

# *Idaho Pasture Pigs*



## *Idaho Pasture Pig Registry*

Visit us on Facebook at  
**Idaho Pasture Pigs (IPP)**  
**Idaho Pasture Pigs**  
and YouTube at  
**Idaho Pasture Pig Registry**

[www.idahopasturepigregistry.com](http://www.idahopasturepigregistry.com)  
(715)674-2287

# Nutritional Benefits

There are many benefits of raising pigs on pasture both for the pigs themselves as well as in the pork you are producing.

## ***Pig's Health:***

Pigs raised outside with ample shelter, forage, and water are less prone to sickness and are overall healthier pigs. They have better muscle development due to being able to move and exercise continually, which relates to a higher protein level.

## ***Nutritional Value of Pork:***

Pork from pasture raised pigs *who are consuming a diet consisting primarily of grasses, legumes, and forage* have a higher nutritional value.

1. Higher in omega-3 fatty acids which may improve brain function and reduce the risk of cancers and cardiovascular diseases.
2. Higher in protein and Vitamin E which builds and repairs tissues and promotes cell protection from free-radicals
3. Has less saturated fats and more heart-healthy polyunsaturated fats. This can reduce the risk of heart attacks and cardiovascular diseases as well as lower cholesterol.

Idaho Pasture Pigs are able to thrive on primarily a grass diet, but they do require a small amount of grains in their diet for their overall health. Overall, 80 – 90% of the diet of an IPP can come from grasses, legumes, and forage. This means that the pork from an IPP can be nutrient dense and have superior benefits to your health.

Knowing what and how your pork was raised and what their diet consisted of is going to help you choose the best option for your family!

