

PROTEIN MATCH-UP

WHEN CALORIES COUNT – PORK WINS!

Many foods contain protein – lean meats like pork, skinless poultry and fish, plant foods like quinoa, tofu and cooked dried beans, as well as eggs, lower fat dairy products, and nuts and seeds. But not all protein sources are equal.

Animal-based proteins are more like the proteins found in our bodies, which means they are used more efficiently than plant-based proteins. And, when it comes to weight management, calories count! Choosing high quality proteins will help you reach your daily requirements with fewer calories.

WHAT DOES 24 GRAMS OF PROTEIN LOOKS LIKE?



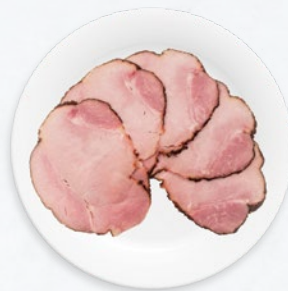
3 ½ OZ PORK TENDERLOIN

113 CAL.



1 CUP GREEK STYLE YOGURT 2% M.F.

174 CAL.



5 SLICES DELI HAM

185 CAL.



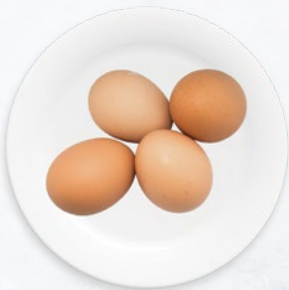
10 OZ RAW TOFU

228 CAL.



2 ½ SOY BURGER PATTIES

265 CAL.



4 LARGE HARD-BOILED EGGS

280 CAL.



6 STALKS RAW BROCCOLI

306 CAL.



1 ½ CUPS COOKED LENTILS

308 CAL.



1 ½ CUPS COOKED BLACK BEANS

381 CAL.



6 TBSP NATURAL PEANUT BUTTER

552 CAL.



¾ CUP WHOLE NATURAL ALMONDS

649 CAL.



3 CUPS COOKED QUINOA

705 CAL.

THE MEAT OF THE MATTER



Pork is a powerhouse of nutrition! Every bite provides high quality protein, energy, and key vitamins and minerals.



All fresh, trimmed cuts of pork, except ribs, qualify as lean or extra lean.



Pork tenderloin is the leanest cut of pork – it's as lean as boneless, skinless chicken breast.



Pork is the leading food source of thiamin, an important B vitamin that releases energy from carbohydrates, builds and repairs nerves and muscles, and regulates appetite.



Pork is the best meat source of riboflavin; it helps keep your nervous system, skin and eyes healthy.



The only natural source of vitamin B12 is from animal source foods. B12 keeps your nerves and blood cells healthy.



Meat and plant foods, when eaten together, deliver greater nutritional value than when eaten alone.



Pork is naturally low in sodium and a good source of potassium – two nutrients that, when combined, can help regulate blood pressure.



Meat-based protein is considered 'complete' because it contains sufficient amounts of all 9 essential amino acids. Amino acids are the building blocks of protein and are vital to every cell in the body.



Eat 25-30 grams of protein at breakfast, lunch and dinner! Current research suggests that eating protein-rich foods – like lean meats – throughout the day is best for optimal health.



The protein in pork enhances the absorption of iron and zinc in other foods. This is known as the 'meat factor' phenomenon.



Canadian farmers never add growth hormones to pigs' feed, making the retail claim that pork contains 'no added hormones' unnecessary.

DID YOU KNOW?



One of the easiest ways to remember lean cuts of pork is to look for the word 'loin' in the name.



To learn more about the power of pork, go to manitobapork.com/nutrition

