

FRESH LEAN NZ PORK

Enjoy lean, delicious New Zealand pork
as part of a healthy diet



NZ
PORK

NZ PORK HAS PLENTY OF NUTRIENTS!

Fresh, lean pork not only provides iron and protein, it is also a source of many other important vitamins and minerals - it's a powerhouse of goodness!

Vitamins found in NZ pork	
Vitamin B ₁₂	The various roles of each vitamin includes helping with mental performance, immune function and reducing tiredness and fatigue.
Thiamin (vit B ₁)	
Niacin (vit B ₃)	
Pantothenic acid (vit B ₅)	
Biotin (vit B ₇)	

Minerals found in NZ pork	
Iron	Each mineral has various roles, including helping with immune function, cognition, nerve and muscle function and some even act as antioxidants.
Selenium	
Zinc	
Potassium	
Magnesium	
Phosphorus	

Enjoy NZ Pork as part of a healthy, balanced diet.



Zingy Pork Skewers

CHOOSING LOW FAT CUTS

The fat on pork is usually found just under the skin, not in the muscle (meat) - so it's easy to remove. Most cuts of pork have less than 10% fat and less than 5% saturated fat. Nearly half of the fat is unsaturated ('good') fat. Pork belly is a fairly fatty meat, as the fat is not removed.

TABLE 1: Fat content of various cuts of pork meat (per 100g serve)

	Fat, total	Saturated Fat (SFA)	Monounsaturated Fat (MUFA)	Polyunsaturated Fat (PUFA)
	g	g	g	g
Pork belly	30.6	12	13.5	2.3
Mince	11.6	5.0	4.5	0.8
Midloin chop	8.3	3.6	3.2	0.6
Loin chops	6.5	2.8	2.5	0.5
Loin medallion	5.9	2.5	2.2	0.4
Leg roast	5.2	2.2	2.0	0.4
Schnitzel	3.9	1.7	1.5	0.3
Fillet steak	3.5	1.5	1.3	0.2
Leg steak	2.9	1.1	1.2	0.3

Based on 100g of cooked meat. New Zealand Food Composition Database 2018.

ENJOYING NZ PORK IN A HEALTHY DIET

A healthy diet is one with lots of variety. We should enjoy plenty of vegetables and fruits, grain foods (mostly whole grain and those naturally high in fibre), some milk and milk products (mostly low and reduced fat), some legumes, nuts, seeds, fish and other seafood, eggs, poultry and/or red meat with the fat removed.

Tips for cooking delicious tender pork:

- Bring the meat to room temperature prior to cooking
- Always cut pork across the grain
- Avoid frequent prodding of the meat while cooking.
- Pork doesn't need to be overcooked to be safe to eat. In fact, pork, except for sausages and mince, can be eaten with a hint of pink in the middle.
- To cook a tender steak, heat the pan, cook on one side for 6 minutes, flip and cook for 2 minutes, then take it out of the pan and rest for 2 minutes.
- For great tasty pork recipes, visit: pork.co.nz



Fresh Pork Salad

Note: Keep serving sizes to around 100g - 150g of cooked meat per person in a meal. A serving size of this amount can be eaten up to three times a week, as per the government guidelines.

NZ PORK CAN BE ENJOYED BY ALL AGES



Babies

Up until six months, only breast milk (or infant formula) should be given to babies. By around six months, cooked and pureed lean meat (beef, lamb, pork, venison, chicken or fish) can be introduced, and will provide a good boost to iron and zinc levels.

Pregnant and breastfeeding women

Growing and feeding a new baby takes a lot of work! Women who are pregnant or breastfeeding need higher intakes of protein and iron, which are present in good amounts in pork.

Older people

Appetites tend to decrease a bit as we age, so small portions of nutrient dense foods are recommended. Lean pork is a great choice.



A healthy balanced diet can include red meats such as lean NZ Pork, around three times each week

FREQUENTLY ASKED QUESTIONS



How much red meat is OK?

Eating up to 350-500g of cooked red meat (with the fat removed) per week fits within the Minsitry of Health's guidelines.

Can meat fit into a balanced diet?

Absolutely. Healthy balanced diets should include plenty of plant foods, they form the basis of healthy eating - vegetables, fruit, grains, nuts, legumes, seeds etc. Other foods such as meats, eggs, seafood and dairy foods are also recommended as they are important sources of many other essential nutrients, such as protein, iron, zinc, calcium and vitamin B₁₂.



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What about animal welfare?

Pigs are unique animals and are farmed accordingly – they need access to shelter, a balanced diet, and regular care and supervision.

All grower pigs are farmed in groups after being weaned from their mother. The majority are in some form of housing and a small portion live outdoors with shelter available.



Born and Raised in New Zealand PigCare™ is an accreditation that ensures the pork is from NZ farms, is raised under high animal welfare standards, is free from added growth hormones and unnecessary antibiotics, and compliant with New Zealand's stringent food safety standards. Not all pork sold in New Zealand is from New Zealand – check the label.

This is particularly important for further processed products such as ham, bacon, sausages and other smallgoods. If the label says 'made from local and imported ingredients' it is very likely the pork is not New Zealand born and raised pork.



For delicious recipes see pork.co.nz

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