition Facts table. However, there are some exemptions allowed for foods such as raw fresh meat or poultry (except when ground) at the grocery store.

Nutrition Facts	
Pork loin, centre steak, lean	
Amount	% Daily Value*
per 100g serving	
Calories 120	
Fat 2.5 g	4 %
Saturated 1 g	5 %
+ Trans 0 g	
Polyunsaturated 0.4 g	
Monounsaturated 1.0 g	
Cholesterol 50 mg	17 %
Sodium 55 mg	2 %
Carbohydrate 0 g	0 %
Fibre 0 g	0 %
Sugars 0 g	
Protein 24 g	
Vitamin A	0 %
Calcium	0 %
Vitamin C	2 %
Iron	8 %
Magnesium	10 %
Riboflavin	10 %
Niacin	40 %
Thiamin	80 %
Vitamin B12	25 %
Vitamin B6	20 %
Phosphorus	20 %
Zinc	20 %

Information in the Nutrition Facts table is based on a specific amount of food. Compare the serving size on the package to the amount that you eat.

Low in fat and saturated fat

No trans fat

Low in sodium contributing only 2% of your Daily Value

*Use % Daily Value to see if a food has a little or a lot of a nutrient. It put nutrients on a scale based from 0% to 100%.

Source: Canadian Nutrient File, 2007
Note: Information presented in the Nutrition Facts table is for educational purposes only.

Pork's Top 10 Cuts!

Ten common cuts of pork are 'extra-lean' with only 6 grams of fat or less per serving.

Cut	Total Fat (g)	Saturated Fat (g)	Unsaturated Fat (g)
Pork tenderloin	0.5	1.0	1.5
Pork leg inside steak*	1.0	1.0	2.0
Pork loin, centre steak*	1.0	1.5	2.5
Pork rib roast*	1.0	2.0	3.0
Pork sirloin steak*	1.5	2.5	4.0
Pork shoulder blade steak*	1.5	2.5	4.0
Pork loin, centre chop	2.0	3.0	5.0
Pork sirloin roast*	2.0	3.0	5.0
Pork rib chop	2.0	4.0	6.0
Pork sirloin chop	2.0	4.0	6.0

Based on 100g raw serving, trimmed; *boneless "extra lean" less than 7.5 percent fat and "lean" less than 10 percent fat
Source: Canadian Nutrient File, 2007 Source: 2003 Guide to Food Labelling and Advertising, CFIA. www.inspection.gc.ca

Keep it Extra Lean

Mouth watering ways to add flavour while maintaining low fat.

Choose Lean: All fresh trimmed pork cuts, except ribs, are 'extra-lean' (7.5% fat or less).

Give It A Trim: Trim visible fat from meat.

Rack It Up: Grill, broil or roast on a rack so any fat can naturally drip away.

Add Flavour: Create marinades from citrus juices, vinegars, low fat salad dressings or soy sauce.

Give It A Rub: Zesty herbs and spices add taste without calories and fat.

Pair Wisely: Pair pork with seasonal fruits and vegetables to tantalize the taste buds.

Portion Control: One serving of meat is about the size of a deck of cards.



Is eating one meat better than another?

Some fresh meats may provide more or less calories, protein, fat, vitamins or minerals than other meats, but all meats can be part of healthy eating. Trim visible fat, select lean cuts, watch the portion size and use low fat cooking methods.

Health Check™ ...tells you it's a healthy choice



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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