



Making healthy food choices and being physically active are key ingredients for achieving optimum health. Canada's Food Guide provides guidance to help achieve a healthy lifestyle and a healthy YOU!



# Healthy Choices

*for Optimum Health*

## Eating Well with Canada's Food Guide helps you to:

Meet your needs for vitamins, minerals and other nutrients.

Reduce your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis.

Contribute to your overall health and vitality.<sup>1</sup>



### Grain Products

Make at least half of your grain products whole grain each day.



### Milk & Alternatives

Drink skim, 1% or 2% milk each day and select lower fat milk alternatives.

Optimize your health by choosing nutrient-rich foods



### Vegetables & Fruit

Eat at least one dark green and one orange vegetable each day.



### Meat & Alternatives

Select lean meat and alternatives prepared with little or no added fat or salt.

Collage images courtesy of CIV / www.civ-viande.org

**Be active!** New physical activity guidelines suggest

**2½ hours**

of moderate physical activity a week for adults

and at least 60 minutes a day for children and youth<sup>2</sup>.





### Building Healthier Dietary Patterns



Nutrient-rich foods provide the most vitamins, minerals and other nutrients for the fewest calories<sup>3</sup>.

To eat well, build your daily eating plan around a variety of nutrient-rich foods by choosing foods in the recommended portion size from all four food groups: vegetables & fruit, grain products, milk & alternatives, and meat & alternatives.

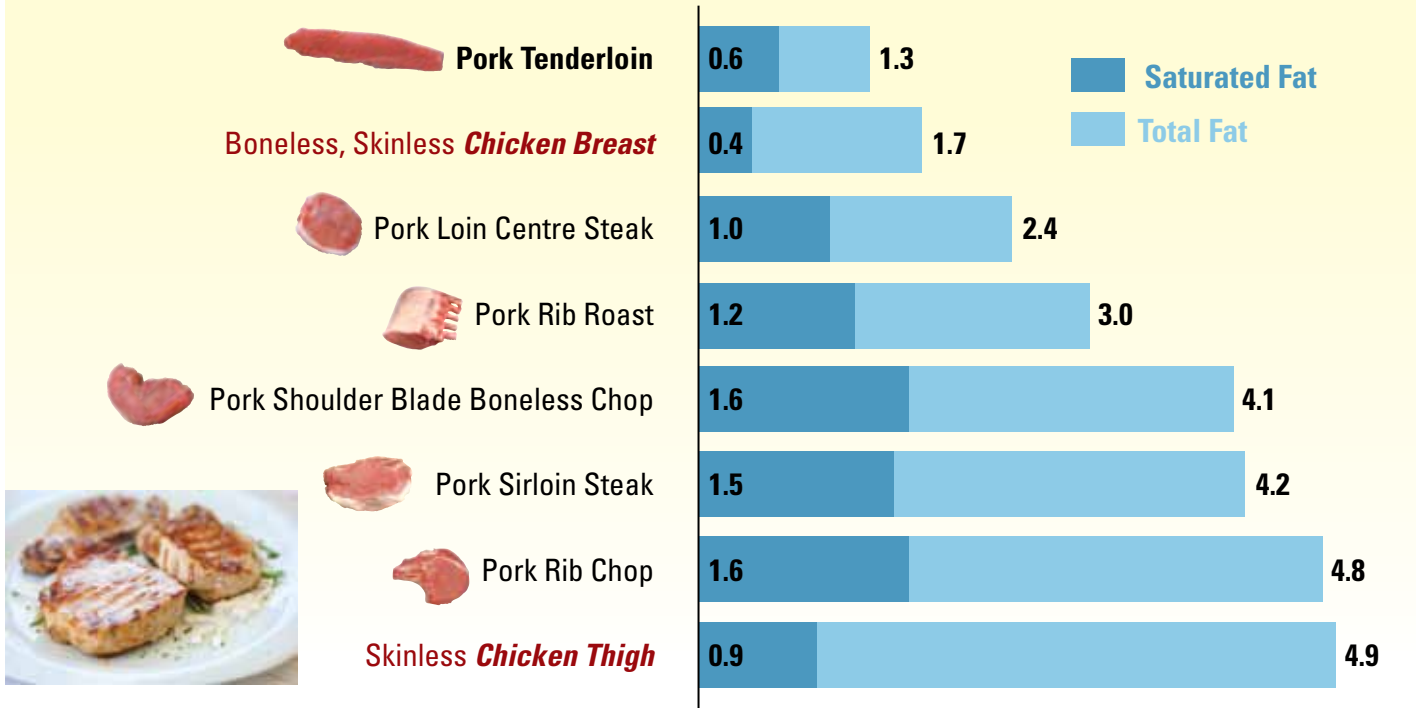
How many Food Guide servings of meat and alternatives do you need?

|                 |                     |  |  |
|-----------------|---------------------|---|---|
|                 | Age<br>[ in years ] | Females   | Males   |
| <b>Children</b> | 2-3                 | 1   | 1   |
|                 | 4-8                 | 1   | 1   |
|                 | 9-13                | 1-2   | 1-2   |
| <b>Teens</b>    | 14-18               | 2   | 3   |
| <b>Adults</b>   | 19-50               | 2   | 3   |
|                 | 51+                 | 2   | 3   |

# Take a Fresh Look at Pork

Canadians often consider chicken breast to be their only lean choice. *However, pork tenderloin is as lean as boneless, skinless chicken breast.* In fact, there are a variety of pork cuts that are leaner than boneless, skinless chicken thigh.

## Pork is as Lean as Chicken<sup>4</sup>



\* Pork cuts trimmed of visible fat; chicken skinless.

### Ground Meat Standards

The Government of Canada prescribes the names and standards for ground meats<sup>5</sup>. Ground meats are labelled **extra lean**, **lean**, **medium** or **regular** based on the maximum fat content. The same criteria apply to all ground meats – pork, chicken, turkey, beef, veal and lamb.

### How did Canadian pork get so lean?

- Enhanced genetics and animal nutrition;
- Pork producers responding to the consumers' demand for a leaner product;
- Retail merchandising specifications for little or no visible fat.

### Pork - A "Powerhouse" of Nutrition!

Pork is an excellent source of:

- protein
- niacin
- vitamin B12
- selenium
- vitamin B6
- zinc
- thiamin
- phosphorus

Pork is a good source of:

- riboflavin
- potassium

Pork is a source of:

- iron
- magnesium
- pantothenate



\* Based on values for 100 grams of broiled pork tenderloin<sup>4</sup>



## Lean Pork: Nutrient-Rich Fast Food

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.

## Oven-Grilled Pork & Veggie Wraps



This tasty wrap provides three of the four food groups; enjoy with a glass of milk to get all four!

**SERVES: 4 | PREPARATION TIME: 15 MINUTES | COOKING TIME: 6-8 MINUTES**

### Ingredients

- 3 lean boneless pork chops (loin, sirloin or rib), cut into strips
- 2 Tbsp (30 mL) balsamic vinegar
- 1 Tbsp (15 mL) olive oil
- 2 tsp (10 mL) red pepper flakes, crushed
- 1 green *and* red pepper, cut into strips
- 2 portobello mushrooms, sliced
- 1 red onion, cut into wedges
- 1 zucchini, thickly sliced
- 4 large whole-wheat tortillas
- 2 Tbsp (30 mL) hummus

### Instructions

1. In a bowl, combine vinegar, oil and red pepper flakes. Add pork strips and vegetables; stir to coat evenly.
2. Coat a large baking pan with cooking spray. Arrange pork strips and vegetables in a single layer on baking pan. Broil\* 5 to 6 inches (13 -15 cm) from heat for about 6 to 8 minutes, or until pork is browned and vegetables are tender-crisp.
3. Meanwhile spread each tortilla with a layer of hummus. Remove pork and vegetables from oven and divide among tortillas; wrap tightly before serving.

\* Alternatively, sauté pork strips and vegetables in a skillet over medium-high heat for 6 to 8 minutes.

### Nutritional Information - 1 wrap

CALORIES 387 | CARBOHYDRATE 46g | FIBRE 6.7g |  
PROTEIN 27g | FAT 11g | SATURATED FAT 2.4g



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Conseil canadien du porc

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