

# The Power of Pork for Healthy Eating

The United States Department of Agriculture's (USDA) Dietary Guidelines state getting regular exercise and eating a variety of foods – especially lean sources of protein, fruits, vegetables, whole grains and low-fat dairy products – are an important part of maintaining a healthy lifestyle. When it comes to lean protein, pork is an excellent choice!

**Leaner than ever** – Recent USDA research reveals that six of the most common cuts of pork are 16% leaner and contain 27% less saturated fat than they did 17 years ago.<sup>1</sup> As a lean protein option, pork can be part of a heart-healthy diet.

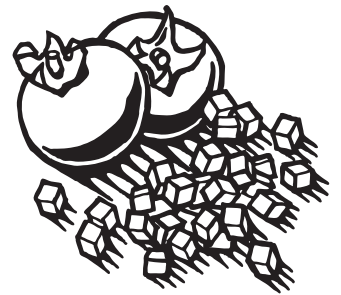
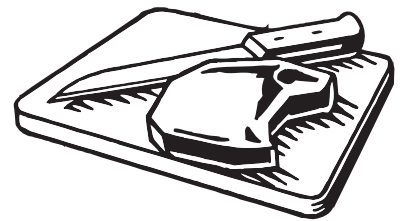
**Protein power** – Women who cut calories but included more protein, including six ounces of lean pork per day, kept more muscle mass while losing weight than women who consumed the same amount of calories but less protein.<sup>2</sup> Consuming a higher-protein diet also helped retain a sense of satiety or fullness after meals. These findings are supported by additional studies.<sup>3,4</sup>

**Nutrient rich** – One serving of pork tenderloin is loaded with vitamins and minerals. It's an excellent source of many B-vitamins and a good source of other nutrients including phosphorus, zinc and potassium. It's also naturally low in sodium – only 2% of the Daily Value per serving.

## Putting Pork on Your Plate in a Healthy Way

Incorporate variety in your meals and impress friends and family with great tasting and healthy pork additions to your meal. Pork is versatile and can complement almost any flavor combination. Consider a few of these tasty ideas the next time you're preparing a meal:

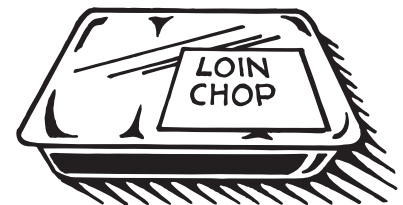
- Add leftover, cubed pork tenderloin to packaged salad mixes.
- Make an appetizer by spreading reduced-fat cream cheese on a slice of deli ham; top with chopped scallions and roll up.
- Stir diced, lean ham into scrambled eggs; wrap up in a tortilla shell for a simple breakfast burrito.
- Rub lean pork chops with a low-sodium spice rub for an extra flavor punch.
- Entertain family and friends with a taco bar. Cook and season lean, ground pork or sliced chops with packaged seasoning. Serve with chopped avocados, tomatoes, cheese and tortillas.
- Please your palate and mix cubed ham in nearly any soup for extra flavor.



## Healthy Eating Tips

A 2007 study in the journal *Obesity* supported incorporating pork into your diet to maintain muscle for those on a weight loss plan. Here are some tips and additional ideas:

- **Choose the leanest cuts** – Look for the word “loin” on the label, such as “loin chop” or “tenderloin.”
- **Track it** – Keeping records of your progress is a great motivator. Document what you eat, your exercise and how much you weigh. Hit the scale first thing in the morning to stay on track with your goal.
- **A little help from a friend** – Recruit a weight loss buddy for support during your journey. Whether it is to swap healthy recipes or inspire each other to exercise, a friend like this can make a difference when the going gets rough.



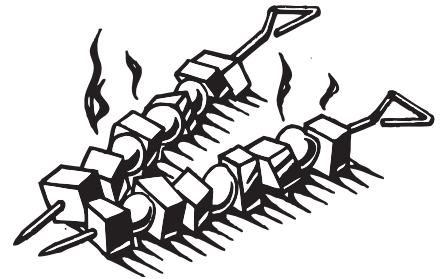
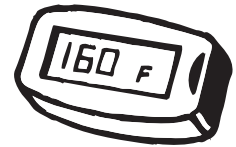
[www.TheOtherWhiteMeat.com](http://www.TheOtherWhiteMeat.com)

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# The 4-1-1 on Healthy Grilling

Grilling can be a delicious, convenient and healthy way to prepare pork. Here are some grilling tips to get you started:

- **Prep Properly** – Refrigerate meat within two hours of purchasing or preparation, or within one hour if the air temperature exceeds 90° F. Thaw meat in the refrigerator or microwave, not at room temperature. If thawed in the microwave, use immediately. Chill leftovers in the refrigerator within two hours after cooking and use refrigerated leftovers within a few days.
- **Get Inventive** – Make it simple — no recipe required! Whether you have leftover green peppers or just a few spices left on your spice rack, you can easily grill up a menu masterpiece when you incorporate pork. Check out Pantry Pick on TheOtherWhiteMeat.com for suggestions on how to use what you have right now in the pantry to make dinner — tonight!
- **Mix Up the Marinade** – Marinades are simple to create on your own – just mix some of your favorite spices with a few tablespoons olive oil and rub onto pork – or try a pre-packaged bottled marinade. Store the marinating pork in the refrigerator in a plastic container or a resealable storage bag. Research has shown that marinating meat can cut down the possibility of producing any harmful compounds that can develop during the grilling process.
- **Check the Temperature** – Use an instant-read meat thermometer to check when pork is done. Pork is best cooked to medium doneness or to an internal temperature of 160 degrees F, which leaves the center pink and juicy. Because pork is so lean, it is important not to overcook.
- **Play It Safe** – Over cooking can lead to charring and potential cancer-causing compounds. Avoid over cooking any meat when grilling, choose lean cuts, trim away any visible fat, use tongs instead of a fork and remove any charred areas on the grilled meat before eating.



For more great pork recipes, visit [TheOtherWhiteMeat.com](http://TheOtherWhiteMeat.com).

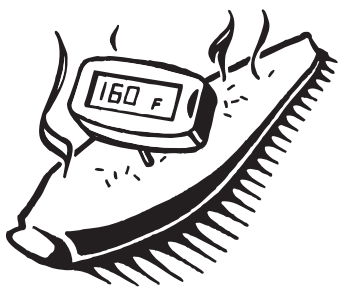
## Apricot Mustard Grilled Pork Tenderloin

**1 pork tenderloin, about a pound**  
**3 tablespoons apricot preserves**  
**¼ cup mustard**

Season tenderloin with salt and pepper. Stir together the preserves and mustard in a small bowl. Place pork over a medium-hot fire and grill for about 15 minutes or until internal temperature reaches 160° F, brushing with mustard mixture in the last few minutes.  
Serves 4.

### Nutrition Facts per serving:

Calories: 213, Protein: 25g, Total fat 6g, Saturated fat: 2g, Cholesterol: 78mg, Sodium: 221mg, Carbohydrates: 11g, Fiber: 1g



<sup>1</sup> 2006 Revised USDA Nutrient Data Set for Fresh Pork: [www.ars.usda.gov/nutrientdata](http://www.ars.usda.gov/nutrientdata).

<sup>2</sup> Leidy H, Carnell N, Mattes R, Campbell W. Higher protein intake preserves lean mass and satiety with weight loss in pre-obese and obese women. *Obes Res.* 2007;15:421-9.

<sup>3</sup> Weigle D, Breen PA, Matthys C, et al. A high-protein diet induces sustained reductions in appetite, ad libitum caloric intake, and body weight despite compensatory changes in diurnal plasma leptin and ghrelin concentrations. *Am J Clin Nutr.* 2005;82:41-8.

<sup>4</sup> Westerterp KR, Wilson SAJ, Rolland V. Diet induced thermogenesis measured over 24 h in a respiration chamber: effect of diet composition. *Int J Obes* 1999;23:287-92.



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