

Know Your Facts about Today's Pork

Sensible consumers stay up to date with the latest news about fresh pork and good nutrition. Variety and versatility is very important in a healthy, balanced eating plan. Pork provides many choices of taste and texture and is naturally suited to low-fat cooking methods.

A recent study on South African pork proved:

- ✓ Pork is an excellent source of complete protein (vital for adults and growing children) and is considered a nutrient dense food
- ✓ Pork is low in cholesterol and saturated fats
- ✓ Pork is also a good source of iron, zinc, the B-group vitamins, magnesium, phosphorus and calcium
- ✓ Several pork cuts (from the leg and loin primal cuts) are as low in fat as lean poultry cuts
- ✓ Pork is a white meat (naturally lower in fat) and an ideal choice for slimmers and healthy eaters
- ✓ It offers great taste and variety to a healthy eating plan.

Fresh pork in South Africa is a modern, nutritious and 100% safe meal choice. Quality assurance systems from the farm to your fork provide a guarantee of excellence and food safety.



Did you know?

Pork is the world's number 1 choice. In most countries with a well-developed pork production industry, pork is the most frequently enjoyed meat on the menu.

Pork is a white meat with very little fat inside the lean muscle fibers.

It's easy to trim pork to your preference. Where there is fat on a pork cut, all the fat sits on the outside, making it easy to remove or trim to a thin layer. In this regard it is similar to chicken, where most of the fat is contained in the skin of the chicken.

A fairly thin layer of fat (up to 3mm) will provide great taste and juiciness to any pork cut, and can be enjoyed in moderate amounts.



APPROVED AS PART OF THE HEART AND STROKE FOUNDATION EATING PLAN

Heart and Stroke Foundation Approved

The Pork Industry is proud to be a Heart Mark holder, and has supported the work of the Heart and Stroke Foundation for many decades. Several pork cuts with a thin fat layer of 3 mm on the outside or less, have the approval of the Heart and Stroke Foundation, providing it's part of a healthy eating plan.



If you find any meat cut in the meat cabinet with too much fat on, simply ask the butchery staff to cut the excess fat off for you. Otherwise, use a sharp knife and trim the fat off at home.

For more information visit www.sapork.com

SOUTH AFRICAN PORK

Great meat. Let's eat!