

## Vitamins and Minerals in Pork

Daily Values are listed on food labels. They tell us how much of various nutrients we should consume each day. The following information is based on a 3-ounce serving of pork. As you can see, these key nutrients make pork a nutrient-dense food!

Nutrient	% Daily Value (DV)*	Why It's Good For You
Iron	5%	Getting enough iron is a problem for some women, especially women of child-bearing age. Heme iron (found in meat) is absorbed more readily than nonheme iron (found in plant-based foods). Thus, anyone who avoids meat without the help of their health professional may increase their risk of iron-deficiency anemia.
Magnesium	6%	Important for the normal function of many enzymes (catalysts for the body's chemical reactors), glucose and muscle action.
Phosphorous	20%	Strengthens bones and generates energy in cells.
Potassium	11%	This mineral, also known as an electrolyte, plays a major role in water balance and helps maintain normal blood pressure.
Zinc	14%	A component of more than 70 enzymes, zinc is a key player in energy metabolism and the immune system.
Thiamin	54%	Without this key vitamin, metabolism of carbohydrate, protein and fat would be significantly compromised. Animal protein is one of the best sources of this nutrient, and among the choices, pork is tops.
Riboflavin	19%	Next to milk, there are few foods that have as much riboflavin per serving as pork. Riboflavin has an important role in the release of energy from foods.
Niacin	37%	Important for the normal function of many enzymes in the body and involved in the metabolism of sugars and fatty acids.
Vitamin B12	8%	Helps build red blood cells and metabolize carbohydrates and fats.
Vitamin B6 (Pyridoxine)	37%	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.

\*Based on 2,000 calorie meal plan.