



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



TM

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 Saturated Fat 2.98g Total Fat

Pork Tenderloin

0.86g Saturated Fat 3.03g Total Fat

Skinless Chicken Breast

1.15g Saturated Fat 3.71g Total Fat

Sirloin Pork Chop

1.52g Saturated Fat 4.51g Total Fat

Sirloin Pork Roast

1.77g Saturated Fat 5.17g Total Fat

New York Pork Chop

1.77g Saturated Fat 5.27g Total Fat

Ground Pork, 96% lean

1.64g Saturated Fat 5.34g Total Fat

New York pork roast

1.83g Saturated Fat 6.20g Total Fat

Porterhouse chop

2.17g Saturated Fat 7.10g Total Fat

Ribeye pork chop

2.58g Saturated Fat 9.25g Total Fat



■ 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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