

PORK POWER: VALUE-PACKED NUTRITION



The nutrients found in pork have a wide range of health benefits when consumed as part of a healthy, balanced diet.

A serving (65g) of cooked, lean pork is an excellent source of high-quality protein (containing all nine amino acids) that is highly bioavailable (readily absorbed). It is also rich in thiamin and niacin, a source of pantothenic acid, vitamin B6, phosphorus and selenium, and contains potassium.



Pork is the most cost-effective source of red meat protein.



Per gram of protein, it costs 40% more to get your protein from beef, and twice as much to get your protein from lamb.**

HEALTH BENEFITS OF PORK



Protein, potassium and vitamin B6 for **HEALTHY MUSCLES**



Pantothenic acid and vitamin B6 for **HORMONE BALANCE**



Pantothenic acid and thiamin for **METABOLISM**



Thiamin, potassium, and vitamin B6 for **MOOD SUPPORT**



Thiamin, niacin, vitamin B6 and pantothenic acid for **VITALITY**



Protein and phosphorus for **HEALTHY BONES**



Thiamin for a **HEALTHY HEART**



Niacin for **GLOWING SKIN**



Selenium and vitamin B6 for **IMMUNE FUNCTION**



Selenium for **HEALTHY HAIR & NAILS**



Selenium and pantothenic acid for the **REPRODUCTIVE SYSTEM**



Phosphorus, magnesium, vitamin B12 and thiamin for **GROWING KIDS****

*The nutrient content claims are based on an in-depth analysis of eight popular, widely ranged lean cuts of cooked pork, which were used to establish a composite average nutrition information panel. All claims are based on this average unless specified otherwise. **Refer to the Nutrition Information Panel for children aged 1-3 years. ***Refer to the report *Pork Power: Value-Packed Nutrition* for full details.

Disclaimer: The information in this fact sheet is for educational and general information purposes only. For dietary guidance, please consult an Accredited Practising Dietitian.

