

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

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

Riboflavin

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

Fat

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

Niacin (Vitamin B₃)

- releases energy from foods
- maintains healthy skin
- maintains the digestive tract
- protects the nervous system

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

	Calories	Protein g	Total Fat g	SFA g	MUFA g	PUFA g	Chol mg	Thiamin mg	Ribo- flavin mg	Niacin NE	Vit B ₆ mg	Vit B ₁₂ mcg	Panto Acid mg	Iron mg	Zinc mg
Fresh Pork Cuts (per 100 gram serving, lean only)															
Pork tenderloin, roasted	144	28	2.5	1.1	1.1	0.5	70	1.40	0.38	15.7	0.44	0.55	1.44	1.3	2.6
Pork tenderloin, broiled	161	31	3.3	1.5	1.5	0.6	94	1.00	0.39	11.6	0.53	1.00	0.92	1.4	3.0
Leg inside round, roasted	173	32	4.2	1.6	2.0	0.6	81	1.00	0.31	18.6	0.46	0.63	1.30	1.2	3.1
Loin centre chop, grilled	174	33	3.8	1.6	1.9	0.6	69	1.20	0.23	17.7	0.54	0.66	1.30	0.8	2.2
Loin centre roast, roasted	184	29	6.8	2.5	3.0	0.5	79	0.91	0.27	11.5	0.37	0.58	0.69	1.0	2.1
Sirlion steak, grilled	193	31	6.7	2.2	2.9	0.5	92	1.03	0.40	11.3	0.54	0.84	0.91	1.2	2.7
Sirloin roast, roasted	194	30	7.2	2.6	3.4	0.5	78	0.64	0.31	11.8	0.40	0.55	0.58	1.1	2.3
Rib steak, grilled	216	30	10.0	3.6	4.6	0.6	81	0.89	0.32	11.5	0.40	0.70	0.75	0.8	2.4
Rib roast, roasted	205	30	8.4	3.3	4.0	0.8	80	0.93	0.26	17.4	0.57	1.20	1.20	1.1	3.2
Shoulder blade roast, roasted	219	28	11.0	4.3	5.0	1.3	89	0.84	0.39	14.2	0.35	1.40	1.80	1.4	4.9
Shoulder picnic roast, roasted	228	27	13.0	4.3	6.0	1.2	95	0.58	0.36	10.0	0.41	0.78	0.59	1.4	4.1
Side ribs, simmered & roasted	334	27	24.0	9.4	10.0	3.3	99	0.43	0.28	10.9	0.17	0.91	0.97	1.4	4.5
Back ribs, roasted	365	28	27.0	11.0	12.0	3.5	113	0.65	0.29	14.3	0.24	1.10	1.10	1.2	4.0
Country-style ribs, roasted	247	27	15.0	5.3	6.5	1.1	93	0.57	0.34	10.3	0.44	0.80	0.53	1.3	3.8
Lean ground pork, pan-fried	233	26	14.0	5.5	6.7	1.8	80	1.00	0.29	12.6	0.33	1.06	1.60	1.2	3.2
Medium ground pork, pan-fried	299	25	22.0	8.0	9.7	2.9	88	1.02	0.24	12.6	0.27	1.15	1.20	1.1	2.9

Processed Pork Cuts

Black Forest Ham (55 g)	102	13	4.6	1.6	2.2	0.5	32	0.45	0.11	6.0	0.25	0.43	0.29	0.5	0.9
Grilled Back Bacon (55 g)	74	5	5.5	1.9	2.5	1.0	16	0.09	0.04	2.7	0.08	0.18	0.17	0.2	0.5
Bacon (2 slices)	68	10	2.1	0.8	0.9	0.3	26	0.31	0.07	4.3	0.13	0.18	0.38	0.4	0.9
Baloney (55 g)	174	6.2	14	5.1	6.1	2.3	39	0.11	0.10	3.4	0.06	0.37	0.23	0.5	0.4

Source: Canadian Nutrient File, Health Canada. Produced by the Canadian Pork Council 2021.



Canadian Pork Council
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