

# ***Pork Resources***

## **Iowa Pork Producers Association**

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## **Web Sites**

[www.iowapork.org](http://www.iowapork.org) --- General pork industry information.

[www.porkandhealth.com](http://www.porkandhealth.com) --- Pork nutritional information.

[www.otherwhitemeat.com](http://www.otherwhitemeat.com) --- Pork recipes and cookery information.

## **Fact Sheets**

**The Power of Pork for Healthy Eating ...** Pork is an excellent source of lean protein. This fact sheet shares tasty ideas for preparing healthy meals.

**The Lowdown on Lean Cuts & Pork Prep ...** Preparing healthful meals start at the supermarket and end at the table. Check out these simple tips to help you make smart choices along the way.

**Today's Lean Pork Compared to Lean Chicken ...** Fresh pork has shaped up and slimmed down so much in recent years that pork tenderloin is just as lean as a skinless chicken breast. See how lean pork compares to lean chicken.

**Slim Six Fact Card ...** Fresh pork has shaped up and slimmed down so much in recent years that pork tenderloin is just as lean as a skinless chicken breast. The facts are on this card.

## **Recipe Brochures**

**The Skinny On Pork ...** Six of your favorite pork cuts are now 16% lower in total fat and 27% lower in saturated fat -- but still just as delicious. This brochure provides cooking tips and nutrition information, plus 6 easy recipes.

**Pork Kitchen Companion ...** Your guide to shopping for and preparing pork

**Healthy Helpings ...** This collection of nutritious recipes features an array of good-for-you foods that are heart-healthy and delicious.

**Lean Meals in Minutes ...** Break from the routine with these seven lean meals you can make in minutes.

**Enjoy Pork ...** Fire up the grill and enjoy pork. Here are four easy pork barbecuing recipes.