



The Skinny on Pork



Did you know that pork tenderloin is as lean as a skinless chicken breast? An analysis by the USDA found that pork tenderloin contains only 2.98g. of fat per 3-oz. serving compared to 3.03g. of fat in a 3-oz. serving of skinless chicken breast.

PORK SIRLOIN ROAST
PORK TENDERLOIN

**American
Heart
Association**

CERTIFIED

Meets Criteria For
Heart-Healthy Food



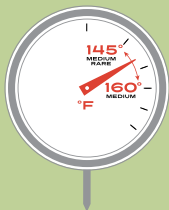
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A Nutritional Powerhouse:

A 3oz serving is an “excellent” source of PROTEIN, VITAMIN B6, thiamin, phosphorus, niacin and selenium. Pork is a “good” source of potassium, riboflavin and zinc.

Today’s pork is 16% leaner, and 27% lower in saturated fat compared to about 20 years ago.

pork.org/health



Cook it right!

For flavorful, tender and juicy pork, cook until a meat thermometer reads between 145°F (medium rare) with 3 minutes rest, and 160°F (medium). Ground pork should always be cooked to 160°F.

Practice Portion Control:

The average serving size of pork is 4 oz. of boneless raw pork, and 3 oz. of cooked meat, about the size of a *deck of cards*.



1.02g 2.98g

Pork Tenderloin

0.86g 3.03g

Skinless Chicken Breast

1.15g 3.71g

Sirloin Pork Chop

1.52g 4.51g

Sirloin Pork Roast

1.77g 5.17g

New York Pork Chop

1.77g 5.27g

Ground Pork, 96% lean

1.64g 5.34g

New York pork roast

1.83g 6.20g

Porterhouse chop

2.17g 7.10g

Ribeye pork chop

2.58g 9.25g

Skinless chicken thigh

Saturated Fat
Total Fat

Based on 3-oz. cooked servings (roasted/broiled), visible fat and skin trimmed after cooking. Reference: U.S. Department of Agriculture, Agriculture Research Service, 2015. **Lean:** Less than 10g total fat, 4.5g saturated fat and 95mg cholesterol per serving. **Extra Lean:** Less than 5g total fat, 2g saturated fat and 95mg cholesterol per serving.



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