



September 2005

“Meat” you at the Table

The importance of “meat”ing your needs is one part of your diet to not overlook. Nutrition surveys indicate many Canadians are not eating the minimum recommended servings of meat and alternatives every day.

Canada’s Food Guide to Healthy Eating recommends eating 2-3 servings of lean meat and alternatives every day. Lean meats, like pork, provide the body with important nutrients, including high quality protein, iron, zinc, and B vitamins, which is an integral part of a lower fat, well-balanced diet.

Individuals who regularly eat lean meats are at less risk for developing protein, iron and zinc deficiencies. When an individual does not “meat” their needs, care must be taken to include a variety of meat alternatives to ensure adequate energy and nutrient intakes are met.





Choose a variety of foods from all four food groups every day to ensure you receive the nutrients required to build and maintain a healthy body.



Canadians are consuming too many calories from “Other Foods” with almost 1/3 of their total calories coming from foods that are mostly fat or sugar.

Source: *Food Habits of Canadians, 2001*

What does a serving measure up to?

Food Group	Servings	1 serving =
 Grains	5 - 12	1 slice of bread, 1/2 bagel, pita or bun 175mL hot cereal, 30g cold cereal 125mL rice or pasta
 Vegetables & Fruits	5 - 10	1 medium size vegetable or fruit 125mL fresh, frozen or canned fruits or vegetables 125mL juice 250mL salad
 Milk Products	2 - 4	250mL milk 50g cheese 175g yogurt
 Meat & Alternatives	2 - 3	50-100g meat, poultry or fish 1-2 eggs 125-250mL beans, 100g tofu 30mL peanut butter

NUTRITION INFORMATION

A 100g average serving of raw, untrimmed pork contains 192 Calories, 21g of Protein, 10g of Fat and 0g of Carbohydrate.

Trimming makes a BIG difference A 100g average serving of raw, TRIMMED pork contains 139 Calories, 22g of Protein, 5g of Fat and 0g of Carbohydrate.

Health Check...tells you it's a healthy choice

†All trimmed pork cuts with the exception of ribs, are lean. When choosing meats, choosing leaner meats more often is part of healthy eating. Canada Pork financially supports the Health Check™ Program. This is not an endorsement. See www.healthcheck.org



Keep your Dinner Portions in Check

Lack of variety can short circuit anyone's good intentions. With many lean meats to choose from, it is easy to create flavourful healthy meals. With a little planning and understanding of portions you can invite everyone to "meat" you at the table!

Include 3 to 4 food groups at each meal: a vegetable, a grain/starch, a meat or alternative, and a dairy product.

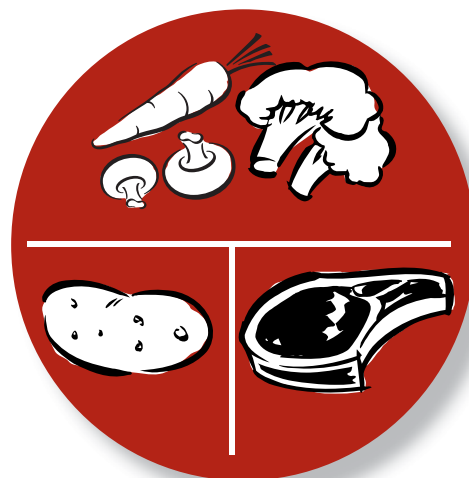
Putting that on your plate, it would look like:

Dinner:

4oz lean pork chop, grilled
1 1/2 cups grilled vegetables
1 medium baked potato

Dessert:

1 cup low fat yogurt with
1 medium peach sliced over top



Getting an eye for a serving size

A 85g (3 oz) serving of lean trimmed, cooked meat is about the size of a deck of playing cards or the palm of your hand!



Is eating one meat better than another?

Some meats may provide more or less calories, protein, fat, vitamins or minerals than other meats, but all meats can be part of healthy eating. Trim the visible fat, select lean cuts, watch your portion sizes and use lower fat cooking methods.

Eat 2-3 servings every day of these various lean meat and alternative choices

Meats	Alternatives
Pork tenderloin, loin, sirloin, leg or blade, trimmed	Beans such as kidney, navy, chickpea or soybean (tofu)
Ham or back/peameal bacon	
Beef cuts that end with loin, sirloin or round, trimmed	Nuts and seeds such as almonds, walnuts, peanuts or sesame seeds
Chicken or turkey (skinless breast, leg or thigh)	Eggs, egg whites or egg substitutes
Canned fish packed in water, such as tuna or salmon	Peanut butter
Fresh fish such as salmon, halibut, sole, cod or herring	Cottage cheese, 1-2% M.F.
Seafood such as clams, mussels, shrimp or squid	Cheese less than 17% M.F.

Keep your Lean Meats Lean

Choose Lean: All trimmed cuts of fresh pork, except ribs, are "lean" or "extra-lean".

Give it a Trim: Trim visible fat from meat before cooking.

Rack It Up: Grill, broil or roast on a rack so natural fats can drip away.

Add Flavour & Juiciness: Create flavourful marinades with your favourite citrus juice, flavoured vinegar, fat-free salad dressing or soy sauce.

Rub it On: Rub zesty herbs and spices onto meat before grilling, broiling or roasting without adding lots of calories and fat.

Pair Wisely: Pair pork dishes with many seasonal fruits and vegetables – add your pairings to the grill or oven. Create wonderful salsa or chutney toppings.



www.pickpork.com www.pork.ns.ca www.peipork.pe.ca www.saskpork.com

© 2005 Manitoba Pork Council. May be reproduced for EDUCATIONAL purposes.