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THE DAILY PORK
May, 2009 **EXCLUSIVE PORK COVERAGE**

Lean on Tenderloin for Weight Loss

The Skinny on Pork - Just In Time for Swimsuit Season

With summer right around the corner, the National Pork Board and registered dietitian, *USA Today* “Blog Squad” blogger, Elizabeth Ward, MS, RD, have teamed up to give you the “skinny” on getting lean.

Did you know research shows that you can “pork-up” to slim down? Read on for delicious, flavorful recipes and great weight management tips to help you prepare for swimsuit season.

Pork’s Protein Power

The research shows that pork can be the protein when it comes to a weight management meal plan!

A study published recently in the *British Journal of Nutrition* revealed that eating a calorie-restricted diet with additional protein at breakfast, including Canadian bacon and eggs, led to increased feelings of fullness throughout the day.¹ Additionally, a related study published in *Obesity* found a reduced-calorie diet with higher protein intakes – about 30 percent of total calories, including six ounces of pork each day – helped overweight women preserve additional lean muscle mass while losing weight compared to those eating less protein but the same amount of calories.²

Surprisingly though, many Americans are not taking full advantage of pork’s benefits. A U.S. Department of Agriculture analysis of MyPyramid food group servings revealed that only 44 percent of individuals consume the recommended amount from the meat group.³ With multiple nutrient-rich cuts of pork from the loin – think pork chops, tenderloin and pork roast – you can score big in nutrition, with cuts that provide essential nutrients and don’t leave you feeling deprived in the pursuit of a healthy weight.

Tip the Scale in Your Favor ... with Flavor!

It’s easy to *lean* on pork when there’s so much to choose from – not to mention that it pairs so well with nearly any flavor! Of the eight lean cuts (yep, eight ... we’ve added two brand NEW cuts to the list!), there are dozens of ways to prepare them.

Even better, you can practically put any seasoning, marinade or spice on these cuts and they will taste good – pork is THAT versatile. That’s good news for you, since half the weight management battle is beating mealtime boredom!

- **Pocket Roast (NEW!):** Find this at CostCo as the Sirloin Tip Roast – it’s leaner than a skinless chicken breast with just 2 grams of fat per serving and tastes great as a personal roast or rotisserie. This cut has less fat than a skinless chicken breast!
- **Pork Breast (NEW!):** Also available at CostCo as the Brisket Griller, the breast is perfect for a moist crockery preparation or grilled.
- **Pork Tenderloin:** As lean as skinless chicken breast, the tenderloin couldn’t be more versatile. Grill, broil or roast it – it’s easy, quick and goes with anything.
- **Boneless Loin Chop:** Containing no tenderloin meat, this popular cut is a breeze to prepare.

- Center Loin Chop: Distinguished by its t-shaped bone, this cut is great for the grill, broiler or pan.
- Center Rib Chop: Originated from the center of the loin, this cut can be distinguished by the visible rib bone and large piece of loin meat. Cook on a grill for a delicious dish that is full of flavor.
- Top Loin Roast: Delicious when brined or rubbed with a spice mixture and barbecued over indirect heat. Don't braise or stew loin roasts as they tend to lose tenderness and fall apart when cooked using moist heat.
- Sirloin Roasts: Containing a hip bone and backbone this savory cut is best when roasted and pairs well with many flavors.

A Day with Pork

It's easy to incorporate pork into any meal – try these recipes:



Start your day off with [Baked Egg with Canadian Bacon, Tomato and Potatoes](#), a light meal that will keep you energized throughout the morning since it's packed with protein.



Enjoy a hot [Stuffed Pork, Cheddar and Apple Panini](#) sandwich that uses boneless pork loin chops, Dijon-style mustard and sharp Cheddar cheese melted on panini bread, for an irresistible lunchtime meal.



Add some zing to your dinner with this [Asian Grilled Pork Tenderloin with Pineapple](#) recipe that incorporates the sweet flavors of pineapple with spicy chili powder for a flavorful kick in every savory bite. Even better, it's done in just 30 minutes.

Like what you saw here? Visit [TheOtherWhiteMeat.com](#) for a full [calendar](#) of lean pork recipes and leftover ideas to banish mealtime boredom as you slim down.

Take the Right Steps to Better Health

As the temperatures begin to warm up, Elizabeth Ward, MS, RD, offers the following tips and tools to keep in mind, whether you're looking to slim down or simply maintain your weight this summer:

Trim your body, trim your food budget. Eating foods full of nutrients in fewer total calories can help lighten numbers on the scale and the grocery bill. Nutrient-rich fresh pork is a perfect option. And pound for pound, pork is one of the best values in the meat case today.

Pack in the protein. Protein from lean sources, such as pork, preserves lean muscle tissue when you're dieting.² Lean body tissue (muscle) is valuable because it burns more calories than fat tissue, revving up calorie-burning capacity all day long and adding to the ability to maintain a healthy weight. MyPyramid.gov recommends adults eat five to six ounces from the meat and beans group daily.

Work on the weekend. Falling off the healthy eating wagon every Saturday and Sunday can easily erase any progress made Monday through Friday. When you're eager to indulge at restaurants or parties, take just a nibble of tempting foods. The first few bites always taste the best.

Seek support. Surround yourself with friends and family who will cheer on your weight loss efforts and

shed the diet saboteurs. Seek out diet and exercise buddies to keep your enthusiasm for healthy living high.

Looking for more [Weight Management Tips](#)? From using portion control, planning indulgences and making time for exercise, Elizabeth Ward, MS,RD, shares the how-tos on getting healthy and tipping the scales in your favor.

1 Leidy H, et al. Increased dietary protein consumed at breakfast leads to an initial and sustained feeling of fullness during energy restriction compared to other meal times. *British J of Nutr*, 2009; 101, 798-803.

2 Leidy H, et al. Higher protein intake preserves lean mass and satiety with weight loss in pre-obese and obese women. *Obes Res*. 2007;15:421-429.

3 Cook AJ and Friday JE. Pyramid Servings Intakes in the United States 1999-2002, 1 Day. CNRG Table Set 3.0 released online March 2005. (<http://www.ba.ars.usda.gov/cnrg>).

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