

# PORK: A POWERFUL PROTEIN PACKING A **PROTEIN PUNCH** INTO EVERY TASTY BITE



## Protein Matters

Enjoying protein at your meals helps you feel satisfied and energized. Protein also helps to support optimal health by:

- ✓ Building, repairing, and maintaining strong muscles and bones
- ✓ Keeping your immune system healthy and helping your body recover
- ✓ Preserving muscle, while maintaining a healthy weight
- ✓ Supporting good metabolic health and managing chronic conditions
- ✓ Preventing muscle loss and frailty as you age



## How Much Daily Protein Do You Need?

Aim for between 20 grams and 30 grams of protein per meal. Older adults may need even more. <sup>1,2</sup>

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

## Protein Quality and Density — Pork Has Both

Pork is a great choice for the whole family when it comes to getting big nutritional value from your protein.

- ✓ Pork is an excellent source of high-quality protein, providing all nine essential amino acids your body needs to stay strong and healthy.
- ✓ Pork is also protein-dense, which means it's packed with protein without being calorie-heavy.

**Good to know!**

A 100-gram serving of lean pork gives your body 29 grams of high-quality, complete protein, with just 180 calories.<sup>3</sup>

**Bonus!** Tasty and budget-friendly, pork is delicious protein on your plate that's easy on your wallet.

### References

1. 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.
2. Morgan PT et al. Dietary protein recommendations to support healthy muscle ageing in the 21st century and beyond: considerations and future directions. *Proceedings of the Nutrition Society* 2023:1-14.
3. Health Canada. 2015. Canadian Nutrient File. Food Code 6288

**PICK  
PORK**



**Let's cook!**

## THAI-STYLE PORK LETTUCE WRAPS

Want a fresh, fast, and flavourful meal? These lettuce wraps layer protein-packed savoury ground pork, sticky rice, refreshing mint, and crunchy peanuts into a perfect hand-held bite.

**Prep:** 15 min **Cook:** 20 min **Serves:** 4

### Ingredients

- 1 lb (454 g) lean ground pork
- 2 cloves garlic, minced
- 2 Thai chilies, seeded and minced
- 1 cup (250 mL) cooked sticky rice
- 8 whole lettuce leaves (such as leaf lettuce, Boston bibb, or small romaine leaves)
- 1/3 cup (75 mL) fresh mint leaves, roughly torn
- 1/4 cup (60 mL) chopped, unsalted peanuts
- Lime wedges (optional)

### Sauce:

- 3 tbsp (45 mL) water
- 2 tbsp (30 mL) each soy sauce and lime juice
- 1 tbsp (15 mL) brown sugar
- 1 tbsp (15 mL) cornstarch

### Directions

**Sauce:** Whisk together water, soy sauce, lime juice, brown sugar, and cornstarch in a small bowl; set aside.

1. Add pork to skillet over medium-high heat. Cook, stirring and breaking it up, about 7 minutes, until it begins to brown. Add garlic and chilies; cook, stirring, for 1 minute.
2. Reduce heat to medium, add sauce; simmer for about 3 minutes or until sauce is thick and bubbly.
3. To make wraps, scoop about 2 tbsp (30 mL) rice and 1/8th of pork mixture into each lettuce leaf. Top with mint and peanuts, and place on platter. Serve with lime wedges (if desired).

**Good to know!**

Cook once, eat twice. Double the recipe and refrigerate half. Add thinly sliced red pepper, carrots, and cucumber to create a delicious salad for a quick lunch or dinner another day of the week.

**Nutrients per serving** (2 wraps with garnishes or 1/4 recipe): 400 calories, 26 g protein, 22 g fat, 24 g carbohydrates, 2 g fibre, 4 g sugars, 540 mg sodium.