

The 'third white meat' in our diet no longer needs to play second fiddle to the much trumpeted health values of chicken and fish. Pork is now recognised as the best tasting, most mouth watering protein money can buy and it's much lower in fat than you would imagine.

The fat content of modern pig breeds is much lower than 30 years ago, with today's pigs providing just over 60% lean protein-packed meat per animal.

Added to that, a 100g serving of pork provides 65% of your RDA of B1 vitamin and high levels of other B vitamins and minerals.

- Lean pork has only 4% fat – so is 96% fat free
- A pork fillet tenderloin contains 40% less fat than a skinless chicken joint
- A 100g serving of pork provides about half the protein you need daily and is naturally low in salt

Pork is naturally wholesome and low in fat.

Price comparisons reveal that a free range pork steak weighs in at half the cost of beef fillet and is around £5 cheaper than chicken breast per kilo.



Competition

Win a Crackling Christmas Box

Pork is one of the best roast joints and can make a crackling Christmas alternative to turkey.



Produced in Kent is offering a Crackling Christmas Box for a family of four containing the finest pork joint and a selection of chops and sausages from Kent.

To enter simply answer the following question

(which can be found in this leaflet).

Which cut of pork contains 40% less fat than a skinless chicken joint?

Email your answer to events@producedinkent.co.uk with your full name, postal address, mobile or landline phone number and put 'Crackling' in the subject box.

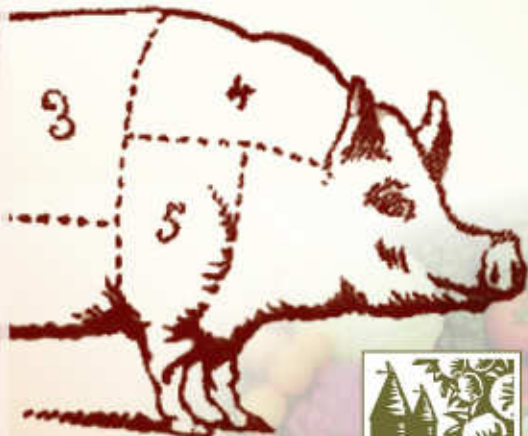
The winner will receive their box in time for Christmas.

Closing date for entries 1st December 2009.

www.producedinkent.co.uk

Choose Kent Pork

It won't break the piggy bank



Win a Crackling Christmas Box

See back for details
www.producedinkent.co.uk

