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

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

**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

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

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

**Pantothenic Acid**
- releases energy from foods
- forms cholesterol, hormones & hemoglobin
## Nutrient Value of Canadian Pork

**(per 100 gram serving, lean only)**

### Fresh Pork Cuts

<table>
<thead>
<tr>
<th>Pork Tenderloin, roasted</th>
<th>Calories</th>
<th>Protein g</th>
<th>Total Fat g</th>
<th>SFA g</th>
<th>MUFA g</th>
<th>PUFA g</th>
<th>Chol mg</th>
<th>Thiamin mg</th>
<th>Ribo- flavin mg</th>
<th>Niacin NE</th>
<th>Vit B6 mg</th>
<th>Vit B12 mcg</th>
<th>Panto Acid mg</th>
<th>Iron mg</th>
<th>Zinc mg</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pork tenderloin, roasted</td>
<td>144</td>
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<td>Leg inside round, roasted</td>
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<td>81</td>
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<tr>
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<td>89</td>
<td>0.84</td>
<td>0.39</td>
<td>14.2</td>
<td>0.35</td>
<td>1.40</td>
<td>1.80</td>
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<td>4.9</td>
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<td>6.0</td>
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<td>0.59</td>
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<td>Side ribs, simmered &amp; roasted</td>
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<tr>
<td>Country-style ribs, roasted</td>
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<tr>
<td>Lean ground pork, pan-fried</td>
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### Cured Pork Cuts

<table>
<thead>
<tr>
<th>Back bacon, grilled</th>
<th>Calories</th>
<th>Protein g</th>
<th>Total Fat g</th>
<th>SFA g</th>
<th>MUFA g</th>
<th>PUFA g</th>
<th>Chol mg</th>
<th>Thiamin mg</th>
<th>Riboflavin mg</th>
<th>Niacin NE</th>
<th>Vit B6 mg</th>
<th>Vit B12 mcg</th>
<th>Panto Acid mg</th>
<th>Iron mg</th>
<th>Zinc mg</th>
</tr>
</thead>
<tbody>
<tr>
<td>Back bacon, grilled</td>
<td>195</td>
<td>24</td>
<td>8.4</td>
<td>2.8</td>
<td>4.0</td>
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<td>0.09</td>
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<td>53</td>
<td>0.75</td>
<td>0.20</td>
<td>7.4</td>
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<td>2.5</td>
</tr>
</tbody>
</table>

Source: Canadian Nutrient File, 2007b, Health Canada
Produced by Canada Pork 2008

For more information, contact your provincial pork promotion office:

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  - Calgary, AB T2Z 1Z2
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  - www.saskpork.com

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  - Winnipeg, MB
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  - Longueuil, QC
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  - Truro, NS
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  - www.porknovascotia.ca

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