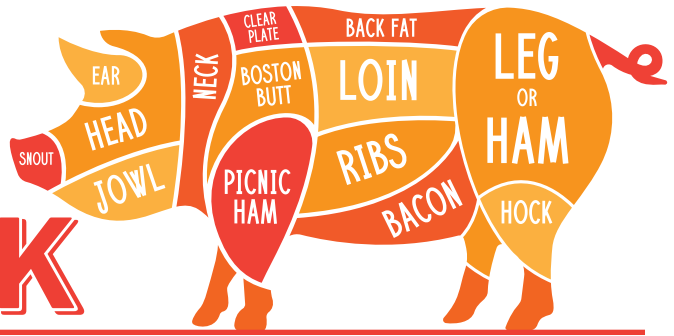


How to Select the Best PORK



HOW TO SELECT:

- Meat should be grayish-pink in color. Look for meat with good coloring (not pale). Small amounts of liquid in the package is normal.
- Look for meat that has marbling, or small specks of fat. Marbling is what adds flavor.
- Look for packages that are cool to the touch and do not exhibit any damage or wear.
- Check the dates on the package to ensure you buy fresh products.

COOKING:

- Cook chops, roasts, loins, and tenderloin to an internal temperature of 145° F, followed by a three-minute rest. Ground pork should always be cooked to 160° F.¹
- Washing meat before cooking is not recommended.¹

NUTRITION:

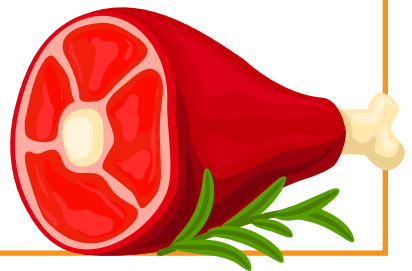
- Many cuts of pork are as lean or leaner than chicken. Six cuts of pork meet the USDA guidelines for 'lean,' with less than 10 grams of fat per serving.
- Pork provides 9 key nutrients and is naturally low in sodium.
- One serving of pork is 3 ounces, or roughly the size of a deck of cards.¹

STORAGE:

- Sealed, pre-packed raw pork products can be kept in the refrigerator for 2-4 days after purchase. Sealed ground pork can be kept in the refrigerator for up to 2 days.³
- Cooked leftovers should be refrigerated within 1-2 hours of serving. Cooked pork can be refrigerated for 4-5 days.³
- Pork freezes well if wrapped and sealed well (be sure to use air-tight packaging). Repackage meat into airtight storage containers or bags before freezing. Chops, roasts, and loins generally keep well in the freezer for up to 6 months. Ground pork keeps well in the freezer for about 3 months.³
- Always thaw meat in the refrigerator, microwave, or immersed in cold water.¹

LABELS YOU MIGHT NOTICE:

- **Natural:** Generally recognized as a product containing no artificial ingredients, added color, or chemical preservatives, and is only minimally processed (processed so the product is not fundamentally changed).¹
- **Organic:** Identifies practices employed while raising or growing the product. In organic production, animals are raised in living conditions freely accommodating their natural behaviors (like the ability to graze on pasture), fed 100% organic feed and forage, and not administered antibiotics or hormones at any point during the animal's lifetime. The organic label does not indicate that the product has safety, quality, or nutritional attributes that are any higher than conventionally raised products.¹
- **Antibiotic-free:** All pork in the grocery store is antibiotic-free. When antibiotics are used, withdrawal periods are observed that allow ample time for the antibiotic to completely exit the animal's system after it was last administered.²
- **Raised without Antibiotics:** While no pork in the grocery store contains antibiotics, this label denotes that no antibiotics were used to treat illnesses during the animal's lifetime.
- **Gluten-free:** There is no gluten (a grain product) in pork, except for instances where the pork may be pre-seasoned or contain a marinade.
- **Non-GMO:** There is no GMO pork. Genetic modification is a technique applied to plant breeding.
- **Raised without Hormones/No Added Hormones:** All animals have naturally occurring hormones, therefore pork naturally contains a small amount of hormones. This label denotes that no additional hormones were used to raise the pigs. All pork falls into this category as federal regulations prohibit the use of added hormones in pork production.¹



¹ Source: United States Department of Agriculture

² Source: United States Food and Drug Administration

³ Source: Pork.org