When the family gathers for dinner, serve up a meal that is both healthful and delicious by adding the great taste of lean pork. Pork packs nutrients in every lean serving. A 3-ounce portion of pork tenderloin, for example, is an "excellent" source of protein, thiamin, vitamin B6, phosphorus and niacin, and a "good" source of potassium, riboflavin and zinc, yet contributes only 6 percent of calories to a 2,000-calorie diet.

Pork pairs well with a wide variety of flavors and food groups, especially fruits and vegetables. This collection of nutritious recipes features an array of good-for-you foods that are heart-healthy and delightfully delicious.
Deep Brown Grilled Pork Chops

Grilled Tenderness with Fresh Pea-Rashad Indian

Ginger Pork Lime Bottle Lettuce Cups

Knife and Pork Stackers

Tuscan Chopped Pork Salad

Porterhouse chop

Ground Pork, 96% lean

New York Pork Chop

Sirloin Pork Roast

Sirloin Pork Chop

Pork Tenderloin


Nutrition:
Calories: 160; Protein: 13g; Fat: 5g; Sodium: 570mg; Cholesterol: 75mg; Saturated Fat: 2.5g; Carbohydrates: 13g; Fiber: 6g.

Nutrition:
Calories: 220; Protein: 22g; Fat: 7g; Sodium: 380mg; Cholesterol: 60mg; Saturated Fat: 8g; Carbohydrates: 5g; Fiber: 0g.

Nutrition:
Calories: 3.03g; Fat: 9.25g; Sodium: 3.71g; Cholesterol: 2.98g; Saturated Fat: 1.34g; Carbohydrates: 0.33g; Fiber: 0g.

Nutrition:
Calories: 1.83g; Fat: 7.10g; Sodium: 2.67g; Cholesterol: 2.58g; Saturated Fat: 1.58g; Carbohydrates: 0.09g; Fiber: 0g.

Nutrition:
Calories: 1.77g; Fat: 5.17g; Sodium: 2.97g; Cholesterol: 2.51g; Saturated Fat: 1.13g; Carbohydrates: 0.13g; Fiber: 0g.

Nutrition:
Calories: 1.52g; Fat: 3.71g; Sodium: 2.27g; Cholesterol: 2.08g; Saturated Fat: 0.83g; Carbohydrates: 0.35g; Fiber: 0g.

Nutrition:
Calories: 1.15g; Fat: 5.34g; Sodium: 2.59g; Cholesterol: 2.20g; Saturated Fat: 0.90g; Carbohydrates: 0.05g; Fiber: 0g.

Nutrition:
Calories: 1.64g; Fat: 5.32g; Sodium: 2.94g; Cholesterol: 2.58g; Saturated Fat: 0.97g; Carbohydrates: 0.06g; Fiber: 0g.

Nutrition:
Calories: 1.77g; Fat: 7.10g; Sodium: 2.65g; Cholesterol: 2.51g; Saturated Fat: 1.52g; Carbohydrates: 0.10g; Fiber: 0g.

Nutrition:
Calories: 1.52g; Fat: 3.71g; Sodium: 2.27g; Cholesterol: 2.08g; Saturated Fat: 0.83g; Carbohydrates: 0.35g; Fiber: 0g.

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Nutrition:
Calories: 1.77g; Fat: 7.10g; Sodium: 2.65g; Cholesterol: 2.51g; Saturated Fat: 1.52g; Carbohydrates: 0.10g; Fiber: 0g.

Nutrition:
Calories: 1.52g; Fat: 3.71g; Sodium: 2.27g; Cholesterol: 2.08g; Saturated Fat: 0.83g; Carbohydrates: 0.35g; Fiber: 0g.

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Calories: 1.64g; Fat: 5.32g; Sodium: 2.94g; Cholesterol: 2.58g; Saturated Fat: 0.97g; Carbohydrates: 0.06g; Fiber: 0g.