



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Sustaining good personal and environmental health - with PORK!

So much emphasis recently is on plant-based eating and going meatless.

Some is based on the desire eat to support good health.

And, some is due to concerns about the environmental impact of farming practices. If you're trying to get up to speed with this trend, it's important to check all the facts.

Since the 1960s, the pork industry has improved its farming practices to better protect the environment. For more information about how the pork industry is doing its part to be more sustainable, check out porkcares.org.

Farms are collectively:

- Using 75% less land
- Using 25% less water
- Using 7% less energy
- Producing 8% less carbon emissions

While plant-based and meatless foods offer protein and other valuable nutrients, sometimes it requires excessive portions for similar levels to what's in meat.

Pork is an "excellent" source of vitamin B-6, thiamin, phosphorus, niacin and selenium, and protein. It's also a "good" source of zinc, riboflavin and potassium.

Being low in sodium and an "excellent" source of potassium – together, these two factors help regulate blood pressure to improve heart health. Choose between 8 lean cuts of pork and try them in many flavor combinations!

With just 4 ingredients and 15 minutes cook time, this flavorful BBQ Pork chop is a simple dinner option.

BBQ Pork Skillet

Ingredients:

- 4 center cut pork chops
- 1 tsp. vegetable oil
- 1/4 cup Italian salad dressing
- 1/4 cup barbecue sauce



Directions:

- Heat oil in large skillet over medium-high heat and brown chops about 1 minute on each side. Add remaining ingredients to pan, stirring to blend.
- Cover and simmer for 5-8 minutes until internal temperature on a thermometer reads 145 degrees Fahrenheit, followed by a 3-minute rest time.

Adapted from Pork.org recipes.