

Pork is healthy, in moderation

This time of the year often leads to impromptu social occasions, such as braais or meals that are whipped up in record time. When you find yourself hosting, it is beneficial to know that pork remains one of the healthiest meats to turn to when cooking and entertaining.



“Pork is not only great value for money, it’s a tasty, rich source of high-quality protein. It is a healthy and tasty meat which can be the champion of any festive meal,” says Henry Shaw, operations manager at Winelands Pork.

The protein content of lean, cooked pork is approximately 26% in fresh weight, while in dry weight it can be as high as 89%. It is low in kilojoules and contains essential nutrients such as phosphorus, B-group vitamins, zinc and iron. In addition, pork also has all the essential amino acids, which aid with the necessary growth and maintenance of our bodies. It is especially beneficial for recovering athletes, post-surgical patients, or people who need to build up

or repair their muscles.

How much is too much?

With pork being a light meat, it is easy to opt for a bigger portion than advised per serving. The Medical Research Council states that within a healthy eating plan it is reasonable, healthy and safe for an adult to consume approximately 560 grams of cooked, iron rich meat such as pork, split over a few meal occasions in the course of a week. It is also suitable for people who are concerned about heart health, diabetes or high blood pressure. If you find yourself concerned about portion control while dining with friends, it is advised to opt for a moderate portion of cooked, boneless pork which is approximately 20-25 mm thick. Try to find a portion smaller than or as big as the size of the palm of your hand.

Concerned about the fat?

The movement towards responsible farming has seen changes in feeding and production techniques, resulting in pork carrying 31% less fat than 20 years ago. The proportion of fat in pork is usually between 10-16%, but can be higher too. This is influenced by the amount of trimming done and other factors as well. The Heart and Stroke Foundation approve many pork cuts and especially trimmed cuts with less than three millimetres visible fat, adding to the reasons why pork is an excellent addition to shopping baskets. Pork is a red meat and its fat is contained on the outside, making it easy to trim your pork to your preference by simply trimming off any unwanted fat.

Pork 360 products are available exclusively to Food Lover’s Market and Winelands Pork in the Western Cape.