

# PORK POWER: VALUE-PACKED NUTRITION

A report on the health benefits  
of lean pork



AUSTRALIAN  
PORK

FOR HEALTH CARE  
PROFESSIONALS

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## FOREWORD

Australians are increasingly focused on protein, with an ever-growing range of highly processed, protein-fortified products appearing on supermarket shelves, from bars to powders and snacks. This trend can sometimes overlook the superior nutritional value found in whole food sources, which the Australian Dietary Guidelines recommend as the basis of a healthy diet.

A serving of lean pork provides 18g of high-quality protein (containing all nine essential amino acids needed from food sources) which is highly bioavailable (readily absorbed). In addition, pork contains four B vitamins and three essential minerals - nutrients that work synergistically to support overall health.

This resource looks at the wide-ranging health effects of all the nutrients found in pork, debunks some common myths and offers practical tips.

The findings are based on a composite average nutrition panel established through an in-depth analysis of eight popular, widely-consumed cuts of cooked, lean pork, with data sourced from the Australian Food Composition Database. The averaged data aims to simplify the assessment of lean pork's role in meeting daily nutrient targets and supporting a balanced diet. All claims are substantiated by this average unless otherwise specified.

Our aim is to deliver clear, evidence-based insights to inform clinical recommendations and support patient education. Happy reading!

**Teri Lichtenstein**  
Accredited Practising Dietitian

# WHAT'S A SERVE?

A serve of pork is 65g of cooked red meat, as outlined in the Australian Dietary Guidelines (ADGs). This is approximately 90-100g of raw meat, as moisture is lost in the cooking process.

The ADGs classify lean red meat in the same category as poultry, eggs, fish, tofu, nuts and legumes.

It is recommended to consume a maximum of seven servings of lean red meat per week - for example a 65g serve daily, or a larger serving 3-4 times per week.

Australians consume around 1.3 billion pork meals a year, a testament to its versatile flavour, affordability in comparison to other red meats, and strong nutrition credentials.



# WHAT NUTRIENTS ARE IN PORK?

Pork delivers exceptional nutritional value with its high-quality protein that provides the essential amino acids your body needs from dietary food sources.

It also contains B vitamins, minerals and the antioxidant selenium. In fact, a single serving of lean pork provides more than a third of your daily protein requirements, and more than half of your daily needs for B vitamins thiamin and niacin.

A serving of lean pork is an:

Excellent source of:

- Protein
- B1** Thiamin
- B3** Niacin

Source of:

- B5** Pantothenic acid
- B6** Vitamin B6
- P** Phosphorus
- Se** Selenium

And contains:

- K** Potassium

Additionally, pork fillet and leg steak are low in total fat, saturated fat and contain both zinc and folate. Pork strips are also low in fat and saturated fat and contain zinc. Pork shoulder contains folate.

For children aged 1-3 years, a serving of pork contains phosphorus, magnesium, vitamin B12 and thiamin.



### MYTH: PORK IS FATTY

Like all meats, the fat content of pork depends on the cut and how much fat has been trimmed. Lean pork options include: fillet, leg steak, strips, diced, chop, lion steak, forequarter shoulder roast and mince.




# VALUE-PACKED NUTRITION

Pork is a cost-effective way to supercharge your meals with its affordable cost per serve of protein and high levels of B vitamins.

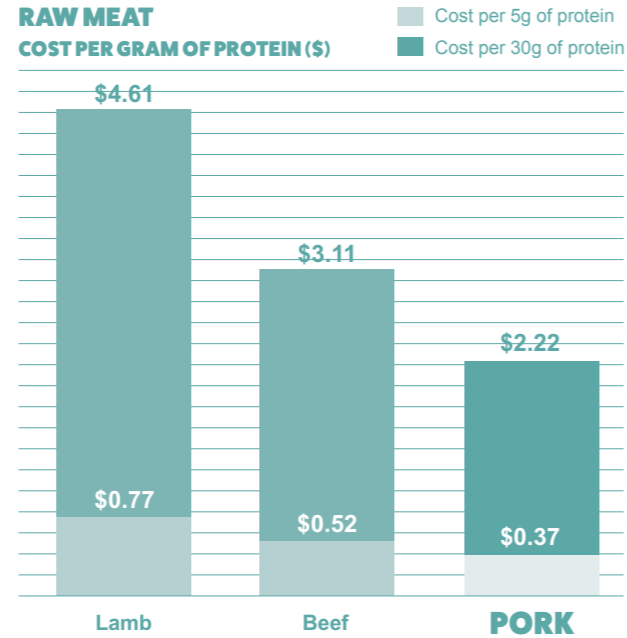
## PROTEIN

Pork is the most cost-effective source of red meat protein. Based on a comparison of several cuts of pork, beef and lamb at major retailers Coles and Woolworths in October 2025, pork was cheaper per gram of protein.

It costs 40% more to get your protein from beef, and twice as much to get your protein from lamb.



**COST COMPARISON**  
View the full comparison table here



## THIAMIN

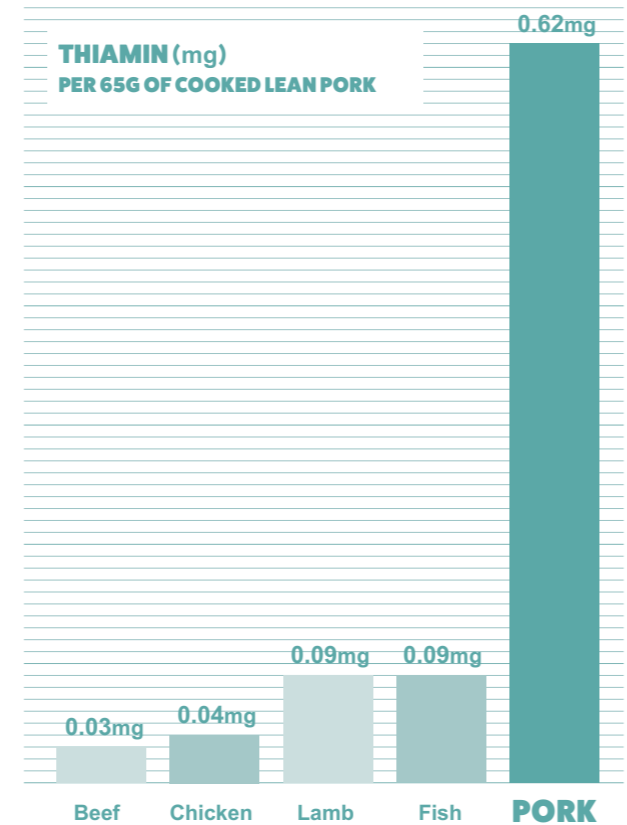
Switch to pork for protein that's also bursting with thiamin.

Thiamin is an essential B vitamin that is vital for energy, as well as brain and heart health. Pork's high levels of this nutrient is unique among animal protein sources.

The RDI for thiamin is 1.1mg. The average amount found in a single 65g serve of lean pork is 0.62mg, which is 56% RDI.

Pork has approximately 20x more thiamin than lean beef, 12x more than skinless chicken, and 6x more than lean lamb and fish.

**x20** more than lean beef  
**x12** more than chicken  
**x6** more than lean lamb  
**x6** more than fish



The average thiamin content per 65g serve across similar cuts of lean pork, beef and lamb, as well as chicken and popular fish types.

Source: View the [Australian Pork thiamin data table](#)

# WHAT ARE THE HEALTH BENEFITS OF EATING PORK?\*



## Muscles

### Protein, potassium, vitamin B6

Protein supports healthy muscles; to build them, maintain them and for muscle tissue repair. Pork also contains potassium to help muscles perform at their best and vitamin B6, which helps with protein metabolism.



## Mood

### Thiamin, potassium, vitamin B6

Pork is packed with mood-boosting thiamin, which supports psychological function. Potassium and vitamin B6 found in pork supports the nervous system which can help keep stress at bay.



## Bones

### Protein, phosphorus

Protein helps to maintain normal bones and phosphorus is necessary for bone structure.



## Vitality

### Thiamin, niacin, pantothenic acid, vitamin B6

Pork contains four energising B vitamins.



## Immune system

### Selenium, vitamin B6

Pork contains selenium, an antioxidant that is necessary for normal immune system function. Vitamin B6 in pork supports immune function too.



## Hormones

### Pantothenic acid, vitamin B6

Pork contains two B vitamins that help support healthy hormones. Pantothenic acid supports steroid hormone synthesis and metabolism, and vitamin B6 helps regulate hormonal activity.



## Hair, skin and nails

### Selenium, niacin

Pork contains antioxidant selenium for healthy hair and nails, and niacin for glowing skin.



## Heart health

### Thiamin

Pork is packed with thiamin, a B vitamin essential for cardiac function.



## Metabolism

### Pantothenic acid, thiamin

The pantothenic acid and thiamin in pork gets the metabolism moving. Pantothenic acid helps the body effectively use fats and thiamin helps to break down carbohydrates.



## Reproductive system

### Selenium, pantothenic acid

Pork contains nutrients that help support a healthy reproductive system. Selenium contributes to normal sperm production and pantothenic acid contributes to the normal synthesis and metabolism of steroid hormones, vitamin D and some neurotransmitters.



## Children's health\*\*

### Phosphorus, magnesium, vitamin B12, thiamin

Pork is an excellent choice for growing kids with its phosphorus, magnesium, vitamin B12 and thiamin content.





**DID YOU KNOW?**  
All fresh pork sold in Australia is sourced from Australian farms.

\*When eaten as part of a healthy, balanced diet. \*\*Refer to the Nutrition Information Panel for children aged 1-3 years.

# HOW TO PORK IT

## CHOOSE

Select the best pork by opting for meat that is a pink/pale colour.

## PREPARE

To enjoy perfect pork, bring it to room temperature before cooking and pat it dry with paper towels. When cutting pork, always cut against the grain to keep it tender.

## STORE

Store pork in the coolest part of your fridge. If it's not already in a sealed pack, place it on a plate covered with plastic wrap or in a sealed container lined with a paper towel. To freeze pork, make sure it is in airtight packaging and then thaw slowly in the fridge before cooking, ideally 24 hours.

## COOK

Pork is a red meat; a hint of pink in the middle is perfectly fine (except mince). Let the meat rest after cooking.

# COOKING INSPIRATION

## MINCE

**Tacos** - Pork mince pairs well with Mexican seasonings like cumin, smoked paprika, dried oregano and chilli.

**Meatballs** - Swap any mince with pork - which is perfect for both baking and pan frying.



**Shepherd's pie** - Switch to pork and add a little sage or rosemary.



## PORK STEAK

**Steak** - Make a simple steak and veg dish a little more interesting with pork loin.

## SLICED OR CUBED

**Stir-fry** - Slice the pork tenderloin thinly against the grain for quick cooking and to keep it tender.



**Curry** - Pork loin cubes hold up well in both coconut and tomato-based curries, without drying out.



**Schnitzel** - Pound the pork thin, bread and pan fry with a dash of extra virgin olive oil.

## SHOULDER ROAST

**Switch up your Sunday roast to a pulled pork** - Simply rub with herbs and spices and cook on low for several hours, remove the separable fat and discard, shred with a fork and enjoy!



**Skewers** - Marinate pork pieces in lemon juice, extra virgin olive oil, crushed garlic and parsley. Skewer, alternating each piece with a vegetable of your choice. Cook on the BBQ and brush with extra marinade while cooking.



# NUTRITION INFORMATION PANELS

## ADULTS (Lean pork average)

NUTRITION INFORMATION PORK (AVERAGE) SERVING SIZE: 65g cooked			
	per serve	%DI* per serve	per 100g
Energy	427 kJ	5%	656 kJ
Protein, total	18.7 g	37%	28.8 g
Fat, total	2.92 g	4%	4.5 g
– saturated	1.04 g	4%	1.6 g
Carbohydrate, total	0 g	0%	0 g
– sugars	0 g	0%	0 g
Dietary fibre	0 g	0%	0 g
Sodium	40 mg	2%	61 mg
Potassium	270 mg		415 mg
Thiamin	0.62 mg	56% RDI*	0.96 mg
Niacin	5.26 mg	53% RDI*	8.09 mg
Vitamin B6	0.29 mg	18% RDI*	0.44 mg
Pantothenic Acid	0.75 mg	15% RDI*	1.16 mg
Phosphorus	155 mg	16% RDI*	239 mg
Selenium	20 µg	29% RDI*	30.8 µg

# Percentage daily intakes are based on an average adult diet of 8700kJ  
g = gram, mg = milligram, µg = microgram - RDI\* - Recommended Dietary Intake (FSANZ regulatory RDI for adults)

**Sources**  
Average of Australian Food Composition Database for F006962 Pork, leg steak (round, rump, topside, silverside), lean, fried, no added fat; F006892 Pork, fillet, fully-trimmed, baked, no added fat; F007127 Pork, strips, untrimmed, fried, no added fat; F006881 Pork, diced, untrimmed, fried, no added fat; F007048 Pork, medallion or loin steak, lean, fried, no added fat; F007017 Pork, loin chop, lean, BBQ'd, no added fat; F006932 Pork, forequarter shoulder roast, lean, BBQ'd, no added fat F007055 Pork, mince, as purchased, fried, no added fat



## KIDS (Lean pork average)

NUTRITION INFORMATION PORK (AVERAGE) SERVING SIZE: 65g cooked		
	per serve	per 100g
Energy	427 kJ	656 kJ
Protein, total	18.7 g	28.8 g
Fat, total	2.92 g	4.5 g
– saturated	1.04 g	1.6 g
Carbohydrate, total	0 g	0 g
– sugars	0 g	0 g
Sodium	40 mg	61 mg
Thiamin	0.62 mg (124% RDI*)	0.96 mg
Vitamin B12	0.28 µg (28% RDI*)	0.44 µg
Magnesium	17.5 mg (22% RDI*)	27 mg
Phosphorus	155 mg (31% RDI*)	239 mg

\*Recommended dietary intake for children aged 1-3 years  
g = gram, mg = milligram, µg = microgram

**Sources**  
Average of Australian Food Composition Database for F006962 Pork, leg steak (round, rump, topside, silverside), lean, fried, no added fat; F006892 Pork, fillet, fully-trimmed, baked, no added fat; F007127 Pork, strips, untrimmed, fried, no added fat; F006881 Pork, diced, untrimmed, fried, no added fat; F007048 Pork, medallion or loin steak, lean, fried, no added fat; F007017 Pork, loin chop, lean, BBQ'd, no added fat; F006932 Pork, forequarter shoulder roast, lean, BBQ'd, no added fat F007055 Pork, mince, as purchased, fried, no added fat



**DISCLAIMER**

This information is general information for health professionals and is not intended as medical advice. For dietary guidance, please consult an Accredited Practising Dietitian.