



A LEAN PROTEIN

pork

As a good source of protein and nutrients, lean pork plays a role in helping you eat right! Pork has three times as much thiamin (vitamin B1) as any other food. Thiamin helps the body turn carbohydrates, fats and proteins into energy.

DID YOU KNOW?



- People around the world eat more pork than any other meat. In the United States pork consumption ranks behind beef and poultry.
- The tenderloin is the leanest cut of pork; a three-ounce serving contains just 120 calories and less than 3 grams of fat.
- Swine were first brought to Florida by Spanish explorer, Hernando Desoto in 1539.
- Pig heart valves can be used to replace damaged human heart valves.

WELLNESS TIP

Join a gym and sign up for a group exercise class. You will get in your physical activity and might meet some new people as well.

SHOPPING, PREPARING AND STORING



- When purchasing pork, look for cuts with a relatively small amount of fat over the outside and with meat that is firm and a grayish pink color.
- Seasoning pork with herbs and spices is an easy way to boost flavor and cut back on fat. Rub the pork with a combination of herbs and spices, such as rosemary, basil, cayenne or paprika, before cooking.

COOKING TIPS



- Before roasting pork, sear all sides to create a flavorful crusty surface on the meat.
- Cutting meat across the grain will produce slices with shorter fibers, resulting in more tender pieces.

VERY BERRY PORK CHOPS serves 4

- 2 teaspoons vegetable oil
- 4 pork chops, 3/4-inch thick
- 1/4 cup strawberry preserves
- 1 tablespoon mustard
- 1/4 cup cider vinegar



1. Heat oil in a large skillet over medium-high heat.
2. Add pork chops, cook and turn until browned on both sides. Reduce heat to low.
3. In a small bowl, stir together the strawberry preserves, mustard and vinegar.
4. Pour sauce over pork chops. Cover pan.
5. Cook pork chops for 8 minutes, or until the sauce has thickened and until internal temperature on a thermometer reads 145°F, followed by a 3-minute rest time.
6. To serve, spoon glaze over each chop.

Recipe adapted from Pork Be Inspired, National Pork Board

Calories: 223; Total Fat: 9 g; Saturated Fat: 1 g; Total Carbohydrates: 14 g; Protein: 26 g; Sodium: 110 mg



CHOOSE MYPLATE!

- Make at least half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) dairy.
- Make at least half your grains whole grains.
- Go lean with protein.



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