

# Smithfield®

## Know your Fresh Pork Nutrition



Pork is a good source of vitamins and minerals including potassium, riboflavin, zinc and is an excellent source of vitamin B6, thiamin, phosphorus, niacin, and protein.

3oz.

One three-ounce serving of lean fresh pork is a high-protein option, providing 22 grams of protein and only 120 calories.



Choose lean pork with the word “loin” such as tenderloin, sirloin roast, or loin chops.



Pork sirloins and tenderloins are recognized by the American Heart Association as a “heart-healthy food.”