

POSITIVELY PORK

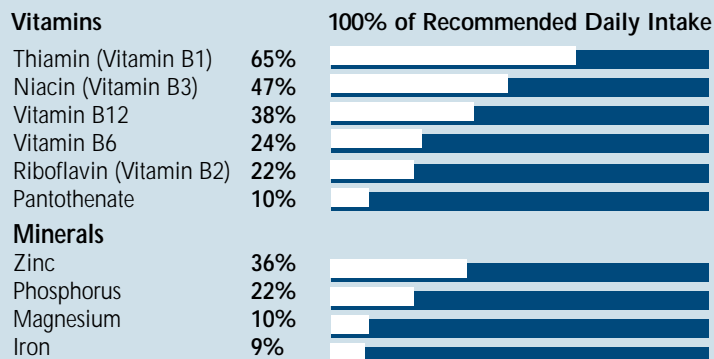
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“Meat”ing Your Needs

When focusing on eating less fat and more fibre, sometimes we forget the importance of “**meat**”ing our needs. *Canada’s Food Guide to Healthy Eating* recommends eating 2-3 servings of meat and alternatives every day. Lean meats, like pork, provide the body with important nutrients, including high quality protein, iron, zinc & B vitamins, which is an integral part of a lower fat, well-balanced diet.

A 100g serving of lean cooked Pork provides your body with:



Nutrition Information per 100g lean cooked pork
Energy 191 Cal or 800 kJ, Protein 29g, Fat 7.5g, Carbohydrate 0g

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.

Choosing a variety of foods from all *four food groups* every day is important to ensure we receive the nutrients we require to build and maintain a healthy body.

Did you know that many Canadians, especially women, are not eating the minimum 2 servings of meat and alternatives a day?

Source: Canadian Eating Trends Study, 1998.

What does a serving measure up to?

| Food Group | Servings per day | Examples of 1 Serving |
|---------------------|------------------|--|
| Grain Products | 5-12 | 125mL rice / pasta 1/2 bagel / pita / bun 175mL hot cereal 30g cold cereal |
| Vegetables & Fruit | 5-10 | 1 medium vegetable / fruit 125mL vegetable / fruit juice 125mL fresh / frozen / canned |
| Milk Products | 2-4 | 250mL milk 50g cheese 175g yogurt |
| Meat & Alternatives | 2-3 | 50-100g meat, poultry, fish 1-2 eggs, 125-250mL beans 30mL (2tbsp) peanut butter |

All trimmed Pork, with the exception of ribs is lean; choosing leaner meats is part of healthy eating.

Health Check™ is an education program of the Heart and Stroke foundation of Canada; Canada Pork financially supports the Health Check™ Program.



This is not an endorsement. See www.healthcheck.org

“How much Meat and Alternatives should I be eating?”

Canada’s Food Guide to Healthy Eating recommends Canadians eat 2-3 servings a day of leaner meat and alternatives.

One serving of lean meat, poultry or fish equals 50-100g or 3 ounces of cooked lean meat.



Examples of very lean or lean meat and meat alternative choices

Very Lean Choices

| Meat | Meat Alternatives |
|-----------------------------------|---------------------------------------|
| 30g pork tenderloin | 30g fat-free cheese |
| 30g pork leg inside round | 125mL cooked beans, peas, or lentils |
| 30g chicken (white meat, no skin) | 55g nonfat or low-fat cream cheese |
| 30g tuna (canned in water) | 2 egg whites (or 50mL egg substitute) |

1 choice from the very lean group = 7g protein, 0-1g fat and 146 kJ (35Cal)



Lean Choices

| Meat | Meat Alternatives |
|----------------------------------|--|
| 30g of pork loin centre cut | 30g low-fat cheese, 7% milk fat (M.F.) |
| 30g herring or salmon | 55g cottage cheese, 2% M.F. or less |
| 30g chicken (dark meat, no skin) | 15mL (1 tbsp) peanut butter |
| 30g pork fresh leg, butt end | 70g bean curd or tofu |

1 choice from the lean group = 7g protein, 3g fat, and 230 kJ (55 Cal)



Q: Is eating one meat better than another?

A: Some meats may provide a little more or less calories, protein, fat, vitamins or minerals, than other meats, but all meats can be part of healthy eating when you trim the visible fat, select lean cuts, watch your portion size and use lower fat cooking methods.

Getting an eye for a serving size.

A 90g (3-ounce) serving of lean trimmed, cooked meat is about the size of a deck of playing cards.



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