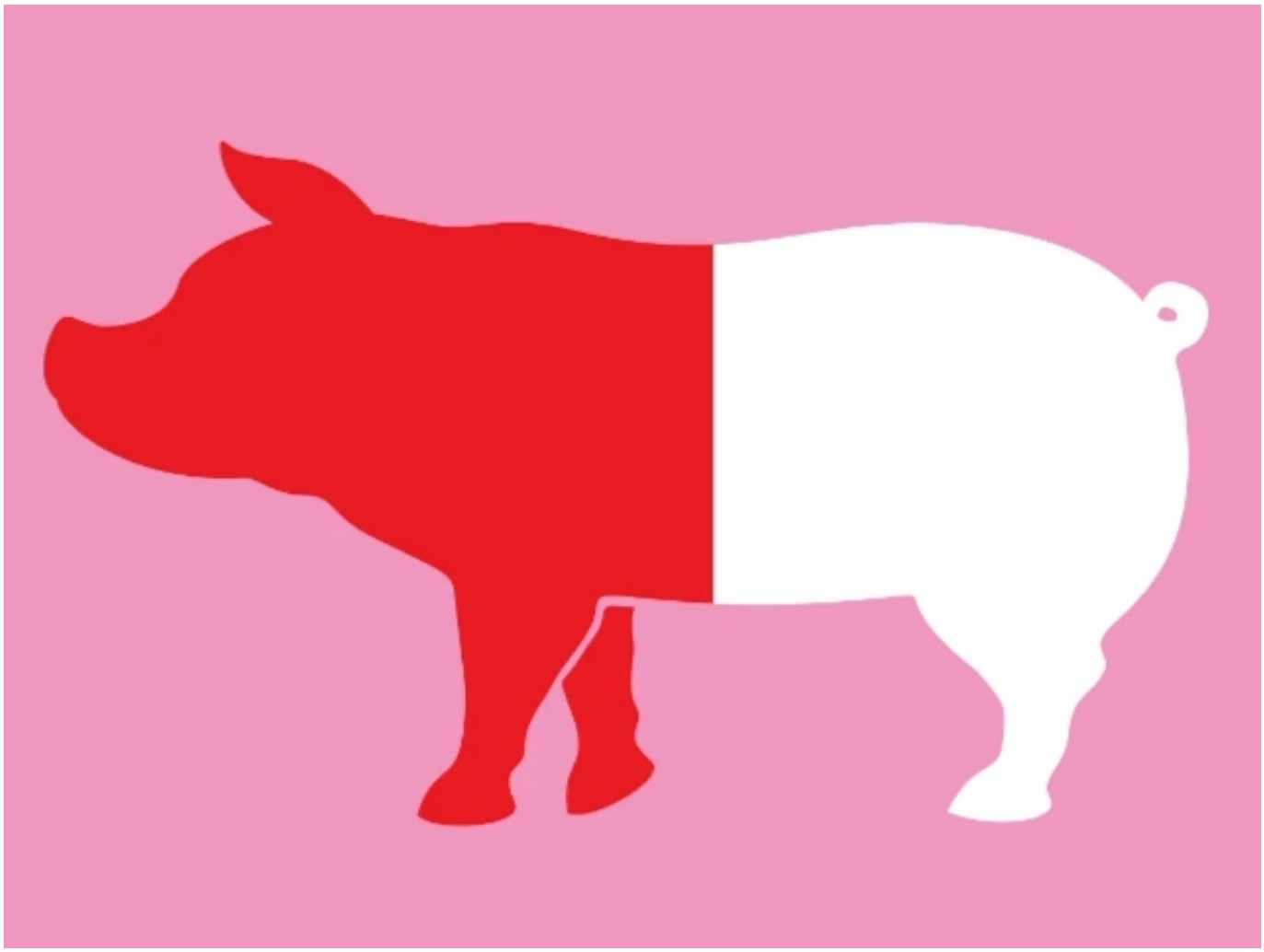
Spain: New nutrition notions on pork of white meat



The Interprofessional Organization for Pork of white meat (INTERPORC) ensures that lean cuts of pork and meat products may have an important place in the diet of older people due to their nutritional characteristics, in addition to carrying out physical activity as usual.

The proteins of this type of meat help them maintain muscle mass and maintain bone under normal conditions. Moreover, within this population, often low intakes of some essential nutrients such as zinc or vitamin B6, which can be incorporated into the body through the ingestion of pork produced a balanced diet.

Like proteins, zinc contributes to the maintenance of bone in normal conditions. In addition, zinc also contributes to the protection of cells against oxidative damage and maintaining normal vision. On the other hand, vitamin B6 helps reduce fatigue and fatigue and contributes to the normal functioning of the nervous system.

Because of its low fat content, ideal for diet, pork of white layer is also very interesting for food in this population group. Lean cuts of pork, such as tenderloin contain only 2.65 grams of fat per 100 grams, unless it contains a chicken leg (2.8 grams per 100 grams). In addition, about 70% of the fat in pork is subcutaneous, so it can be easily removed.

Being a food with a great gastronomic versatility, it can be included in many culinary preparations that are tailored to their needs. The diet of the elderly must include foods that provide them with the necessary nutrients and also are easy to chew and digest. Pork of white meatis ideal both for its contribution of protein and minerals, as well as its culinary possibilities.

Source: INTERPORC