

Pork Packs Nutrients in Every Lean Serving

Aligning with the 2010 Dietary Guidelines for Americans will no doubt mean choosing foods that are high in nutrient density, while low in energy density. Protein from lean meats such as pork fits both criteria, providing necessary nutrients in relatively fewer calories. Pork packs nutrients in every lean serving. A 3-ounce portion of pork tenderloin, for example, is an “excellent” source of protein, thiamin, vitamin B6, phosphorus and niacin, and a “good” source of potassium, riboflavin and zinc, yet contributes only 6 percent of calories to a 2,000-calorie diet. Fresh pork is naturally low in sodium.¹ Proper education and behavioral support from trusted registered dietitians about the dietary pattern options in line with dietary guidance will help ensure Americans of all ages to eat a diet high in nutrients but relatively low in calories.

Research Shows Benefits of Pork

- **Consumption Data:** Americans are consuming fresh pork at levels well within the total amount that is recommended in the protein foods group by current dietary guidance. On the day of intake studied, U.S. adults ate 3.2 ounces of total fresh pork, within the 5.5 ounce equivalents a day of total protein foods recommended for adults consuming 2,000 calories per day.²
- **Nutrition Contribution:** Calories coming from dietary fat are no higher or lower among those eating pork as compared to those who are not eating pork. Therefore, Americans can improve dietary variety and increase intake of important nutrients, while keeping total fat and calories in check, by adding these products to their daily diet.²
- **Curbing Late-Night Munchies:** Including lean pork or other proteins in three daily meals reduced late-night desires to eat and decreased distracting thoughts about food, both of which derail dieters if left unchecked.³
- **Three Daily Meals with Protein Most Filling:** Including lean pork or other lean proteins in three daily meals rather than six mini-meals resulted in improved satiety throughout the day. Feeling full throughout the day may lead to an overall calorie reduction.⁴
- **Lean Canadian Bacon at Breakfast:** Eating high-quality protein foods like lean Canadian bacon resulted in a greater sense of fullness throughout the day compared to eating additional protein calories at lunch or dinner.⁵



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1. U.S. Department of Agriculture, Agricultural Research Service, USDA Nutrient Data Laboratory. 2011. USDA National Nutrient Database for Standard Reference, Release 24.
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3. Leidy H, Tang M, Armstrong C, Martin C, Campbell W. The effects of consuming frequent, higher protein meals on appetite and satiety during weight loss in overweight/obese men. *Obesity*. 2011 Apr; 19(4):818-24.
4. Leidy H, Armstrong C, Tang M, Mattes R, Campbell W. The influence of higher protein intake and greater eating frequency on appetite control in overweight and obese men. *Obesity*. 2010; 18:1725-1732.
5. Leidy H, Bossingham M, Mattes R, Campbell W. Increased dietary protein consumed at breakfast leads to an initial and sustained feeling of fullness during energy restriction compared to other meal times. *Br J Nutr*. 2009 Mar; 101(6):798-803.

