THE IMPORTANCE OF PORK

INFORMATION AND RESOURCE GUIDE

PORK IS A DELICIOUS, NUTRITIOUS AND BALANCED PROTEIN

HEALTH BENEFITS OF LEAN PORK

+ PRESERVES LEAN MUSCLE TO HELP MAINTAIN WEIGHT LOSS2

+ EXCELLENT SOURCE OF VITAMINS AND MINERALS1

THIAMIN, SELENIUM
NIACIN, B6, B12

SIRLOIN, TENDERLOIN

CERTIFIED HEART-HEALTHY
SIRLOIN, TENDERLOIN


SPEAK TO ONE OF OUR MARKETING PROFESSIONALS

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Over the decades, America's pig farmers have made dramatic improvements in how they raise pigs: Effective measures combine to reduce greenhouse gas emissions and U.S. pork's carbon footprint. Enhanced protection from harsh weather and predators, better genetics and animal care, and improved crops to better match animals' needs.

Improvements Per Pound of Pork Produced (1960-2015):
- 75.9% LESS Land
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- 7.0% LESS Energy
- 25.1% LESS Water
- 7.7% LESS Carbon
- 25.1% LESS Water


CHECK OUT THE ADDITIONAL RESOURCES FROM THE NATIONAL PORK BOARD

Pork.org  porkcares.org  realpigfarming.com  porkessabor.com
FACEBOOK  @NationalPorkBoard  @ThePorkCheckoff  @RealPigFarming  @PorkEssabor (spanish)
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