

October is Pork Tober



Iowa is the #1 pork producing state in the nation, producing almost 1/3 of the total U.S. pork supply.

Pigs do NOT sweat.



Pig farmers in Iowa produce **OVER 37 billion servings of pork** each year.



Nearly 1 in 10 Iowans have jobs connected to pork production!

Pigs add value to the corn and soybeans produced in Iowa. Pigs raised in Iowa consume the corn and soybeans from 1 of every 5 acres grown in Iowa.



Did you know that pork is heart-healthy?

Pork is naturally low in sodium and a good source of potassium. Both helping regulate blood pressure. **Pork Tenderloin is certified as heart-healthy by the American Heart Association.**

Pork is the most widely eaten meat around the world.



For optimum flavor and juiciness, cook pork to medium-rare at 145°F with a 3-minute rest.



Pork is a low-fat protein choice. Today's pork has **27%** less saturated fat as compared to 1991.

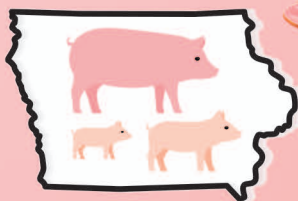


Did you know?

Pork is an excellent source of natural nutrients that are important to our health.

Do you know why we raise pigs in Iowa?

Feed is the biggest input for pig farmers, so raising pigs where crops are grown allows farmers to be more sustainable.



Pigs weigh 2-3 pounds at birth and reach 270 pounds in 6 months.

Did you know?

If everyone involved in Iowa pork production lived in one city, they'd live in the state's third largest community! Iowa creates more than 147,000 jobs, and those pork production jobs are in every Iowa County.

