



## WILLOWGROVE HILL PORK

Product	FATTY ACID PROFILES (per 100g serving)					Selenium** Content mcg/100 g
	Total Fat	Total Ω-3	Ω-6: Ω-3 Ratio	ALA	DHA + EPA	
Bacon	23.9 g	407 mg	8.1	300 mg	37 mg	> 13 mcg (~35 mcg*)
Pulled Pork	7.7 g	194 mg	5.1	130 mg	27 mg	> 13 mcg (~35 mcg*)
Weiners	25.1 g	235 mg	15.6	177 mg	12 mg	> 13 mcg (~15 mcg*)
Hams	5.1 g	99 mg	7.2	60 mg	15 mg	> 13 mcg (21 mcg)
Pork Chops	18.2 g	380 mg	5.0	290 mg	44 mg	>13 mcg (55 mcg)
Cottage Roll	13.7 g	349 mg	5.0	260 mg	42 mg	> 13 mcg (38 mcg)
Sausage	19.0 g	399 mg	5.6	308 mg	41 mg	>13 mcg (29 mcg)

Suggested total Ω-3 intake for adults is 1500 mg/day

DHA + EPA should be ~ 10% of total daily Ω-3 intake = 150 mg/day

\*Estimated values

\*\*Recommended Daily Intake (RDI) for Selenium as indicated by the Canadian Food Inspection Agency (CFIA) is 15 mcg/day for children under 2 and 50 mcg/day for adults and children 2 years of age or older