

Pork – A Powerhouse of Nutrition

Pork contains many essential nutrients to feed and nourish our bodies. Here's how these nutrients support us.

- Thiamin (Vitamin B₁)**
- builds & repairs nerves & muscles
 - maintains an appetite
 - releases energy from carbohydrates

- Riboflavin**
- releases energy from proteins
 - maintains the nervous system
 - builds & repairs body tissues
 - maintains healthy skin & eyes

- Niacin (Vitamin B₃)**
- releases energy from foods
 - maintains healthy skin
 - maintains the digestive tract
 - protects the nervous system

- Vitamin B₆**
- releases energy from proteins
 - helps transport amino acids
 - helps form niacin (Vitamin B₃)
 - aids functioning of nervous system

- Iron**
- builds hemoglobin in red blood cells
 - prevents nutritional anemia
 - helps with energy production

- Protein**
- builds & repairs body tissues
 - regulates body processes
 - forms antibodies to fight off infection

- Fat**
- supplies energy
 - protects & insulates body parts
 - nourishes skin
 - promotes normal growth
 - transports vitamins A, D, E & K
 - supplies essential fatty acids

- Zinc**
- enhances and protects bones
 - improves resistance to infection
 - helps form hormones & enzymes
 - develops & maintains immune system

- Vitamin B₁₂**
- maintains red blood cells
 - ensures healthy nerve tissue
 - helps produce genetic material
 - supports cell function & metabolism

- Pantothenic Acid**
- releases energy from foods
 - forms cholesterol, hormones & hemoglobin



Nutrient Value of Canadian Pork (per 100 gram serving, lean only)

	Calories	Protein g	Total Fat g	SFA g	MUFA g	PUFA g	Chol mg	Thiamin mg	Ribo-flavin mg	Niacin NE	Vit B ₆ mg	Vit B ₁₂ mcg	Panto Acid mg	Iron mg	Zinc mg
Fresh Pork Cuts															
Pork tenderloin, roasted	144	28	2.5	1.1	1.1	0.5	70	1.40	0.38	15.7	0.44	0.55	1.44	1.3	2.6
Pork tenderloin, broiled	161	31	3.3	1.5	1.5	0.6	94	1.00	0.39	11.6	0.53	1.00	0.92	1.4	3.0
Leg inside round, roasted	173	32	4.2	1.6	2.0	0.6	81	1.00	0.31	18.6	0.46	0.63	1.30	1.2	3.1
Loin centre chop, grilled	174	33	3.8	1.6	1.9	0.6	69	1.20	0.23	17.7	0.54	0.66	1.30	0.8	2.2
Loin centre roast, roasted	184	29	6.8	2.5	3.0	0.5	79	0.91	0.27	11.5	0.37	0.58	0.69	1.0	2.1
Sirloin steak, grilled	193	31	6.7	2.2	2.9	0.5	92	1.03	0.40	11.3	0.54	0.84	0.91	1.2	2.7
Sirloin roast, roasted	194	30	7.2	2.6	3.4	0.5	78	0.64	0.31	11.8	0.40	0.55	0.58	1.1	2.3
Rib steak, grilled	216	30	10.0	3.6	4.6	0.6	81	0.89	0.32	11.5	0.40	0.70	0.75	0.8	2.4
Rib roast, roasted	205	30	8.4	3.3	4.0	0.8	80	0.93	0.26	17.4	0.57	1.20	1.20	1.1	3.2
Shoulder blade roast, roasted	219	28	11.0	4.3	5.0	1.3	89	0.84	0.39	14.2	0.35	1.40	1.80	1.4	4.9
Shoulder picnic roast, roasted	228	27	13.0	4.3	6.0	1.2	95	0.58	0.36	10.0	0.41	0.78	0.59	1.4	4.1
Side ribs, simmered & roasted	334	27	24.0	9.4	10.0	3.3	99	0.43	0.28	10.9	0.17	0.91	0.97	1.4	4.5
Back ribs, roasted	365	28	27.0	11.0	12.0	3.5	113	0.65	0.29	14.3	0.24	1.10	1.10	1.2	4.0
Country-style ribs, roasted	247	27	15.0	5.3	6.5	1.1	93	0.57	0.34	10.3	0.44	0.80	0.53	1.3	3.8
Lean ground pork, pan-fried	233	26	14.0	5.5	6.7	1.8	80	1.00	0.29	12.6	0.33	1.06	1.60	1.2	3.2
Medium ground pork, pan-fried	299	25	22.0	8.0	9.7	2.9	88	1.02	0.24	12.6	0.27	1.15	1.20	1.1	2.9

Cured Pork Cuts

Back bacon, grilled	185	24	8.4	2.8	4.0	0.8	58	0.82	0.20	10.9	0.45	0.78	0.52	0.8	1.7
Bacon, 5 slices, pan-fried	182	10	16.0	5.6	7.6	1.9	27	0.22	0.09	3.9	0.09	0.56	0.34	0.5	1.0
Lean ham roasted	125	17	5.4	1.8	2.6	0.5	53	0.75	0.20	7.4	0.40	0.65	0.40	1.5	2.9
Lean deli ham	110	17	2.9	0.9	1.2	0.3	48	0.93	0.22	8.9	0.46	0.75	0.47	0.8	1.9
Cottage roll	124	15	5.9	1.7	2.3	0.5	67	0.46	0.29	5.4	0.21	1.10	0.77	0.9	2.5

Source: Canadian Nutrient File, 2007b, Health Canada

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For more information, contact your provincial pork promotion office:

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