

# DINNER- PORK

## CLASS 13



JUDY JOHNSTON, MS, RD, LD

Research Instructor

Department of Preventive Medicine and  
Public Health

University of Kansas School of Medicine -  
Wichita

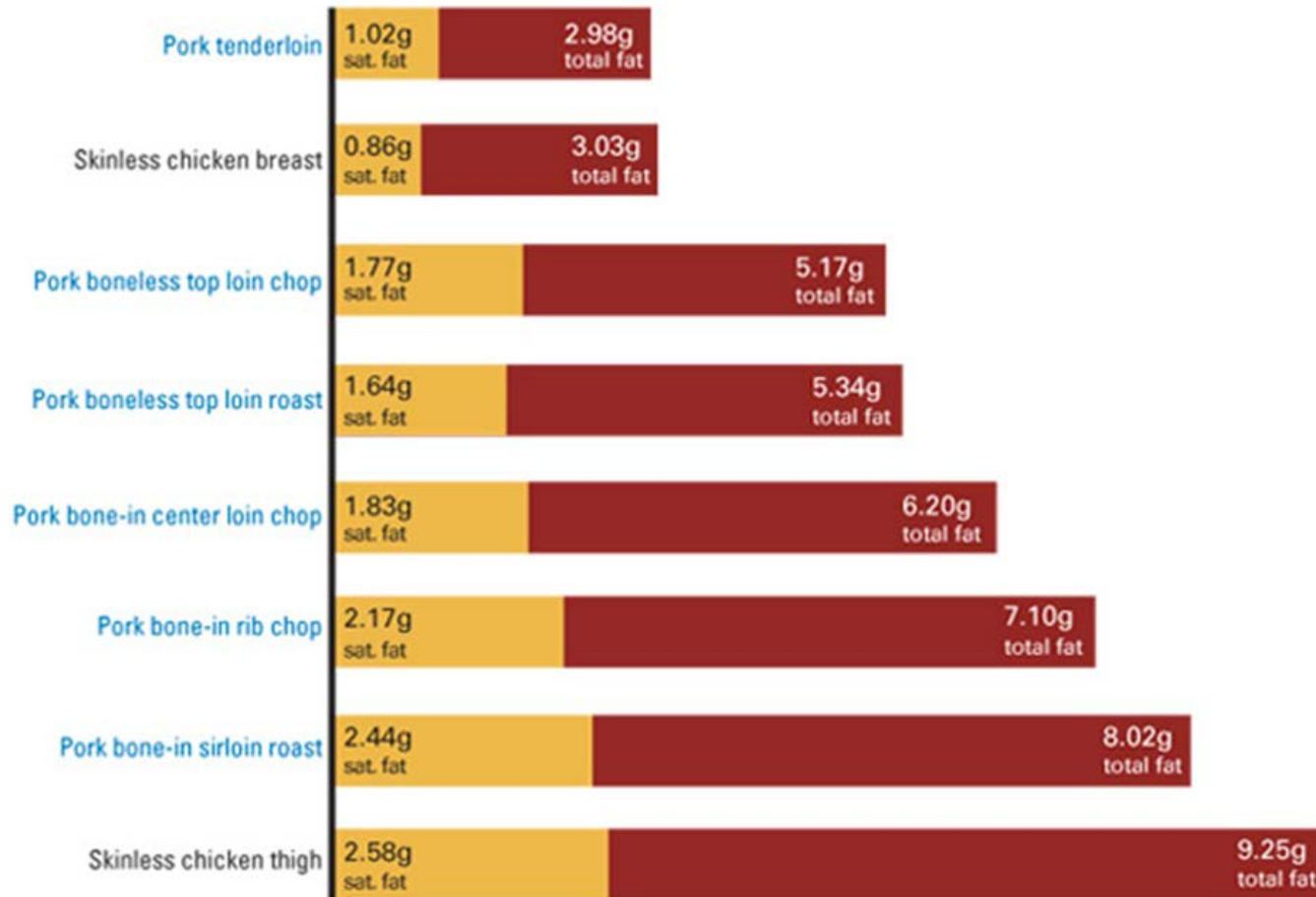


# PORK NUTRITION

- Pork now has a reputation as a white meat due to the fact that many lean pork cuts are similar in fat to a skinless chicken
  - Through changes in feeding and breeding techniques, today's pork has:
    - I. 16% less fat
    - II. 27% less saturated fat than 15 years ago
  - Trimmed pork tenderloin and skinless chicken breast have the same amount of total fat content
  - Six cuts of pork have total fat content between the skinless chicken breast and skinless chicken thigh (see chart)



# PORK NUTRITION



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

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

**Lean:** Less than 10 grams of total fat, 4.5 grams of 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.



# PORK NUTRITION

## **How Pork Compared to Other Meats:**

1. Pork today compares favorably for fat, calories and cholesterol with many other meats and poultry
2. Many cuts of pork meet the government guidelines for “lean” or “extra lean”
3. Any cuts from the loin are leaner than skinless chicken thigh, according to USDA data
4. Pork steaks or roasts from the leg ("fresh ham") are also lean choices



# SERVING SIZES & NUTRITIONAL PROFILES OF LEAN MEATS

\* Roasted, \*\* Broiled, \*\*\* Braised

3-ounce cooked serving:	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)
<b>LEAN CHICKEN</b>				
Skinless chicken breast*	140	3.1	0.9	73
Skinless chicken leg*	162	7.1	2.0	80
Skinless chicken thigh*	178	9.3	2.6	81
<b>LEAN CUTS OF PORK</b>				
Pork Tenderloin*	120	3.0	1.0	62
Pork boneless top loin chop**	173	5.2	1.8	61
Pork top loin roast*	147	5.3	1.6	68
Pork center loin chop**	153	6.2	1.8	72
Pork sirloin roast*	173	8.0	2.4	76
Pork rib chop**	158	7.1	2.2	56

\* Roasted, \*\* Broiled, \*\*\* Braised

3-ounce cooked serving:	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)
<b>LEAN CUTS OF BEEF</b>				
Beef eye of round *	141	4.0	1.5	59
Beef top round***	169	4.3	1.5	76
Beef tip round*	149	5.0	1.8	69
Beef top sirloin**	162	8	2.2	76
Beef top loin**	168	7.1	2.7	65
Beef tenderloin**	175	8.1	3.0	71
<b>FISH (*dry heat,**moist heat)</b>				
Cod*	89	0.7	0.1	40
Flounder*	99	1.3	0.3	58
Halibut*	119	2.5	0.4	35
Orange Roughy*	75	0.8	0.0	22
Salmon*	175	11.0	2.1	54
Shrimp**	84	0.9	0.2	166

Source: U.S. Department of Agriculture Nutrient Database Release 18 or the 2006 Revised USDA Nutrient Data Set for Fresh Pork.

# PORK NUTRITION

## ○ **Nutrients - % Daily Value:**

- a) Iron 5%: Heme iron (found in meat) is absorbed more readily than non-heme iron (found in plant-based foods). Heme iron may decrease the risk of iron-deficiency anemia
- b) Potassium 11%: Plays a major role in water balance and helps maintain normal blood pressure
- c) Zinc 14%: A component of more than 70 enzymes, zinc is a key player in energy metabolism and the immune system
- d) B-Vitamins (see next slide)





# PORK NUTRITION

## ○ **Nutrients - % Daily Value:**

### d) B-Vitamins

- I. Thiamin 54%: Without this key vitamin, metabolism of carbohydrate, protein and fat would be significantly compromised. Animal protein is one of the best sources of this nutrient, and among the choices, pork is tops
- II. Riboflavin 19%: Plays important role in the release of energy from foods
- III. Next to milk, there are few foods that have as much riboflavin per serving as pork
- IV. Niacin 37%: Important for the normal function of many enzymes in the body and involved in the metabolism of sugars and fatty acids
- V. Vitamin B12 8%: Helps build red blood cells and metabolize carbohydrates and fats
- VI. Vitamin B6 (Pyridoxine) 37%: Important for metabolism of protein, carbohydrates and fats



# HANDLING AND COOKING PORK SAFELY

- Don't overcook it! The internal temperature should be 160F/70C
- For roasting set oven at 350 °F. Roast in a shallow pan, uncovered. Internal temperature:160 °F-medium; 170 °F-well-done
- Depending on the cut, the meat may still be a bit pink at this temperature
- The exception to this is ground pork
- Like any ground meat, ground pork - including sausages - must be cooked until well done, with no pink remaining
- Follow USDA guidelines when storing Pork in refrigerator (40 °F) or freezer (0 °F)



# RECIPES

- Spinach & Romaine Salad with Spiced Pork & Ginger Dressing
- Lime-Cilantro Pork Tacos
- Peach & Mustard Glazed Pork Chops

Refer to handout for details

