

# Pork & Our Diet

Pork is an important part of our diet. It provides our body with protein that builds strong muscles. Pork is also a great source of iron, zinc and B-vitamins.

Modern technology, along with the work of farmers, have brought consumers the leanest bacon, ham, sausage and other pork products possible. Electronic equipment allows farmers to monitor the fat content of a pig and adjust the pig's diet to produce very lean meat. This equipment, along with breeding techniques, allows farmers to choose leaner animals for breeding stock and to supply consumers with lean, tasty products they want.



# Farrow To Finish



## - Farrowing Barn

The Farrowing Barn is where piglets are born. A mother pig, or sow, is put into a special area called a farrowing stall. This stall has adjustable rails to separate the sow from her piglets. This way she won't hurt the piglets when she lies down or turns over, but she can still nurse (provide the piglets with milk).



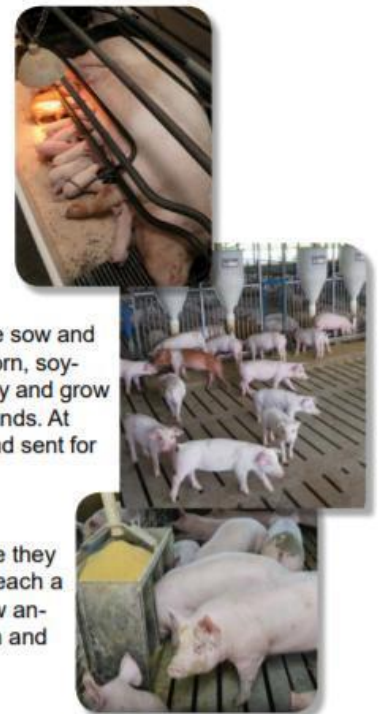
## - Nursery

Once the piglets reach the right age and weight, they are weaned from the sow and moved to the nursery. Here the pigs get a specially mixed starter diet of corn, soybeans and supplements of vitamins and minerals to help them stay healthy and grow quickly. The pigs will stay in the nursery until they reach around 50-60 pounds. At this point some gilts, female pigs that have not given birth, are selected and sent for breeding.



## - Finishing

From the nursery, pigs are moved to the finishing barns. Here they will continue to eat grains like corn and soybeans until they reach a market weight of roughly 280 pounds. Pigs are one of the few animals that won't overeat. A pig eats about 870 pounds of corn and 120 pounds of protein and minerals to reach market weight.



## Farmer Talk

There are many different terms farmers use to talk about pigs. Here are just a few:

- Boar is a male used for breeding.
- Barrow is a male pig that is not used for breeding.
- Farrow means to give birth to piglets.
- Gilt is a female pig that has not given birth.
- Litter means a group of piglets born at the same time. Litter sizes are usually between 8-12 piglets.
- Piglet is a baby pig.
- Pork is the food and products that come from pigs. Pork chops, bacon, ham, sausage, and pork roast are some examples of pork.
- Sow is a female pig that has given birth. Pigs are pregnant for three months, three weeks, and three days.
- Wean means the piglet is big enough to eat on its own and doesn't nurse anymore.