CHOOSE LEAN PORK

Your guide to *health and flavor*

🛒 Select a Lean Cut
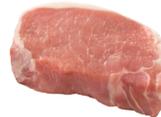
New York pork chop

Sirloin pork chop

Ribeye pork chop

Sirloin pork roast

New York pork roast

Ground pork, 96% lean

Porterhouse pork chop

Pork tenderloin

Pork tenderloin is one of the leanest, most tender cuts of pork.

PORK & PARTNERS

Enjoy the Flavor

145°F

For flavorful, tender and juicy pork, cook lean whole muscle cuts (roasts, chops and tenderloin) until a meat thermometer reads **145°F** (medium-rare), followed by a 3-minute rest. Ground pork should always be cooked to 160°F.
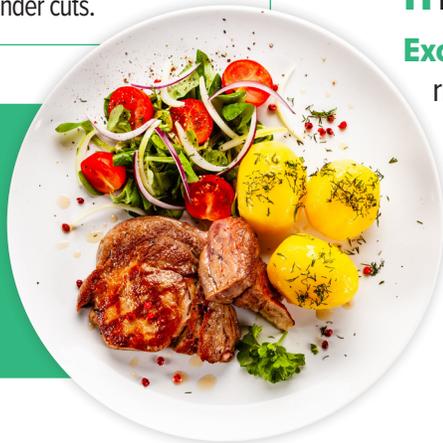
2 basic methods for cooking pork:

Dry heat: grilling, broiling and sautéing are best applied to naturally tender cuts of meat.

Moist heat: stewing and braising are best for tenderizing less-tender cuts.

Practice Portion Control

The average serving size of pork is 3 oz of boneless cooked meat (4 oz raw) – about the size of a deck of cards.

Discover the Benefits

8 cuts of pork meet USDA guidelines for "lean"*

Lean = less than 10g fat, 4.5g saturated fat and 95mg cholesterol per 100g of meat.

Pork tenderloin and sirloin pork chop meet USDA guidelines for "extra lean."*

Extra Lean = less than 5g total fat, 2g saturated fat, and 95 mg cholesterol per 100g of meat.

Pork Tenderloin is a source of 11 key nutrients.**

Excellent source: protein, thiamin, riboflavin, niacin, vitamin B6, vitamin B12, selenium and zinc.

Good source: choline, pantothenic acid and phosphorous.**

Find **recipe ideas** at
pork.org/porkandpartners

*National Nutrient Database for Standard Reference, Release 23. Based on 3-ounce cooked servings (roasted or broiled), visible fat trimmed after cooking.
**U.S. Department of Agriculture, FoodData Central, 2019. Based on 3-ounce serving cooked pork. NDB# 10093. "Excellent" source: 20% or more of Daily Value; "Good" source: 10-19% of Daily Value.