

LEAN PROTEIN CHOICES: A FRESH LOOK AT HOW WELL PORK COMPARES TO CHICKEN

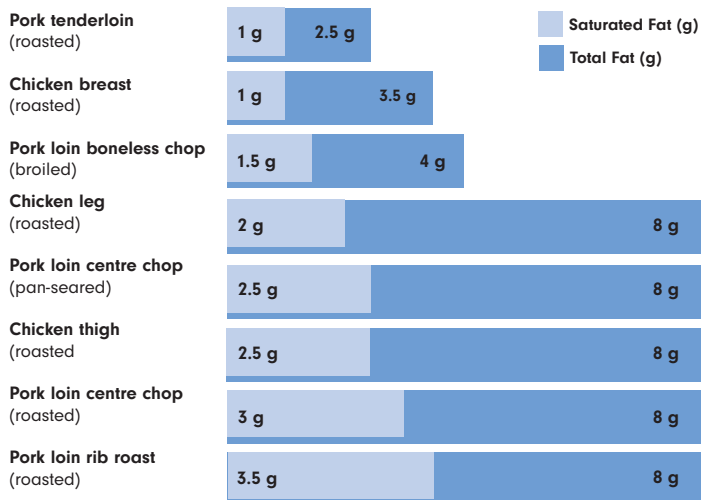
Health Canada's Canadian Nutrient File shows many lean pork cuts compare favourably to skinless chicken in terms of fat, protein, and calories.¹ Enjoying a variety of lean protein options, such as pork, chicken, and fish, can make it easier to eat well.

DID YOU KNOW?

According to the Canadian Nutrient File, pork tenderloin is as lean as a skinless chicken breast.¹ When trimmed of fat, many cuts of pork are as lean as chicken.¹

Leaner Than you Think:

Compare the Saturated Fat and Total Fat in Lean Pork Cuts and Skinless Chicken¹
(per 100-g cooked serving, trimmed of visible fat)



COOKING TIP Remove any visible fat and roast, grill, or broil to keep lean meats lean.

How to Identify LEAN CUTS of Meat and Poultry:²

Extra lean - 7.5% fat or less
Lean - 10% fat or less

All ground meats and poultry (whether pork, beef, chicken, or turkey) have the same maximum fat content criteria by law: a maximum of 10% fat for extra-lean and a maximum of 17% for lean.²

GOOD TO KNOW All trimmed pork cuts are lean, with the exception of ribs.¹

TYPES OF FAT IN ROASTED PORK TENDERLOIN

Saturated Fat:

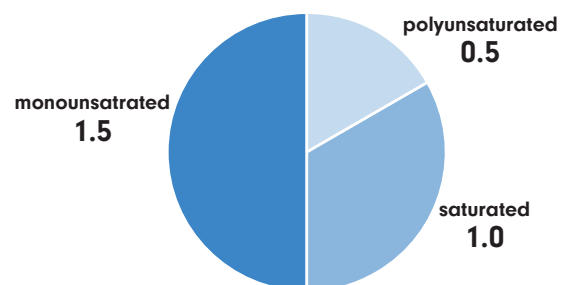
- There's just 1 gram of saturated fat in a 100-gram serving of roasted pork tenderloin – the same amount as in an equal serving of a roasted skinless chicken breast.¹

Unsaturated Fat:

- Two-thirds of the fat in roasted pork tenderloin is unsaturated.¹
- Half the fat is monounsaturated,¹ like the type of fat found in olive oil.

Types of Fat in Roasted Pork Tenderloin¹

(per 100-g cooked serving, trimmed of visible fat)





PACKED WITH COMPLETE PROTEIN

Compare the **PROTEIN** per 100 grams of:

PORK TENDERLOIN
(broiled)

31 g

SKINLESS CHICKEN BREAST
(grilled)¹

CALORIE-WISE

Lean pork trimmed of fat also compares favorably to skinless chicken in terms of calories.

Compare the **CALORIES** per 100-g serving

PORK TENDERLOIN
(roasted)

140 CALORIES

SKINLESS CHICKEN BREAST
(roasted)¹

170 CALORIES

Healthy Eating:

Studies show heart-healthy and diabetes-friendly diets can include red meat, such as lean pork.^{3,8}

A randomized diet trial showed lean pork can be as effective as chicken and fish as the main source of protein in the popular DASH Diet (Dietary Approaches to Stop Hypertension).⁵ In six weeks, adults with high blood pressure who ate lean pork in a DASH-style diet, along with vegetables, fruit, whole grains, lower fat dairy foods, and nuts reduced both their blood pressure and their total cholesterol.

Research also shows the value of lean pork as a cost-effective protein choice for people wanting to eat well on a budget.⁹

COUNSELLING TIP You can have confidence recommending lean pork as well as skinless chicken to your patients at risk of cardiovascular disease and diabetes.

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**PICK
PORK**