



Now TASTE the DIFFERENCE

## Pork is a rich source of many vitamins and minerals, including:

- **Thiamine.** Unlike other types of red meat, such as beef and lamb, pork is particularly rich in thiamine — one of the B vitamins that plays an essential role in various bodily functions.
- **Selenium.** Pork is rich in selenium. The best sources of this essential mineral are animal-derived foods, such as meat, seafood and dairy products
- **Zinc.** An important mineral, abundant in pork, zinc is essential for a healthy brain and immune system.
- **Vitamin B12.** Almost exclusively found in foods of animal origin, vitamin B12 is important for blood formation and brain function. Deficiency in this vitamin may cause anemia and damage to neurons.
- **Vitamin B6.** A group of several related vitamins, vitamin B6 is important for the formation of red blood cells.
- **Niacin.** One of the B vitamins, niacin — or vitamin B3 — serves a variety of functions in your body and is important for growth and metabolism.
- **Phosphorus.** Abundant and common in most foods, phosphorus is usually a large component of people's diets. It's essential for body growth and maintenance.
- **Iron.** Pork contains less iron than lamb or beef. However, the absorption of meat iron (heme-iron) from your digestive tract is very efficient, and pork can be considered an outstanding source of iron.

