

Balancing Animal Proteins on the new American Plate

Aligning with the Dietary Guidelines for Americans 2010 will no doubt mean choosing foods that are high in nutrient density, while low in energy density. Protein from lean meats such as pork fits both criteria, providing necessary nutrients in relatively fewer calories. Proper education and behavioral support from trusted registered dietitians about the dietary pattern options in line with dietary guidance will help ensure Americans of all ages eat a diet high in nutrients but relatively low in calories.

The Nutritional Power of One Serving of Lean Pork

- **The Micronutrient Advantage:**
 - A 3-ounce serving of pork offers 5% of the daily value of iron in heme form, which is more readily absorbed than iron from plant sources.
 - A 3-ounce serving of pork offers 8% of the daily value of vitamin B12, an important micronutrient not found in plant-based foods.
- **The Calorie Advantage:**
 - A 3-ounce serving of lean pork provides about the same amount of protein as 1.5 cups of black beans, but with 21% fewer calories.



Lean Pork Options Abound in Today's Meat Case

- Today's most popular cuts of pork have 16% less total fat and 27% less saturated fat than they did 20 years ago.
- Cuts of pork that come from the loin – including chops and roasts – and 96% lean ground pork are the leanest cuts of pork available.
- Ounce-for-ounce pork tenderloin is as lean as skinless chicken breast, and meets the USDA guidelines for “extra lean.”
- Six pork cuts meet the USDA guidelines for “lean,” with less than 10 grams fat, 4.5 grams saturated fat and 95 milligrams of cholesterol per serving.

Satiety Research Shows Benefits of Pork

- **Lean Canadian Bacon at Breakfast:** Eating high-quality protein foods like lean Canadian bacon resulted in greater sense of fullness throughout the day compared to eating additional protein calories at lunch or dinner.¹
- **Three Daily Meals With Protein Most Filling:** Including lean pork or other lean proteins in three daily meals rather than six mini-meals resulted in improved satiety throughout the day. Feeling full throughout the day may lead to an overall calorie reduction.²
- **Curbing Late-Night Munchies:** Including lean pork or other proteins in three daily meals reduced late-night desires to eat and decreased distracting thoughts about food, both of which derail dieters if left unchecked.³

Cooking with Pork has Never Been Easier

The versatility of pork lends itself to a variety of dishes, which means cook once and eat twice! Start with pork tenderloin fajitas on night one, and turn the rest of the pork into curried pork salad on night two. Visit www.PorkBeInspired.com for delicious seasonal recipes which do double-duty to keep pace with today's busy families.

1. Leidy H, Bossingham M, Mattes R, Campbell W. Increased dietary protein consumed at breakfast leads to an initial and sustained feeling of fullness during energy restriction compared to other meal times. *British Journal of Nutrition*. 2008, short communication published online.
2. Leidy H, Armstrong C, Tang M, Mattes R, Campbell W. The influence of higher protein intake and greater eating frequency on appetite control in overweight and obese men. *Obesity*. 2010;18:1725-1732.
3. Leidy H, Tang M, Armstrong C, Martin C, Campbell W. The effects of consuming frequent, higher protein meals on appetite and satiety during weight loss in overweight/obese men [published online ahead of print September 16, 2010]. *Obesity*. 2010. Accessed October 11, 2010.