



# PORK CHECKOFF REPORT

JANUARY FEBRUARY 2024



## Paving the Way for Pork at Convenience Stores

Across the U.S., numerous pork products are being showcased in convenience stores, driving demand for high-quality pork and encouraging consumers to purchase pork more frequently. The National Pork Board (NPB) along with states including Minnesota are committed to meeting the consumer where they are, aiming to increase overall purchases.

While pork dominates breakfast offerings in convenience stores (c-stores), how do we get more pork purchased throughout the day? Collaborating closely with c-store partners, NPB is committed to developing new products, overcoming barriers, coordinating potential sales opportunities and moving more product in convenience stores.

### Why Convenience Stores?

In a fast-paced world, consumers often opt for on-the-go meals. Creating innovative products specifically for c-stores provides consumers with fresh



opportunities to explore pork. Across the U.S., numerous pork products are being showcased in stores, driving demand for high-quality pork and encouraging consumers to purchase pork more frequently.

Recent highlights that reach Minnesota consumers include featuring a limited-time pork fritter sandwich at 162 Kwik Trip/Kwik Star locations in Iowa, Minnesota and Wisconsin. While you are there check out the single boneless pork chop.

### Building Partnerships on Trust and Innovation

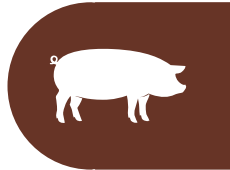
Convenience stores are looking for ways to retain and grow their customer traffic, relying on the innovative suggestions brought forth by NPB. These partnerships are crucial for both store ownership and the Pork Checkoff on behalf of producers, all aiming to boost consumer pork purchases.

### Supporting Pig Farmers

Many convenience stores appreciate the quality of products sourced from U.S. pig farmers and want their customers to know. That's why you can find the blue pork logo proudly displayed at many c-store locations, advertising the tasty, quality product available inside.

### Looking Ahead to 2024

Anticipate more collaborations with convenience stores throughout 2024, promising a broader array of pork offerings beyond breakfast. Innovation will continue to expand lunch, dinner and anytime offerings, ensuring a pork-centric menu throughout the day.



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## FEBRUARY 12

### Annual Meetings

MPB: 11:00 - 12:00 p.m.

Lunch: 12:00 - 12:30 p.m.

MPPA: 12:30 - 2:00 p.m.

Joint Session: 2:00 - 3:00 p.m.

Mayo Clinic Event Center  
Reception Hall  
Mankato, Minnesota

## FEBRUARY 12

### Awards Reception

Mayo Clinic Event Center  
Banquet Hall West  
Mankato, Minnesota

5:00 - 8:30 p.m.

*Invitation Only*

## FEBRUARY 13 - 14

### Minnesota Pork Congress Trade Show

Mayo Clinic Event Center  
1 Civic Center Plaza  
Mankato, Minnesota

## FEBRUARY 14

### SIP & Partner Breakfast

Mayo Clinic Event Center  
Reception Hall

7:30 a.m. Breakfast

8:00 - 9:00 a.m. Keynote Speaker

*Member-exclusive event*

*Sponsored by Clifton-Larson-Allen*

## MARCH 5

### PQA+ and TQA Certification Classes

PQA+ 9:00 a.m. - 12:00 p.m.

TQA 1:00 - 4:00 p.m.

Lafayette Community Center  
540 7th St, Lafayette, MN 56054



# Become U.S. SHIP Enrolled!

## Biosecurity, Traceability, and Disease Surveillance



The US Swine Health Improvement Plan (SHIP) is modeled after the National Poultry Improvement Plan (NPIP), an effort of collaboration between industry, state, and federal partners that has been in place since 1935. US SHIP is intended to provide a similar program for certifying the health status of swine across participating farm sites, supply chains, states, and regions and is initially focused on African Swine Fever (ASF) and Classical Swine Fever (CSF).

The certification aims to mitigate risks of disease introduction through certifications recognized across participating states. The program is centered on disease prevention and demonstration of freedom of disease outside of control areas in support of animal health, commerce, and trade. US SHIP is designed to be applicable across the full-spectrum of US pork industry participants from the small show pig farmers to the large commercial producers and packing facilities.

Minnesota has committed to participating in US SHIP and MPB encourages all swine producers to enroll their production and packing site(s) in this program. Industry and Minnesota representatives attended the inaugural US SHIP House of Delegates in August 2021 and approved the initial requirements for certification in the program.

### The benefits of US SHIP enrollment include:

- Strengthened ASF/CSF preparedness (prevention, response and recovery) for Minnesota
- Establish a uniform biosecurity, traceability, sampling/testing approach across participating states in "peacetime" as well as "wartime."
- Participation in a collaborative industry (producers/packers), state, and federal program in which producers can help establish appropriate standards for health certification.

### Enrollment in US SHIP is by site and fairly straightforward:

- Complete the enrollment form (either single-premise or multi-premise form).
- Complete the biosecurity enrollment survey provided after you submit your enrollment form.
- Show ability to provide 30 days of swine movement records in an electronic format



# INTERNS: WHERE ARE THEY NOW?



## Kyra Flom

### 1. Where are you from and what college did you attend?

I am from Faribault, MN and now live in Montgomery, MN. I attended the University of Minnesota and majored in Agricultural Communication and Marketing and Animal Science.

### 2. What year were you an intern for MN Pork?

I interned with MN Pork in the summer of 2019.

### 3. Please share your background in agriculture.

I grew up heavily involved in 4-H and FFA. My family raised and showed market lambs and I was a member of the livestock judging team for both organizations, among countless other experiences. I found my passion for the agriculture industry at a young age and followed my drive to tell its stories through college and now my career.

### 4. How did working for MN Pork contribute to your professional development?

My internship with MN Pork kick-started my specific interest in the pig industry. I met so many amazing farmers, learned a ton of new pork recipes and quickly understood the importance of talking to consumers about how their food is raised. One of my biggest takeaways was learning how to explain farming to someone who wasn't raised with the knowledge of it. That lesson has benefited me time and time again.



### 5. Please share what other professional experiences you have had and where you are now in your career and personal life.

My second internship in college was a fully remote digital marketing internship with Easy Event Planning. After college, I started working full time at Pipestone Helping Farmers on their marketing team as a Website and Digital



Specialist. Now, I'm an Account Manager for a full service marketing agency called broadhead located in Minneapolis, MN. My main client is Boehringer Ingelheim, specifically their swine division. Outside of work, my fiance and I live in Montgomery, MN with our border collie named Reign and we keep busy with house projects, visiting friends and family, and cheering for the Gophers. Ski-U-Mah!

### 6. What is one piece of advice that you have for young professionals that want to obtain a career in agriculture?

My advice for young professionals would be to shadow someone with your dream career and keep their business card, you never know when it might come in handy.

### 7. What is your favorite pork product/dish?

Pulled pork...on a sandwich with coleslaw, in carnitas tacos, the list is endless.





# Strengthen Partnerships, Markets and the Future of the Pork Industry

Many pork producers are facing extremely challenging business conditions this year. The National Pork Board (NPB) is here to help with business resources for all producers that support individual farms and the long-term outlook for the pork industry overall.

The Pork Cares Farm Impact Report is one of those resources. This program is an investment NPB is making to strengthen market demand for pork and foster valuable partnerships with retailers.

It's a proactive opportunity for individual producers to show future business partners the hard work you've put into your operation and your readiness to do more with the right resources. These collaborations can benefit all producers by showcasing the high-quality, sustainable practices of our industry.

The Pork Cares Farm Impact Report is an opportunity to get both the bird's eye and ground-level view of your farm's sustainability work.

Lauren Servick, director of public policy strategy and sustainability at Minnesota Pork Producers Association, said the grant is an asset that will benefit current farmers and future generations alike.

"The grant is a great opportunity for farmers to reduce financial risk when considering new practices and to measure progress over time," Servick said. "This is a valuable resource for each farmer. The insights of this work can be used to protect farmers'

freedom to operate in Minnesota."

NPB is investing Pork Checkoff funds into this program to elevate pork's reputation as both nutritious and planet-friendly. This initiative isn't just about sustainability. It's about showing the hard work pork producers put into their farms and their readiness to partner with retailers on their commitment to sustainable and ethical practices.

"Pork producers are stewards of the land," said Jamie Burr, Chief Sustainability Officer at NPB. "This report helps those on the fringes of the farm — especially packers and retail partners — better understand this valuable work while also positioning pork producers as strong business partners."

Working in collaboration with Sustainable Environmental Consultants (SEC), pork producers complete their Pork Cares Farm Impact Report to show the operation's sustainability success, enabling you to see your current impact. SEC will share recommendations to help you continuously improve productivity using a return-on-investment calculator that forecasts profitability. From a business perspective, it bolsters your reputation by arming you with the key data and records to create new partnerships and opportunities that better your bottom line.

## HOW IT WORKS

Raising animals and running a business doesn't allow for extra time in the day, and no one understands that better than you and the technicians at Sustainable Environmental Consultants.



### 1 Request Report

Start by requesting a report on [go.porkcheckoff.org/minnesota](http://go.porkcheckoff.org/minnesota). It takes 60 seconds.

### 2 Receive Introductory Email

You'll receive an email within five days from a National Pork Board representative with an invitation for a 15-minute introduction call with SEC.

### 3 Submit Data Securely

You will then work with an SEC technician to collect the on-farm data needed for the report. This is submitted through a confidential, secure online platform.

### 4 Get Final Report

Once all data is delivered, you can expect to receive your report in 30-60 days. The SEC team will present the report to you, giving you a complete understanding of the metrics and findings. During this time, you'll learn about efficiencies and practices to reduce costs and improve your operation's financial security.

### 5 Share Your Impact

With your report, you're now ready to share your story of sustainability with financial institutions, community members, fellow producers, retailers, business partners and more.



### Confidentiality and Security

Sharing operation results on your own accord is one thing, but when it comes to sharing your on-farm data with others, NPB, Minnesota Pork Board and SEC ensure confidentiality.

- Your data will be uploaded through a confidential, secure online platform.
- Individual producer data is not shared or made public in any way.
- Aggregate data, or a collection of all results, is used to tell all of pork production’s story through the various NPB and Minnesota Pork Producers Association publication channels.

“Data is a premium resource for everyone involved,” said Jamie. “We chose to work with SEC because of their long-standing reputation for secure data practices and their ability to provide timely, on-point confidential results to individuals that make sense from a business and operations perspective.”

### Defining Your Sustainability Journey with Data

How you incorporate and promote sustainability within your operation is likely different than the producer who lives down the road or in the next county over. The collective environmental efforts of Minnesota pork producers have a place to shine in the Pork Cares Farm Impact Report. Together, producers can tell consumers, business and industry, academia and the next generation about the work being done today to impact the operation tomorrow.

Individually, the findings from your personalized report will help you pinpoint cost-saving practices and boost your reputation. It’s a tool for long-term farm success, making you a top choice for business and retail partnerships. Consider the report a new tool in your wheelhouse of financial security and opportunity.

### Take Advantage of Grant Opportunities

Participating in the Pork Cares Farm Impact Report is the first step in exploring available grant funding opportunities for producers

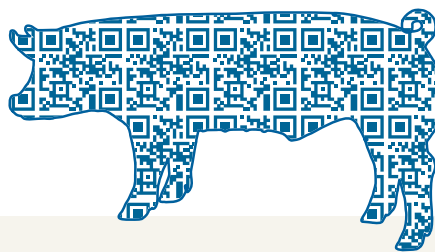
in Minnesota. The Advancing U.S. Pork Sustainability Grant offers financial incentives and technical assistance for the adoption of the following practices: cover crops, livestock integration, conservation tillage, manure management, edge of-field and perennial grass buffers and in-barn LED lighting.

Costs to implement these practices without grant support may not be feasible in a given year of operation. However, through this program, those changes start to look like more of a reality and overall way to improve your return on investment. Eligibility for funds is determined with SEC through the Pork Cares Farm Impact Report process. NPB coordinates the distribution of grant dollars.

### Ready to Get Started? Let’s Go!

If you’ve got 60 seconds, you’ve got time to start the Pork Cares Farm Impact Report. Whether you’re waiting for the tractor to warm up or writing your to-do list in the morning, now is the time to get started on your report.

“With data in hand, as well as identified ways to increase efficiencies, reduce costs and improve your operation’s financial security, producers across Minnesota can really see the impact of this report come to life,” said Jamie. “It’s a small investment of time that yields years of improved financial and operational management.”



Scan the QR code or visit [go.porkcheckoff.org/minnesota](https://go.porkcheckoff.org/minnesota) to get started.



# New Grant Offers Producers Funding and Assistance to Implement Climate-Smart Practices

As part of the USDA's Partnerships for Climate-Smart Commodities, the Advancing U.S. Pork Sustainability Grant is a valuable new opportunity for commodity crop and livestock producers in Minnesota, Iowa, and Missouri. Discover insights on the sustainability of your farm, then receive the technical and financial resources to make improvements that will benefit your business, the pork industry and the environment.

## Practices included in the grant are:



**Cover crops**



**Livestock integration (in cover crops)**



**Conservation tillage (no till)**



**Manure management** (pumping 2x per year)



**Edge-of-field and perennial grass buffers**



**In-barn LED lighting**

The five-year, \$35 million grant program is funded by USDA and Nestrade and administered by the National Pork Board (NPB) and five collaborating organizations: Ducks Unlimited, Sustainable Environmental Consultants, Millborn Seeds, Trust in Food (a Farm Journal initiative), and Farm Credit Council.

Participating in the grant program begins with completion of a Pork Cares Farm Impact report through NPB. Because no two farms are the same, each producer will work with the project team to identify the climate smart practices that are the best fit for the operation's production, financial and sustainability goals.

Biologists with Ducks Unlimited are providing technical assistance and practice verification for four of the six Advancing U.S. Pork Sustainability Grant practices:

1. **multi-species cover crops**
2. **livestock integration on cover-cropped acres**
3. **no-till systems**
4. **edge-of-field/perennial grass buffers.**

These regenerative agriculture practices improve soil health, air and water quality, and create wildlife habitat. Ducks Unlimited, the leading organization in wetlands and waterfowl conservation, recognizes that to expand its mission in Corn Belt States—a high-priority region for waterfowl conservation dominated by agricultural land use—greater adoption of regenerative agriculture practices is imperative to achieve meaningful downstream effects in the wet-



Photo credit: Steve Oehlenschlager

lands, rivers, and lakes that North American waterfowl rely upon. Sustainable Environmental Consultants (SEC) is assisting producers interested in the two remaining Advancing U.S. Pork Sustainability Grant Practices: replacement of traditional in-barn lighting with LED lighting, and manure management—pumping manure pits a second time per year. SEC is also working with producers to complete the Pork Cares Farm Impact Report and offering a Sustainable Continuous Improvement Plan and a Return on Investment Tool.



The Ducks Unlimited Working Lands Biologist in your state may be contacted directly for further questions regarding in-field practices. In Minnesota, please contact Liam Bonk at [lbok@ducks.org](mailto:lbok@ducks.org) or (612) 483-3577. [www.ducks.org](http://www.ducks.org)



**Visit the SEC & Ducks Unlimited Booths at the Minnesota Pork Congress**

# Trails End Farm Demonstrates How Innovation and Tradition Can Coexist

## Our Sustainability Story

Owned by Dale and Lori Stevermer, the Minnesota farm is a testament to five generations of stewardship and dedication to sustainable agriculture. The Stevermers are one of the first pork producers to be awarded the Advancing U.S. Pork Sustainability Grant.

## Pig Farming for Purpose and Profit

At the heart of the Stevermers' pride is their pork production operation. Every step is taken with utmost care and respect, ensuring that the pork produced on their farm is of the highest quality.

Trails End Farm grows about 450 acres of corn and soybeans. They plant cover crops on 90% of these acres between harvest and planting which protects against soil erosion and recycles nutrients for cash crops. Additionally, Trails End Farm raises an average of 4,000 pigs each year, with about 2,000 pigs in finishing barns at any time.

The Stevermers recognize the value of innovation and build on the practices started by generations before them. Adopting new practices does not go without challenges. To navigate these challenges, they participate in the Pork Cares Farm Impact Report program.

By leveraging this report, they've been able to evaluate their return on investment before they implement new technologies and practices.

Our industry has seen a steady decline in the number of producers. But the Pork Cares Farm Impact Report is a simple way we can develop new income streams while keeping more farmers on the farm. Here are the benefits one farm, Trails End in Minnesota, saw as a result of their customized report:



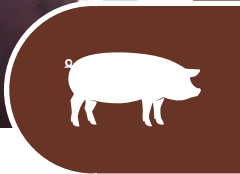
**120 tons**  
of sequestered soil carbon



**17 dump trucks (180 tons)**  
of soil saved from erosion



CO<sub>2</sub> emission reductions equivalent to  
taking **93 passenger cars** off the road



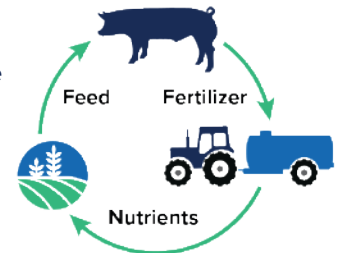
The Stevermers' dedication to sustainable practices and continuous improvement recently led to Trails End Farm being one of the first pork producers to be awarded the Advancing U.S. Pork Sustainability Grant. This grant, administered by the National Pork Board (NPB) and six collaborating organizations through USDA's Partnership for Climate-Smart Commodities program, supports farmers in adopting climate-smart agriculture practices.

Through this five-year, \$35 million grant program, Trails End Farm has received technical support and financial incentives for adopting innovative practices in manure management and implementing edge-of-field and perennial grass buffers.

The results? Enhanced farm productivity, better care for pigs, less impact on the environment and long-term financial viability for their farm business.

## A Cycle of Sustainability

There's a beautiful symmetry to the operations at Trails End Farm. The nutrients used to feed the pigs are later recycled by utilizing the pig manure as nutrients for crops. This sustainable cycle is a thoughtful and efficient use of resources.



The Stevermers have also shifted their practices to embrace more sustainable approaches. Cover crops now capture nutrients and prevent erosion, which has improved soil structure and water infiltration since 2016 when the transition was made away from full-scale tillage.

"As a farmer, I feel a great responsibility to be a good steward of our resources," Lori said. "It's our responsibility to take good care of the land so the next generation can use it."



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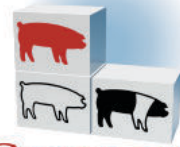
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In-person Viewing:  
AuctionCast Studios  
1800 Roscoe Avenue,  
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### FARIBAULT COUNTY - Tract 1 52901 160th Street, Wells, MN

- 51' x 392' Finishing barn
- 2,500 Head capacity
- Built in 2007
- 1.2 Million gallon pit
- Updates to the ceiling, water system, fan, curtains, gates, & controls were made 2 years ago
- New feed bins & controls
- Slats are in excellent condition, 15-year life expectancy
- New concrete chute completed & load out structure will be built by closing
- Updated expert controls
- New curtains & updated Airstream controls
- Real Estate taxes \$1,076

### MARTIN COUNTY - Tract 2 800 170th Avenue, Fairmont, MN

- 60' x 92' Nursery barn
- 1,200 Head capacity
- Built in 2001
- 350,000 gallon manure pit
- Updates to flooring, gates, controls & fans
- Mini expert controllers
- Updated Poly flooring in excellent condition
- Barn will be washed & ready for new buyer possession
- Barn has been meticulously maintained throughout
- Chute & load out included
- Real Estate taxes \$276

AUCTION MANAGER:  
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AUCTIONEER:  
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# Foreign Animal Diseases & Farmers' Mental Health

## Foreign Animal Diseases

A foreign animal disease (FAD) is an animal disease not currently in the U.S., and an outbreak could severely impact animal health and the U.S. economy. In the swine industry, FADs of greatest concern include African swine fever (ASF), classical swine fever (CSF), and foot-and-mouth disease (FMD). FAD preparedness and response activities help to ensure we are ready to both prevent and respond to potential FAD introductions. However, the threat of severe animal illness, high mortality, production losses, and potential financial impact can be taxing on our mental health. While we are taking care of our herds, we must take care of ourselves.



## Impact on Farmers

Caring for animals and being faced with a depopulation situation can create stress for producers and workers. Stress happens to all of us and it is normal to feel overwhelmed, especially during tough times. If you feel anxious or depressed, *you are not alone*. Beyond your friends and family, there are many resources to help.

## Know the Signs of Stress and Depression

- Persistent worry and fear
- Apprehension and uneasiness
- Avoiding others
- Feeling sad
- Lack of interest or pleasure in activities
- Significant weight change or changes in appetite
- Problems sleeping
- Slow or fidgety body movements
- Low energy/fatigue
- Difficulty concentrating
- Frequent thoughts of death or suicide
- Substance misuse
- Unexplained changes in physical appearance or behavior
- Headaches
- Feelings of isolation
- Anger
- Feeling numb

## Know When to Seek Help

If you or someone you know shows signs of stress over the past 2 weeks, seek help from a mental health professional resource on the backside of this sheet.

Contact the National Suicide and Crisis Hotline right away if you or someone you know threatens to hurt or kill themselves or someone else, or talks or writes about death, dying, or suicide.



# Take Care of Yourself & Your Workers

**Caring for your physical health can help lower your stress level.**

- Eat healthy foods
- Drink lots of water
- Avoid excessive caffeine and alcohol
- Avoid tobacco or illegal drugs
- Get enough sleep and rest
- Get physical exercise

**Use simple techniques for relaxation.**

- Take deep breaths, stretch, or meditate
- Engage in your favorite hobbies
- Pace yourself between stressful activities
- Find a work/life balance and do something you enjoy between stressful tasks
- Talk about your feelings to loved ones and friends

**Check in often to make sure everyone is doing well. The Animal Depopulation Resiliency Check-in Tool can be a helpful resource to guide conversations.**

Use your smart phone to scan the QR code to review tool, or enter the URL in your web browser:  
[aasv.org/resources/depop-resiliency.php](https://aasv.org/resources/depop-resiliency.php)



*Una versión en español también está disponible en el sitio web.*

## QPR for Farmers & Farm Families

The Question, Persuade, Refer (QPR) training teaches laypeople and professionals to recognize and respond to mental health crises. QPR for Farmers and Farm Families is specially tailored to the agricultural community. Your community may be eligible for a free QPR training through the AgriSafe Network and the Central States Center for Agricultural Safety and Health (CS-CASH) at the University of Nebraska Medical Center.

Sign up for free virtual QPR training  
at [agrisafe.org/courses/qpr/](https://agrisafe.org/courses/qpr/)



## Resources

### Stress & Wellness

Disaster Distress Helpline	Call 1-800-985-5990 or text "TalkWithUs" to 66746
Substance Abuse & Mental Health National Helpline	Call 1-800-662-4357 or text 1-800-487-4889

### Suicide Prevention

National Suicide and Crisis Hotline	Call or text 988
Veterans Crisis Line	Call 988, Press 1 or text to 838255
The AgriStress Helpline (available in CT, MO, PA, TX, VA, and WY)	Call or text 833-897-2472

Funding provided to Central States Center for Agricultural Safety and Health by NIOSH AFF Grant U54OH010162



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# Pork Please

## SWEDISH MEATBALLS



Did you know Minnesotan's voted Swedish Meatballs as their favorite pork dish? We are on board with this vote! Swedish Meatballs are the perfect winter dish with protein-packed ground pork mixed with herbs and seasoning, coated in a delicious, cozy sauce.

### Ingredients

½ C breadcrumbs

½ C milk

35 mL cream

1 egg

1 clove minced garlic

1/3 t salt

½ t black pepper

¼ t white pepper

¼ t seasoning (*all-purpose*)

½ onion (*minced*)

1 ½ lb. ground pork

2 T fresh parsley (*chopped*)

1 T butter

2 t olive oil

1/3 C butter (*optional, for gravy*)

¼ C all-purpose flour  
(*optional, for gravy*)

1 C heavy cream (*optional, for gravy*)

2 t soy sauce (*optional, for gravy*)

1 t Dijon mustard  
(*optional, for gravy*)

Salt and pepper (*optional, for gravy*)

### Directions

Mix breadcrumbs, milk, cream, egg, garlic, salt, pepper, and seasoning in a large bowl. Let breadcrumbs soak for 10 minutes.

After milk has absorbed, add the minced onion, ground pork, and chopped parsley.

Mix with hands.

Roll into 24 small balls or 16 larger balls. Refrigerate for at least 30 minutes to help them retain shape when cooking.

In a pan, heat 1 Tablespoon of butter and 2 teaspoons of oil on medium-high heat. Fry two meatballs at a time until each has reached an internal temperature of 165 degrees F and move to a warm plate and cover.

*Gravy:* Add 1/3 cup of butter to the pan and let it melt. Slowly add in the flour until it turns brown. Pour broth, cream, soy sauce, and Dijon mustard and bring to a simmer. Season with salt and pepper. Mix the sauce and simmer until it is thick.

Place meatballs in the gravy and serve or serve the meatballs over mashed potatoes (with or without the gravy).





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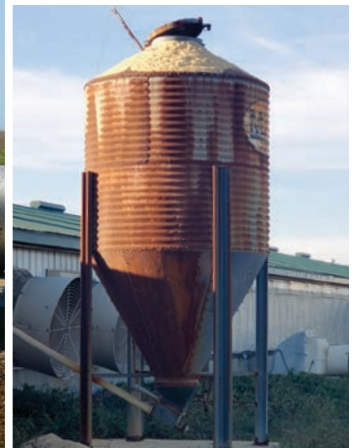
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THE CHOICE IS CLEAR



# PORK: THE ULTIMATE CARRIER FOOD



## What is a “carrier” food?

When a carrier food is on your plate or in your bowl, it could help you eat more of the food groups and nutrients many of us need more of for better health.

### Pork is the ultimate carrier food!

A 2023 study\* looking at 8 years of health and diet information from tens of thousands of children (aged 2-18) and adults (aged 19+) found that compared to people who don't eat pork, pork eaters tended to have more of the following nutrients in their diet:

Check out these easy recipes that showcase pork's role as a carrier food with a world of flavor!



## CHILDREN – 9 NUTRIENTS “CARRIED” BY PORK<sup>^</sup>

Copper

Magnesium

Potassium

Selenium

Zinc

Thiamin

Niacin

Vitamin B6

Choline

## ADULTS – 10 NUTRIENTS “CARRIED” BY PORK<sup>+</sup>

Iron

Phosphorus

Potassium

Selenium

Zinc

Thiamin

Riboflavin

Niacin

Vitamin B6

Choline

<sup>^</sup>About 52, 15, and 45% of children aged 2-18 years were consumers of all pork, fresh pork, and processed pork, respectively, with an average intake of 47, 60 and 38 g/day, respectively.

<sup>+</sup>About 59, 20, and 49% of adults age 19+ years were consumers of all pork, fresh pork, and processed pork, respectively, with an average intake of 61, 77, and 48 g/day, respectively.



## Putting the carrier food impact of pork into perspective.

Researchers think that because pork is a carrier food, over 2.5 million children and over 5.7 million adults meet potassium recommendations in their diet every day.\*

That's about as many people as those living in Los Angeles, Chicago and Houston – combined!

## Pork is the carrier food for the future. Why? As a nutrient-dense and high-quality protein, it's...

### ROLE POTASSIUM PLAYS IN THE BODY

Potassium is a mineral found in many foods. Your body needs potassium for almost everything it does, including proper kidney and heart function, muscle contraction, and for nerves to work properly.



#### GOOD FOR YOU

Helps you add more under-consumed food groups (like vegetables, beans and whole grains) to your eating pattern and nutrients (like choline, iron and potassium)



#### GOOD FOR THE PLANET

Low environmental impact per 100 grams of protein compared to other foods



#### GOOD FOR YOUR WALLET

Affordable, flavorful and accessible for any budget



#### GOOD FOR YOUR CULTURE

A top protein used in culturally appropriate diets around the world



Learn more about pork nutrition!

[pork.org/nutrition](https://pork.org/nutrition)



# PORK & PARTNERS

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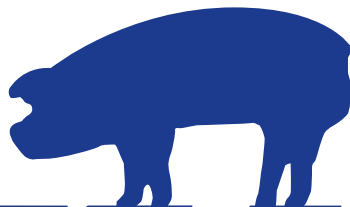
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\* Regarding Agarwal et al., 2023, this is an observational study and is therefore unable to be used to determine cause and effect. The information is based on self-reported diet habits over a single point in time. Adult consumers of pork tended to be male and older, and carry other traits such as less likelihood of being normal weight, having education above High School or engage in vigorous activity. Pork consumers tended to also have higher intakes of sodium, which is a nutrient of public health concern to limit. The results from this study need to be confirmed in clinical research settings.



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