



ALL ABOUT PIGS

PORK FACTS & FREQUENTLY ASKED QUESTIONS

You have questions. We have answers. From animals to the environment, hormones to healthy eating, we set the record straight on pork and pigs.



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HOW DO I KNOW THE MEAT I EAT IS SAFE?

The pork you eat isn't grown in a lab. Ontario pork is real food, raised by farmers committed to high standards of animal care, environmental practice and food safety.

Improvements in farming practices and meat processing facilities have resulted in more nutritious, better-tasting pork. That quality is recognized around the world. More than 211,453 tonnes of pork were exported in 2017, to countries like the United States, China and Japan.

But, what about added hormones and antibiotics?

Growth hormones aren't used in pigs raised in Canada.

Farmers know that **antibiotics are important for human and animal health** and work closely with veterinarians to treat and prevent illness with antibiotics. The Canadian Food Inspection Agency conducts tests at processing plants to make sure that all pork is healthy and safe for consumption.

DID YOU KNOW?

Today's biosecurity practices – like showering and changing clothes before entering a barn – help reduce the need for antibiotics by preventing the spread of disease between herds.

DOES PIG FARMING HAVE AN ENVIRONMENTAL IMPACT?

Farmers depend on healthy soil and water. Minimizing environmental impacts of farming are part of a pork producer's DNA. Ontario's farmers are world leaders in implementing proactive environmental practices, such as the Growing Ontario Together.

Ontario's carbon footprint in comparison (tonnes CO₂)



PORK
PRODUCTION



ELECTRICITY
GENERATION



HOUSEHOLD
AUTOMOBILES



1 SOW = 24 PIGLETS/YEAR



24 PIGLETS = 30,000 L OF POOP



**30,000 L OF POOP GROWS
4,700 KG OF CORN**



**4,700 KG OF CORN FEEDS 22 PIGS
(OR MAKES 117,500 BAGS OF POPCORN!)**

IS PORK A HEALTHY OPTION?

Absolutely! Pork contains **13 essential nutrients** that help keep you healthy and strong.

It's high in protein, which helps:



BUILD AND REPAIR BODY TISSUE



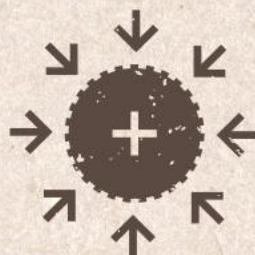
BOOST ENERGY LEVELS



FEEL FULL LONGER



DEVELOP ANTIBODIES AND STRONG MUSCLES



SUPPORT THE ABSORPTION OF NUTRIENTS

Cuts like pork tenderloin are low in fat. Plus, pork is naturally low in calories and packed with nutrients including iron and B-vitamins.

Do Canadians eat too much meat?

No. On average, Canadian men only eat 1.33 of the recommended 3 servings of protein per day. And Canadian women eat less than one serving – not even half of the daily recommended intake.

TIP Swap processed foods and empty calories for whole grains and vegetables – rather than reducing meat consumption.

CAN I GET JUST AS MUCH PROTEIN FROM PLANTS?

You can – but it's a bit different.

100 GRAMS OF LEAN PORK TENDERLOIN



PROTEIN – 22 G

CALORIES – 107

FAT – 1.3 G

100 GRAMS OF ALMONDS



PROTEIN – 21 G

CALORIES – 579

FAT – 49.93 G

100 GRAMS OF COOKED CHICKPEAS



PROTEIN – 9 G

CALORIES – 164

FAT – 3 G

100 GRAMS OF RAW BONELESS, SKINLESS CHICKEN BREAST



PROTEIN – 22.5 G

CALORIES – 120

FAT – 2.62 G

DID YOU KNOW?

Pork is low in calories and fat – high in healthy protein!

HOW HAS FARMING CHANGED IN THE LAST 50 YEARS?

New technologies, consumer preferences and economic factors all impact the ways we shop, eat and spend our time.

Farming has changed too. There are fewer farms and more people to feed. That means farmers need to raise their animals and crops more efficiently.

What hasn't changed is farmers' commitment to caring for their animals, their land and the people who depend on them.



DID YOU KNOW?

Raising a single type of animal – pigs for example – allows farmers to focus their farming. Investing in technology and research helps farmers find new and better ways to care for their animals – while ensuring the food they produce is healthy and safe.

ARE PIGS HUMANELY RAISED?

Yes! Raising healthy animals isn't just the right thing to do – it's also good business.

Farmers always look for ways to improve how they care for their animals – how they're housed, raised, fed and moved.

For example, under Canada's Pig Code guidelines, barns built after July 1, 2014 need to provide loose housing for sows, instead of individual stalls. This is just one of the many ways farmers demonstrate their commitment to animal care.



DID YOU KNOW?

All farmers that ship to federally inspected plants are part of the Canadian Quality Assurance program, which verifies that animal care and food safety requirements are met.

WHERE DOES MY BACON COME FROM?



Ontario Pork is real food raised by real farm families. Ontario has about **1,200 pig farmers**, who sent **5.41 million hogs** to market in 2017.

It's a diverse group ranging from small hobby farms to large family-owned operations with many employees.

Most pigs raised in Ontario are crossbred, often combining Landrace, Yorkshire and Duroc breeds. Some farmers raise heritage breeds including Berkshire, Tamworth, Mangalitsa and Wild Boar.

Farmers raise animals under a variety of programs, including conventional, antibiotic-free or organic.



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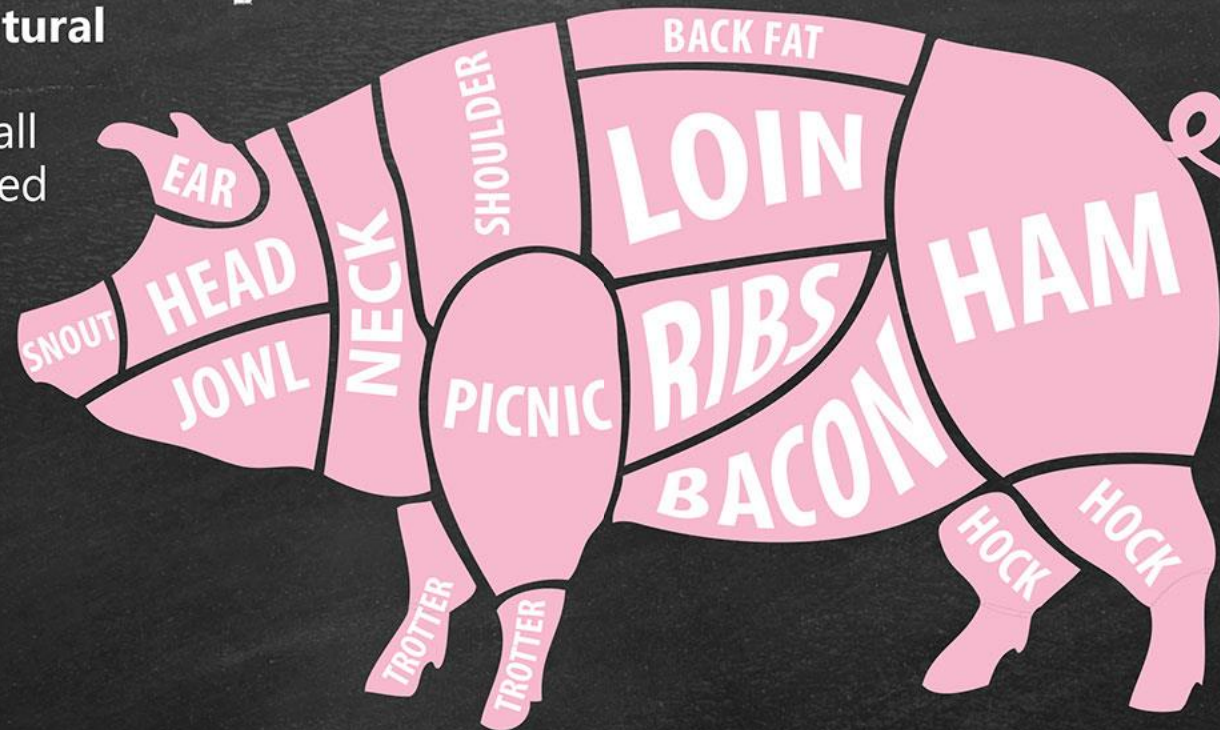
4 REASONS TO PICK ONTARIO PORK

- 1 Ontario pork is **raised by Ontario farmers** in your local communities.
- 2 Ontario pork has **no added hormones** – like all Canadian pork

- 3 Ontario pork is a **healthy choice**. It's an excellent source of protein, vitamins and zinc.
- 4 Ontario pork is **natural** with no artificial ingredients – like all minimally processed Canadian pork.

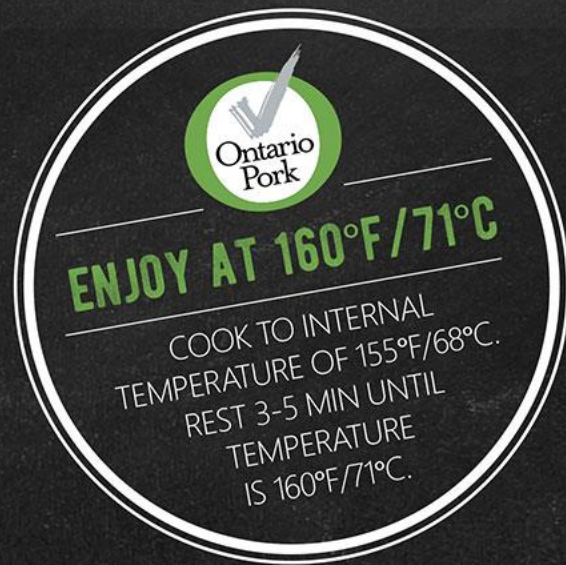
TOP 10 TIPS FOR PORK PERFECTION

- 1 Not all pork comes from Ontario, so always look for the Ontario Pork logo and support your local farmers.
- 2 Temperature is everything. Use a quality meat thermometer.
- 3 Allow your pork to come to room temperature a few minutes before cooking. This allows the pork to cook more evenly.
- 4 Let your pork rest after cooking. To keep it juicy, do not cut into it right away.
- 5 Pork will continue to cook and rise a few degrees during the resting period.
- 6 More marbling equals more flavor. Less means it is leaner.
- 7 Most of the time, higher heat and shorter cooking times are used when grilling. Lower heat and longer times for roasting.
- 8 Pull the membrane off all ribs. It's chewy and blocks flavouring.
- 9 The best cut for pulled pork is the pork shoulder butt. Pulled pork is best at an internal temperature of 195 F / 90 C.
- 10 Try thick cut chops (1.5 inches or thicker). They have more time to develop a great sear before the centre becomes overdone and dry.



CHEF'S TIPS

- 1 Always season your meat
- 2 Searing helps develop flavour
- 3 Use the right cooking method: low and slow for cuts like ribs and shoulders

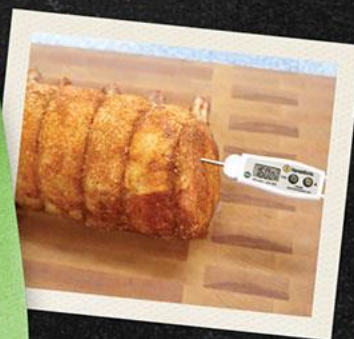


ONTARIO PORK COOKING GUIDE

CUT	PORK ROAST	MIN/LB @325°F	MIN/KG @160°C
LOIN	Pork rib roast rack	20-25	45-55
	Top sirloin	25-30	55-65
	Pork loin centre cut	20-25	45-55
	Tenderloin	30-35	65-75
LEG	Leg roast (bone-in/boneless)	20-25	45-55
	Inside/outside leg	20-25	45-55
	Sirloin tip	20-25	45-55
	Eye of round	20-25	45-55
SHOULDER	Shoulder blade/butt	30-35	65-75
	Picnic (bone-in/boneless)	30-35	65-75
	Capicola	30-35	65-75
BELLY	Skin-on/skinless	30-35	65-75
GROUND PORK	Netted roasts/meatloaf	30-35	65-75

TEMPERATURE TIP

Remember to insert food thermometer into the thickest part of the meat (not touching bone or fat).



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