



# Ontario Pork

FAST FACTS & FREQUENTLY ASKED QUESTIONS



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# HEALTH AND NUTRITION



## How much protein is in a single serving of pork?

The protein content of pork is dependent on the type of cut and method of preparation, but lean, fresh pork cuts typically range between 25 g (medium ground pork, pan-fried) and 33 g (loin centre chop, grilled) of protein per 100 g serving.

## Which nutrients are there in pork?

Pork is an excellent source of protein, vitamin B12, vitamin B6, thiamin, niacin, selenium, zinc and phosphorous. It is also a good source of riboflavin and potassium, as well as a source of iron, magnesium and pantothenate.

## How does pork compare nutritionally to other meats?

When comparing 100 g of lean only pork and 100 g of lean beef, pork stacks up favourably in several ways. A 100 g serving of roasted pork tenderloin contains 144 calories and only 2.5 g of total fat, compared to 213 calories and 8.8 g of total fat for an equal serving of beef. The pork tenderloin is also lower in cholesterol.<sup>1</sup>

Comparing pork to grilled boneless, skinless chicken shows similar results. Pork tenderloin is lower in fat and higher in iron, zinc and vitamin B12.<sup>2</sup>

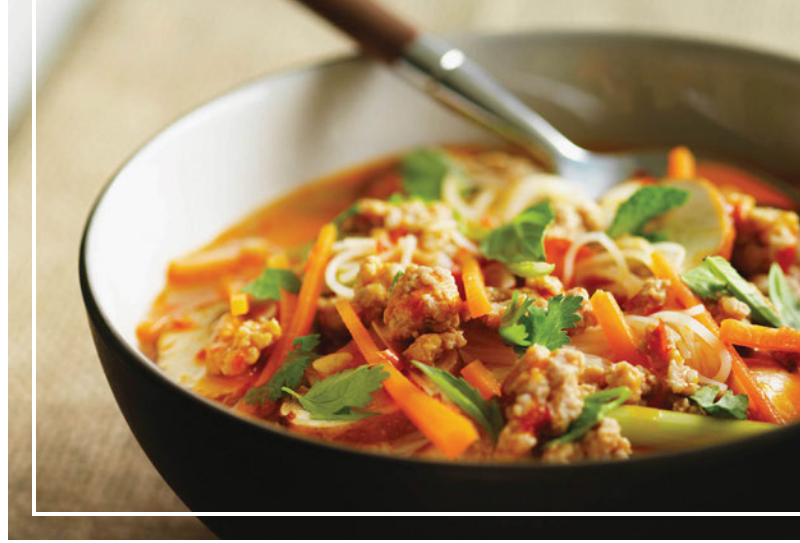
## Nutrient Value of Canadian Pork (per 100 gram serving, lean only)<sup>3</sup>

	Cal	Protein (g)	Total Fat (g)	SFA (g)	MUFA (g)	PUFA (g)	Chol (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (NE)	Vit B6 (mg)	Vit B12 (mcg)	Panto Acid (mg)	Iron (mg)	Zinc (mg)
<b>FRESH PORK CUTS</b>															
Pork tenderloin, roasted	144	28	2.5	1.1	1.1	0.5	70	1.40	0.38	15.7	0.44	0.55	1.44	1.3	2.6
Pork tenderloin, broiled	166	31	3.3	1.5	1.5	0.6	94	1.00	0.39	11.6	0.53	1.00	0.92	1.4	3.0
Leg inside round, roasted	173	32	4.2	1.6	2	0.6	81	1.00	0.31	18.6	0.46	0.63	1.30	1.2	3.1
Loin centre chop, grilled	174	33	3.8	1.6	1.9	0.6	69	1.20	0.23	17.7	0.54	0.66	1.30	0.8	2.2
Loin centre roast, roasted	184	2.9	6.8	2.5	3	0.5	79	0.91	0.27	11.5	0.37	0.58	0.69	1.0	2.1
Sirloin steak, grilled	193	31	6.7	2.2	2.9	0.5	92	1.03	0.40	11.3	0.54	0.84	0.91	1.2	2.7
Sirloin roast, roasted	194	30	7.2	2.6	3.4	0.5	78	0.64	0.31	11.8	0.40	0.55	0.58	1.1	2.3
Rib steak, grilled	216	30	10	3.6	4.6	0.6	81	0.89	0.32	11.5	0.40	0.70	0.75	0.8	2.4
Rib roast, roasted	205	30	8.4	3.3	4	0.8	80	0.93	0.26	17.4	0.57	1.20	1.20	1.1	3.2
Shoulder blade roast, roasted	219	28	11	4.3	5	1.3	89	0.84	0.39	14.2	0.35	1.40	1.80	1.4	4.9
Shoulder picnic roast, roasted	228	27	13	4.3	6	1.2	95	0.58	0.36	10.0	0.41	0.78	0.59	1.4	4.1
Side ribs, simmered and roasted	334	27	24	9.4	10	3.3	99	0.43	0.28	10.9	0.17	0.91	0.97	1.4	4.5
Back ribs, roasted	365	28	27	11	12	3.5	113	0.65	0.29	14.3	0.24	1.10	1.10	1.2	4.0
Country-style ribs, roasted	247	27	15	5.3	6.5	1.1	93	0.57	0.34	10.3	0.44	0.8	0.53	1.3	3.8
Lean ground pork, pan-fried	233	26	14	5.5	6.7	1.8	80	1.00	0.29	12.6	0.33	1.06	1.60	1.2	3.2
Medium ground pork, pan-fried	299	25	22	8	9.7	2.9	88	1.02	0.24	12.6	0.27	1.15	1.20	1.1	2.9
<b>CURED PORK CUTS</b>															
Back bacon, grilled	185	24	8.4	2.8	4	0.8	58	0.82	0.20	10.9	0.45	0.78	0.52	0.8	1.7
Bacon, 5 slices, pan-fried	182	10	16	5.6	7.6	1.9	27	0.22	0.09	3.9	0.09	0.56	0.64	0.5	1.0
Lean ham roasted	125	17	5.4	1.8	2.6	0.5	53	0.75	0.20	7.4	0.40	0.65	0.40	1.5	2.9
Lean deli ham	110	17	2.9	0.9	1.2	0.3	48	0.93	0.22	8.9	0.46	0.75	0.47	0.8	1.9
Cottage roll	124	15	5.9	1.7	2.3	0.5	67	0.46	0.29	5.4	0.21	1.10	0.77	0.9	2.5



## Is pork lean?

While most people think of chicken when listing lean meat options, there are actually several cuts of pork that are leaner than boneless, skinless chicken thigh. In fact, pork tenderloin is even leaner than boneless, skinless chicken breast, containing just 1.3 grams of fat per 100 g serving. Other lean options include pork loin centre steak, pork rib roast and pork shoulder blade boneless chops, which all contain less fat than skinless chicken thighs.



## Is pork a good food option for people with diabetes?

Pork is part of a healthy balanced diet and can be a good option for people with diabetes. In order to get the most nutritional value out of pork, it's recommended to choose a leaner cut and to not add any additional fat or salt. Eating well with Canada's Food Guide helps you to reduce your risk of type 2 diabetes, obesity, heart disease, certain types of cancer and osteoporosis. Additionally, pork contains protein which helps lower blood sugar levels.

Some tips for Canadians living with diabetes include:

- Eating at regularly scheduled intervals to help control blood glucose levels
- The glycemic index (GI) is a measurement of how much blood glucose levels increase when a certain food is consumed. One method of controlling blood sugar levels is to pair a medium or high GI content food with a low GI food product
- To add more flavour to your meals without adding salt or sugar, try fresh and dried herbs, garlic, onions, vinegar and extracts such as vanilla and almond

Ontario Pork is a proud supporter of the Canadian Diabetes Association. For a list of diabetes-friendly pork recipes, visit [www.diabetes.ca](http://www.diabetes.ca).

## How can busy families incorporate pork into their meal plans?

You don't have to sacrifice eating well when you're in a hurry. Pork steaks and chops take mere minutes to cook; faster yet, slice into strips and it's done in even less time! Pork can be cubed for kabobs, sliced into strips for wraps, filleted into scaloppini for schnitzel or made into medallions for the grill. Plan for leftovers to toss in a salad or mix with pasta for a quick nutrient-rich meal the next day.

For a bevy of creative ways to incorporate pork into your diet, visit [www.ontariopork.on.ca/recipes](http://www.ontariopork.on.ca/recipes).



## Is pork considered heart healthy?

Pork is a part of a healthy diet and has many lean, heart smart options. Consider leaner cuts of pork, such as tenderloin, and removing as much excess fat as possible. This way, you'll be able to enjoy pork without having to worry about the fat content.

Nine in 10 Canadians (90%) have at least one risk factor for heart disease or stroke.<sup>4</sup> The good news is by making lifestyle changes to limit your risk factors, you can help reduce your chances for developing heart disease and stroke.

Canadians of all ages get more than one-fifth of their calories from "other foods," which are food and beverages that are not part of the four food groups.<sup>5</sup> Reduce this number by including more whole foods in your diet as recommended by Canada's Food Guide.

# PORK PRODUCTION

## What is the economic impact of hog production in Ontario?

Hog production is vital to Ontario's agricultural sector and a major contributor to the province's economic growth. In 2015, the Ontario Pork industry "from farm to fork" generated \$932.8 million in gross domestic product and \$2.7 billion in economic output, as well as 17,015 in full-time equivalent jobs. There are more than 1,300 hog producers in the province – and nearly all (98%) are family-owned and operated.

## Is pork raised without the use of hormones or antibiotics?

All medications used in pig production have been approved for agriculture use by Health Canada. Canada has a stringent meat inspection system that ensures only healthy pigs are processed. Antibiotics are used for the treatment of sick animals, to prevent loss and to prevent any potential food safety problems. Antibiotics play an integral role in providing a safe product for consumers, as well as in animal welfare and in animal health.

Canadian hog producers follow Canadian Quality Assurance (CQA), an on-farm food safety program, which requires proper use of medications on farm. Animals are required to go through a withdrawal period after receiving antibiotics before being sent to market, ensuring no antibiotic residue is remaining in their systems.

Hormonal growth promoters are not approved for use in any Canadian pork production.

## Is the pork industry in Ontario actively working to improve animal care and food safety?

In 2014, the National Farm Animal Care Council (NFAACC) released its revised Code of Practice for the Care and Handling of Pigs, otherwise known as the Pig Code. The Pig Code was developed in partnership with producers, veterinarians, animal welfare representatives and animal scientists.

The Code contains guidelines for the care and handling of pigs, ensuring that they are being treated properly throughout their whole lives. In addition, the Code ensures that farmers are able to provide proof that the animals are being treated respectfully.<sup>6</sup>

# SOCIAL RESPONSIBILITY



## What practices does Ontario Pork have in place to ensure the industry is socially responsible?

This is an era of change and accountability for Ontario pork producers. Consumers want to better understand where their food comes from and how animals are raised. Retailers are adopting responsible procurement processes. Policymakers want to see adherence to sustainable agricultural practices.

Most importantly, pork producers are firmly committed to socially responsible practices achieved through education, greater dialogue and increased transparency. As a result, Ontario Pork has focused on six dimensions of social responsibility: farm management, economic performance, environmental stewardship, animal care and food safety, relationships with the community and workers' well-being.

To learn more about Ontario pork producers' commitment to social responsibility, and to see the full 2015 Social Responsibility Report, visit [www.ontariopork.on.ca/Social-Responsibility](http://www.ontariopork.on.ca/Social-Responsibility).

### REFERENCES

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3. Canadian Nutrient File, 2007b, Health Canada. Produced by the Canadian Pork Council 2008, reprint 2011

4. Public Health Agency Canada, 2009
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6. Canadian Pork Council, Background: Revised Code of Practice