



Dear Colleague,

Have your clients been asking more questions about eating local, organic foodstuffs or if sustainable agriculture can impact nutrition? With all the public debate and attention around sustainable agriculture, let's take a deeper look into what "sustainability" really entails and how America's pig farmers are among the most environmentally and socially conscious food producers in the world today.

What does sustainability even mean? Do actions, lifestyles and products that meet current needs without sacrificing the ability of future generations to meet their needs define sustainability? Could it be business strategies and practices that promote the long-term, well-being of the environment and society?<sup>1</sup> With multiple definitions and interpretations surrounding the topic, the one thing that remains a constant is that sustainable agriculture should feed the world without damaging the environment or threatening human health.

Sustainability definitions that cover meat production often include data on greenhouse gas (GHG) emission. An examination of current data shows that animal agriculture-related GHG emissions in the U.S. have declined per unit of production. Since 1990, U.S. farmers increased meat production by almost 50 percent, milk production by 16 percent, and egg production by nearly 33 percent while GHG emissions from U.S. animal agriculture have remained relatively constant.<sup>2</sup> The positive progress reflects improved feed efficiencies, better manure-management strategies and efficient use of cropland. Every gallon of milk or pound of meat produced in the U.S. today has a smaller carbon footprint than it used to have. **What the swine industry has been able to accomplish very successfully over the past 50 years is to significantly reduce its environmental impact and natural resource use by nearly 50% per 1,000 pounds of meat/food produced.**<sup>3</sup>

Pork production's carbon footprint is a small fraction of total U.S. GHG emissions. According to U.S. Environmental Protection Agency (EPA), in 2015 only 3.64 percent of total U.S. GHG emissions came from all animal agriculture and pork production's share was just over two-fifths of one percent (0.41%) of total U.S. GHG emissions.<sup>4</sup>

Perhaps some of the negative perceptions relative to livestock is due to practices that do not occur in this country. A 2006 United Nation's report concluded that about 74 percent of agricultural GHG emissions come from developing countries. The vast majority of global GHG emissions attributed to livestock production (12–18 percent) result from deforestation and converting rain forests and other lands to grow crops or pasture. Such actions do not occur in the U.S., which has actually seen an increase in the total acreage of forested land over the last several decades — even while total agricultural production has increased.<sup>5</sup>

Sustainable farmers continue to develop new, innovative techniques to produce and distribute food. Pork products are both sustainable and nutritious. Fresh pork is more than just a good source of protein; lean pork also provides several vitamins and minerals including thiamin, phosphorus, zinc, selenium, niacin, vitamin B6, and vitamin B12. Plus, today's most popular cuts have 16 percent less total fat and 27 percent less saturated fat than they did 22 years ago. Cuts of pork that come from the loin – including chops, roasts and 96 percent lean ground pork – are the leanest cuts of pork available. Now your clients can feel good about what they are eating from farm to fork. For the latest pork nutrition information, recipes and more, visit [porkbeinspired.com](http://porkbeinspired.com) or [porkandhealth.org](http://porkandhealth.org).

In good health,

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<sup>1</sup> FMI Sustainability Task Force Definition

<sup>2</sup> American Meat Institute, 2009.

<sup>3</sup> Boyd B, Cady R. A 50-Year Comparison of the Carbon Footprint of the US Swine Herd: 1959 – 2009. National Pork Board Final Report, 2012.

<sup>4</sup> Inventory of U.S. Greenhouse Gas Emissions and Sinks: 1990-2013 (April 15, 2015)

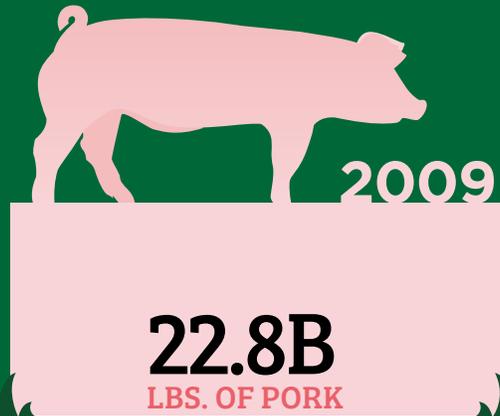
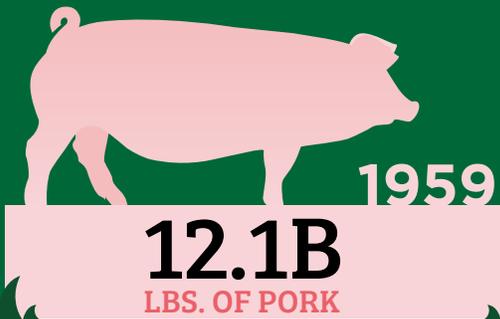
<sup>5</sup> United Nations Framework Convention on Climate Change/TP/2008/8; 21 Nov. 2008

# TODAY'S PORK

50 YEARS of Upgrades Make Today's Pork  
More Sustainable Than Ever.

To meet a growing demand, U.S. pork production has  
nearly doubled in the last 50 years...

Pounds of pork  
raised by farmers



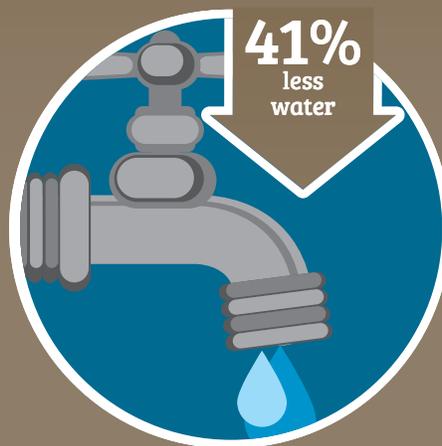
**U.S. PIG FARMERS**  
are feeding  
more people  
than ever  
before.



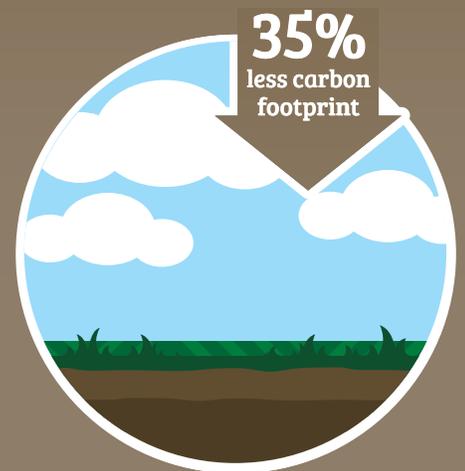
Today's on-farm efficiency means that pound for pound  
of pork, farmers are now using far fewer of our earth's  
precious resources than they were in 1959.

Today's farmers are using **78%**  
less land and **41%** less water.

*Per unit basis, such as a pound of pork produced*



Pork's carbon  
footprint is down.



Over the decades, America's pig farmers have made dramatic improvements in how they raise pigs:



*Enhanced protection from harsh weather and predators*



*Better genetics and animal care*



*Improved crops to better match animals' needs*

### Effective measures:

*All combine to reduce greenhouse gas emissions and U.S. pork's carbon footprint by 35% per pound of pork.*



**How crops are raised**



**How pigs are fed**



**How nutrients are recycled**



**A 2015 U.S. government study found that U.S. pork contributed to only 0.41% of greenhouse gas emissions, making U.S. pork a very responsible choice when choosing your next meal.**

**50 years of innovation** demonstrates the commitment America's pig farmers have to sustainable environmental principles as part of their We Care<sup>SM</sup> initiative. It's another example of how today's farmers are ensuring a greener earth today and for generations to come.

## Knife and Fork Pork Stackers

15 minutes prep | 10 minutes cook | Serves 4; 1 per serving

### Stackers

- 12 ounces boneless New York (top loin) pork chops
- 1/4 teaspoon black pepper
- 1/8 teaspoon salt
- 4 6-inch soft corn tortillas
- 4 cups romaine lettuce, shredded
- 1/4 cup cilantro, chopped
- 1/2 of a 15-oz can black beans, no-salt added, rinsed and drained, optional
- 1 medium jalapeno chile, minced

### Sauce

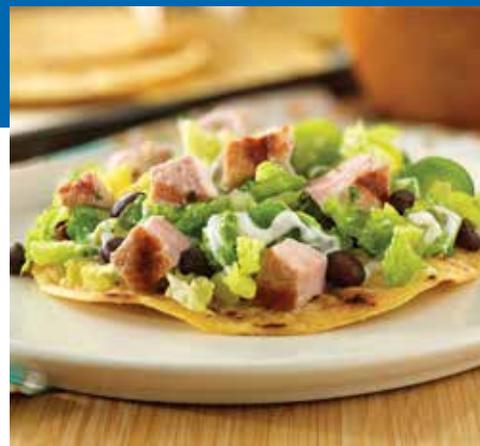
- 1/3 cup light sour cream
- 2 tablespoons water
- 1 1/2 tablespoons coarse-grained Dijon mustard
- 1 clove garlic, minced
- 1/8 teaspoon salt

Stir together in a small bowl the sauce ingredients and set aside.

Heat a grill pan (or grill) over medium-high heat. Coat both sides of the pork chops with cooking spray and sprinkle with black pepper and remaining 1/8 teaspoon salt. Cook the pork chops for 4 minutes on each side or until internal temperature on a thermometer reads 145 degrees Fahrenheit, followed by a 3-minute rest time. Cut into 1/2 inch cubes.

Coat both sides of the tortillas with cooking spray and cook 30 seconds on each side or until just beginning to show grill marks.

To assemble, place a tortilla on each of 4 dinner plates, top each with equal amounts of the following ingredients in the order listed: lettuce, cilantro, aioli, beans, pork and jalapeno.



### Nutrition:

Calories: 220  
Protein: 22 grams  
Fat: 7 grams  
Sodium: 380 milligrams  
Cholesterol: 60 milligrams  
Saturated Fat: 2.5 grams  
Carbohydrates: 17 grams  
Fiber: 3 grams