

LEAN PROTEIN CHOICES – A FRESH LOOK AT HOW WELL PORK COMPARES TO CHICKEN

Health Canada's Canadian Nutrient File shows many lean pork cuts compare favourably to skinless chicken in terms of fat, dietary cholesterol, protein, and calories.¹ Enjoying a variety of lean protein options, such as pork, chicken, and fish, can make it easier to eat well.

DID YOU KNOW?

According to the Canadian Nutrient File, pork tenderloin is as lean as skinless chicken breast.¹ When trimmed of fat, many cuts of pork are as lean as chicken.¹

Leaner Than you Think:

Compare the Saturated Fat and Total Fat in Lean Pork Cuts and Skinless Chicken¹
(per 100 g cooked serving trimmed of visible fat)

	Saturated Fat (g)	Total Fat (g)
Pork tenderloin (roasted)	1 g	2.5 g
Chicken breast (roasted)	1 g	3.5 g
Pork loin boneless chop (broiled)	1.5 g	4 g
Chicken leg (roasted)	2 g	8 g
Pork loin centre chop (pan-seared)	2.5 g	8 g
Chicken thigh (roasted)	2.5 g	8 g
Pork loin centre chop (roasted)	3 g	8 g
Pork loin rib roast (roasted)	3.5 g	8 g



COOKING TIP Remove any visible fat and roast, grill, or broil to keep lean meats lean.

COUNSELLING TIP All trimmed pork cuts are lean, with the exception of ribs.¹

How to Identify Lean Cuts of Meat and Poultry:²

Extra Lean 7.5% fat or less
Lean 10% fat or less

All ground meats and poultry (whether pork, beef, chicken, or turkey) have the same maximum fat content criteria by law (maximum 10% fat for extra-lean and maximum 17% for lean).²

TYPES OF FAT

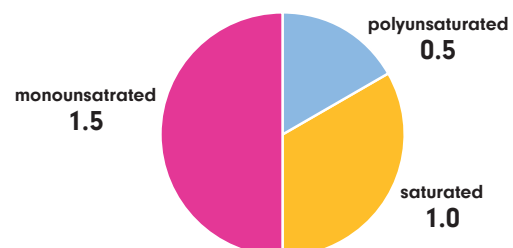
Saturated Fat:

- There's just 1 gram of saturated fat in a 100 g serving of roasted pork tenderloin – the same amount as in an equal serving of roasted skinless chicken breast.¹

Unsaturated Fat:

- Two thirds of the fat in roasted pork tenderloin is unsaturated.¹
- Half the fat is monounsaturated,¹ like the type of fat found in olive oil.

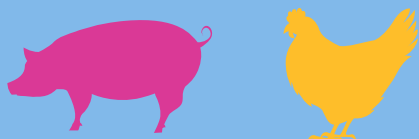
Compare the Dietary Cholesterol in Lean Pork Cuts and Skinless Chicken¹
(per 100 g cooked serving trimmed of visible fat)



Concerned about Cholesterol? When trimmed of fat, many lean cuts of pork also compare favorably to skinless chicken for those watching their dietary cholesterol intake.

Compare the Dietary Cholesterol in Lean Pork Cuts and Skinless Chicken¹ (per 100 g cooked serving trimmed of visible fat)

	Cholesterol (mg)		
Pork tenderloin (roasted)	70	85	Chicken breast (roasted)
Pork loin boneless chop (broiled)	70	130	Chicken leg (roasted)
Pork loin rib roast (roasted)	80	135	Chicken thigh (roasted)



PACKED WITH COMPLETE PROTEIN:

Compare the grams of **PROTEIN** per 100 g

PORK TENDERLOIN
(broiled)

31 g

SKINLESS CHICKEN BREAST
(grilled)¹

CALORIE-WISE:

Compare the **CALORIES** per 100 g serving

PORK TENDERLOIN
(roasted)

140 CALORIES

SKINLESS CHICKEN BREAST
(roasted)¹

170 CALORIES

Lean pork trimmed of fat compares favorably to skinless chicken in terms of calories as well.

Healthy Eating:

Studies show heart healthy and diabetes-friendly diets can include red meat, like lean pork.^{3,8}

A randomized diet trial showed lean pork can be as effective as chicken and fish as the main source of protein in the popular DASH Diet (Dietary Approaches to Stop Hypertension).⁵ In 6 weeks, adults with high blood pressure eating lean pork in a DASH-style diet with vegetables, fruit, whole grains, lower fat dairy foods, and nuts reduced both their blood pressure and total cholesterol.

Research also shows the value of lean pork as a cost-effective protein choice for people wanting to eat well on a budget.⁹

COUNSELLING TIP You can have confidence recommending lean pork as well as skinless chicken to your patients at risk of cardiovascular disease and diabetes.

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PICK PORK

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