



# PORK CHECKOFF REPORT

SEPTEMBER OCTOBER 2023



## MDA Leads Business Development Mission to Japan with Local Ag Representatives

*Delegation sought new opportunities for Minnesota ag products*

The Minnesota Department of Agriculture (MDA) has recently returned from a business development mission to Japan, joined by a delegation that included state lawmakers and representatives from Minnesota agricultural organizations. Taking place from September 8 through 15, the goal of the mission was to celebrate the rich history of trade and investment between Minnesota and Japan and identify new opportunities for growth for Minnesota agricultural products.

The U.S. is the largest foreign supplier of food and agricultural products to Japan, with Minnesota being the 11th largest U.S. state exporter to the country. Additionally, Japan is Minnesota's fourth largest export market, representing 8% of Minnesota's food and

agricultural exports (2021), or \$752 million. Minnesota's top export products to Japan include pork, animal feed, soybeans, processed vegetables, dairy products and ingredients, pet foods, and corn.

Brian Schwartz of Schwartz Farms and Minnesota Pork executive board member was one of fourteen attendees on the venture. He returned with a wealth of knowledge and perspective, bringing us the following information.

### Import Facts and Trade Agreement

Due to a decreasing number of farms, almost half of Japan's pork is imported. In 2022, Japan imported \$5.3 billion in pork and pork products.



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# MN PORK CALENDAR

## OCTOBER

**Porktober**  
**National Pork Month**

## OCTOBER 20

**Mankato Marathon**  
**Pork Power 5k Race**

Kato Moving & Storage, Mayflower  
417 Poplar Street,  
Mankato, MN 56001

## NOVEMBER 14

**PQA+ & TQA - Mankato**

Minnesota Pork Office  
151 Saint Andrews Ct. Suite 810  
Mankato, Minnesota

**PQA+: 9:00 a.m. - 12:00 p.m.**  
**TQA: 1:00 - 4:00 p.m.**

**Pre-register: [colleen@mnpork.com](mailto:colleen@mnpork.com)**  
**or 1-800-537-7675**

## FEBRUARY 12

**MPB and MPPA**  
**Annual Meetings**

Mayo Clinic Health System  
Event Center Reception Hall  
Mankato, Minnesota

**11:00 a.m. start**

## FEBRUARY 13-14

**Minnesota Pork Congress**

Mayo Clinic Health System  
Event Center  
1 Civic Center Plaza  
Mankato, Minnesota

## MDA Leads Business Development Mission to Japan with Local Ag Representatives (CONTINUED FROM PAGE 1)

Of this, the US supplied \$1.5 billion, with Minnesota contributing to \$175 million in pork and pork products (U.S. Census Bureau).

The EU is the largest export competitor, collectively exporting over \$1.6 in pork in 2022. Canada contributes \$1 million and Mexico \$606 million.

The U.S. - Japan Trade Agreement went into force January 1, 2020. Since this time, tariffs have been phasing down on U.S. pork. Unlike other commodities, U.S. pork faces minimal trade restrictions (beef is at a 38% tariff). Tariffs for U.S. chilled and frozen pork are 0.9% and will phase out to zero in 2025.

### Japan Economy Fast Facts

- Democratic political structure.
- Overall, secure and stable domestic structure.
  - Well developed economy, rapidly aging, and shrinking population.
    - Fewer babies born last year than in the 1800's.
  - Stagnant wages: same \$/hour as 20 years ago.
- Unemployment rate is 2.6%.
- No inflation for almost 30 years.
- Currently experiencing 2 - 2.5% inflation, driving poll numbers down for the prime minister.
- Female labor force is 75% participation (higher than U.S.).
- 30% currency devaluation in recent years.
- The average person spends 17% of monthly income on food.
- Japan imports 2/3 of all food.
- Government not comfortable with allowing immigrants.
- Average farm size is 4 acres.
  - Government is encouraging farmers to move away from rice production.
- Inflation and labor are hot topics.
- Strong Integration with U.S.
  - We are large investors in each others' countries.



### Influential Trip

“This mission offered the unique opportunity to learn first-hand about consumer and market trends in Japan and how Minnesota can help fulfill the country’s import needs,” said MDA Deputy Commissioner Andrea Vaubel. “Being able to lead an in-person tour like this is immensely important to maintaining and strengthening relationships and expanding markets for our producers. We’re thankful to the people of Japan for their continued partnership and support of Minnesota agriculture.”

The mission started in Tokyo, where the delegation toured several food retail businesses and met with United States Department of Agriculture Trade Office and Foreign Ag Service personnel at the U.S. Embassy. They also attended the Food Style Japan food service trade show to tour the U.S. Meat Export Federation pavilion, which showcased over 10 companies





selling U.S. beef and pork products for the Japanese market. The group then traveled to Osaka for additional retail tours before concluding the mission, including a food ingredient manufacturer called Sanwa Starch that buys Minnesota corn for their product.

Gov. Tim Walz and Lt. Gov. Peggy Flanagan, who were concurrently in Japan for the 2023 Midwest U.S.-Japan Conference, hosted the ag delegation for a reception in Tokyo as well as a luncheon in Osaka. They also joined the MDA group at the Food Style trade show, as did Minnesota Department of Employment and Economic Development Commissioner Matt Varilek.

Attendees spent four days in Tokyo and two days in Osaka. Among the tours were a bread factory as well as Prema Meat Packers Ltd. Prema was founded in the 1930's, started importing raw meat in the 1950's. Sold here is ham, sausages, and fresh meat brands. They procure pork from JBS, Smithfield, and Seaboard Foods. The attendees also toured Aeon, a grocery store equivalent to Walmart. Schwartz noted observations including all meat at the store is thin sliced. There was also equal shelf space from pork, beef, and chicken alike. Seaboard occupies the most shelf space.

The full list of MDA business development mission attendees is as-follows:

**Andrea Vaubel,**  
Deputy Commissioner  
of Agriculture, MDA

**Emily Jerve,**  
Marketing Supervisor, MDA

**Jeffrey Phillips,**  
International Trade  
Representative, MDA

**Rep. Samantha Vang (38B),**  
House Agriculture Finance  
and Policy Committee Chair

**Rep. Samantha Sencer-Mura  
(63A),** House Agriculture  
Finance and Policy  
Committee Member

**Rep. Kaohly Vang Her (64A)**

**Adam Ulbricht,**  
Executive Director,  
Minnesota Bison Association

**Richard Syverson,**  
President, Minnesota Corn  
Growers Association

**Mark Dombeck,**  
Council Chair, Minnesota  
Dry Bean Research and  
Promotion Council

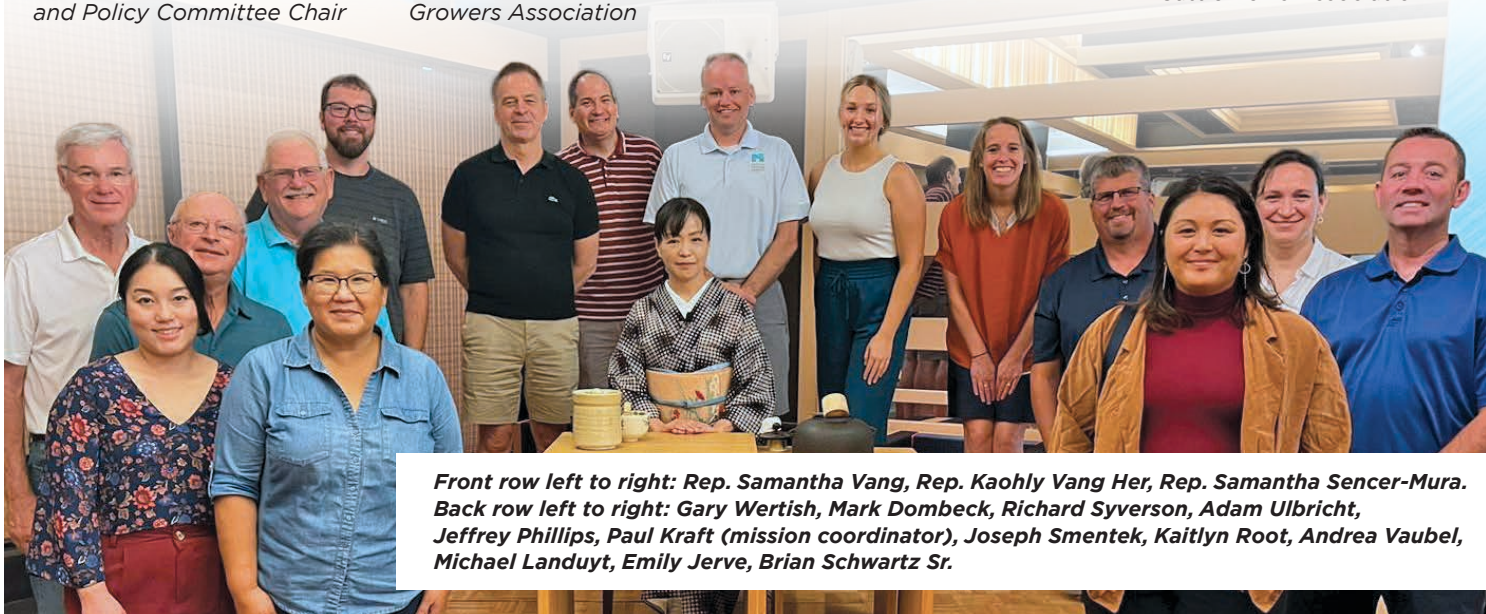
**Gary Wertish,**  
President, Minnesota  
Farmers Union

**Brian Schwartz Sr.,**  
Executive Board Member,  
Minnesota Pork Board

**Joseph Smentek,**  
Executive Director,  
Minnesota Soybean  
Growers Association

**Kaitlyn Root,**  
Executive Director,  
Minnesota State  
Cattlemen's Association

**Michael Landuyt,**  
Producer, Minnesota State  
Cattlemen's Association



Front row left to right: Rep. Samantha Vang, Rep. Kaohly Vang Her, Rep. Samantha Sencer-Mura. Back row left to right: Gary Wertish, Mark Dombeck, Richard Syverson, Adam Ulbricht, Jeffrey Phillips, Paul Kraft (mission coordinator), Joseph Smentek, Kaitlyn Root, Andrea Vaubel, Michael Landuyt, Emily Jerve, Brian Schwartz Sr.



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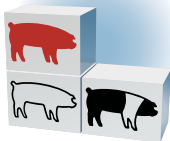
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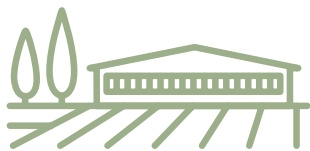
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# Pork: Good for the planet

U.S. pork's sustainability keeps improving

In the past six decades, pork production has improved by using<sup>1</sup>:



**75%**  
less land



**25%**  
less water



**7%**  
less energy



**8%**  
fewer carbon emissions

Data released by the Environmental Protection Agency in April 2021 attributes only 10% of U.S. greenhouse gas (GHG) emissions to agriculture, of which, the pork industry is responsible for about 4%.<sup>2</sup>



Over the decades, America's pig farmers have made dramatic improvements in how they raise pigs:

- Enhanced protection from harsh weather and predators
- Better genetics and animal care
- Improved crops to better match animals' needs

Effective measures combine to reduce greenhouse gas omissions and U.S. pork's carbon footprint.

- How crops are raised
- How pigs are fed
- How nutrients are recycled

<sup>1</sup> *A Retrospective Assessment of U.S. Pork Production: 1960 to 2015*, Univ. of Arkansas, National Pork Board, 2018.

<sup>2</sup> United States Environmental Protection Agency. 2019. *Inventory of U.S. Greenhouse Gas Emissions and Sinks: 1990-2019*, Chapter 5. <https://www.epa.gov/sites/default/files/2021-04/documents/us-ghg-inventory-2021-chapter-5-agriculture.pdf>.

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This message funded by America's Pork Producers and the Pork Checkoff. 3.23



For more information,  
go to [porkcares.org](http://porkcares.org).



# Pork is Nutritious

Pork is packed with beneficial qualities making it easy to incorporate into a balanced diet. The variety of options range from decadent and flavorful to lean and nutrient-rich cuts that are affordable, easy to make, and enjoyable to people of all ages.

Both the pork tenderloin and pork sirloin roast meet the criteria for the American Heart Association Heart Checkmark, meaning they contain less than 5 grams of fat, 2 grams or less of saturated fat, and 480 milligrams or less of sodium per label serving. Pork is also packed with protein, making it easy to include in a health-forward and balanced diet.

## Percent of daily value provided by pork based on a 3-ounce serving:

### 46% PROTEIN

### 6% IRON

Iron is a mineral we need for growth and development. Our body uses it to make hemoglobin, which is a protein in red blood cells that carries oxygen from the lungs throughout the body, and myoglobin, a protein that provides oxygen to muscles.

### 6% MAGNESIUM

Important for the normal function of many enzymes (catalysts for the body's chemical reactors), glucose and muscle action.

### 34% NIACIN

Important for the normal function of many enzymes in the body and involved in the metabolism of sugars and fatty acids.

### 15% PHOSPHORUS

Strengthens bones and generates energy in cells.

### 6% POTASSIUM

This mineral, also known as an electrolyte, plays a major role in water balance and helps maintain normal blood pressure. This is considered a nutrient of public health concern.

### 20% RIBOFLAVIN

Next to milk, few foods have as much riboflavin per serving as pork. Riboflavin has an important role in the release of energy from foods.

### 50% THIAMIN

Without this key vitamin, metabolism of carbohydrates, protein, and fat would be significantly compromised. Animal protein is one of the best sources of this nutrient, and among the choices, pork is near the top.

### 30% VITAMIN B6

Important for the normal function of enzymes and co-enzymes, which are needed to metabolize protein, carbohydrates, and fats. Plus, it plays a critical role in the regulation of glycogen (stored carbohydrates) metabolism.

### 25% VITAMIN B12

Helps build red blood cells and metabolize carbohydrates and fats.

### 25% ZINC

A component of more than 70 enzymes, zinc is a key player in energy metabolism and the immune system.

**Celebrate this October Pork Month with more flavorful, nutritious and sustainable pork!**

Recipes can be found at [www.mnpork.com/porkplease/](http://www.mnpork.com/porkplease/)



# Foreign Animal Disease Preparation Checklist

Global movement of pigs and people pose greater risks to herd health than ever before. This checklist helps pork producers prepare for an outbreak with practical steps and resources.



**SECURE PORK SUPPLY PLAN PREPARATION IS AN EXCELLENT FIRST STEP.**

## Traceability

In the event of an FAD outbreak, Premises Identification Numbers (PINs) link site data and information for timely and efficient analysis by animal health officials for rapid decision making. Having these records in an electronic format, such as AgView, is preferred.

### TRACEABILITY ACTION ITEMS

- Obtain or maintain separate PIN for each production site, geolocating each to site where pigs are housed
- Record origin/destination PINs for all animal and semen shipments, and include the sending PINs on bills of lading and diagnostic laboratory submissions as well as keep all animal, visitor, and equipment movement logs current for each site - forms are available: animal, visitor, and vehicle and equipment
- Create an AgView account and upload premises, pig movement, and Secure Pork Supply documentation

## Onsite Preparedness

Working with your herd veterinarian and using available resources will assist with onsite preparedness.

### ONSITE PREPAREDNESS ACTION ITEMS

- Create and follow a site-specific biosecurity plan which can be shared upon request
- Train all production staff/employees on FAD clinical signs, including:
  - Foot-and-mouth disease - English or Spanish
  - Classical swine fever - English or Spanish
  - African swine fever - English or Spanish
- Observe pigs daily for FAD clinical signs, document and report concerns
- Perform diagnostic testing as directed by your herd veterinarian
- Work with herd vet to determine potential for Certified Swine Sample Collection participation
- Develop depopulation/disposal plans in case of a market disruption and/or stop movement order:
  - USDA APHIS ASF Response Depopulation, Disposal, and Decontamination Guidance
  - Consult state animal health officials and pork organizations for resources
  - Moving animals will require a movement permit

- Feeding strategies to reduce pig growth
- Enroll in US SHIP, a program designed for protecting, improving, and being able to represent the health status of pig production operations across supply chains, areas, states, and regions.

## Emergency Depopulation and Disposal Plans

In an FAD event, herd depopulation and disposal may be required to halt disease spread.

### EMERGENCY DEPOPULATION AND DISPOSAL ACTION ITEMS

- Develop a site-specific emergency depopulation and disposal plan with your herd veterinarian and appropriate state agencies
- Determine required resources to conduct depopulation and disposal methods:
  - Access swine depopulation checklist and swine disposal checklist - to best assure qualification for indemnity, depopulation should follow an American Veterinary Medical Association-approved method
- Locate potential sources for equipment/supplies, consulting state animal health official and/or state pork organization for resources
- Develop on-site disposal plan or establish contract with disposal vendor, with back-up option
  - See: USDA APHIS ASF Response Depopulation, Disposal, and Decontamination Guidance
- Identify mental health resources that may be needed in the event of an outbreak. Resources are available through AgriSafe Network, Rural Mental Health Hub, AASV Depopulation Debrief, many land grant university Extension programs, and local mental health providers.



**Mental health resources are available many places, with one being the AgriSafe Network, found here: <https://www.agrisafe.org/healthcare/mental-health/>**



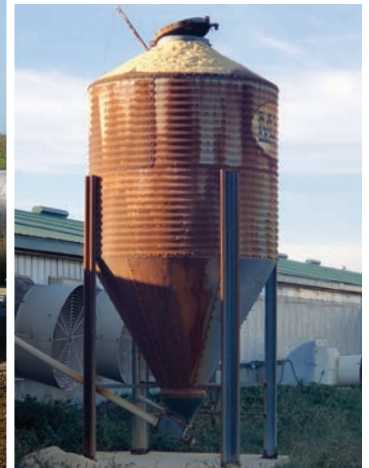


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# 5 WAYS TO Keep People and Pigs Healthy



With all of the health challenges today, such as influenza and COVID-19, it is more important than ever to focus on protecting farm personnel and the animals in their care. Keeping people and pigs healthy is a key focus of the pork industry's We Care ethical principles.

## 1 Limit Farm Visitors and Access to Swine Barns

- Don't allow unauthorized visitors. (No visitors advised during the COVID-19 pandemic.)
- Limit entry to caretakers and essential service personnel.
- Don't allow anyone exhibiting signs of respiratory illness to enter. If you allow visitors, ask if they have had any recent contact with others who have signs of illness.
- Follow your farm's shower-in/shower-out policy.
- Wear farm-specific clothing and footwear.



## 2 Wash Your Hands Often

- Wash your hands and arms frequently with soap and water to avoid spreading germs.
- Wash hands before and after handling pigs, eating, using the restroom, and smoking, as well as before touching your face, mouth, eyes or nose.
- To help kill germs, wash with warm water, if possible, apply soap, lather for 20 seconds, scrub all surfaces and rinse under running water.
- Use an alcohol-based (60% or more) hand sanitizer if soap and clean water are not available.



## 3 Stay Home if You Are Sick

- Follow your farm's sick-leave policy if you develop signs and symptoms of respiratory illness, such as fever, cough, body aches, fatigue, shortness of breath, vomiting and diarrhea.
- Even without a formal diagnosis, do not enter swine facilities for at least seven days after developing signs of respiratory illness, even mild signs.



- Seek medical care if needed.
- If diagnosed with influenza, don't enter swine facilities until fever-free for at least 24 hours without the use of fever-reducing medication.
- For COVID-19, the U.S. Centers for Disease Control and Prevention has both a test and a non-test strategy for lifting isolation and returning to work. Visit [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus).

## 4 Follow Biosecurity Practices to Protect Pig Health

- Keep food and drink out of animal areas. (A no-pork policy is recommended.)
- Properly adjust and maintain ventilation to minimize recirculation of air inside animal housing facilities to reduce the exposure of pigs to viruses from other pigs and to reduce their exposure to human influenza viruses.
- Prevent the introduction of birds into swine facilities. Avoid contact with birds and bird droppings in general, and avoid use of non-chlorinated surface water.
- Use personal protective equipment in barns.
- Follow recommendations for yearly vaccinations against the seasonal influenza virus.
- Review herd health programs with a veterinarian to ensure they are up-to-date and effective for conditions on the farm.



## 5 Don't Be Afraid to Ask for Help

Health issues can take a toll on mental well-being, but there are many available resources that you can contact, including AgriSafe Network, Rural Mental Health Hub, the Upper Midwest Agricultural Safety and Health Center at the University of Minnesota, Colorado State University Extension and Iowa State University Extension.



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and Promotions

# OINK OUTINGS - Impo



*By Baleigh Peterson,  
Summer Intern*

A quick Google search can tell you that less than 2% of the U.S. population lives on a farm. As Americans continue to shift away from rural areas and move to urban or suburban living, the divide between consumers and the agricultural practices that sustain them continues to grow. As we see this happen, it becomes increasingly

important for farmers and agriculturalists to advocate for what we do and help consumers understand where their food comes from. One way that the Minnesota Pork Board strives to do this is through Oink Outings.

## ■ Oink Outings? – Tell me more.

The Minnesota Pork Board takes representing Minnesota's pig farmers seriously. That's why we regularly attend Oink Outings. For those who are unfamiliar with the term, an Oink Outing is what the Minnesota Pork Board calls our outreach events. It gives us, supporters of pig farmers, a chance to

---

*“Each Oink Outing draws in a unique audience,  
which is the fun part!” – Alison Eibs*

---

go out to events in communities and talk to the public about pork and pig farming. Our hope when attending these events is to give anyone of any age the chance to connect with pig farmers. Although this is good, we attend these events with one main goal in mind...to answer as many questions and dispel as many false beliefs as possible. We do this by donating a pound of ground pork to Second Harvest Heartland for every question that is asked at any Oink Outing.

## ■ How do we get people to ask us questions?

For the past 13 years, the Minnesota Pork Board has acted on education of the public through these Oink Outings and for all 13 of those years, Minnesota pig farmers have donated pork to Second Harvest Heartland

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*“I was quick to realize that some people  
know nothing or very little about pig farming  
in Minnesota, but it is great to see them learn  
something new and of value.” – Myrna Welter*

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through checkoff dollars. Now, I know, you are probably thinking “Why would they use my checkoff dollars to donate pork!?” Well, this action does a couple good things for pig farmers and the Minnesota Pork Board. First, at our Oink Outings, we explain to the public that for every question they ask, Minnesota pig farmers will donate a pound of ground pork to a local food shelf. When people hear this, they immediately think of a question to ask us because they then feel that they are helping others in need. This then gets us into conversation with them about pig farmers and often sparks further conversation that will leave them understanding more about farmers and what they do. The second reason this is good for farmers is because food insecurity is a growing concern for the public. When they hear that pig farmers are donating to their communities, they develop an extra fondness for pig farmers. This action is showing the public that Minnesota pig farmers truly care about the work they do and the communities that they are a part of. Through this action, the biggest hope is that anyone that visits the booth will walk away with greater trust in Minnesota pig farmers.

## ■ People want to talk to a *real* pig farmer.

The coolest thing for most of the people we talk to is seeing and talking to a *real* pig farmer. They often ask our volunteers “Do you raise pigs?” and our answer is

either “Yes, I do!” or “No, but I know someone who does!” That’s where you come in. As a pig farmer or industry professional, you know the most about what you do and have the daily experience that people want to hear about. People love getting to ask their

*“If we don’t share our story, someone else will for us and it might not always be the correct information.”* – Alison Eibs

question to someone who has real experience and will walk away knowing farmers are doing good work and doing it to the best of their ability. The Minnesota Pork Board values having volunteers at our booth that can have good conversations with the public about why farming is important and that pig farmers are doing the best work that they can.

**Peterson, middle, at the Oink Booth at the 2023 Minnesota State Fair.**





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COMES  
EASY.**

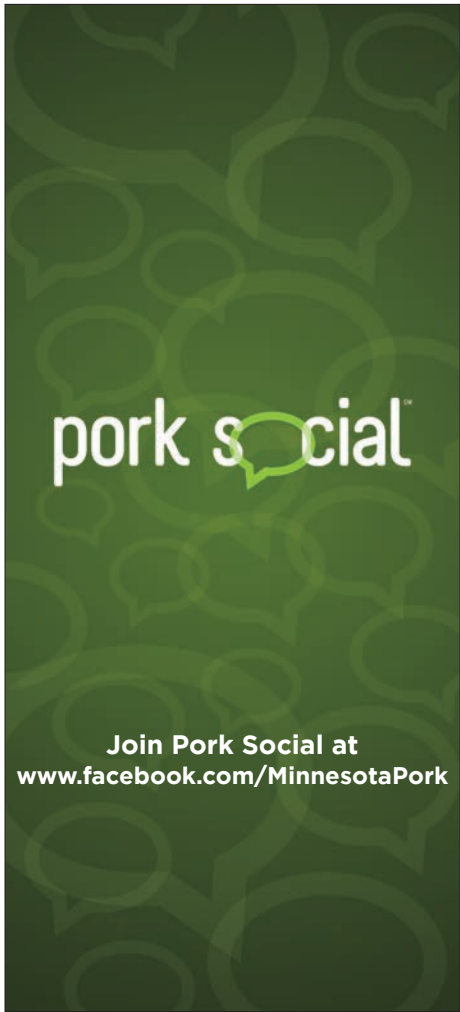
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### ADVANCED REGISTRATION

\$10 in advance (\$15 at the door)  
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**January 20, 2024.**

Pork Congress admission name badge(s) will arrive by mail for those who register by January 20, 2024.

Register online and find event information, hotel reservations, seminar schedules, and the exhibitor listing by visiting [www.mnporkcongress.com](http://www.mnporkcongress.com).



## Intern with Minnesota Pork in 2024!

Minnesota Pork is seeking a motivated, passionate individual currently enrolled in college and studying agriculture or a related field to serve as the 2024 summer intern. All eligible, interested students are encouraged to apply. To further explore the requirements, eligibility, tasks and opportunities, and application process, please visit our website or scan the QR code.

**Applications for the internship position are due November 1, 2023.**

Further questions can be directed to [lauren@mnpork.com](mailto:lauren@mnpork.com) or (507) 345-8814.



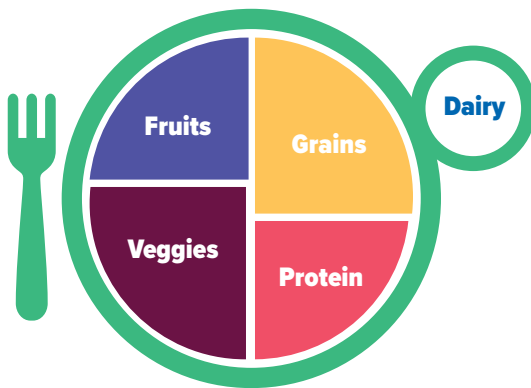
# Build A Nutritious Plate with PORK

A resounding message from the 2020 Dietary Guidelines for Americans is that the foods and beverages that people consume have a profound impact on their health. What you choose to put on your plate or pour in your glass, meal in and meal out, can impact your health — for better or for worse.

**Good health is easier to achieve than you may think.** It's the small changes that help add up to a big difference, like choosing lean meats or using whole grains and including more fruits and vegetables at each meal. By shifting to more nutrient-rich choices and eating and drinking the amount that's right for you, you can feel better and more energized while lowering the risk for diseases like diabetes and heart disease.

## Healthy Plate Checklist

- Half my plate is filled with fruits and vegetables and there is often variety among my choices.
- Grains are whole grain.
- Protein choices are lean and varied.
- Dairy foods, such as milk, yogurt and cheese, are low-fat or fat-free.
- Foods like spreads and oils, beverages and packaged foods are those types and brands that are lower in saturated fat, sodium and added sugars.
- Portion sizes for grains and protein are reasonable – i.e., each fills about a quarter of my plate.
- Any added fats, salt and sugars topping the foods on my plate are used sparingly.



## Nutritious Plate Ideas

These examples show what a nutritious plate looks like, and features delicious, lean pork, a half plate of fruits and veggies, whole grains and low-fat dairy foods. Making small shifts to create delicious and nutritious meals is easier than you think.

### MEAL 1: Sautéed Pork Tenderloin Medallions with Lemon



- Pork tenderloin medallions
- Whole wheat pasta
- Berries
- Broccoli/rabe
- Fat-free Greek yogurt

### MEAL 2: Easy, Breezy Honey-Chipotle Pork Kabobs



- Pork kabobs
- Arugula salad
- Whole-grain wild rice
- Grapes
- Fat-free milk



**145°F**

The National Pork Board recommends cooking pork chops, roasts and tenderloin to an internal temperature of 145 degrees Fahrenheit, followed by a 3-minute rest time.



# EGG ROLL IN A BOWL

**SERVINGS: 4 | PREP TIME: 15 MIN. | COOK TIME: 15 MIN.**

## INGREDIENTS:

1 tablespoon sesame oil  
1 small red onion, diced  
1 tablespoon minced garlic  
1 tablespoon finely minced ginger  
1 pound ground pork  
2 teaspoons Sriracha  
1 bag (14 oz) coleslaw mix  
2 red bell peppers, sliced thinly  
1 bag (10 oz) matchstick carrots  
3 tablespoons low-sodium soy sauce (or liquid aminos)  
1 tablespoon rice wine vinegar  
Salt and black pepper to taste

## OPTIONAL FOR GARNISH:

Green onions, sliced  
Sesame seeds  
Wonton strips

## OPTIONAL SAUCES:

**SWEET:** Drizzle with hoisin or duck sauce

**SPICY:** Drizzle with Sriracha, hot sauce, or sweet chili garlic sauce

**CREAMY:** Mix together Greek yogurt, Sriracha, lime juice and salt, to taste

## DIRECTIONS:

- 1. HEAT** sesame oil in a large skillet over medium heat. Add red onion, cook 2-3 minutes. Add garlic and ginger. Cook until fragrant, about 1 minute. Add ground pork and Sriracha. Cook and crumble until pork is cooked through and reaches an internal temperature of 160° F, about 7-10 minutes.
- 2. ADD** coleslaw mix, red bell pepper, carrots, soy sauce, sesame oil, rice wine vinegar, black pepper, and salt, to taste, and stir until well combined. Cook, stirring occasionally, until cabbage is tender, about 5 minutes.
- 3. SPOON** pork-cabbage mixture in to a serving bowl. Drizzle with sauce of choice and garnish, if desired.

## NUTRITION FACTS PER SERVING, sauces & garnish not included

Calories 413, Total Fat 29g (Saturated Fat 10g) Cholesterol 82mg, Sodium 586mg, Total Carb 16g (Dietary Fiber 5g, Sugars 8g), Protein 23g, Vitamin D 0%, Calcium 9%, Iron 12%, Potassium 15%

Visit [pork.org/porkandpartners](https://pork.org/porkandpartners) for more nutritious and delicious pork recipes.

*Serve with something like a yogurt parfait with whole grain granola.*



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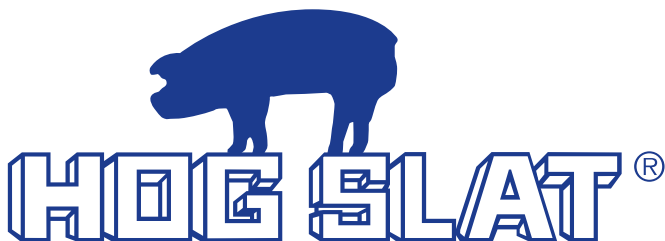
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