

FUN FACTS ABOUT

Pork



- Pork is the most widely consumed protein in the world.
- The five most popular cuts of pork are chops, tenderloin, loin roast, spare ribs and shoulder.
- Eating lean cuts of pork helps maintain strength, repair muscles and provides long-lasting energy.
- In 2020, Iowa pork producers raised over 1/3 of the pigs in the United States.
- Pigs cannot sweat so they spread out and roll in the mud to cool off.
- Iowa farmers raise more pigs than any other state. There are more pigs than people in Iowa.

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