



Pork Producers Association

Nancy Faber, a volunteer speaker for the Pork Producers Association, spoke at the Treynor Optimist Club on July 13. She is a seed sales representative for Asgrow. She is also going to college at Bellevue University working on a Masters in Business and also volunteers at the YMCA in Council Bluffs.

Nancy said that the largest pork producing states are Iowa, North Carolina, and Minnesota. She grew up on a farm in Sherburn, Minnesota. Her family raised about 5000 pigs per year.

The gestation period for pigs is 3 months, 3 weeks, and 3 days, making it easy to remember. The total is 114 days.

Pork tenderloin is lower in calories, fat, sodium than skinless chicken breast. Seven of the most common cuts of pork have 16% less fat and 27% less saturated fat than 20 years ago.

Pigs contribute considerably to human health. Insulin, heart valves, skin to treat severe burn victims, and nearly 20 drugs and pharmaceuticals come from pigs.

In 1986, pork exports averaged about \$2 per animal. In 2012 they averaged about \$60 per animal. Total exports were \$6.3 billion in 2012. Iowa produces \$950M of pork. Approximately 100 million pigs are produced annually in the U.S, with about 30 million produced in Iowa. In 2008 the total was 37 million in Iowa.

Pork makes up 42% of the meat consumption by people in the world. Chicken makes up 33% and beef 22%. Turkey is only 3%.

Some good pork recipes are available at PorkBeInspired.com. Other information is available at Pork.org.