





Pork Tenderloin

Nutrition Facts	
Serving Size 3 ounces, cooked, trimmed	
Calories 120	
Calories From Fat 26	
Total Fat 2.98g	
Saturated Fat 1g	
Trans Fat 0g	
Cholesterol 62mg	
Sodium 42mg	
Total Carbohydrates 0g	
Dietary Fiber 0g	
Sugars 0g	
Protein 22g	
Thaimin 54% • Niacin 37%	
Protein 43% • Vitamin B6 37%	

Source: USDA nutrient database

Fruit and Salad Mix*

Nutrition Facts	
Serving Size 1½ cups	
Calories 100	
Calories From Fat 40	
Total Fat 4.5g	
Saturated Fat 0g	
Trans Fat 0g	
Cholesterol 0mg	
Sodium 120mg	
Total Carbohydrates 16g	
Dietary Fiber 4g	
Sugars 8g	
Protein 2g	
Vitamin A 56% • Vitamin C 75%	
Vitamin K 29% • Fiber 17%	

*1 cup serving of romaine lettuce,
½ cup serving of fruit & 1 Tablespoon
of low-fat raspberry vinaigrette
dressing

Source: Food Processor software

Herb Risotto

Nutrition Facts	
Serving Size 1/2 cup, cooked	
Calories 140	
Calories From Fat 5	
Total Fat 0.5g	
Saturated Fat 0g	
Trans Fat 0g	
Cholesterol 0mg	
Sodium 650mg	
Total Carbohydrates 31g	
Dietary Fiber 0g	
Sugars 2g	
Protein 3g	
Carbohydrate 10% • Vitamin C 0%	
Calcium 2% • Iron 0%	

Source: Food Processor software

For additional information on nutrition and pork
visit www.PorkBelnspired.com.



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