

Asian Grilled Pork Tenderloin with Pineapple

Prep: 15 min. Cook: 15 min.
Serves: 6-8

- 2 12-16 oz each pork tenderloins
- 1 6-oz can pineapple juice
- 3 Tbs. low-sodium soy sauce
- 2 Tbs. fresh garlic, minced
- 2 Tbs. fresh ginger, minced
- 1 tsp. coarse salt (kosher)
- 1 tsp. ground cumin
- 1 tsp. chili powder
- ½ tsp. ground black pepper
- 2 cups fresh pineapple, peeled cubed (1-inch pieces)
- 6-8 wooden or metal skewers



Place pork tenderloins in resealable plastic bag; set aside. In small bowl, combine marinade ingredients; pour over pork. Seal bag; refrigerate for at least 1 hour to marinate, or up to 24 hours to enhance flavor.

Preheat grill to medium-hot. When ready to grill, remove pork from marinade and place on grill. Cook, covered, for about 10 minutes per side (about 20 minutes total) or until the internal temperature of pork is 145° Fahrenheit, followed by a 3-minute rest time.

Meanwhile, place the pineapple chunks on the skewer; place on grill during the last 6 minutes of grilling time, turning after 3 minutes. To serve, slice pork into ½-inch slices (medallions) and serve with grilled pineapple.

Nutrition: Calories: 180, Protein: 26g, Fat: 4g, Sodium: 253mg, Cholesterol: 77mg, Saturated Fat: 2g, Carbohydrates: 9g, Fiber: 1g.

For additional information on the benefits of lean pork along with ideas on how to incorporate into a healthy dietary pattern, visit www.porkandhealth.org.



Pork: A Lean Protein Option for People with Diabetes

Diabetes affects over 25 million people of all ages, that is 8.3 percent of the U.S. population.¹ It is the leading cause of kidney failure, heart disease and stroke, and is the seventh leading cause of death in the United States.

Type 2 diabetes, the most common form, is associated with multiple risk factors including older age, obesity, physical inactivity and race/ethnicity. Maintaining a healthy body weight and active lifestyle throughout the lifecycle are important in helping to prevent the development of type 2 diabetes. Additionally, according to the *2010 Dietary Guidelines for Americans*, scientific evidence suggests that eating patterns low in calorie density that support weight loss and weight maintenance may also help lower the risk of type 2 diabetes in adults.²

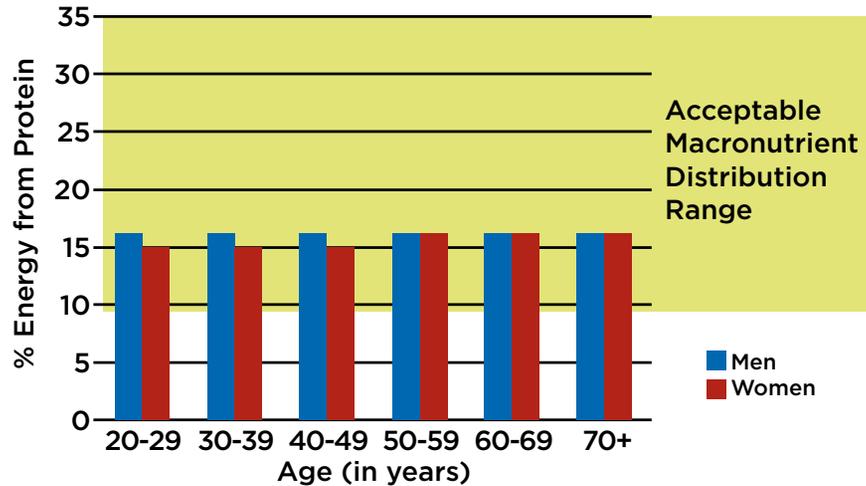
Lean pork is a healthy option for all Americans, including people with diabetes, because it offers that combination of low calorie density and high nutrient density. People like the taste, versatility and familiarity of pork.

Dietary Protein and Diabetes

Although there is relatively limited research on the specific effects of protein intake on diabetes health outcomes, a body of research suggests that protein intake may offer beneficial effects for people with type 2 diabetes. Some examples include:

- Improved glycemic regulations, including reduced post-prandial glucose response, modification of insulin response and reduced glycated hemoglobin percentage when consuming increased protein and reduced carbohydrate diets.³
- Lower blood glucose levels after meals while following a higher-protein diet.⁴
- Reduced post-meal glucose and overnight fasting glucose concentrations when on a higher-protein, lower-carbohydrate diet.⁵
- Decrease in body weight, fasting glucose and insulin concentrations, and reduced low-density lipoprotein cholesterol while consuming a higher-protein, reduced calorie diet.⁶

Protein Intakes in the U.S.



Data Source: What We Eat in America, NHANES 2007-2008, individuals, day 1 dietary intake data, weighted. (Revised August 2010)

Dietary Protein and Weight Management

Published research indicates that eating lean, high-quality protein like pork can help people lose or maintain weight by increasing satiety and reducing hunger sensations.^{7,8} This weight-control effect is especially true at breakfast. Research shows eating lean pork such as ham and Canadian bacon specifically in the morning as part of a balanced breakfast contributes to feelings of fullness throughout the remainder of the day.⁹ Another related study shows that men on a weight-loss diet that incorporate lean pork or other similar lean protein foods in three daily meals have a lower late-night desire to eat and fewer distracting thoughts about food and eating.¹⁰ The result is lean pork can help people feel full and satisfied which can translate into healthy body weight management.

Nutrient-Rich Lean Pork

Lean pork is a lower-calorie source of high-quality protein and is packed with important nutrients. Specifically, a three ounce serving of lean roasted pork tenderloin is:

- An **excellent source** of protein, thiamin, niacin and vitamin B6.
- A **good source** of riboflavin, zinc and potassium.
- And also offers vitamin B12 and heme iron.

SOURCES

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<http://diabetes.niddk.nih.gov/dm/pubs/statistics/index.aspx#fast>.

2 U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2010*. 7th Edition,

Washington, DC: U.S. Government Printing Office, December 2010.

3 Layman DK, et al. Protein in optimal health: heart disease and type 2 diabetes. *Am J Clin Nutr* 2008; 87(suppl):1571S-1575S.

Lean Pork: Part of a Healthy Meal

The *2010 Dietary Guidelines* recommend that Americans focus on consuming nutrient-dense foods and beverages, including lean meats and poultry. Pork is an excellent addition to any healthy meal – from breakfast to dinner. Cuts of pork that come from the loin – including chops and roasts – and 96 percent lean ground pork are the leanest cuts of pork available. In fact, six pork cuts meet the USDA guidelines for “lean,” with less than 10 grams of total fat, 4.5 grams of saturated fat and 95 milligrams of cholesterol per three ounce serving.

Sample Meal Plan (2000 kcal diet):

Breakfast:

- ¾ cup of whole-grain cereal
- 1 cup low-fat milk
- ½ cup fruit
- 1 scrambled egg
- 2 oz. lean Canadian bacon

Lunch:

- 3 oz. lean, low-sodium ham
- 2 slices whole wheat bread
- ½ cup three bean salad
- 1 medium fresh fruit
- 1 tbsp. lite mayo or miracle whip
- 1 cup raw veggies

Dinner:

- 3 oz. roasted or broiled pork tenderloin
- 1 cup greens or spinach tossed salad
- 1 tsp. oil and vinegar dressing
- 1 cup brown rice or pasta
- ½ cup fresh fruit

A 3-ounce serving of lean, roasted pork tenderloin contributes the following nutrients:

Nutrient	%Daily Value*
Thiamin	54% DV
Niacin	32% DV
Vitamin B6	31% DV
Riboflavin	19% DV
Zinc	14% DV
Potassium	10% DV
Vitamin B12	8% DV
Iron	5% DV

*Daily Values based on a caloric intake of 2,000 kcal per day for adults and children four or more years of age.

Source: U.S. Department of Agriculture, Agricultural Research Service. 2010. *USDA National Nutrient Database for Standard Reference, Release 23*.



SOURCES, CONTINUED

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5 Gannon MC, Nuttall FQ. Effect of a high-protein, low-carbohydrate diet on blood glucose control in people with type 2 diabetes. *Diabetes* 2004; 53:2375-2382.

6 Parker B, et al. Effect of a high-protein, high-monounsaturated fat weight loss diet on glycemic

control and lipid levels in type 2 diabetes. *Diabetes Care* 2002; 25:425-430.

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8 Leidy H, et al. The influence of higher protein intake and greater eating frequency on appetite control in overweight and obese men. *Obesity*. Advance online publication 25 March 2010.

9 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. *Brit J Nutr*. 2008; short communication published online.

10 Leidy HJ, et al. The effects of consuming frequent, higher protein meals on appetite and satiety during weight loss in overweight/obese men. *Obesity* 2011;19:818-824.