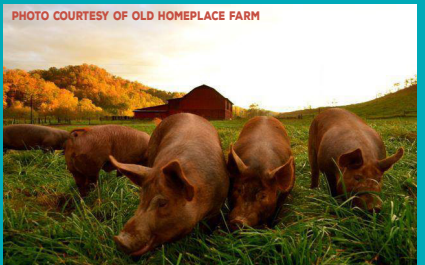




KENTUCKY FARM FAMILIES RAISE BETWEEN 250 AND 300 THOUSAND PIGS EACH YEAR. SOME ARE RAISED IN TEMPERATURE-CONTROLLED BARNs YEAR-ROUND, AND OTHERS ARE RAISED OUTDOORS.



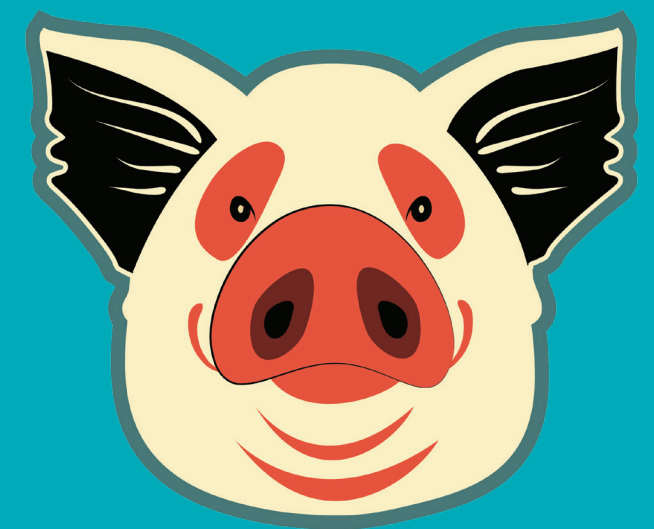
SOWS CAN HAVE TWO LITTERS OF PIGS PER YEAR. THE PIGS ARE WEANED AFTER THEY ARE THREE WEEKS OLD. A FARROWING STALL IS USED BY SOME FARMERS TO KEEP THE PIGLETS SAFE.



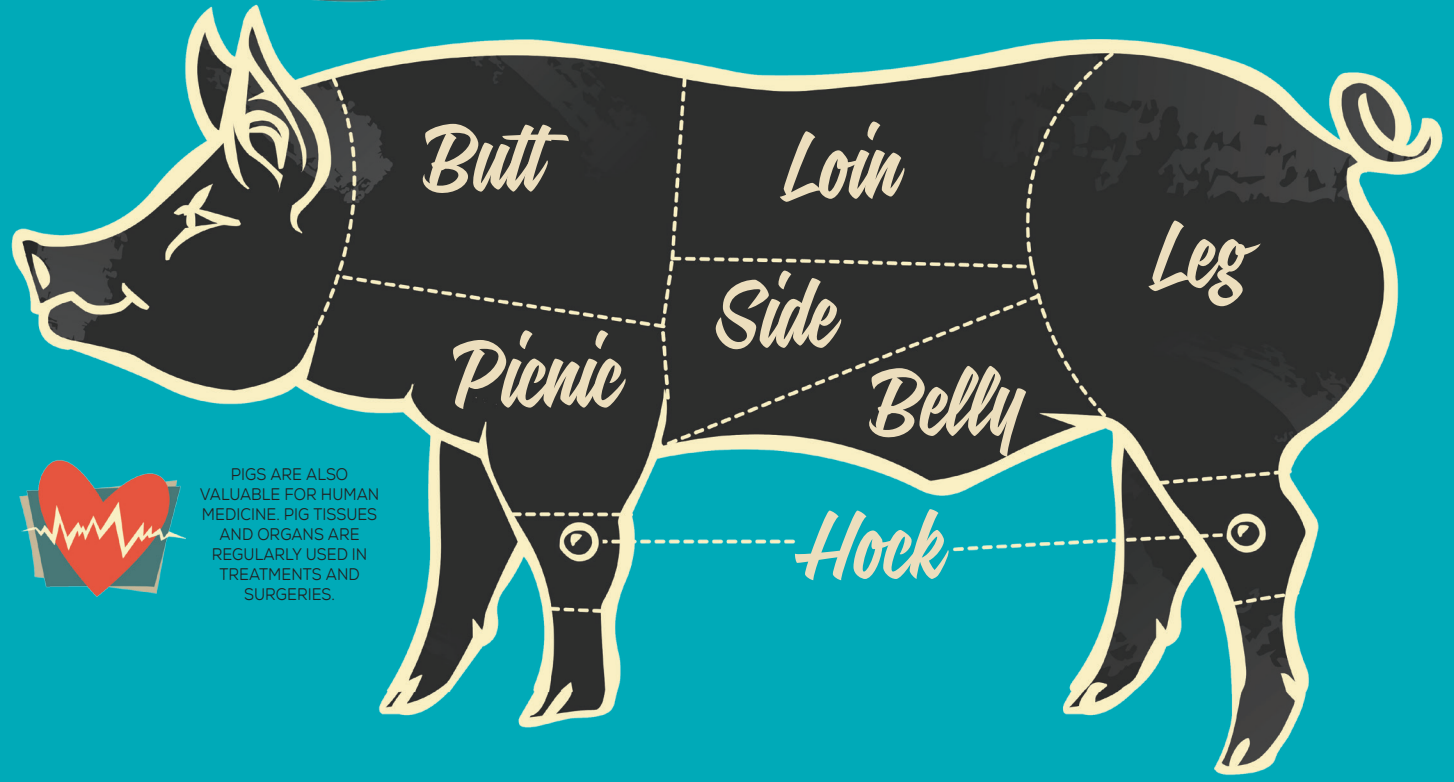
WHEN THE PIGS ARE READY TO BE ON THEIR OWN, THEY WILL BE FED A BALANCED DIET MOSTLY OF CORN AND SOYBEANS. THE PIGS EAT AND GROW UNTIL THEY REACH ABOUT 270 POUNDS. THEN THEY ARE READY TO GO TO MARKET.



KENTUCKY'S FARM FAMILIES WORK TO PROVIDE THE BEST CARE FOR THEIR PIGS AND ENSURE WE HAVE SAFE FOOD TO EAT.



Pigs & PORK



PIGS ARE ALSO VALUABLE FOR HUMAN MEDICINE. PIG TISSUES AND ORGANS ARE REGULARLY USED IN TREATMENTS AND SURGERIES.

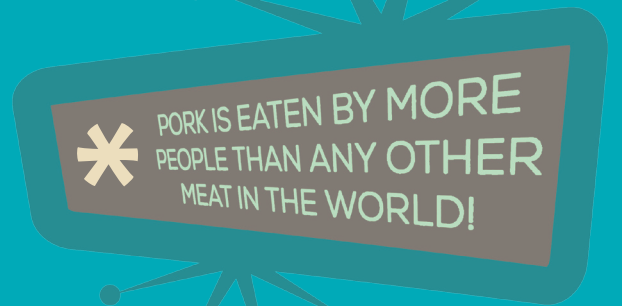
Pork Is Packed With Important Nutrients & Minerals

PORK IS AN EXCELLENT SOURCE OF THIAMIN, NIACIN, RIBOFLAVIN, VITAMIN B-6, PHOSPHORUS, AND PROTEIN AND A GOOD SOURCE OF ZINC AND POTASSIUM. THESE NUTRIENTS ARE IMPORTANT TO OUR HEALTH.



Cooking & Food Safety

PORK TODAY IS VERY LEAN AND SHOULDN'T BE OVERCOOKED. TO CHECK DONENESS, USE A DIGITAL COOKING THERMOMETER. MOST PORK SHOULD BE COOKED TO BETWEEN 145° F AND 160° F. PRE-COOKED HAM CAN BE REHEATED TO 140° F OR ENJOYED COLD.



CUTS OF PORK WE ENJOY

- | | | | |
|----------------|-------------------------|----------------------|------------------------|
| Loin | Side & Belly | Butt Shoulder | Picnic Shoulder |
| RIBS | BACON | BLADE STEAK | ARM ROAST |
| CHOPS | PORK BELLY | BOSTON BUTT | SAUSAGE |
| TENDERLOIN | SPARE RIBS | SAUSAGE | GROUND PORK |
| CANADIAN BACON | | GROUND PORK | HOT DOGS |
| RIB ROAST | Leg | | |
| LOIN ROAST | HAM | | |

KENTUCKY IS KNOWN FOR COUNTRY HAM, A HAM THAT HAS BEEN SALT-CURED AND SMOKED.

Many cuts of pork are considered lean, which means they are low in fat.



KENTUCKY IS HOME TO MANY MEAT PROCESSING PLANTS THAT MAKE PORK AVAILABLE TO MARKETS, GROCERIES, AND RESTAURANTS.

