



Lean Pork: Nutrient-Rich Fast Food

You don't have to sacrifice eating well when you're in a hurry. Pork steaks and chops take mere minutes to cook; faster yet, slice into strips and it's done in even less time! Pork can be cubed for kabobs, sliced into strips for wraps, filleted into scaloppini for schnitzel or made into medallions for the grill. Plan for leftovers to toss in a salad or mix with pasta for a quick nutrient-rich meal the next day.

Oven-Grilled Pork & Veggie Wraps



This tasty wrap provides three of the four food groups; enjoy with a glass of milk to get all four!

SERVES: 4 | PREPARATION TIME: 15 MINUTES | COOKING TIME: 6-8 MINUTES

Ingredients

- 3 lean boneless pork chops (loin, sirloin or rib), cut into strips
- 2 Tbsp (30 mL) balsamic vinegar
- 1 Tbsp (15 mL) olive oil
- 2 tsp (10 mL) red pepper flakes, crushed
- 1 green and red pepper, cut into strips
- 2 portobello mushrooms, sliced
- 1 red onion, cut into wedges
- 1 zucchini, thickly sliced
- 4 large whole-wheat tortillas
- 2 Tbsp (30 mL) hummus

Instructions

1. In a bowl, combine vinegar, oil and red pepper flakes. Add pork strips and vegetables; stir to coat evenly.
2. Coat a large baking pan with cooking spray. Arrange pork strips and vegetables in a single layer on baking pan. Broil* 5 to 6 inches (13 -15 cm) from heat for about 6 to 8 minutes, or until pork is browned and vegetables are tender-crisp.
3. Meanwhile spread each tortilla with a layer of hummus. Remove pork and vegetables from oven and divide among tortillas; wrap tightly before serving.

* Alternatively, sauté pork strips and vegetables in a skillet over medium-high heat for 6 to 8 minutes.

Nutritional Information - 1 wrap

CALORIES 387 | CARBOHYDRATE 46g | FIBRE 6.7g |
PROTEIN 27g | FAT 11g | SATURATED FAT 2.4g

Making healthy food choices and being physically active are key ingredients for achieving optimum health. Canada's Food Guide provides guidance to help achieve a healthy lifestyle and a healthy YOU!



Healthy Choices

for Optimum Health



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Produced by the Canadian Pork Council

REFERENCES

1. Health Canada. *Eating Well with Canada's Food Guide*. Ottawa: Her Majesty the Queen in Right of Canada, represented by the Minister of Health Canada; 2007.
2. New Physical Activity Recommendations Fact Sheet, *Canadian Society for Exercise Physiology*, 2011.
3. Drewnowski, A. and Fulgoni, V. (2008). *Nutrient profiling of foods: creating a nutrient-rich food index*. *Nutrition Reviews*, 66: 23-39.
4. Health Canada. *Canadian Nutrient File*. <http://webprod.hc-sc.gc.ca/cnf-fce/start-debuter.do?lang=eng> (accessed December 23, 2010)
5. Ground Meat Standards. *Schedule 1, Meat Inspection Regulations*, 1990.

Eating Well with Canada's Food Guide helps you to:

Meet your needs for vitamins, minerals and other nutrients.

Reduce your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis.

Contribute to your overall health and vitality.¹



Grain Products

Make at least half of your grain products whole grain each day.



Milk & Alternatives

Drink skim, 1% or 2% milk each day and select lower fat milk alternatives.

Optimize your health by choosing nutrient-rich foods



Vegetables & Fruit

Eat at least one dark green and one orange vegetable each day.



Meat & Alternatives

Select lean meat and alternatives prepared with little or no added fat or salt.

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Be active! New physical activity guidelines suggest

2½ hours

of moderate physical activity a week for adults

and at least 60 minutes a day for children and youth².



How many Food Guide servings of meat and alternatives do you need?

	Age [in years]	Females	Males
Children	2-3	1	1
	4-8	1	1
	9-13	1-2	1-2
Teens	14-18	2	3
Adults	19-50	2	3
	51+	2	3

Building Healthier Dietary Patterns

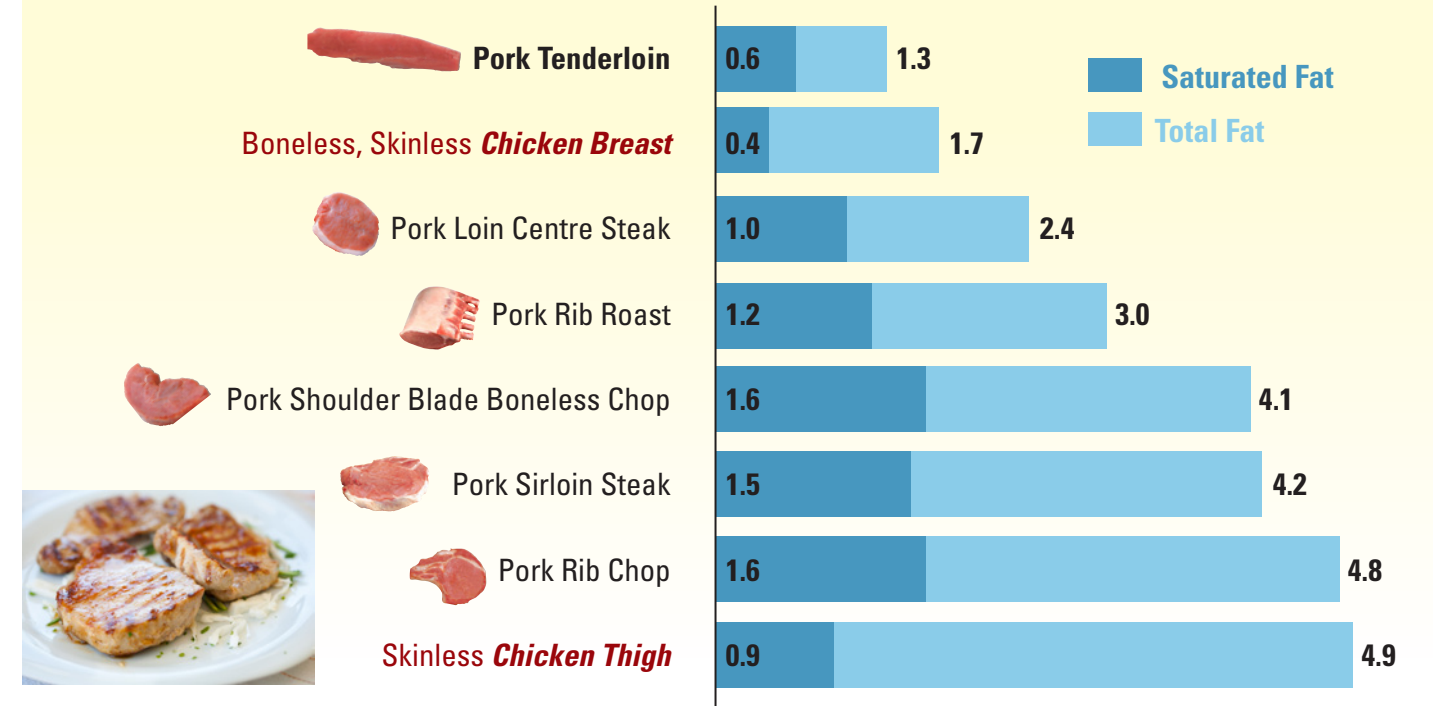


Nutrient-rich foods provide the most vitamins, minerals and other nutrients for the fewest calories³. To eat well, build your daily eating plan around a variety of nutrient-rich foods by choosing foods in the recommended portion size from all four food groups: vegetables & fruit, grain products, milk & alternatives, and meat & alternatives.

Take a Fresh Look at Pork

Canadians often consider chicken breast to be their only lean choice. *However, pork tenderloin is as lean as boneless, skinless chicken breast.* In fact, there are a variety of pork cuts that are leaner than boneless, skinless chicken thigh.

Pork is as Lean as Chicken⁴



* Pork cuts trimmed of visible fat; chicken skinless.

Ground Meat Standards

The Government of Canada prescribes the names and standards for ground meats⁵. Ground meats are labelled **extra lean**, **lean**, **medium** or **regular** based on the maximum fat content. The same criteria apply to all ground meats – pork, chicken, turkey, beef, veal and lamb.

How did Canadian pork get so lean?

- Enhanced genetics and animal nutrition;
- Pork producers responding to the consumers' demand for a leaner product;
- Retail merchandising specifications for little or no visible fat.

Pork - A "Powerhouse" of Nutrition!

Pork is an excellent source of:

protein
vitamin B12
vitamin B6
thiamin

niacin
selenium
zinc
phosphorus

Pork is a good source of:

riboflavin
potassium

Pork is a source of:

iron
magnesium
pantothenate



* Based on values for 100 grams of broiled pork tenderloin⁴