

## Six common cuts of pork are, on average, 16% leaner than 15 years ago.

The pork industry has responded to the consumer's desire for lean pork products. Through efforts in feeding and management practices by pork producers, six of the most common cuts of pork have, on average, 16% less fat and 27% less saturated fat than 15 years ago.



1.02g Saturated Fat    2.98g Total Fat

Pork tenderloin

**Pork tenderloin is just as lean as a skinless chicken breast!**

0.86g Saturated Fat    3.03g Total Fat

Skinless chicken breast

1.77g Saturated Fat    5.17g Total Fat

Pork boneless top loin chop

1.64g Saturated Fat    5.34g Total Fat

Pork boneless top loin roast

1.83g Saturated Fat    6.20g Total Fat

Pork bone-in center loin chop

2.17g Saturated Fat    7.10g Total Fat

Pork bone-in rib chop

2.44g Saturated Fat    8.02g Total Fat

Pork bone-in sirloin roast

2.58g Saturated Fat    9.25g Total Fat

Skinless chicken thigh

 Saturated Fat     Total Fat

Based on 3-ounce cooked servings (roasted or broiled), visible fat and skin trimmed after cooking.

Reference: U.S. Department of Agriculture, Agriculture Research Service, 2006.

**Lean:** Less than 10 grams total fat, 4.5 grams saturated fat and 95 milligrams cholesterol per serving.

**Extra Lean:** Less than 5 grams total fat, 2 grams saturated fat and 95 milligrams cholesterol per serving.

## "Loin" = Lean

When shopping, make sure to look for lean cuts of pork with the word "loin" on the label, such as pork tenderloin or loin chop.

# Cooking Today's Pork

Chops (¾ inch thick)	Sauté or grill for 8 to 10 minutes.
Thick Chop (1½ inch thick)	Sauté or grill for 12 to 16 minutes.
Loin Roast	Roast in 350° F oven or grill over indirect heat for 20 minutes per pound (until 150° F on meat thermometer). Allow roast to rest 10 minutes before carving (temperature will continue to rise).
Tenderloin	Roast at 425° F for 20 to 30 minutes. Grill for 15 to 25 minutes.

Do not overcook lean pork. Cook until 160° F internal temperature for juicy, tender pork. Pork cooked to 160° F will be slightly pink inside.

## Nutrient Composition

Pork packs nutrients in every lean serving. A 3-ounce portion of pork tenderloin, for example, is an "excellent" source of protein, thiamin, vitamin B6, phosphorous and niacin, and a "good" source of potassium, riboflavin and zinc, yet contributes only 6 percent of calories to a 2,000-calorie diet.

## Keeping Your Pork Meals Lean

- Trim any visible fat before cooking.
- Practice portion control: 3 ounces is about the size of a deck of cards.
- Use low-fat preparation techniques: broil, grill, roast on a rack, or stir-fry in minimal fat.
- Marinate lean pork cuts for extra flavor.
- Use non-fat, low sodium herbs and spices to season instead of high-fat sauces.

*For recipes, send a self-addressed, stamped, business-size envelope to:*

**Recipes, PO Box 9114,  
Des Moines, IA 50306**



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