

Rethinking Myths about Animal Agriculture, Farming & Food



About Dr. Leah Dorman



**Veterinarian
Farmer
Mother of three**

*Answering questions
about food and
agriculture openly and
honestly*



Phibro
ANIMAL HEALTH CORPORATION™



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Virtual Barn Tour

Caitlyn Sullivan

South Dakota State University





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**The average
grocery store
carries around
30,000
products.**

And with hundreds of food myths circulating, how can you be confident about the food you purchase?



Pork's Top Myths

Questions that consumers feel are not clear.

- Is it okay to eat pork when it's pink?
- Is pork good for the planet?
- Is pork good for me?
- Are there antibiotics or growth hormones in my pork?
- How do farmers care for the well-being of the pigs?
- How do I purchase quality meat for my family?

**We know you get some of these questions, too.
So let's get them answered.**



**Each of these myths are rooted in a
authentic concern that should be
addressed.**



Is it okay to eat pork when it's pink?

ROOTED IN FOOD SAFETY

Pork is safe at 145° F followed by a 3-minute rest period. The meat will be slightly pink in the center.



Why do we have this concern?

Years ago, we had to cook pork to well-done due to potential foodborne illness, particularly from a parasite called *Trichinella*.

As our understanding of these foodborne illnesses grew, we improved our animal care techniques and today *Trichinella* and other parasites have been virtually eliminated.



Safe Pork Starts with Safe Feed

Every pig has a dietitian.

Most pigs will get 8-10 different feed formulations in their lifetime.

Balanced for age, weight, gender:

- Protein: amino acids
- Energy: carbs, fats
- Vitamins and minerals

Based on a blend of corn and soybean.



**Consistent, high quality feed
makes consistent, high quality pork.**



Cook pork to 145 followed by a 3-minute rest.

This will result in a product that is both safe and at its best quality—juicy and tender.

Medium-Rare

145-150°F

Medium

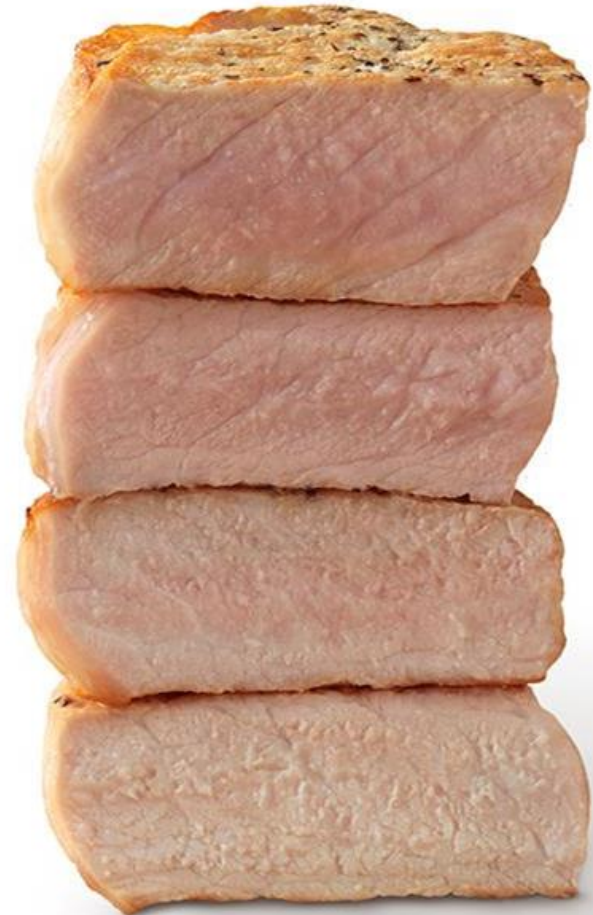
150-155°F

Medium-Well

155-160°F

Well

160°F





**This does not apply to ground pork,
which should be cooked to 160 °F and does not
require a rest time.**

Is pork good for the planet?

ROOTED IN RESPONSIBILITY

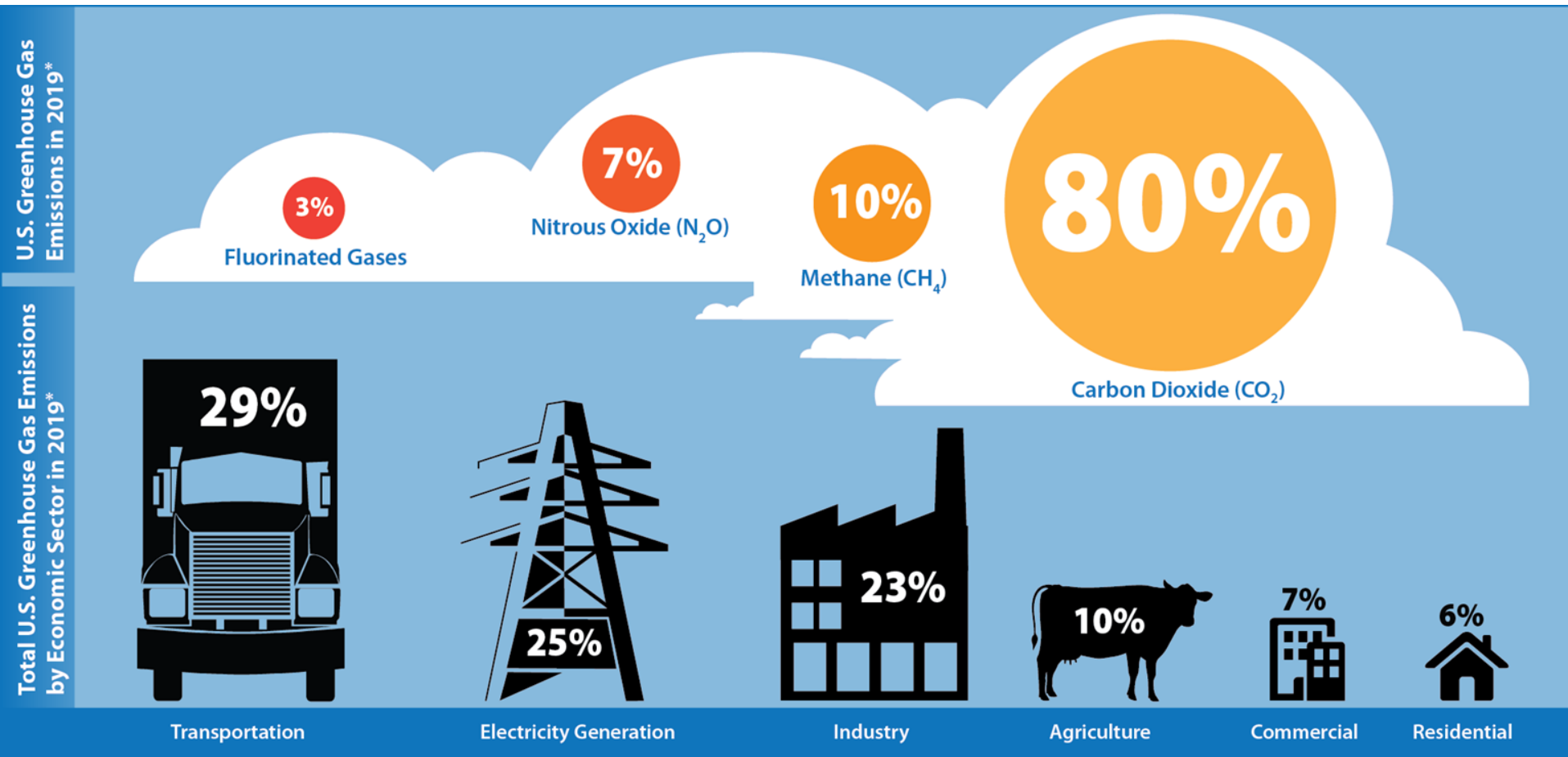
Pig farmers and veterinarians make continuous improvements for people, animals, and the planet.



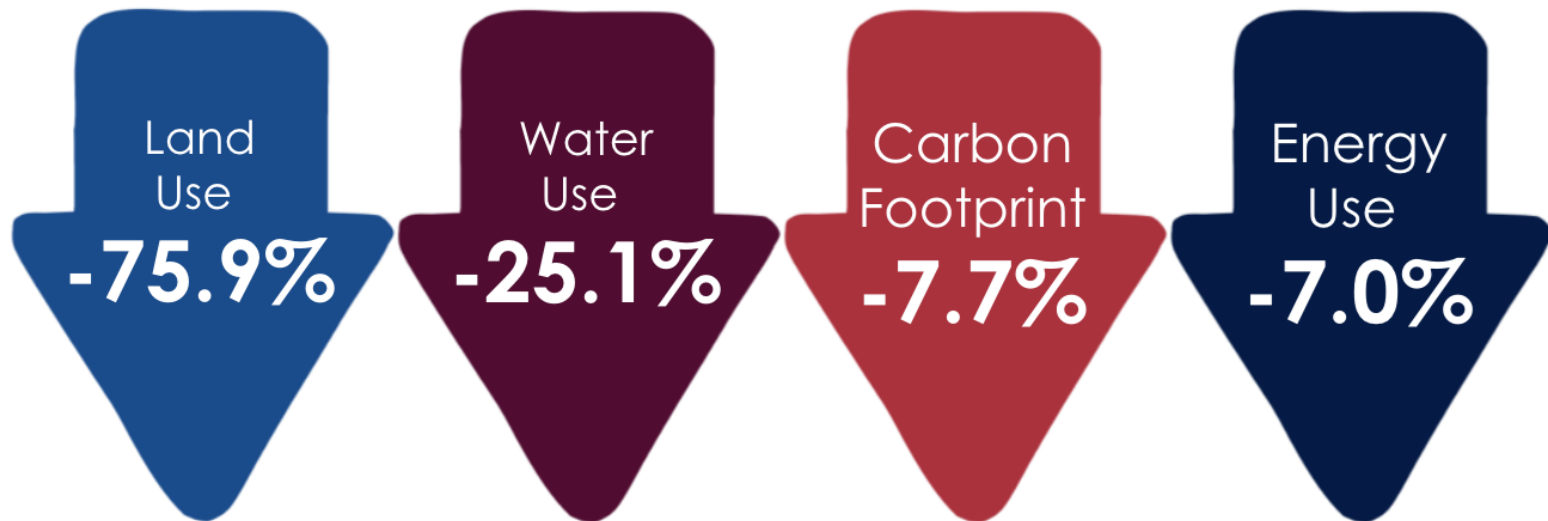


Farming is a family affair designed to last for generations and sustainability efforts can be seen in everyday practices on farms across the nation.

The Pork Industry contributes approximately 1/3 of 1% of the total U.S. emissions.



We are purposeful with our use of natural resources and use less than our parents and grandparents.



**U.S. citizens would have to
quit using refrigerators and take
90 fewer showers per year
to make similar environmental impacts.**

How were these improvements made?

By embracing technology and using better management practices, such as:

- Improved pig genetics
- Increased crop yields
- Improved pig feed and watering systems
- Smart Barn technology
- Improved health protocols



Is pork good for me?

ROOTED IN HEALTH

Pig farmers have made substantial changes to the pork you find in the grocery store over the last 25 years.



Proof in the Products

Pork tenderloin is as lean as skinless chicken breast

Compared to 25 years ago

- Most common cuts are 16% leaner
- Saturated fat down 27%

USDA Nutrient Data Set for Fresh Pork

Two cuts Heart-Check Certified:

1. pork sirloin roast
2. pork tenderloin



PORK TENDERLOIN



THE POWER OF PORK: PORK IS HIGH IN PROTEIN

24G PROTEIN



PORK LOIN = 159 CALORIES
PORK SIRLOIN = 173 CALORIES
PORK TENDERLOIN* = 122 CALORIES



COMPARED TO OTHER PROTEINS

6 TABLESPOONS
OF PEANUT BUTTER



564 CALORIES

1½ CUPS OF COOKED
BLACK BEANS



342 CALORIES

1½ CUPS OF NON-FAT
GREEK YOGURT



300 CALORIES

4 HARD BOILED EGGS



312 CALORIES

6½ CUPS OF BROCCOLI



176 CALORIES

3 CUPS OF QUINOA



666 CALORIES

A 3 ounce serving of pork tenderloin provides 22 grams of protein.
A 3 ounce serving of pork loin or pork sirloin provides 24 grams of protein.

Nutrients in Pork

Percent of daily value provided by pork based on a 3-ounce serving

Nutrient	Role	Percent of daily requirement
Thiamin	Metabolism	54%
Niacin	Enzyme function	37%
Vitamin B6	Enzyme function and regulation of glycogen metabolism	37%
Phosphorus	Bone strength and energy	20%
Riboflavin	Release of energy from foods	19%
Zinc	Enzyme function, metabolism and immune system support	14%
Potassium	Water balance and normal blood pressure	11%
Vitamin B12	Builds red blood cells and metabolism	8%
Magnesium	Enzyme function	6%
Iron	Growth, blood cell function, hormone function	5%

Quality Products In, Dietary Benefits Out

- Substituting pork for chicken and fish in the DASH diet resulted in same improvements in blood pressure
 - Sayer et al., 2015. American Journal of Clinical Nutrition
- Including lean, unprocessed red meat in a Mediterranean-style diet had similar cardiometabolic benefits for overweight and obese patients as reduced-red meat version
 - O'Connor et al. 2018. American Journal of Clinical Nutrition
- Total red meat intake of greater than 0.5 servings/day does not negatively influence cardiovascular disease risk factors
 - O'Connor, et al., 2016. American Journal of Clinical Nutrition

Are there growth hormones or antibiotics in my pork?

ROOTED IN SAFETY

Today, all medicine is overseen by veterinarians in combination with industry-wide continuing education.



A man with a beard, wearing a blue and white plaid shirt, is looking down at a group of piglets in a barn. The piglets are of various colors, including white, pink, and brown. The barn floor is made of wooden slats. The background shows more piglets and the structure of the barn.

Growth Hormones

FDA has not approved any growth hormones for use in raising pigs for food.

In short: It's illegal to sell pork (or poultry) in the U.S. that was raised with added growth hormones.

Veterinarians Partner With Farmers To Protect Us By

- Preventing disease
- Using biosecurity measures
- Maintaining accurate records of treatment and outcomes
- Selecting and using antibiotics appropriately
- Staying up to date on prevention tools
- Preventing environmental contamination
- Committing to antibiotic stewardship



WHY GIVE FARM ANIMALS ANTIBIOTICS?

[Click photo to run video](#)

Antibiotics Are Sometimes Needed to Return Pigs to Good Health

- In strict compliance with FDA rules
- Using only what's needed for pig's health
- Withdrawal times
- Only with veterinarian oversight



Here's how oversight works...

Antibiotics residues are illegal. FDA sets tolerance level and withdrawal period for each animal drug.

Withdrawal period is the time it takes for drug to clear animal's system.

USDA-FSIS tests for residue at packing plants.

Residue testing is conducted throughout the year, but schedule is not public (on purpose). FSIS, FDA, and EPA are primary agencies involved.

How do farmers care for the well-being of the pigs?

ROOTED IN ANIMAL CARE

Animal well-being is our ethical responsibility and it's a top focus every day on the farm.



A variety of methods protect pigs on farms

- housing pigs inside barns
- showering in and out barns
- boot cleaning solutions
- changing clothes and boots
- no entry signs, limiting access to pig farms
- and more



Pig Barns Protect Pigs

- Protection: Weather, predators, disease
- Constant levels of care and nutrition
- Feed and water monitored per pig's growth cycle
- Identification of illness or injury, and precise recordkeeping



Barns & People - Specialized Care & Nutrition During Each Phase of Growth

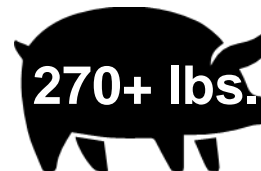
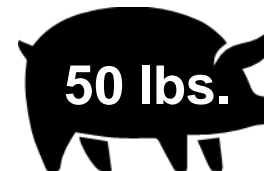


BREEDING & GESTATION

FARROWING (BIRTHING)

NURSERY

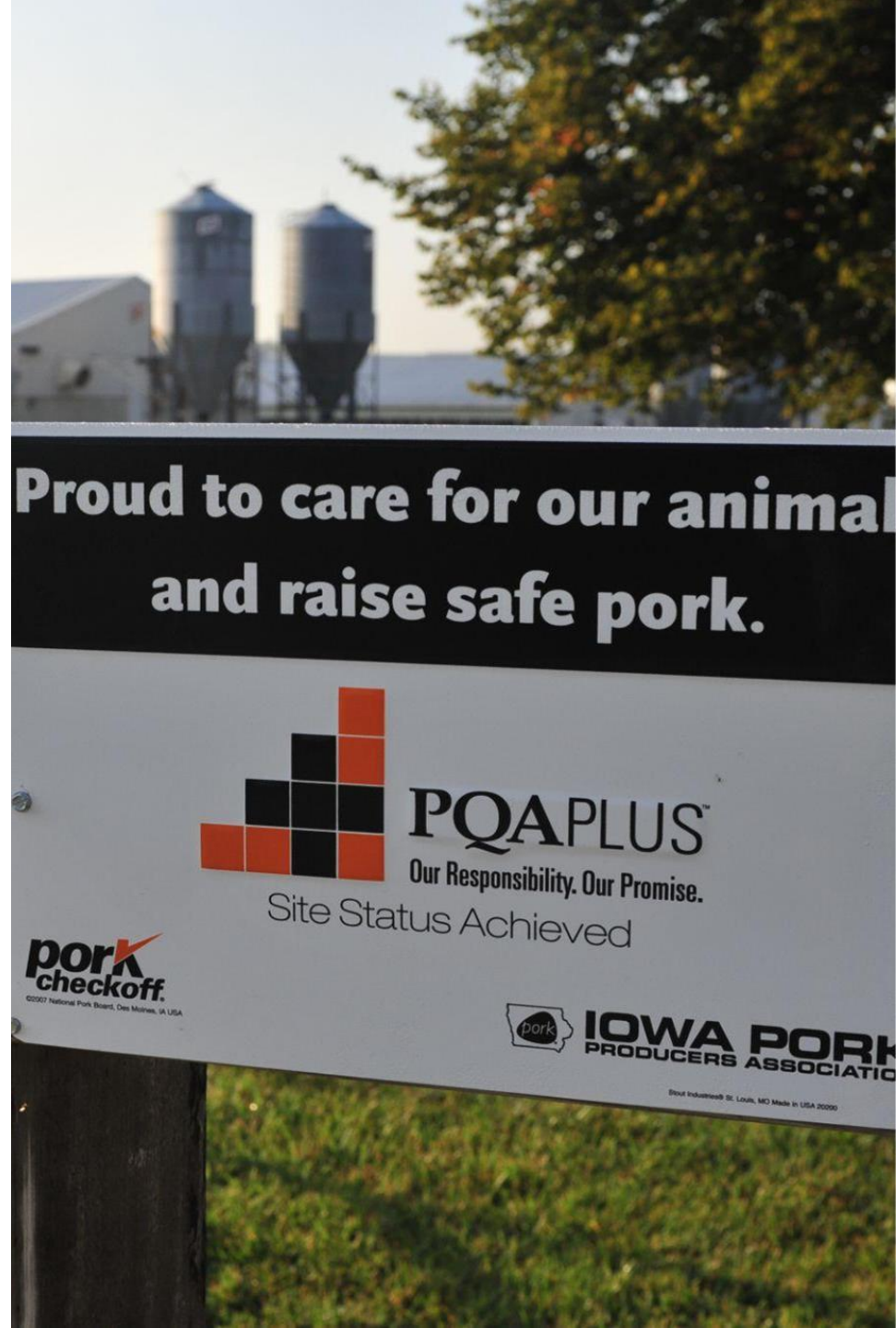
GROWING & FINISHING



Oversight and Continuing Education for Farmers

Pork Quality Assurance® Plus (PQA® Plus) is used by processors to ensure animal care.

Over 73,000 farmers work with advisors to complete periodic training and provide certifications.



PQA Plus addresses:

- Food safety
- Antibiotic stewardship
- Animal well-being
- Environmental stewardship
- Worker safety
- Public health
- Community



How do I provide quality meat for myself and my family?

ROOTED IN CARE

Providing nutritious and satisfying food for you and your family is a priority. Here's how pork can fit.



Tips for Buying Pork

- Pork should be a pinkish-red color
- Avoid choosing meat that is pale and has excessive liquid in the package
- Look for pork that has marbling, or small flecks of fat
- Avoid meat that has a dark-colored bone
- The fat of the pork should be white with no dark spots

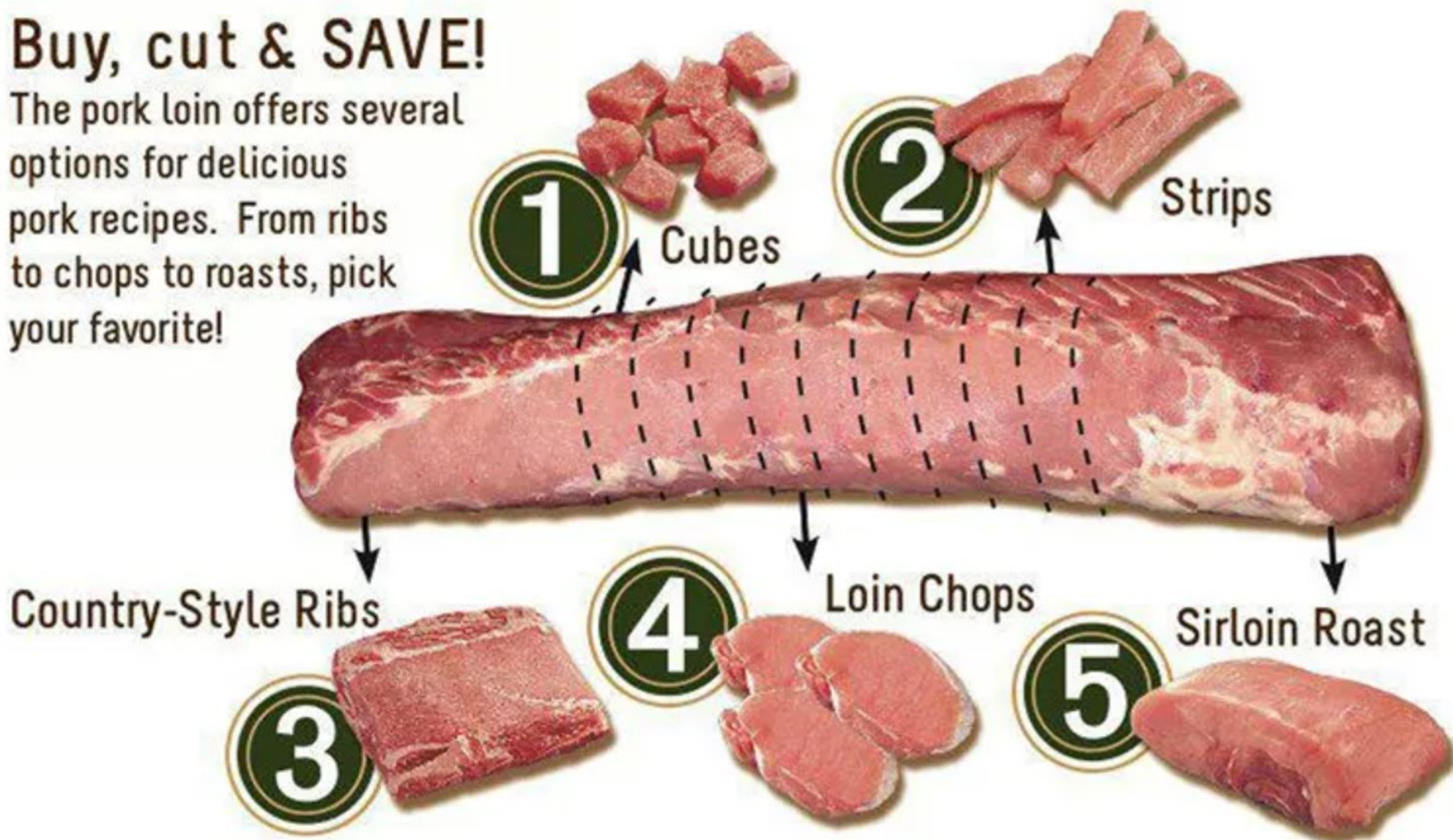


Pork is the perfect partner. Selecting balanced sides is the key to achieving a balanced meal.



Buy, cut & SAVE!

The pork loin offers several options for delicious pork recipes. From ribs to chops to roasts, pick your favorite!



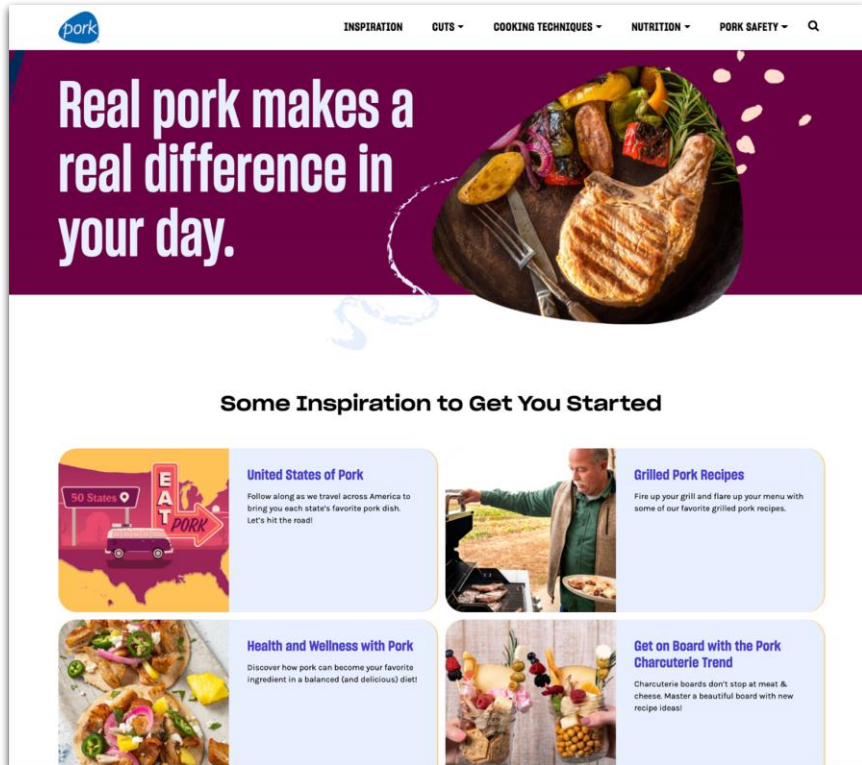
How long can I keep pork in the refrigerator?

Cut	Time
Ground Pork	1-2 days
Pork chops, tenderloin or roasts	2-4 days
Smoked ham (whole and sliced)	3-4 days open
Bacon	5-7 days
Sausage, hot dogs, deli meat	7 days opened

How long can I keep fresh pork in the freezer?

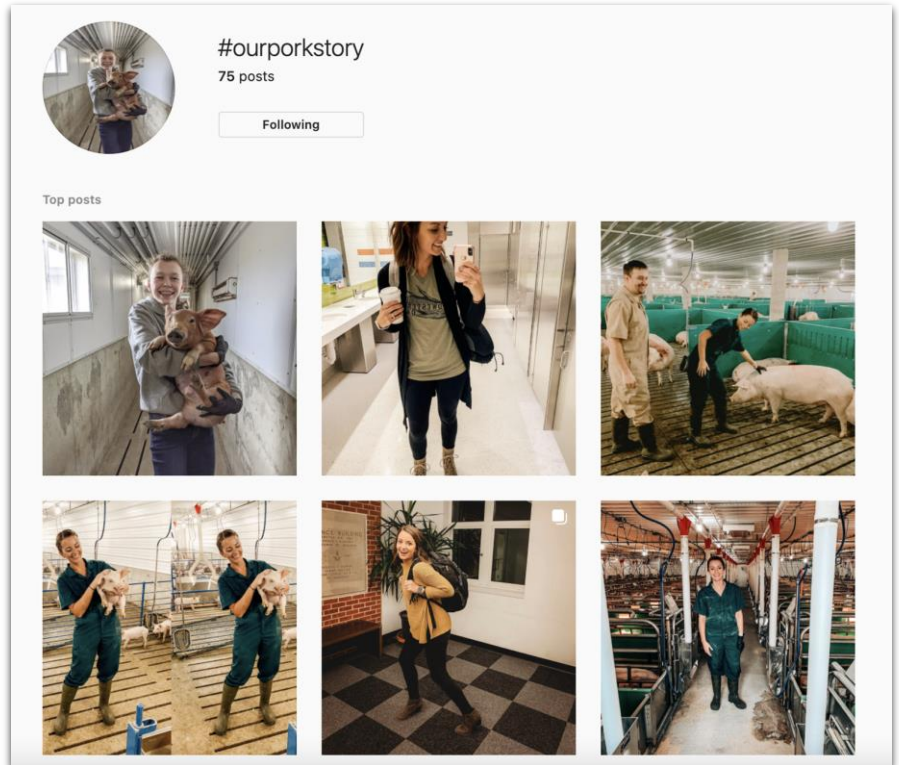
Cut	Time
Ground Pork	1-3 months
Pork chops, tenderloin or roasts	3-6 months
Smoked ham (whole and sliced)	freezing not recommended
Bacon	1 month
Sausage, hot dogs, deli meat	freezing not recommended

LEARN MORE AT WWW.PORK.ORG OR FOLLOW #OURPORKSTORY



The screenshot shows the homepage of the pork.org website. At the top, there is a navigation menu with links for INSPIRATION, CUTS, COOKING TECHNIQUES, NUTRITION, and PORK SAFETY. The main header features a large purple banner with the text "Real pork makes a real difference in your day." and an image of a roasted pork shoulder on a platter. Below the banner, there is a section titled "Some Inspiration to Get You Started" with four featured articles: "United States of Pork" (with a map of the US), "Grilled Pork Recipes" (with an image of a grill), "Health and Wellness with Pork" (with an image of a salad), and "Get on Board with the Pork Charcuterie Trend" (with an image of a charcuterie board).

**Recipes & Nutrition
Information**



The screenshot shows the Instagram profile for #ourporkstory. The profile has 75 posts and is followed by the user. The "Top posts" section displays a grid of six images: a woman holding a piglet, a woman taking a selfie in a kitchen, a man in a farm setting, two women holding piglets in a barn, a woman walking in a kitchen, and a woman standing in a farm aisle.

Farmer Stories

Resources for You





ANY QUESTIONS?



We'd
appreciate
your
feedback!



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- Facebook: Ask Dr. Dorman



Thank you!



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