

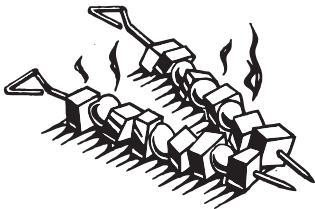
The Lowdown on Lean Cuts & Pork Prep

LEAN ON LEAN CUTS

Preparing healthful meals that feature lean pork starts at the supermarket and ends at the table. Check out these simple tips to help you make smart choices along the way:

Pork Rivals Chicken for Leanness – Did you know that pork tenderloin is as lean as a skinless chicken breast? The United States Department of Agriculture (USDA) analysis found that pork tenderloin contains only 2.98 grams of fat per 3-ounce serving, compared to 3.03 grams of fat in a 3-ounce serving of skinless chicken breast.¹ While all cuts of pork are leaner today than they were decades ago, cuts with minimal visible fat and marbling (the white streaks within the meat) are the leanest.

Quick Shopping Tip – The leanest cuts of pork have the word *loin* in the name, such as pork tenderloin or loin chop. Ham, fresh or cured, is also a lean choice.



Trim to Slim – Reduce calories and fat by trimming all visible fat from lean cuts before cooking. This can cut total fat content per serving in half. Trimming prevents fat from being absorbed into the meat during cooking.²

Cook It Light – Using low-fat cooking methods like grilling, broiling, stir-frying and pan broiling maximizes flavor while keeping added fat to a minimum.



Spice for Life – Pork comes in a variety of cuts and its versatility complements numerous flavors. Seasoning pork with herbs and spices (other than salt) is an easy way to boost flavor *and* cut back on fat and salt at the same time. Rub a combo of herbs and spices onto pork, such as rosemary, basil, cayenne or paprika, before grilling, broiling or roasting. Experiment with different seasonings to discover exciting new ways to enjoy healthful eating.



Develop an Eye for Size – Practicing portion control is just as important as buying and cooking lean. The USDA Food Guidance System recommends two to three servings from the Meat, Poultry, Fish, Dry Beans, Eggs and Nuts Group each day, or the equivalent of 5 to 6½ ounces of cooked lean meat for adults (www.mypyramid.gov).

Quick Shopping Tip – Estimate about 4 ounces of boneless, trimmed raw pork to get 3 ounces of cooked pork. A 3-ounce serving of trimmed, cooked pork is about the size of a deck of cards. A ¾-inch pork chop will be approximately 3 ounces when cooked.



¹ U.S. Department of Agriculture, Agriculture Research Service, 2007.

² Leeds A. A study into the practice of trimming fat from meat at the table, and the development of new study methods. *J of Hum Nutr and Dietet.* 1997;10(4):245-51.

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PREPPING FOR PORK

Although America's food supply is one of the safest in the world, incidences of foodborne illness remind us that food safety cannot be taken for granted or guaranteed.³ Keeping meat and other food safe reduces the risk of foodborne illness and is vital for healthful eating. Recent studies show that due to modern farming and processing practices, it's unlikely that fresh pork contains bacteria that could cause illness.⁴ However, if raw meats are mishandled, the chance of illness increases. The following steps can help you keep your food safe:

Smart Supermarket Shopping

- Buy meat and food before the "use by" date on the package.
- Make sure that meat and perishable foods are cold and that frozen foods, including meat, are solid when you buy them.
- Buy perishable foods such as meat last, take them home immediately to refrigerate or freeze promptly. Refrigerate meat within two hours of purchasing or preparation or within one hour if the air temperature is higher than 90° F.

The Story on At Home Storage

- Keep your refrigerator at or below 40 degrees F and your freezer at or below 0 degrees F.
- Fresh pork can be stored in the refrigerator for up to three days. If you are not going to cook within three days, store the tightly-wrapped pork in the freezer.
- Store cold meat such as fresh pork tightly wrapped in butcher paper versus the plastic or Styrofoam it comes in from the store. Butcher paper will help lock in flavor and prevent freezer burn.
- Freeze uncooked pork for up to one month.

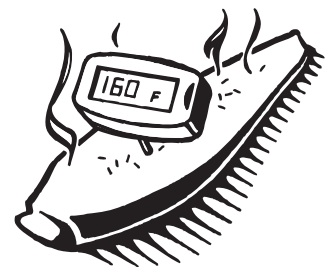
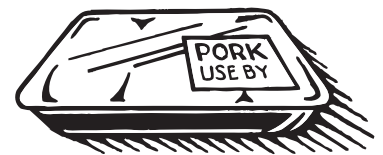
A Plan for Preparation

- Wash hands, all utensils, containers, cutting boards and work surfaces with warm soapy water for 20 seconds (count to 30) before and after handling meat or other food.
- Thaw meat in the refrigerator or microwave, not at room temperature.
- Do not wash raw meat before cooking.
- Cook meat immediately after thawing, especially if thawed by microwaving.
- Cut meat, poultry and fish on a separate cutting board from the one you use for fresh foods like vegetables, or *thoroughly* clean the cutting board between uses.



Cues for the Conscious Cook

- Use an instant-read thermometer to determine when meat is cooked to a safe temperature. Correctly cooked pork is juicy and tender, with a slight blush of pink in the center and will be ready when it reaches an internal temperature of 160° F. For large cuts of pork, cook to 150° F and allow the roast to sit on the counter before cutting. The temperature will rise to 160° F.
- Keep hot foods hot (140° F or above) and cold foods cold (40° F or below).
- Never leave cooked meat out at room temperature for more than two hours (one hour in hot weather 90° F or above).
- Serve cooked food on a clean plate and use clean utensils. Use separate serving plates and utensils for raw and cooked meats.



Life of Your Leftovers

- Chill leftovers in the refrigerator within two hours after cooking and use refrigerated leftovers within a few days.
- Reheat leftovers until the middle is hot before serving.
- Discard leftover marinades – do not reuse.
- When in doubt, throw it out.

³ FDA 2007, Food Protection Plan, USDA Dietary Guidelines for Americans 2005.

⁴ Burgess et al. Prevalence of *Campylobacter*, *salmonella*, and *Escherichia coli* on the external packaging of raw meat. *J Food Protect* 2005; Mar 68(3):469-75.



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