

Healthy Eating 101

Society has many standards concerning what is good and bad for people to eat, but Kentucky's producers say you can eat what you want and still stay healthy. Many Americans don't meet their daily nutritional requirements even though it's as simple as eating a three ounce serving of beef or pork with a side of vegetables. Proper nutrition ensures that you have the energy you need to effectively handle everything you encounter throughout the day. Ultimately, eating healthy will help you go further in life.



How do nutrients help your body?

Protein

To support growth and maintenance of your bones, muscles, and tissue, and to regulate metabolism.

Zinc

Vital to the body's growth and development, maintenance of the immune system, wound healing and appetite control, as well as aids cognitive development and function.

Vitamin B12

Aids in the formation of red blood cells and helps maintain normal functioning of the nervous system.

Thiamin

Aids in increasing the metabolism of carbohydrates, protein, and fat.

Phosphorous

Strengthens bones and generates energy in cells.

Iron

Aids in the production of red blood cells and helps carry oxygen from the lungs to the blood cells and tissue, including your muscles. Also important for brain development, intellectual performance, healthy pregnancies, and supports the immune system.

The Nutrients Inside

	Beef	Pork
Protein	50%	48%
Thiamin	6%	53%
Zinc	39%	15%
Vitamin B12	37%	33%
Phosphorous	20%	22%
Niacin	18%	20%
Riboflavin	12%	19%
Vitamin B6	16%	18%
Iron	14%	7%

Don't Forget the Sides

	Serving Size	Calories	Total Fat	Total Carbs
Corn	1 Med. Ear	80	1g	18g
Cucumber	1/2 Med.	15	0g	3g
Peppers	1 Med.	30	0g	7g
Summer Squash	1/2 Med.	20	0g	4g
Tomato	1 Med.	35	.5g	7g

PMA's Labeling Facts

*Based on a 2,000 calorie diet.

**US Dept. of Agriculture 2002, USDA Nutrient Database