

EAT WELL, AGE WELL

POWER UP WITH PROTEIN-PACKED PORK



Protein: An Essential Nutrient for Aging Well

Your protein needs increase as you age, so choosing high-quality protein foods is vital. Why? They help to: ^{1,2}

- Maintain strong muscles and bones (along with exercise)
- Keep up your energy level
- Support your immune system and aid in recovery from illness or injury

High-quality protein foods, such as pork, chicken, eggs, dairy, and fish, have all the essential amino acids your body can't make on its own.

How Much Daily Protein Do You Need?

Meeting your protein and nutrient needs couldn't be easier than choosing high-quality protein foods for every meal.

Aim to get about 30 grams of protein (or more) at each meal. ^{2,3}

Individual daily protein needs vary. Speak with a registered dietitian and/or your health-care provider to see what's right for you.

Lean Pork Is a Smart Choice for Healthy Aging

- ✓ Protein-packed: A 100-gram serving of roasted pork tenderloin provides 28 grams of protein.⁴
- ✓ Heart-healthy: Lean pork fits into a heart-healthy eating pattern, and all trimmed pork cuts are lean, except for ribs.⁵
- ✓ Nutrient-rich: Pork has nutrients your body needs for optimal health, such as vitamin B12, zinc, and iron.

Good to know!

Getting enough high-quality protein at each meal is easy with pork. Try a wrap with ground pork, egg, and veggies for breakfast; pulled pork on ramen for a make-ahead lunch; and air-fryer pork chops with salad for a satisfying dinner.

References

1. Osteoporosis Canada. 2025. Protein is necessary to build and repair bone tissue and helps keep muscles strong.
2. Institute of Medicine. 2005. Dietary Reference Intakes for energy, carbohydrate, fiber, fat, fatty acids, cholesterol, protein, and amino acids. Washington, DC: The National Academies Press.
3. Hengeveld LM et al. Prospective associations of protein intake parameters with muscle strength and physical performance in community-dwelling older men and women from the Quebec NuAge cohort. *Am J Clin Nutr* 2021;113(4):972-983.
4. Health Canada. 2015. Canadian Nutrient File. Food Code 1932.
5. O'Connor LE et al. Total red meat intake of ≥ 0.5 servings/d does not negatively influence cardiovascular disease risk factors: a systemically searched meta-analysis of randomized controlled trials. *Am J Clin Nutr* 2017;105(1):57-69.

PICK PORK



Let's Cook!

HOT HONEY AIR-FRYER PORK CHOP

Craving a sweet-and-spicy meal with an irresistible crunch? Try these golden air-fried pork chops with a bold hit of hot honey. Serve with a whole grain, such as quinoa, and a leafy green salad for a simple and nourishing meal – anytime!

Prep: 10 min **Cook:** 10 min **Serves:** 4

Ingredients

- 4 boneless centre-cut pork chops, about 1 1/2 lb (680 g) total
- 3/4 cup (180 mL) panko bread crumbs
- 1/2 cup (125 mL) finely grated parmesan cheese
- 1 tsp (5 mL) each garlic and onion powder
- 1/2 tsp (2 mL) salt
- 1 large egg, beaten
- Cooking oil spray
- Hot honey, for drizzling

Directions

1. Add panko, parmesan, garlic powder, onion powder, and salt to a shallow dish and combine well.
2. Place egg in another shallow dish. Dip pork chops in egg, letting excess drip off. Add pork to bread crumbs, flipping and pressing pork chops multiple times until all sides are very well coated. Discard unused bread crumbs and egg (if any).
3. Line basket with air-fryer parchment paper liner (if desired). Lightly coat pork chops with cooking oil spray. Transfer pork chops to air fryer in one layer, working in batches as needed. Cook at 400°F (200°C) for 10 minutes, flipping halfway through and spraying again with oil, or until pork chops reach an internal temperature of 155°F (68°C). (Keep pork chops warm between batches and/or rest for at least 5 minutes before serving.)
4. Drizzle pork chops with hot honey just before serving.

Try This!

No cooking spray? Lightly brush pork chops with vegetable oil or fill a small, clean spray bottle with a ratio of 1:1 vegetable oil and water; shake well before spraying directly on foods.

Nutrients per serving (1 breaded chop with 1 tbsp/15 mL hot honey or 1/4 recipe): 550 calories, 43 g protein, 29 g fat, 27 g carbohydrates, 1 g fibre, 17 g sugars, 610 mg sodium.