Title: US Pork Consumption and Nutritional Contribution of Pork to the Diet of the US Population – NPB #09-058

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SCIENTIFIC ABSTRACT

The main objective of this study is to analyze available US food consumption survey data such as the National Health and Nutrition Examination Survey (2003-2004 and 2005-2006) to estimate pork consumption by the US population and the nutritional contribution from pork to the total diet. Both short-term (2-day average) as well as long-term (usual) estimates of pork consumption were derived. Nutrient contribution from pork was derived as % of total nutrient intake and as % of the Recommended Dietary Allowance (RDA).

Pork consumption is relatively common with more than 64% of the US population age 2 year or older reporting consumption of a pork food on at least one of the 2 survey days in NHANES. Fresh pork consumption is less frequent than processed pork consumption (16% vs. 58% consumers for the total US population 2 year old or more), and lean pork consumption is also relatively limited (28% consumers). The mean per capita consumption estimate of total pork daily intake is 29.2 g/day. Processed pork constitutes the majority of that intake (21.7 g/day or 74% of total pork consumption). Thirty-seven percent (37%) of all pork consumed can be classified as “lean” based on USDA’s criteria.

On average, the overall pork consumption contributes 4% of the total daily energy intake, 7% of the total daily intake of fat and saturated fat, and 8% total daily protein intake among the US population 2+. The average consumption of pork among pork consumers contributes 9% of the total daily energy intake, 16% of the total daily intake of fat, 17% of saturated fat and 18% of protein.

Fresh and lean pork consumers get less cholesterol, fat and saturated fat, and more protein from fresh pork than processed pork consumers get from processed pork. Lean pork consumers get only 3% of their total calories from lean pork, but they get more than 10% of their protein and selenium, and 15% of their thiamin from lean pork.

A comparison of the nutrient contribution from pork to the total nutrient intakes to the nutrient contribution from other foods shows that pork is one of the top ten most important contributors to all the nutrients (except magnesium) examined in this study.