

**Health and Diet - August 23,
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Pork: the other lean white meat. Including lean pork can increase variety and nutrition. Lean pork choices provide between four and eight grams of fat in a three ounce, cooked portion. In addition, lean pork has only one to three grams of saturated fat per portion. Pork is also lower in sodium than its close friend, chicken. So, don't disregard pork -- include it in your eating plan!