

# 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 B<sub>1</sub>)**
- 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 B<sub>3</sub>)**
- releases energy from foods
  - maintains healthy skin
  - maintains the digestive tract
  - protects the nervous system

- Vitamin B<sub>6</sub>**
- releases energy from proteins
  - helps transport amino acids
  - helps form niacin (Vitamin B<sub>3</sub>)
  - aids functioning of nervous system

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

- Vitamin B<sub>12</sub>**
- maintains red blood cells
  - ensures healthy nerve tissue
  - helps produce genetic material
  - supports cell function & metabolism

- 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

- 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 <sub>6</sub> mg	Vit B <sub>12</sub> mcg	Panto Acid mg	Iron mg	Zinc mg
<b>Fresh Pork Cuts</b>															
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

Produced by Canada Pork 2008



For more information, contact your provincial pork promotion office:

<b>ALBERTA &amp; BRITISH COLUMBIA</b> 103-14707 Bannister Rd SE Calgary, AB T2X 1Z2 (403) 256-2764 www.PutPorkOnYourFork.com	<b>SASKATCHEWAN</b> 2 - 502 45th Street W Saskatoon, SK S7L 6H2 (306) 244-7752 www.saskpork.com	<b>MANITOBA</b> 28 Terracon Place Winnipeg, MB R2J 4G7 (204) 237-7447 www.PutPorkOnYourFork.com	<b>ONTARIO</b> 655 Southgate Drive Guelph, ON N1G 5G6 (519) 767-4600 www.PutPorkOnYourFork.com	<b>QUEBEC</b> 555, boul. Roland-Therrien Longueuil, QC J4H 4E9 (450) 679-0530 www.leporcduquebec.com	<b>NOVA SCOTIA</b> 339 Willow St. Truro, NS B2N 5A5 (902) 895-0581 www.porknovascotia.ca	<b>PRINCE EDWARD ISLAND</b> 212-420 University Ave Charlottetown, PEI C1A 7Z5 (902) 892-4201 www.peipork.pe.ca	<b>NEW BRUNSWICK</b> 302-259 Brunswick St. Fredericton, NB E3B 1G8 (506) 458-8051 www.porcncbpcork.nb.ca
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