



Australasian Pork Research Institute Ltd APRIL

PROJECT SUMMARY

3B-114: *Development of a 'healthy pork' resource for use by consumers, health professionals and regulatory bodies: summary and dissemination of Pork CRC human nutrition research*

Project Leader: Dr Karen Murphy (University of South Australia)

Aims and Objectives:

The Pork Co-operative Research Centre funded 16 projects under the 'Healthy Pork Consumption' program from 2005 to 2019 with the aims to explore potential health benefits of pork and drivers and barriers to increased consumption. This project specifically aimed to summarise this information in order to:

1. Provide an updated dossier of the nutritional composition of fresh pork;
2. Determine levels of consumption of fresh pork amongst the community;
3. Provide information in relation to consumption of fresh pork on different aspects of human health and cognition;
4. Provide information to be used to educate dietitians and health professionals on the benefits and lack of adverse effects of consuming fresh lean pork as part of a healthy dietary pattern; and
5. Provide scientifically substantiated information to regulatory bodies on the health benefits of including fresh lean pork in diet for consideration when revising dietary guidelines and diet and health-related messages.

Key findings:

Collectively, this research showed that there were no adverse effects of fresh pork consumption, but fresh pork consumption may help with cardiometabolic health and blood pressure management of Type 2 diabetes, weight loss and preservation of cognition as part of a healthy dietary pattern. Including fresh lean pork in a healthy dietary pattern, in moderation, fits with latest dietary guidelines for good health

Applications to Industry:

This project provides new, valuable and up-to-date information for the Australasian pork industry and offers new opportunities for the promotion and marketing of fresh pork.