

# Fun Facts about

## PORK

- Pork provides protein, B-vitamins and thiamin to our diets. Pork has three times as much thiamin as any other food. Thiamin changes carbohydrates into energy and promotes a healthy appetite.
- Pork is naturally low in sodium and a “good” source of potassium – two nutrients that, when coupled, can help regulate blood pressure.
- Domesticated pigs first arrived in North America in the 1500s.
- Pigs are among the smartest of all domesticated animals including dogs.
- Washington state is home to over 17,000 hogs.

