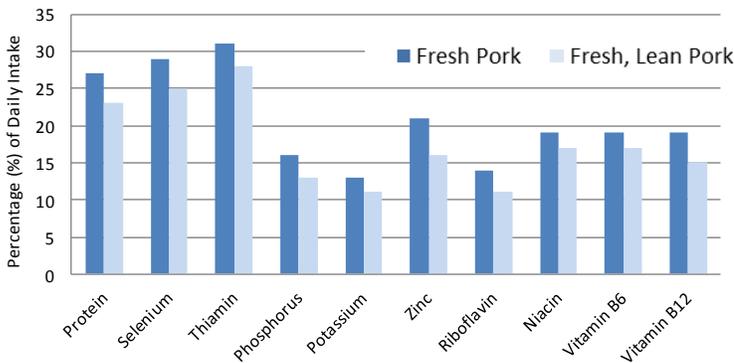


A study recently published in *Nutrition Research* estimates the nutritional contributions of fresh and fresh, lean pork to the diets of American adults. Using the most current National Health and Nutrition Examination Survey (NHANES) data available, researchers conclude that fresh pork products, and fresh, lean pork products in particular, are substantial sources of key nutrients when these products are consumed by adults in the United States.¹

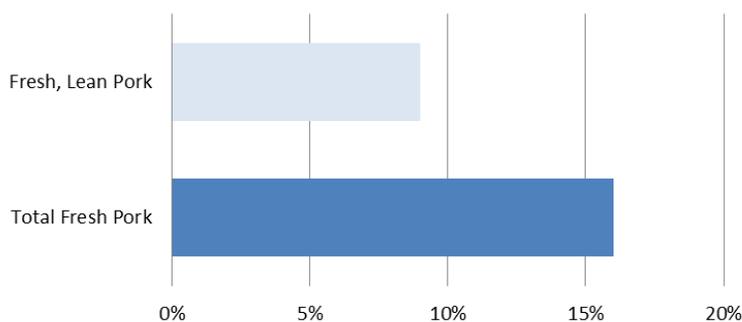


STUDY RESULTS

Nutrient Contributions from Pork



Total Dietary Fat Contributions from Pork



KEY FINDINGS

1 Americans are consuming fresh and fresh, lean pork at levels well within the total amount that is recommended in the protein foods group by current dietary guidance. On the day of intake studied, US adults ate 3.2 ounces of total fresh pork, within the 5.5 ounce equivalents a day of total protein foods recommended for adults consuming 2000 calories per day.

2 Incorporating fresh, lean pork cuts into the daily diet can help fulfill nutrient needs, while also helping to limit the amount of calories eaten. Based on a day of consumption, fresh, lean pork accounts for 23 percent of total protein intake; 25 percent or more of total intakes of selenium and thiamin; and 10 percent or more of total intakes of phosphorus, potassium, zinc and B vitamins, including riboflavin, niacin, vitamin B6 and vitamin B12.

3 Calories coming from dietary fat are no higher or lower among those eating pork as compared to those who are not eating pork. Therefore, Americans can improve dietary variety and increase intake of important nutrients, while keeping total fat and calories in check, by adding these products to their daily diet.

¹ Murphy, M., Spungen, J., Bi, X., & Barraj, L. "Fresh and fresh lean pork are substantial sources of key nutrients when these products are consumed by adults in the United States." *Nutrition Research*/Volume 31, Issue 10 (2011): 776-783.

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