

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 B₁)

- builds & repairs nerves & muscles
- maintains an appetite
- releases energy from carbohydrates

Iron

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

Protein

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

Riboflavin

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

Fat

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

Niacin (Vitamin B₃)

- releases energy from foods
- maintains healthy skin
- maintains the digestive tract
- protects the nervous system

Zinc

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

Vitamin B₆

- releases energy from proteins
- helps transport amino acids
- helps form niacin (Vitamin B₃)
- aids functioning of nervous system

Vitamin B₁₂

- maintains red blood cells
- ensures healthy nerve tissue
- helps produce genetic material
- supports cell function & metabolism

Pantothenic Acid

- releases energy from foods
- forms cholesterol, hormones & hemoglobin

