

# INCREDIBLE EDIBLE IDAHO

PORK



## IDAHO PORK FACTS:

Approximately 36,000 hogs and pigs were marketed in Idaho in 2010.

Pork is the world's most widely eaten meat.

Idaho pork is available year round, and can be purchased as bacon, sausage, ham and as many other fresh and frozen cuts of meat.

A sow (female pig) typically gives birth to a group of 8-12 piglets, called a litter.

Sales from pork production in Idaho totaled approximately \$3.1 million in 2010.

## PORK NUTRITION FACTS:

A 3oz serving of pork provides up to 40% of the Daily Value of Thiamin.

Pork is high in Niacin and Vitamin B6, both are important for the normal function of enzymes in the body.

Next to milk, there are few foods that have as much riboflavin per serving as pork.

The pork tenderloin is the leanest cut of pork.



## Top Producing Counties:

Cassia  
Ada

Twin Falls  
Bonneville

Canyon

