



PORK: GOOD FOR YOU

Best served with: *everything.*

Health Benefits of Lean Pork

Preserves lean muscle to help maintain weight management¹

Excellent source of vitamins and minerals²

Thiamin, Zinc, Selenium, Niacin, Riboflavin, B6, B12

Certified Heart-Healthy

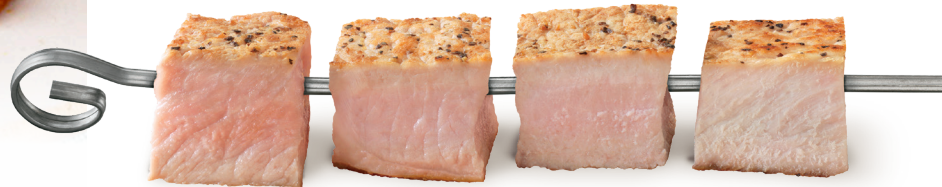
Sirloin, Tenderloin



23G PROTEIN per 3 oz serving²

PORK SIRLOIN
137 CAL³

PORK TENDERLOIN⁴
122 CAL



MEDIUM-RARE*
145-150°F

MEDIUM
150-155°F

MEDIUM-WELL
155-160°F

WELL
160°F

For delicious results, cook to 145°F

**PORK &
PARTNERS**



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¹ Kim, J. E., O'Connor, L. E., Sands, L. P., Slebodnik, M. B., & Campbell, W. W. (2016). Effects of dietary protein intake on body composition changes after weight loss in older adults: a systematic review and meta-analysis. *Nutrition Reviews*, 74(3), 210–224. Heart-Check certification does not apply to research on weight loss.

² U.S. Department of Agriculture, FoodData Central, 2019. NDB# 10093.

³ U.S. Department of Agriculture, FoodData Central, 2019. NDB# 10216

⁴ U.S. Department of Agriculture, FoodData Central, 2019. NDB# 10061

*145°F with a 3-minute rest provides the optimal eating experience and is the minimum safe internal cooking temperature provided by USDA's Food Safety & Inspection Service.