

Seven common cuts of pork are, on average, 16% leaner than 20 years ago.

The pork industry has responded to the consumer's desire for lean pork products. Through efforts in feeding and management practices by pork producers, seven of the most common cuts of pork have, on average, 16% less fat and 27% less saturated fat than 20 years ago.



1.02g 2.98g

Pork tenderloin

0.86g 3.03g

Skinless chicken breast

Pork tenderloin is just as lean as a skinless chicken breast!

1.77g 5.17g

New York chop (pork boneless top loin chop)

1.77g 5.27g

Ground pork, 96% lean

1.64g 5.34g

New York roast (pork boneless top loin roast)

1.83g 6.20g

Loin center roast (pork bone-in center loin)

2.17g 7.10g

Ribeye chop (pork bone-in rib chop)

2.44g 8.02g

Pork sirloin roast or chop (pork bone-in sirloin roast or chop)

2.58g 9.25g

Skinless chicken thigh

■ Saturated Fat ■ Total Fat

Based on 3-ounce cooked servings (roasted or broiled), visible fat and skin trimmed after cooking.

Reference: U.S. Department of Agriculture, Agriculture Research Service, 2012.

Lean: Less than 10 grams total fat, 4.5 grams saturated fat and 95 milligrams cholesterol per serving.

Extra Lean: Less than 5 grams total fat, 2 grams saturated fat and 95 milligrams cholesterol per serving.

“Loin” = Lean

When shopping, make sure to look for lean cuts of pork with the word “loin” on the label, such as pork tenderloin or loin roast. Any pork chop is also a lean choice.

Cooking Today's Pork

Chops (¾ inch thick)	Sauté or grill for 8 to 9 minutes.
Thick Chop (1½ inch thick)	Sauté or grill for 12 to 16 minutes.
Loin Roast	Roast in 350° F oven or grill over indirect heat for 20 minutes per pound (until 145° F on meat thermometer). Allow roast to rest 10 minutes before carving
Tenderloin	Roast at 425° F for 20 to 27 minutes. Grill for 20 minutes.
Ground Pork Patties	Cook until 160° on an instant-read thermometer.

The National Pork Board recommends cooking pork chops, roasts and tenderloin to an internal temperature between 145° F. (medium rare) and 160° F. (medium), followed by a 3-minute rest.

Nutrient Composition

Pork packs nutrients in every lean serving. A 3-ounce portion of pork tenderloin, for example, is an “excellent” source of protein, thiamin, vitamin B6, phosphorous and niacin, and a “good” source of potassium, riboflavin and zinc, yet contributes only 6 percent of calories to a 2,000-calorie diet. Fresh pork is naturally low in sodium.

Keeping Your Pork Meals Lean

- Trim any visible fat before cooking.
- Practice portion control: 3 ounces is about the size of a deck of cards.
- Use low-fat preparation techniques: broil, grill, roast on a rack, or stir-fry in minimal fat.
- Marinate lean pork cuts for extra flavor.
- Use non-fat, low sodium herbs and spices to season instead of high-fat sauces.

For recipes: PorkBeInspired.com

