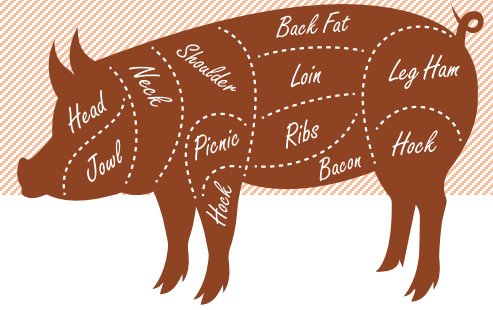




Pork



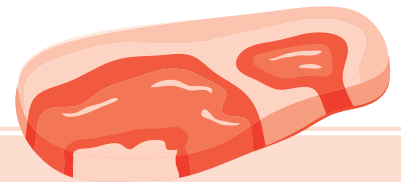
Nutrition

Pork products offer a variety of nutrients, including thiamin, a vitamin that helps our bodies produce energy.

How Pork is Raised

Pigs are born at around two to three pounds and grow up to a market weight of around 280 pounds. Their life cycle on the farm is about six to seven months where the pig is nourished and cared for. They are fed a diet of wheat, sorghum, corn, and soybeans, which also happen to be Kansas-grown crops!

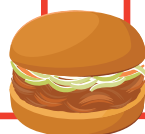
Did you know?



- There are around 1,000 pork farms in Kansas.
- Pork is the second highest consumed protein in the world (behind chicken).
- Pigs were first brought to America by Hernando de Soto in 1539.
- Pork products can be cured or uncured. Cured pork products have been preserved to extend shelf life and add flavor.

Harvest

Hogs are sent to inspected meat processing facilities that are inspected by state or federal agencies who oversee the slaughter and processing to ensure the meat is safe for consumption.



Cuts

Choosing lean cuts of pork are recommended as higher fat cuts can lead to negative health effects. The tenderloin is the leanest cut of pork. The loin roast, loin chops, ham and Canadian bacon are other lean options.



Preparation

Whole cut meats such as chops, roasts, and loins should be cooked to an internal temperature of 145 degrees Fahrenheit. Ground pork must be cooked to a slightly higher temperature of 160 degrees Fahrenheit.