

Pork – A Powerhouse of Nutrition

Pork contains many essential nutrients to feed and nourish our bodies. Here's how these nutrients support us.

- Thiamin (Vitamin B₁)**
- builds & repairs nerves & muscles
 - maintains an appetite
 - releases energy from carbohydrates

- Riboflavin**
- releases energy from proteins
 - maintains the nervous system
 - builds & repairs body tissues
 - maintains healthy skin & eyes

- Niacin (Vitamin B₃)**
- releases energy from foods
 - maintains healthy skin
 - maintains the digestive tract
 - protects the nervous system

- Vitamin B₆**
- releases energy from proteins
 - helps transport amino acids
 - helps form niacin (Vitamin B₃)
 - aids functioning of nervous system

- Iron**
- builds hemoglobin in red blood cells
 - prevents nutritional anemia
 - helps with energy production

- Vitamin B₁₂**
- maintains red blood cells
 - ensures healthy nerve tissue
 - helps produce genetic material
 - supports cell function & metabolism

- Protein**
- builds & repairs body tissues
 - regulates body processes
 - forms antibodies to fight off infection

- Fat**
- supplies energy
 - protects & insulates body parts
 - nourishes skin
 - promotes normal growth
 - transports vitamins A, D, E & K
 - supplies essential fatty acids

- Zinc**
- enhances and protects bones
 - improves resistance to infection
 - helps form hormones & enzymes
 - develops & maintains immune system

- Pantothenic Acid**
- releases energy from foods
 - forms cholesterol, hormones & hemoglobin



