

# Pork – A Powerhouse of Nutrition

Pork contains many essential nutrients to feed and nourish our bodies. Here's how these nutrients support us.

- Thiamin (Vitamin B<sub>1</sub>)**
- builds & repairs nerves & muscles
  - maintains an appetite
  - releases energy from carbohydrates

- Riboflavin**
- releases energy from proteins
  - maintains the nervous system
  - builds & repairs body tissues
  - maintains healthy skin & eyes

- Niacin (Vitamin B<sub>3</sub>)**
- releases energy from foods
  - maintains healthy skin
  - maintains the digestive tract
  - protects the nervous system

- Vitamin B<sub>6</sub>**
- releases energy from proteins
  - helps transport amino acids
  - helps form niacin (Vitamin B<sub>3</sub>)
  - aids functioning of nervous system

- Iron**
- builds hemoglobin in red blood cells
  - prevents nutritional anemia
  - helps with energy production

- Vitamin B<sub>12</sub>**
- maintains red blood cells
  - ensures healthy nerve tissue
  - helps produce genetic material
  - supports cell function & metabolism

- Protein**
- builds & repairs body tissues
  - regulates body processes
  - forms antibodies to fight off infection

- Fat**
- supplies energy
  - protects & insulates body parts
  - nourishes skin
  - promotes normal growth
  - transports vitamins A, D, E & K
  - supplies essential fatty acids

- Zinc**
- enhances and protects bones
  - improves resistance to infection
  - helps form hormones & enzymes
  - develops & maintains immune system

- Pantothenic Acid**
- releases energy from foods
  - forms cholesterol, hormones & hemoglobin



