

Build A Nutritious Plate with PORK

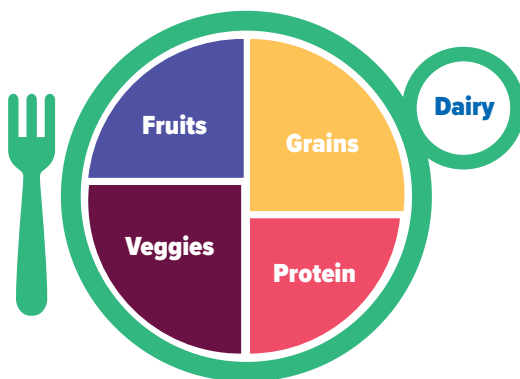
A resounding message from the 2020 Dietary Guidelines for Americans is that the foods and beverages that people consume have a profound impact on their health. What you choose to put on your plate or pour in your glass, meal in and meal out, can impact your health — for better or for worse.

Good health is easier to achieve than you may think. It's the small changes that help add up to a big difference, like choosing lean meats or using whole grains and including more fruits and vegetables at each meal. By shifting to more nutrient-rich choices and eating and drinking the amount that's right for you, you can feel better and more energized while lowering the risk for diseases like diabetes and heart disease.



Healthy Plate Checklist

- ☐ Half my plate is filled with fruits and vegetables and there is often variety among my choices.
- ☐ Grains are whole grain.
- ☐ Protein choices are lean and varied.
- ☐ Dairy foods, such as milk, yogurt and cheese, are low-fat or fat-free.
- ☐ Foods like spreads and oils, beverages and packaged foods are those types and brands that are lower in saturated fat, sodium and added sugars.
- ☐ Portion sizes for grains and protein are reasonable — i.e., each fills about a quarter of my plate.
- ☐ Any added fats, salt and sugars topping the foods on my plate are used sparingly.



Nutritious Plate Ideas

These examples show what a nutritious plate looks like, and features delicious, lean pork, a half plate of fruits and veggies, whole grains and low-fat dairy foods. Making small shifts to create delicious and nutritious meals is easier than you think.

MEAL 1:

Sauteed Pork Tenderloin Medallions with Lemon



- Pork tenderloin medallions
- Whole wheat pasta
- Berries
- Broccoli/rabe
- Fat-free Greek yogurt

MEAL 2:

Easy, Breezy Honey-Chipotle Pork Kabobs



- Pork kabobs
- Arugula salad
- Whole-grain wild rice
- Grapes
- Fat-free milk



145°F

The National Pork Board recommends cooking pork chops, roasts and tenderloin to an internal temperature of 145 degrees Fahrenheit, followed by a 3-minute rest time.

PORK & PARTNERS

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EGG ROLL IN A BOWL

SERVINGS: 4 | PREP TIME: 15 MIN. | COOK TIME: 15 MIN.

INGREDIENTS:

1 tablespoon sesame oil
1 small red onion, diced
1 tablespoon minced garlic
1 tablespoon finely minced ginger
1 pound ground pork
2 teaspoons Sriracha
1 bag (14 oz) coleslaw mix
2 red bell peppers, sliced thinly
1 bag (10 oz) matchstick carrots
3 tablespoons low-sodium soy sauce (or liquid aminos)
1 tablespoon rice wine vinegar
Salt and black pepper to taste

OPTIONAL FOR GARNISH:

Green onions, sliced
Sesame seeds
Wonton strips

OPTIONAL SAUCES:

SWEET: Drizzle with hoisin or duck sauce

SPICY: Drizzle with Sriracha, hot sauce, or sweet chili garlic sauce

CREAMY: Mix together Greek yogurt, Sriracha, lime juice and salt, to taste

DIRECTIONS:

1. **HEAT** sesame oil in a large skillet over medium heat. Add red onion, cook 2-3 minutes. Add garlic and ginger. Cook until fragrant, about 1 minute. Add ground pork and Sriracha. Cook and crumble until pork is cooked through and reaches an internal temperature of 160° F, about 7-10 minutes.
2. **ADD** coleslaw mix, red bell pepper, carrots, soy sauce, sesame oil, rice wine vinegar, black pepper, and salt, to taste, and stir until well combined. Cook, stirring occasionally, until cabbage is tender, about 5 minutes.
3. **SPOON** pork-cabbage mixture in to a serving bowl. Drizzle with sauce of choice and garnish, if desired.

NUTRITION FACTS PER SERVING, sauces & garnish not included

Calories 413, Total Fat 29g (Saturated Fat 10g) Cholesterol 82mg, Sodium 586mg, Total Carb 16g (Dietary Fiber 5g, Sugars 8g), Protein 23g, Vitamin D 0%, Calcium 9%, Iron 12%, Potassium 15%

Visit pork.org/porkandpartners for more nutritious and delicious pork recipes.

Serve with something like a yogurt parfait with whole grain granola.



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