

### 3B-107: Lipemic Index of Pork

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#### Aims and Objectives:

The aim of this trial was to compare the impact of consuming a pork meal on plasma lipids (the acute lipemic response) to that of consuming a red meat (lamb) meal with equivalent fat content.

#### Key Findings

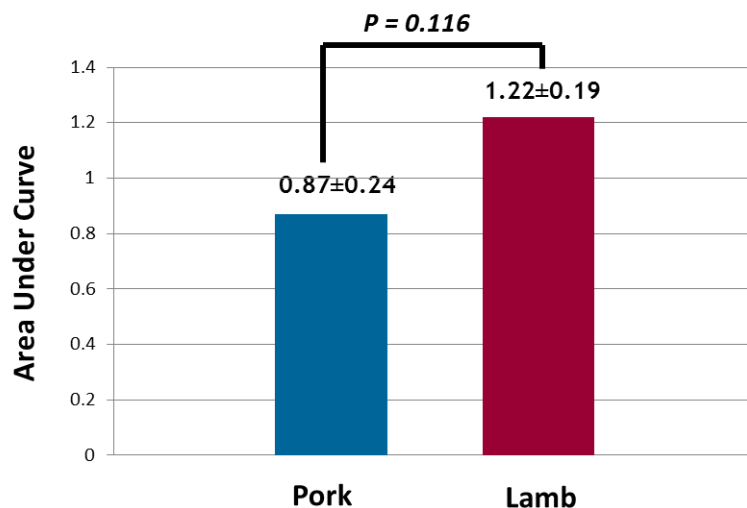
The study showed no difference between the pork and lamb meals in the incremental changes of blood cholesterol (total, LDL and HDL) and triglycerides at 2, 4 or 6 hours.

Although statistically insignificant, the Lipemic Index (i.e. the integrated change in plasma triglyceride levels calculated as the area within a trapezoid) tended to be lower for pork than lamb.

The effect size suggests the possibility of a significant difference with a larger sample size.

#### Application to Industry

The current findings provide a proof of concept that pork is as good as lamb and possibly better with respect to its effects on postprandial lipemia and support the growing evidence that consumption of fresh pork is equally healthy to consumption of alternative meats.



The Lipemic Index (or the Area under the Curve - the integrated change in plasma triglyceride levels calculated as the area within a trapezoid). Values are mean±SEM.