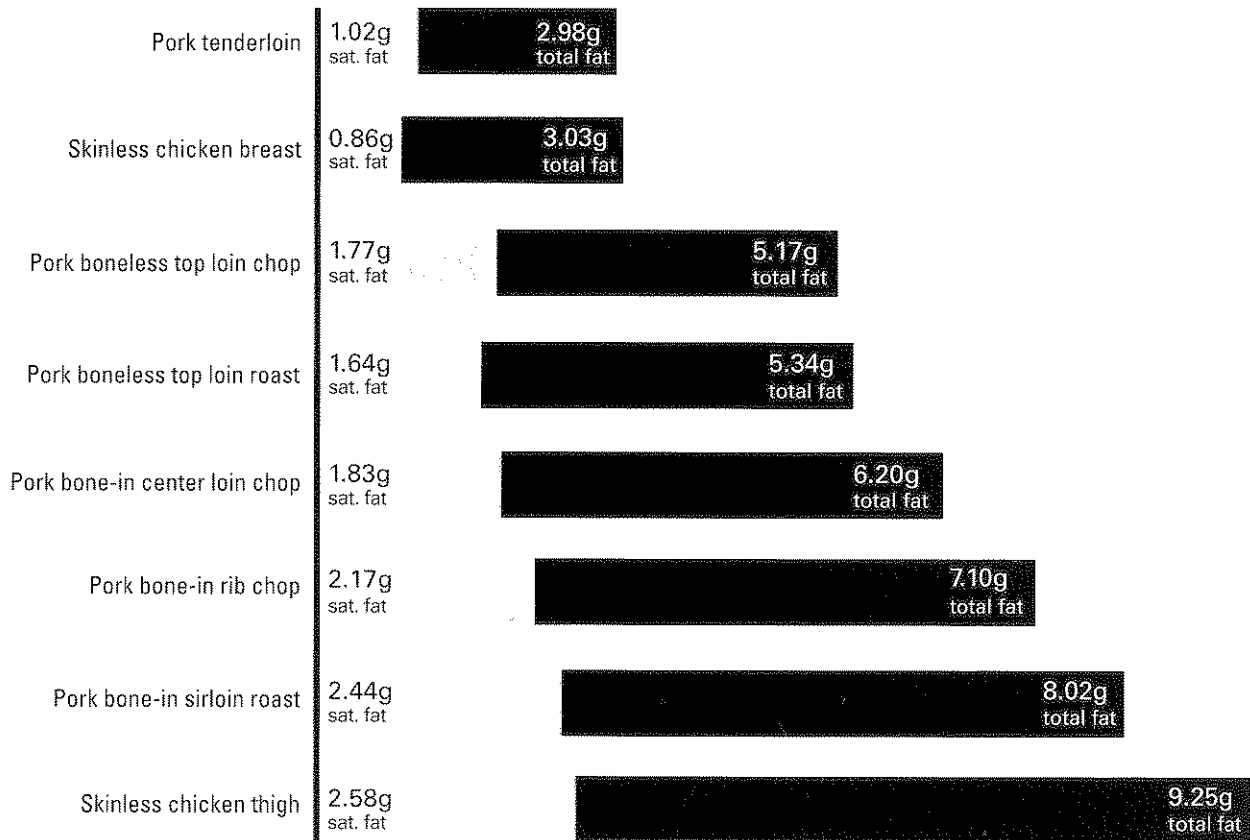


Today's Lean Pork Compared to Lean Chicken

An updated analysis from the U.S. Department of Agriculture reveals many of today's favorite pork options are among the leanest meats in the USDA database.

Research reveals pork tenderloin is just as lean as the leanest type of chicken, a skinless chicken breast. In fact, many cuts of pork from the loin (like pork chops and pork roast) are leaner than a skinless chicken thigh.

Six common cuts of pork have, on average, 16% less total fat and 27% less saturated fat than 17 years ago. Here are five cuts of lean pork with a total fat content that falls between a skinless chicken breast and a skinless chicken thigh.



Based on 3-ounce cooked servings (roasted or broiled), visible fat trimmed after cooking.
Reference: U.S. Department of Agriculture, Agriculture Research Service, 2007.

Lean: Less than 10 grams total fat, 4.5 grams saturated fat and 95 milligrams cholesterol per serving.

Extra Lean: Less than 5 grams total fat, 2 grams saturated fat and 95 milligrams cholesterol per serving.



Don't be blah.®

www.TheOtherWhiteMeat.com



©2009 National Pork Board, Des Moines, IA USA.
This message funded by America's Pork Checkoff Program.