



Today's Pork



*Be inspired*SM



**Minnesota School Nutrition Association
Annual Conference
July 30, 2012**

**Mary Bartz
Culinary Consultant**

Sponsored by Minnesota's pork farmers and the Pork Checkoff

Today's Pork Agenda

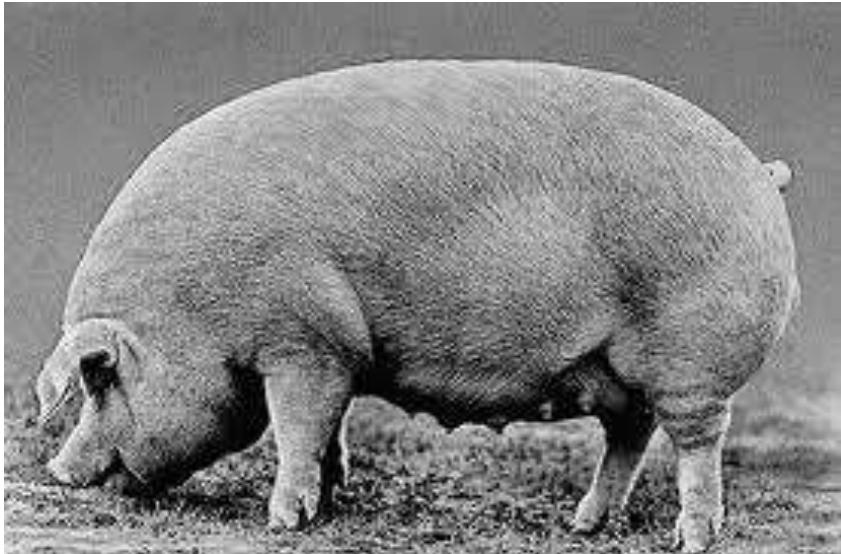
A Wise School Menu Choice:

Nutritious, Affordable, Easy-to-Prepare, Delicious

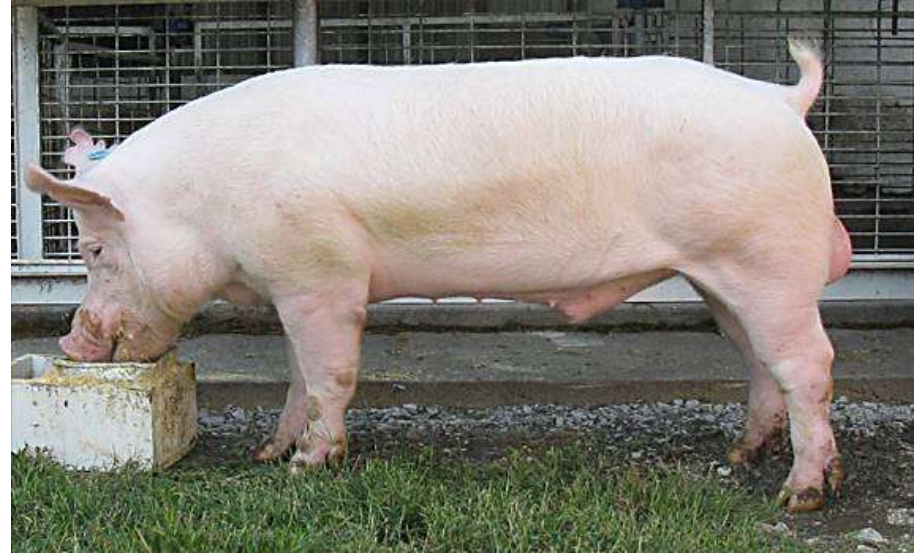
- **Positive Nutritional Profile**
- **2010 Dietary Guidelines**
- **School Nutrition Standards**
- **Pork Cuts and NEW Cookery Information**
- **Taste for Yourself: Amazing Appetite Appeal**
BBQ Pork and Apple Pita
- **Questions**

Today's Pork: Positive Nutritional Profile

Old-fashioned Lard Pig



Today's Trim Pig



Today's Pork: Positive Nutritional Profile *Published Nutrition Research Findings*



Today's Pork: Positive Nutritional Profile

Figure 1: Pork Nutrient Data: 1991 vs. 2010 (per 3-ounce cooked serving)

Pork Cut	1991 Calories	2010 Calories	1991 Fat (g)	2010 Fat (g)	1991 Saturated Fat (g)	2010 Saturated Fat (g)	1991 Cholesterol (mg)	2010 Cholesterol (mg)
Pork tenderloin	139	120	4.09	2.98	1.41	1.02	67	62
Pork boneless top loin chop	173	147	6.60	5.17	2.72	1.77	68	61
Ground pork, 96% lean	N/A	157	N/A	5.27	N/A	1.77	N/A	72
Pork top loin roast (boneless)	165	147	6.13	5.34	3.08	1.64	66	68
Pork center loin chop	172	153	6.86	6.20	2.51	1.83	70	72
Pork center rib chop	186	158	8.28	7.10	2.94	2.17	69	56
Pork sirloin roast (bone-in)	184	173	8.75	8.02	3.08	2.44	73	76

Source: 2010 National Nutrient Database for Standard Reference, Release 23.

Today's Pork: Positive Nutritional Profile

LOIN = LEAN

LEAN: Less than 10 grams total fat, 4.5 grams saturated fat and 95 milligrams cholesterol per 3-ounce cooked serving

Pork Boneless Top Loin Chop – 96% Lean Ground Pork

Pork Boneless Top Loin Roast – Pork Bone-In Center Loin Chop

Pork Bone-In Rib Chop – Pork Bone-In Sirloin Roast

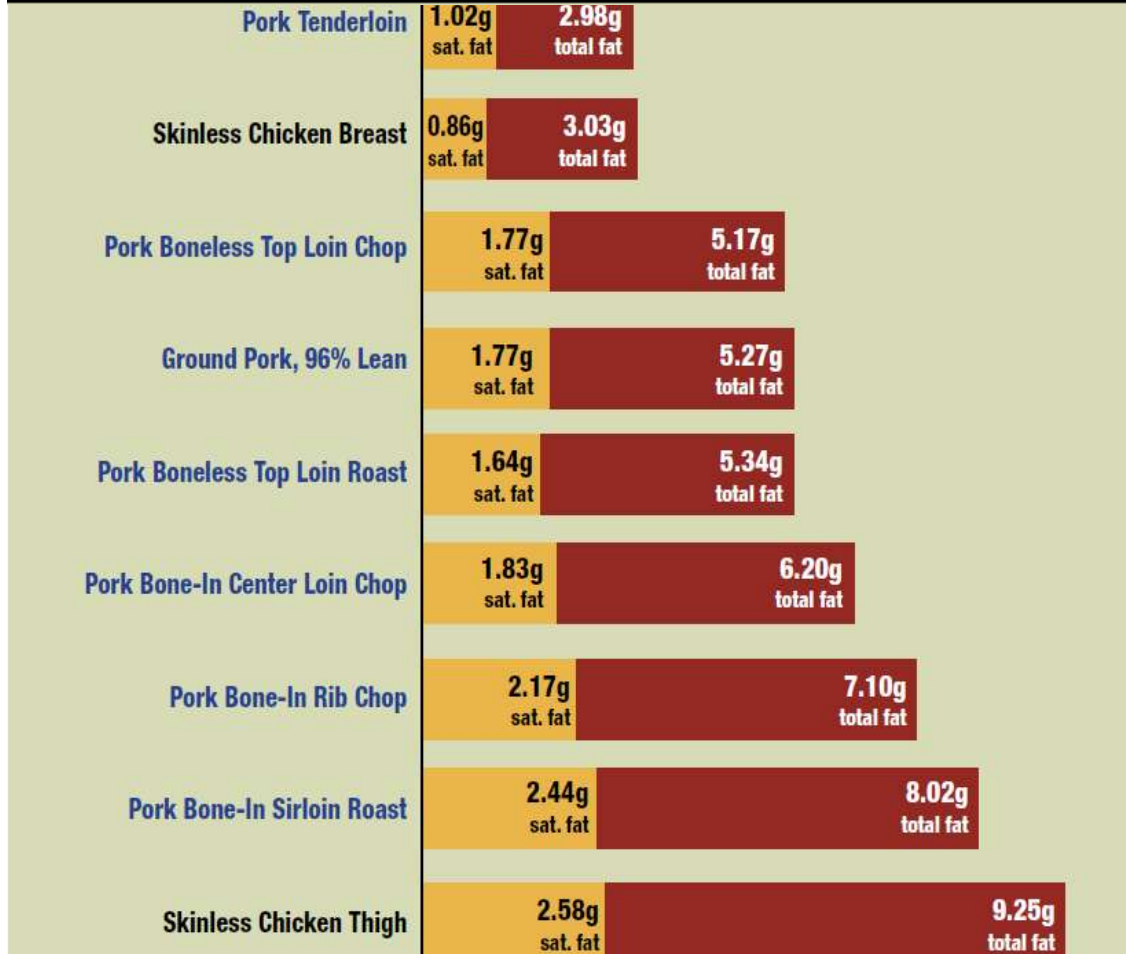
EXTRA LEAN: Less than 5 grams total fat, 2 grams saturated fat and 95 milligrams per 3-ounce cooked serving

Pork Tenderloin

Source: 2010 National Nutrient Database for Standard Reference, Release 23

Today's Pork: Positive Nutritional Profile

Figure 2: Today's Lean Pork Compared to Lean Chicken

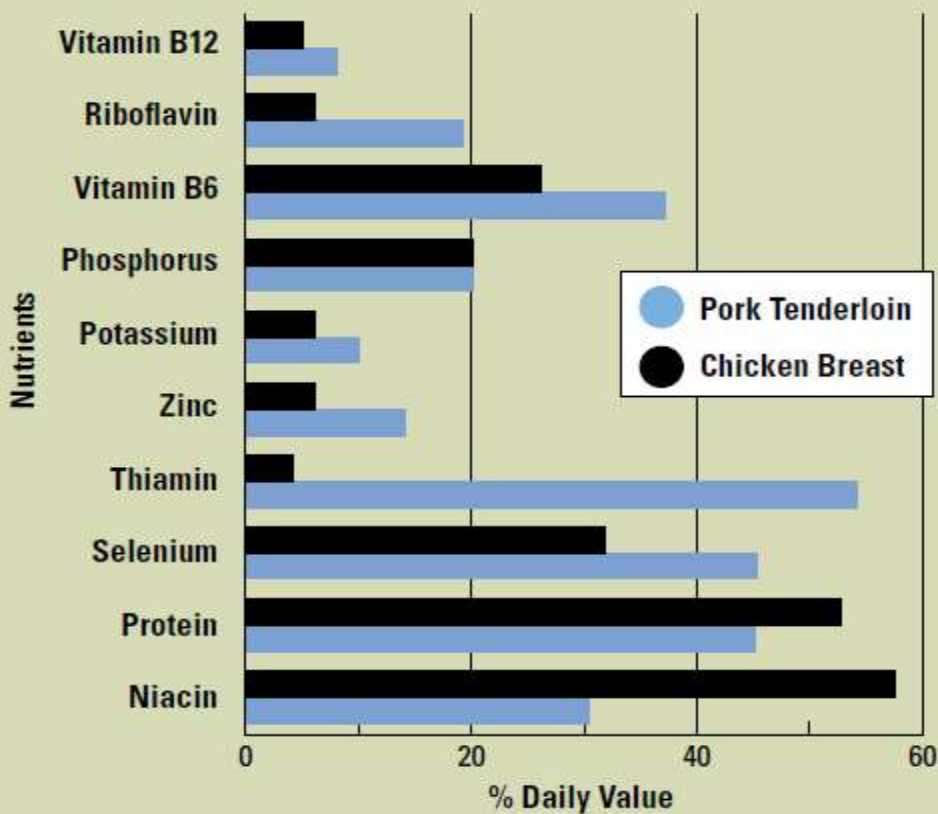


Based on 3-ounce cooked servings (roasted or broiled), visible fat trimmed after cooking.

Source: 2010 National Nutrient Database for Standard Reference, Release 23.

Today's Pork: Positive Nutritional Profile

Figure 3: Pork Tenderloin and Chicken Breast Nutrient Comparison



Source: 2010 National Nutrient Database for Standard Reference, Release 23. Based on 3-ounce cooked serving (roasted or broiled), trimmed or skinless.

Figure 4: Pork's Nutrient Package

Compared to Daily Values (DV) for nutrients, a 3-ounce serving of lean, roasted pork tenderloin contributes:

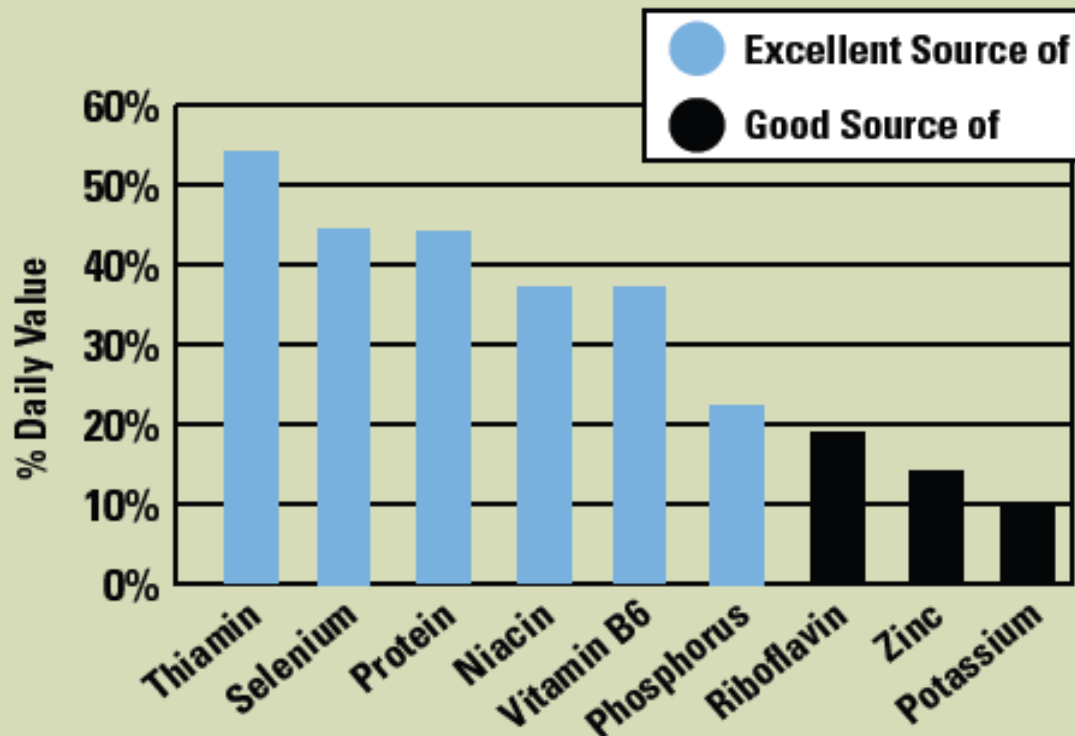
Nutrient	% Daily Value*
Thiamin	54% DV
Selenium	46% DV
Protein	44% DV
Niacin	37% DV
Vitamin B6	37% DV
Phosphorus	23% DV
Riboflavin	19% DV
Zinc	14% DV
Potassium	10% DV

Source: 2010 National Nutrient Database for Standard Reference, Release 23.

*Daily Values based on a caloric intake of 2,000 kcal per day for adults and children four or more years of age.

Today's Pork: Positive Nutritional Profile

Figure 5: Pork Provides Protein, Vitamins and Minerals



Source: 2010 National Nutrient Database for Standard Reference, Release 23.
Based on 3-ounce cooked pork tenderloin.
"Excellent" Source = 20% or more of Daily Value; "Good" Source = 10%-19% of Daily Value.

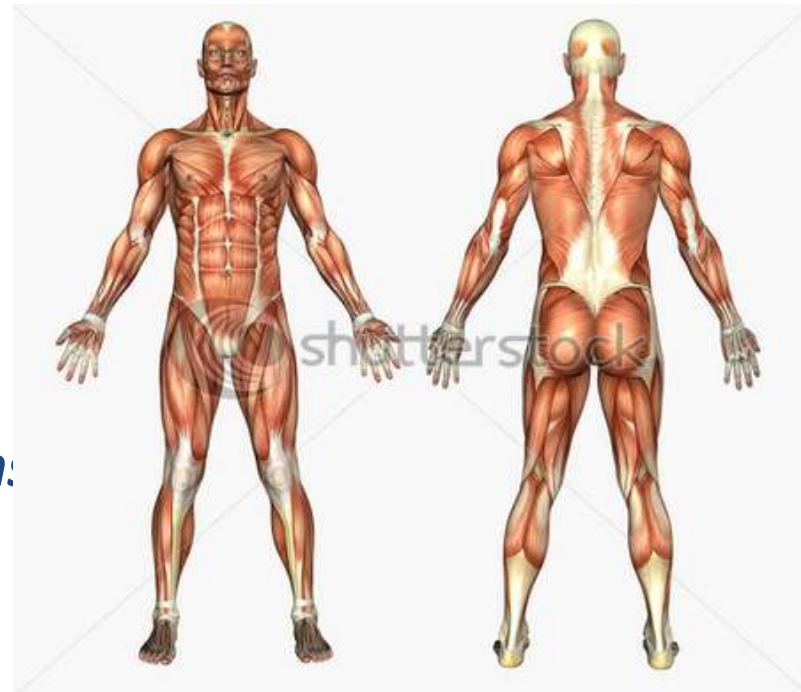
Today's Pork: Positive Nutritional Profile

PORK is an Excellent Source of PROTEIN

ANIMAL PROTEIN is high quality protein, containing *essential* Amino Acids not available from plant sources.

Protein consumption helps the body:

- *Source of energy*
- *Provides structure – muscles, organs*
- *Regulates hormones, enzymes, antibodies*
- *Aids satiety*



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Today's Pork: Positive Nutritional Profile

PORK is an Excellent Source of PROTEIN

The amount of protein required by the body each day is individualized

- *Depends on age, body size, gender, physiological state and energy output*
- *For healthy individuals:*
 - *Recommended Dietary Allowance for protein is 0.8 g/kg/day*
 - *Reasonable intake 1 to 1.2 g/kg/day*
 - *20 to 30% of caloric intake*
 - *5 to 7 ounces of meat/day*

Today's Pork: Positive Nutritional Profile

PORK is an Excellent Source of PROTEIN

Recommended serving size: A 3-ounce serving of cooked meat contains about 21 grams of protein

What does a 3 ounce serving look like?

A deck of cards



Today's Pork: Positive Nutritional Profile

Essential Vitamins and Minerals

PORK is an Excellent Source of:

Thiamin - needed for energy metabolism and the proper function of the nervous system

Selenium - needed for repair of DNA, a healthy immune system and the prevention of many cancers

Niacin - needed for energy metabolism, proper digestion and a healthy nervous system

Vitamin B6 - needed for cell growth

Phosphorus - needed for healthy bones and teeth, energy metabolism and acid/base balance in the body

Today's Pork: Positive Nutritional Profile

Essential Vitamins and Minerals

PORK is a Good Source of:

Riboflavin - needed for energy metabolism, building tissue; helps maintain good vision

Zinc - needed for cell reproduction, tissue growth and repair

Potassium - essential for maintaining proper fluid balance, nerve impulse function, muscle function, cardiac function

PORK is a Source of:

***Vitamin B12** - needed for building proteins in the body, red blood cells and normal function of nervous tissue

***Iron (heme-iron)** - needed for the formation of hemoglobin, which carries oxygen from the lungs to the body cells

* only found in animal products

pork Be inspired



Dietary Guidelines for Americans 2010

U.S. Department of Agriculture
U.S. Department of Health and Human Services
www.dietaryguidelines.gov

Dietary Guidelines for Americans *2010*

- **Balancing Calories to Manage Weight**
- **Foods and Food Components to Reduce**
- **Foods and Nutrients to Increase**
- **Building Healthy Eating Patterns**
- **Helping Americans Make Healthy Choices**

Dietary Guidelines for Americans 2010



MyPlate Key Messaging

Date	Key Message
2011	Make half your plate fruits and vegetables
2012: Jan - April	Enjoy your food, but eat less.
2012: May - Aug	Drink water instead of sugary drinks.
2012: Sept - Dec	Make at least half your grains whole grains.
2013: Jan - Apr	Avoid oversized portions.
2013: May - Aug	Compare sodium in foods like soup, bread, and frozen meals — and choose the foods with lower numbers.
2013: Sept - Dec	Switch to fat-free or low-fat (1%) milk.

Dietary Guidelines for Americans 2010



- *MyPyramid continues to provide the background needed to build the simple, healthy plate*
- *MyPlate explains the detail of MyPyramid to help people plan meals, eat wisely and improve their health*

Dietary Guidelines for Americans 2010



School Nutrition Standards *Healthy, Hunger-Free Kids Act*

The new meal requirements will raise standards for the first time in more than fifteen years and improve the health and nutrition of nearly 32 million kids that participate in school meal programs every school day.

Changes include:

- *Ensuring students are offered both fruits and vegetables every day of the week*
- *Substantially increasing offerings of whole grain-rich foods*
- *Offering only fat-free or low-fat milk varieties*
- *Limiting calories based on the age of children being served to ensure proper portion size*

School Nutrition Standards *Healthy, Hunger-Free Kids Act*

Changes include:

- *Increasing the focus on reducing the amounts of saturated fat, trans fats and sodium*
- *Modified breakfast - meat and or meat alternative no longer required at breakfast*
- *Providing vegetable options for student and smaller portions, with the intent of decreasing plate waste*
- *Longer implementation period*
- *Cost savings – changes will save \$3.6 billion over five years*

Final Rule Nutrition Standards in the National School Lunch and School Breakfast Programs – Jan. 2012

	Breakfast Meal Pattern			Lunch Meal Pattern		
	Grades K-5 ^a	Grades 6-8 ^a	Grades 9-12 ^a	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food^b Per Week (Minimum Per Day)					
Fruits (cups) ^{c,d}	5 (1) ^e	5 (1) ^e	5 (1) ^e	2½ (½)	2½ (½)	5 (1)
Vegetables (cups) ^{c,d}	0	0	0	3¾ (¾)	3¾ (¾)	5 (1)
Dark green ^f	0	0	0	½	½	½
Red/Orange ^f	0	0	0	¾	¾	1¼
Beans/Peas (Legumes) ^f	0	0	0	½	½	½
Starchy ^f	0	0	0	½	½	½
Other ^{f,g}	0	0	0	½	½	¾
Additional Veg to Reach Total ^h	0	0	0	1	1	1½
Grains (oz eq) ⁱ	7-10 (1) ^j	8-10 (1) ^j	9-10 (1) ^j	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz eq)	0 ^k	0 ^k	0 ^k	8-10 (1)	9-10 (1)	10-12 (2)
Fluid milk (cups) ^l	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week						
Min-max calories (kcal) ^{m,n,o}	350-500	400-550	450-600	550-650	600-700	750-850
Saturated fat (% of total calories) ^{n,o}	< 10	< 10	< 10	< 10	< 10	< 10
Sodium (mg) ^{n,p}	≤ 430	≤ 470	≤ 500	≤ 640	≤ 710	≤ 740
Trans fat ^{n,o}	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.					



HEALTHY, HUNGER-FREE KIDS ACT OF 2010

Before/After Elementary School Lunch Menu

Monday

BEFORE

Bean and cheese burrito (5.3 oz)
with mozzarella cheese (1 oz)
Applesauce (1/4 cup)
Orange Juice (4 oz)
2% Milk (8 oz)

AFTER

Submarine Sandwich
(1 oz turkey, .5 oz low-fat cheese)
on Whole Wheat Roll
Refried Beans (1/2 cup)
Jicama (1/4 cup)
Green Pepper Strips (1/4 cup)
Cantaloupe wedges, raw (1/2 cup)
Skim Milk (8oz)
Mustard (9 grams)
Reduced fat mayonnaise (1oz)
Low Fat Ranch Dip (1 oz)

Tuesday

BEFORE

Hot dog on bun (3 oz)
with ketchup (4 T)
Canned Pears (1/4 cup)
Raw Celery and Carrots
(1/8 cup each)
with ranch dressing (1.75 T)
Low-fat (1%) Chocolate Milk (8 oz)

AFTER

Whole Wheat Spaghetti
with Meat Sauce (1/2 cup)
and Whole Wheat Roll
Green Beans, cooked (1/2 cup)
Broccoli (1/2 cup)
Cauliflower (1/2 cup)
Kiwi Halves, raw (1/2 cup)
Low-fat (1%) Milk (8 oz)
Low Fat Ranch Dip (1 oz)
Soft Margarine (5 g)

Wednesday

BEFORE

Pizza sticks (3.8 oz)
with marinara sauce (1.4 cup)
Banana
Raisins (1 oz)
Whole Milk (8 oz)

AFTER

Chef Salad
(1 cup romaine, .5 oz low-fat mozzarella,
1.5 oz grilled chicken) with Whole Wheat
Soft Pretzel (2.5 oz)
Corn, cooked (1/2 cup)
Baby Carrots, raw (1/4 cup)
Banana
Skim Chocolate Milk (8 oz)
Low Fat Ranch Dressing (1.5 oz)
Low Fat Italian Dressing (1.5 oz)

Thursday

BEFORE

Breaded beef patty (4 oz)
with ketchup (2 T)
Wheat roll (2 oz)
Frozen Fruit Juice Bar (2.4 oz)
2% Milk (8 oz)

AFTER

Oven-Baked Fish nuggets (2 oz)
with Whole Wheat Roll
Mashed Potatoes (1/2 cup)
Steamed Broccoli (1/2 cup)
Peaches
(canned, packed in juice - 2/3 cup)
Skim Milk (8 oz)
Tartar Sauce (1.5 oz)
Soft Margarine (5 g)

Friday

BEFORE

Cheese pizza (4.8 oz)
Canned Pineapple (1/4 cup)
Tater Tots (1/2 cup)
with ketchup (2 T)
Low-fat (1%) Chocolate Milk (8 oz)

AFTER

Whole Wheat Cheese Pizza
(1 slice)
Baked Sweet Potato Fries
(1/2 cup)
Grape tomatoes, raw (1/4 cup)
Applesauce (1/2 cup)
Low-fat (1%) Milk (8 oz)
Low Fat Ranch Dip (1 oz)



School Nutrition Standards

Today's Pork: A Wise School Menu Choice



- *Pairing pork with fruits and vegetables is an easy—and tasty—way to meet the new dietary guidelines.*
- *Pork is a lean, low-calorie source of protein that is packed with important nutrients that we need in our diet each day.*
- *Pork is readily available, affordable and easy to prepare.*

Today's Pork: Pork Cuts

Fresh Boneless Ham (Leg) Roast

Pork Basics

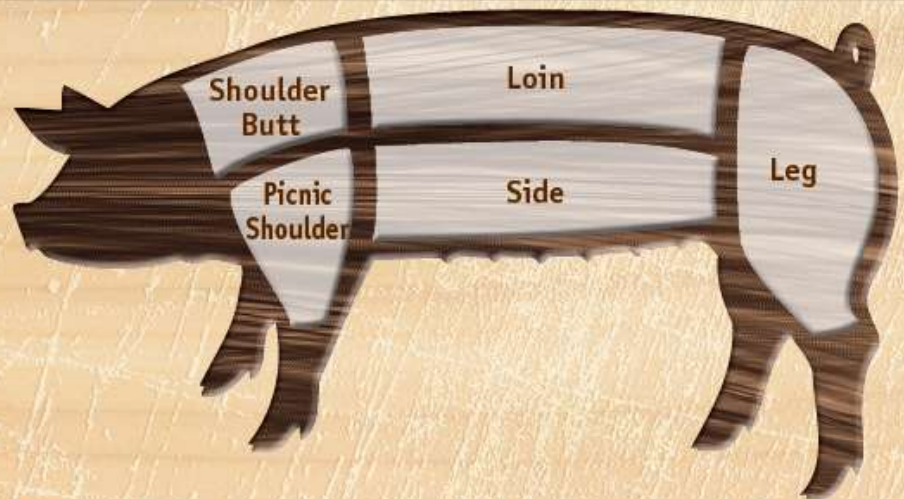


Be inspired™

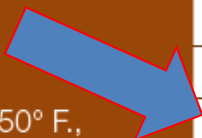


Upper row (l-r):
Bone-in Fresh Ham,
Smoked Ham

Lower row (l-r):
Leg Cutlets, Fresh
Boneless Ham Roast



Method	Cut	Thickness/ Weight	Internal Temp. followed by 3 minute rest	Average Recommended Cooking Time (minutes per pound OR total minutes)
Roasting Roast at 350° F., unless otherwise noted. Roast in a shallow pan, uncovered	Loin Roast, Bone-In and Boneless*	2–5 lbs.	145° F	20 minutes per lb.
	Crown Roast*	10 lbs.	145°	12 minutes per lb.
	Fresh Leg/Uncured Ham*	18–20 lbs.	145°	15 minutes per lb.
	Tenderloin (roast at 425°F.)	½–1½ lbs.	145°	20–27 minutes total time
	Ribs	—	Tender	1½–2 hours
	Ham, fully cooked	5–6 lbs.	140°	20 minutes per lb.
Broiling 4–5 inches from heat OR	Loin Chops, Bone-In or Boneless (¾ inch thick)	¾ inch	145°	8–9 minutes total time
	Thick Loin Chops, Boneless (1½ inch thick)	1½ inches	145°	12–16 minutes total time
Grilling over direct, medium heat; turn once halfway through grilling	Loin Kabobs	1 inch cubes	Tender	10–15 minutes total
	Tenderloin	½–1½ lbs.	145°	20 minutes total time
	Ground Pork Patties	½–inch	160°	8–10 minutes total time
Barbecuing over indirect medium heat (285° F.)	Loin Roast, Bone-In and Boneless*	2–5 lbs.	145°	2 lbs. roast = 20 minutes per lb. 3½–5 lbs. roast = 15 minutes per lb.
	Shoulder (Butt)*	3–6 lbs.	Tender	45 minutes per lb.
	Ribs	—	Tender	1½–2 hours total



**Note: For easier slicing and to allow the pork juices to redistribute throughout the meat, remove larger cuts, such as roasts, from the oven or grill, loosely cover with foil, and let stand for 10 to 15 minutes before serving.*

Today's Pork: NEW Cookery Information



Be 145°F.



Pork today is very lean and shouldn't be overcooked. To check doneness, use a digital cooking thermometer. The National Pork Board follows the guidance of the U.S. Department of Agriculture, which recommends cooking roasts, tenderloins, and chops to an internal temperature of 145 degrees F, followed by a 3 minute rest time, resulting in a flavorful, tender and juicy eating experience.

Ground pork, like all ground meat, should be cooked to 160 degrees F. Pre-cooked ham can be reheated to 140 degrees F. or enjoyed cold.

Today's Pork: Taste for Yourself

BBQ Pork and Apple Pita

www.PorkFoodService.org



The screenshot shows the homepage of the Pork Food Service website. At the top, the logo reads "pork Be inspired" with the tagline "FOR FOODSERVICE PROFESSIONALS". Below the logo is a navigation bar with three tabs: "WHY PORK", "MENUING PORK", and "INFO & RESOURCES". The "MENUING PORK" tab is highlighted with a blue arrow. The main content area features a large image of a pork sandwich on a pita. To the right, there is a "MONTHLY NEWSLETTER" sign-up section with the following content:

- TRENDS**: At home cooking is everywhere.
- CHEF FEATURE**: Chefs John Folbe and Rick Tramonto.
- SUCCESS STORY**: Shark's Restaurant is famous for more than its pigs.
- RECIPES**: Root beer bubbles, crispy slaw, and pork belly inspired recipes.

At the bottom of the newsletter section, there is a "SIGN UP HERE" button with the text "For your Pork Newsletter".

Today's Pork: Taste for Yourself

BBQ Pork and Apple Pita

www.PorkFoodService.org

The screenshot shows a web browser window displaying the website <http://porkfoodservice.org>. The page features the "pork Be inspired" logo and the tagline "FOR FOODSERVICE PROFESSIONALS". A navigation bar includes "WHY PORK", "MENUING PORK", and "INFO & RESOURCES". The main content area is titled "SCHOOL NUTRITION" and includes a breadcrumb trail: "Home / Menuing Pork / School Nutrition". The text describes the National Pork Board's Foodservice Team's participation in the School Nutrition Association Annual National Conference in Denver, July 15-18, 2012. A "View Recipes" button is visible under the "K - 12" category. A "College & University" section is also present with the text "Recipes Coming Soon...". A logo for the School Nutrition Association is displayed at the bottom of the main content area.

Home / Menuing Pork / School Nutrition

SCHOOL NUTRITION

The National Pork Board's Foodservice Team will be in Denver for the School Nutrition Association Annual National Conference, July 15-18, 2012. The team will be meeting with school foodservice professionals to share knowledge and resources for integrating pork into school foodservice programs. Please stop by our booth, say hello and let us know how we can work with you!

SCHOOL NUTRITION ASSOCIATION
Making the right food choices, together.

K - 12
[View Recipes](#)

College & University
Recipes Coming Soon...

Today's Pork: Taste for Yourself

BBQ Pork and Apple Pita

www.PorkFoodService.org

The screenshot shows a web browser window with the URL www.porkfoodservice.org/MenuingPork/1264/K12SchoolFoodserviceRecipes.aspx. The page features the 'pork Be inspired' logo and the tagline 'FOR FOODSERVICE PROFESSIONALS'. Below the logo is a navigation bar with three main categories: 'WHY PORK', 'MENUING PORK', and 'INFO & RESOURCES'. The main content area is titled 'K - 12 RECIPES' and includes the text 'Take a look at the recipes below for inspirational ideas for your next menu.' A list of recipe links is displayed, with a blue arrow pointing to 'BBQ Pork and Apple Pita'. The other recipes listed are 'Asian Pepper Pot with Roasted Pork', 'Asian Pork Stir Fry', 'BarBQ Pork On Bun', 'Better Than Pizza Pasta', 'Better Than Pizza Pasta - Healthier Version', and 'Breakfast Casserole'.

pork Be inspired FOR FOODSERVICE PROFESSIONALS

WHY PORK MENUING PORK INFO & RESOURCES

K - 12 RECIPES

Take a look at the recipes below for inspirational ideas for your next menu.

- [Asian Pepper Pot with Roasted Pork](#)
- [Asian Pork Stir Fry](#)
- [BarBQ Pork On Bun](#)
- [BBQ Pork and Apple Pita](#)
- [Better Than Pizza Pasta](#)
- [Better Than Pizza Pasta - Healthier Version](#)
- [Breakfast Casserole](#)

Today's Pork: Taste for Yourself

BBQ Pork and Apple Pita

www.PorkFoodService.org

The screenshot shows a web browser window with the URL <http://porkfoodservice.org>. The page title is "BBQ PORK AND APPLE PITA". The page features the "pork Be inspired" logo in the top left. The main content is divided into two columns: "Ingredients" and "Preparation".

Ingredients

- 10 TO 15 POUNDS BONELESS PORK ROAST
- 12 each apples, chopped *
- 5 cups celery, chopped
- 1 cup mayonnaise
- 3 1/4 cups barbecue sauce
- 2 cups cranberries, OR raisins
- 1 tablespoon salt
- 50 each pita bread rounds, whole wheat, 4-inch
- 50 each lettuce leaves, washed, divided

Preparation

Cooking Directions

One day before assembling this recipe:

1. Place roast on rack in shallow roasting pan. Do not cover pan.
2. Insert meat thermometer into the center of the roast.
3. Cook at 325 degrees Fahrenheit until the internal temperature reaches 145 degrees Fahrenheit. (Approximate oven time may vary depending on oven use, and weight of pork being cooked. Start checking with a thermometer an hour into cooking time.)
4. Remove from oven and let the roast "rest" for 15 minutes.
5. Place in a shallow pan, allowing space around the roast.
6. Cover and refrigerate, cooling to 40 degrees Fahrenheit within 4 hours.

On the day the roast pork is needed:

1. Cube chilled roast (about 10 pounds cooked) into approximately 3/4 by 3/4 inch cubes.
2. Cover and refrigerate until needed.
3. In a large bowl combine the apples, celery, mayonnaise, barbecue sauce, cranberries and salt.
4. Stir in the cubed pork cubes. Set aside.
5. Cut the pita rounds in half, forming two pockets.
6. Place pitas on a baking sheet.
7. Line the inside of the pita pockets halves with lettuce.
8. Spoon pork mixture into each half.
9. Cover and refrigerate until serving.

* Granny Smith or other tart apple varieties are recommended.

Today's Pork: Taste for Yourself

BBQ Pork and Apple Pita

www.PorkFoodService.org

INGREDIENTS

10 to 15 pounds boneless pork roast

3 1/4 cups barbecue sauce

1 cup light mayonnaise

12 medium apples, chopped *

6 cups chopped celery

2 cups sweetened, dried cranberries or raisins

50 whole wheat pita bread rounds

50 lettuce leaves, divided

* Granny Smith or other tart apple varieties are recommended



Institute for Agriculture and Trade Policy

Farm2School





USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 04-02-12)

Visit us at www.fns.usda.gov/fdd

100173 – PORK, LEG ROAST, FROZEN, 36-42 LB

Nutrition Information

CATEGORY	<ul style="list-style-type: none"> Meat/Meat Alternates
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> Frozen boneless, trimmed, netted pork leg (fresh ham) roast prepared from U.S. inspected fresh domestic pork.
PACK/YIELD	<ul style="list-style-type: none"> Individual roasts are vacuum packaged and packed 36-42 lbs net weight per case. One lb AP pork outside roast yields about 0.58 lb cooked trimmed, sliced lean meat and provides about 9.28 servings 1 oz cooked lean meat. One lb AP pork inside roast yields about 0.54 lb cooked trimmed, sliced lean meat and provides about 8.64 servings 1 oz cooked lean meat. CN Crediting: 1 oz cooked pork provides 1 oz-equivalent meat/meat alternate.
STORAGE	<ul style="list-style-type: none"> Store frozen pork roasts in original shipping container off the floor at or below 0 °F. Refrigerate leftover pork covered and labeled in a dated container and use within 2 days Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Pork, fresh, leg (ham), separable lean and fat, cooked, roasted

	1 oz (28 g)
Calories	77
Protein	7.60 g
Carbohydrate	0 g
Dietary Fiber	0 g
Sugars	0 g
Total Fat	4.99 g
Saturated Fat	1.833 g
Trans Fat	0 g
Cholesterol	27 mg
Iron	0.29 mg
Calcium	4 mg
Sodium	17 mg
Magnesium	6 mg
Potassium	100 mg
Vitamin A	3 IU
Vitamin A	1 RAE
Vitamin C	0.1 mg
Vitamin E	0.06 mg

Today's Pork: Pork Cuts *Fresh Boneless Ham (Leg) Roast*



Today's Pork: Pork Cuts *Fresh Boneless Ham (Leg) Roast*



Today's Pork: Pork Cuts *Fresh Boneless Ham (Leg) Roast*



Today's Pork: Pork Cuts *Fresh Boneless Ham (Leg) Roast*



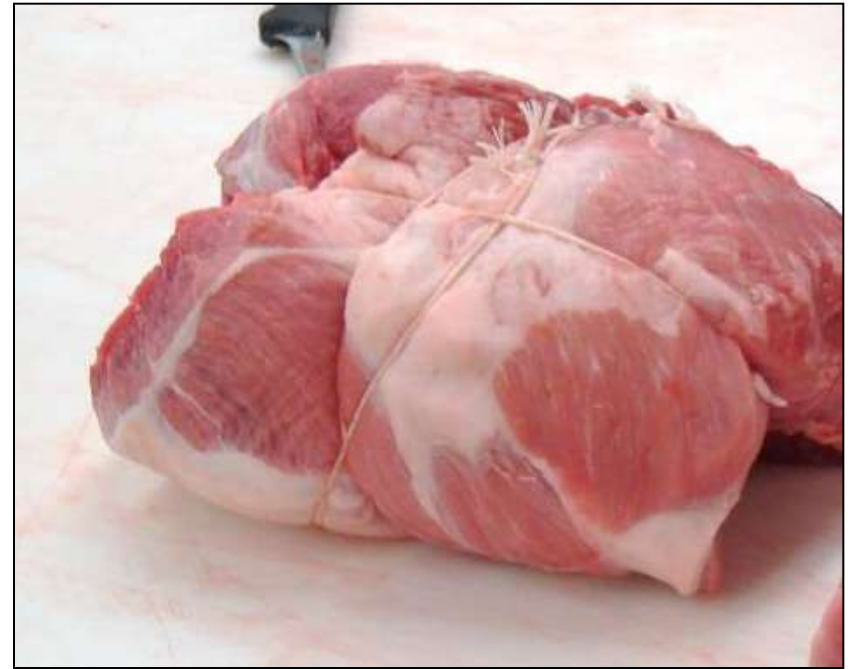
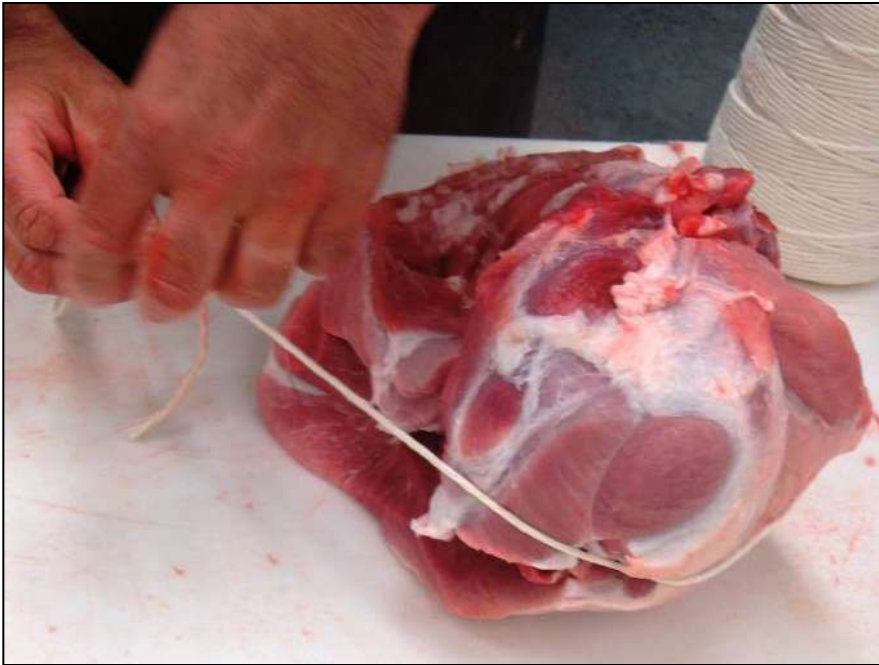
Today's Pork: Pork Cuts *Fresh Boneless Ham (Leg) Roast*



Today's Pork: Pork Cuts *Fresh Boneless Ham (Leg) Roast*



Today's Pork: Pork Cuts *Fresh Boneless Ham (Leg) Roast*



Today's Pork: Taste for Yourself

BBQ Pork and Apple Pita

www.PorkFoodService.org

PREPARATION DIRECTIONS

Place pork roast on rack in shallow roasting pan. Do not cover pan. Insert oven-proof meat thermometer into center of roast. Place pan in 325°F oven and bake until the internal temperature of meat reaches 145°F.

Cooking time will vary depending on oven type and weight of pork roast. Start checking thermometer one hour into cooking time.)

Remove cooked roast from oven, loosely cover with foil and let rest for 15 minutes.

Place cooked roast in shallow container, allowing space around the meat.

Cover and refrigerate, cooling to 40°F within 4 hours.

Today's Pork: Pork Cuts *Fresh Boneless Ham (Leg) Roast*



Today's Pork: Pork Cuts *Fresh Boneless Ham (Leg) Roast*



Today's Pork: Pork Cuts *Fresh Boneless Ham (Leg) Roast*



Today's Pork: Taste for Yourself

BBQ Pork and Apple Pita

www.PorkFoodService.org

Cut chilled roast (about 10 pounds cooked) into approximately 1/4-inch cubes. Cover and refrigerate until needed.

In large bowl combine barbecue sauce and light mayonnaise. Stir in chopped apples, chopped celery and sweetened, dried cranberries. Stir in pork cubes.

Cut each pita bread round crosswise, forming two pockets. Place pita pockets on baking sheets. Line the inside of each pita pocket with lettuce leaf. Spoon pork mixture into each pocket. Cover and refrigerate until serving.

Today's Pork Agenda

A Wise School Menu Choice:

Nutritious, Affordable, Easy-to-Prepare, Delicious

- **Positive Nutritional Profile**
- **2010 Dietary Guidelines**
- **School Nutrition Standards**
- **Pork Cuts and NEW Cookery Information**
- **Taste for Yourself: Amazing Appetite Appeal**
BBQ Pork and Apple Pita
- **Questions**

www.PorkandHealth.org






▶ PORK NUTRITION FACTS
▶ NUTRITION MATERIALS
▶ PORK PREPARATION
▶ FOOD SAFETY

Expert Input



[Advice from leading nutrition authorities on current nutrition issues.](#)

Win the battle against healthy eating ruts by choosing foods that are delicious and nutritious. And now, pork fans have another reason to dig into the New Year with a happy heart: the American Heart Association (AHA) has recently certified pork tenderloin as a heart-healthy food with its iconic Heart-Check mark.

For **Health & Nutrition** Professionals



Google™ Custom Search

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Recipes

Search for the latest recipes featuring our favorite ingredient...pork!

[Advanced Recipe Search](#)
[View Entire Recipe List](#)

Nutrition Filter:

Heart Healthy

Cut Type:

Bacon



Herbed Pork and Corn Salad
Leftover roasted pork goes into this summer salad. Try this salad with different fresh herbs. During peak corn season, replace the frozen corn with fresh corn taken off the cob.

Temperature Change Announcement

Rubbed and Grilled Pork Loin



Twitter
Follow us on twitter at @PorkAndHealth!

Videos Links News



Butterflying A Pork Loin Roast
[More Videos](#)

www.PorkBeInspired.com

The screenshot shows the homepage of the website. At the top left is the 'pork Be inspired' logo. To the right is an 'Advanced Search' section with a 'Search Recipes' input field and a 'SEARCH ENTIRE SITE' button with a dropdown arrow. Below the search bar is a navigation menu with links for 'Recipes', 'Cuts & Cooking', 'Nutrition', 'I ♥ Pork', and 'Recipe Box'. The main banner features a close-up of a grilled pork chop with the text 'Pork Makes Grilling Season Sizzle' and a sub-link 'Check out these great recipes and tips'. Below the banner are five category links: 'Pulled Pork Contest', 'Recipe Contest', 'Madison Cowan', 'Pulled Pork', and 'Grilling Season'. The lower section is divided into two columns. The left column is titled 'Videos to Feed Your Creativity!' and features a video thumbnail for 'Pulled Pork Salad with Peaches'. The right column is titled 'Popular Meal Ideas' and contains three dropdown menus for 'Popular Meal Ideas', 'Preparation Time', and 'Cut of Pork'.

Facebook.com/PorkBeInspired

The screenshot shows the Facebook profile for 'Pork Be Inspired'. The page features a large cover photo of a succulent, herb-marinated pork chop. The profile picture is the 'pork Be inspired' logo. The page name is 'Pork Be Inspired' with 80,023 likes and 3,296 people talking about it. The bio describes the page as a food/beverage site for pork inspiration, mentioning the National Pork Board. Navigation tabs include About, Photos, Likes, Recipe T.A.B., and Plates of Pork. A 'Post' section is visible with a text input field. On the right sidebar, there are sponsored posts for Eden Foods and a 'Lose 7 lbs / week' challenge featuring a woman's photo and a diet tip. The top navigation bar shows the user 'Mary Bartz' and options for 'Find Friends' and 'Home'.

► FOOD FUN ZONE ► GAMES & ACTIVITIES ► ALL ABOUT PIGS ► PORK LINKS ► FOR GROWNUPS ► VIDEO

Farmer Spotlight
[Click here to learn more about the Pennsylvania Family that Promotes Eco-Friendly Farming](#)



Joel and Sarah Knoebel
Elysburg, Pennsylvania

Pork4Kids
pork Be inspired

Showing Your Pig

Create your own Dinnertime Placemat!

Grilled Sausage and Pesto Pasta
Use the grill to heat focaccia to accompany this easy and hearty summer dish. Grill fresh peaches over dying coals, brush with butter and brown sugar to serve on vanilla ice cream.

Share |    

Recipes
Search for the latest recipes featuring our favorite ingredient...pork!

[Advanced Recipe Search](#)
[View Entire Recipe List](#)

Cut Type:
Back Ribs

Cooking Method:
Bake

Cuts YPQA MyPlate



Pork Basics
Pork Cuts Chart

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www.PorkFoodService.org

pork Be inspired FOR FOODSERVICE PROFESSIONALS

WHY PORK

MENUING PORK

INFO & RESOURCES



MONTHLY NEWSLETTER



TRENDS

At home cooking is everywhere.



CHEF FEATURE

Chefs John Folse and Rick Tramonto.



SUCCESS STORY

Shari's Restaurant is famous for more than its pies.



RECIPES

Root beer bubbles, crispy slaw, and pork belly inspired recipes.

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HERE** For your Pork
Newsletter



QUESTIONS?


*Be inspired*SM


pork
checkoff