



All About Pork

How does pork compare to other meats for fat, calories and cholesterol? Pork today compares favorably for fat, calories and cholesterol with many other meats and poultry. While providing a greater amount of vitamins and minerals, many cuts of pork are as lean or leaner than chicken. Pork tenderloin, for example, is just as lean as skinless chicken breast and meets the government guidelines for "extra lean." In total, six pork cuts meet the USDA guidelines for "lean," with less than 10 grams fat, 4.5 grams saturated fat and 95 milligrams of cholesterol per serving. Any cuts from the loin - like pork chops and pork roast - are leaner than skinless chicken thigh, according to U.S. Department of Agriculture data. Pork steaks or roasts from the leg ("fresh ham") are also lean choices.

Serving Sizes and Nutritional Profiles of Lean Meats

3-ounce cooked serving: Calories Total Fat (g) Saturated Fat (g) Cholesterol (mg)

LEAN CHICKEN

Skinless chicken breast*	139	3.1	0.9	73
Skinless chicken leg*	162	7.1	2.0	80
Skinless chicken thigh*	177	9.3	2.6	81

LEAN CUTS OF PORK

Pork Tenderloin*	120	3.0	1.0	62
Pork boneless top loin chop**	173	5.2	1.8	61
Pork top loin roast*	147	5.3	1.6	68
Pork center loin chop**	153	6.2	1.8	72
Pork sirloin roast*	173	8.0	2.4	76
Pork rib chop**	158	7.1	2.2	56

LEAN CUTS OF BEEF

Beef eye of round *	141	4.0	1.5	59
Beef top round***	169	4.3	1.5	76
Beef tip round*	149	5.0	1.8	69
Beef top sirloin**	162	8	2.2	76
Beef top loin**	168	7.1	2.7	65
Beef tenderloin**	175	8.1	3.0	71

FISH (*dry heat, **moist heat)

Cod*	89	0.7	0.1	40
Flounder*	99	1.3	0.3	58
Halibut*	119	2.5	0.4	35
Orange Roughy*	75	0.8	0.0	22
Salmon*	175	11.0	2.1	54
Shrimp**	84	0.9	0.2	166

* Roasted, ** Broiled, *** Braised

Source: U.S. Department of Agriculture Nutrient Database Release 26 or the 2011 Revised USDA Nutrient Data Set for Fresh Pork.