

# Nutrition



PORK IS A  
*Healthy Choice*



With increased offerings of “light” meals on menus, pork is an ideal choice for customers demanding variety in this category. Chicken is not the only low-fat protein!

Pork, in the past, has suffered from a negative nutritional image. But this image is changing.

In Canada’s Food Guide to Healthy Eating the very first line of advice given is to “Enjoy a Variety of Foods”. Today’s lean pork can enrich that variety.

When designing a menu or eating plan, including pork will not only expand customer choice, it will also enable customers to achieve a balanced diet.



### FACTS

- Pork is 44% lower in fat than 20 years ago. What’s more, 60% of that is either mono or polyunsaturated.\*
- In supermarkets the Canadian Heart and Stroke Foundation affirms that pork can play a part in a healthy diet.
- Pork is no more significantly higher in fat than other major proteins. In fact, fresh meat in general contributes only 7.1% of the dietary fat in the average Canadian diet, with pork providing only 1.3% (Agriculture Nutrient Assessment Program, 1996).
- Pork is a high nutrient-dense food.
- Pork has many nutritional assets including all nine essential amino acids, six essential vitamins and four important minerals.

\* For nutritional information on low-fat pork cuts, see appendix 4.



*In food service, operators can assure their customers that fresh pork is an excellent choice for any balanced, varied diet.*



**NUTRITIONAL CONTENT**

Composite nutritional information per 100g lean cooked pork

- Energy . . .191 Cal or 800 KJ
- Protein . . . . .29g
- Fat . . . . .7.5g
- Carbohydrate . . . . .0g



\*Canada Pork financially supports the Health Check Program. This is not an endorsement. See [www.healthcheck.org](http://www.healthcheck.org)



**FAT CONTENT OF SOME PROTEIN FOODS**

Grams of fat per 100g serving, or as specified

Pork tenderloin (roasted, lean)	3.6
Leg, inside round (roasted, lean)	4.1
Loin, centre-cut chop (broiled, lean)	6.8
Chicken (roasted, skinless)	7.4
Beef strip loin, (broiled, lean)	9.1
Peanut butter (30 mL/2tbsp)	10.9
Atlantic salmon (broiled)	12.4
Chicken (roasted, skin on)	13.6
Back ribs (lean, braised)	14.4
Tuna sub sandwich (1 sub)	28.0

Source: Canadian Nutrient File (1997)