

Do you know YOUR CUT OF PORK?



Pork Facts

Illinois farmers are producing nearly **2 billion** pounds of pork each year. Pork has **10 nutrients** including protein, iron, thiamine, and niacin.

WHEN SELECTING PORK, CHOOSE:

- A pinkish-red color. Avoid choosing meat that is pale in color and has liquid in the package.
- Meat that has marbling, or small flecks of fat. Marbling is what adds flavor.
- Avoid choosing any meat that has dark colored bone.
- Meat whose fat is white with no dark spots.

For more information and recipes: ilpork.com; pork.org; watchusgrow.org

MARKETING MYTHS

Antibiotic free: All pork in your grocery store is antibiotic free.

Gluten free: There is no gluten (a grain product) in pork.

GMO-free: There is no GMO pork.

Hormone-free: Added hormones are not allowed in raising pork.

CONSUMER CHOICES

NATURAL: A product containing no artificial ingredients, added color, or chemical preservatives, and is only minimally processed (processed so the product is not fundamentally changed).

ORGANIC: Animals are raised in living conditions accommodating their natural behaviors (like the ability to graze on pasture), fed 100% organic feed and forage, and not administered antibiotics or hormones. According to USDA, the organic label does not indicate that the product has safety, quality or nutritional attributes that are any higher than conventionally raised product.