

Willowgrove Hill Pork: Delicious, Fresh, Healthy.

Our high-quality pork is not only farm fresh and delicious, it's recognized as a healthy choice.

- + Ontario farm raised, produced & marketed
- + Our pork is fed a diet enriched with EPA, and DHA Omega-3 Polyunsaturated Fatty Acids and Selenium
- + Part of the global, health-promoting "functional food" movement
- + Raised without antibiotics & no growth promotants
- + Federally inspected and approved slaughterhouse and processors; HACCP-regulated mills



For suggestions and ideas
on cooking preparation
and menus, please visit
"Rosie's Recipes"
at willowgrovehill.com.



PREMIER'S AWARD FOR
AGRI-FOOD INNOVATION EXCELLENCE

Award Recipient



OMEGA-3 PORK ENRICHED NUTRITIONALLY

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willowgrovehill.com

PRODUCT OF CANADA



THE FIRST AND ONLY
PORK IN NORTH AMERICA
WITH DHA OMEGA-3,
which supports the normal
physical development of the
brain, eyes and nerves



OMEGA-3 PORK ENRICHED NUTRITIONALLY

OUR PREMIUM PORK PROVIDES

DHA/EPA OMEGA-3
Polyunsaturated Fatty Acids*

AND IS AN

Excellent Source of
SELENIUM**

ONTARIO FARM RAISED

**WITHOUT
ANTIBIOTICS**

AND

**NO GROWTH
PROMOTANTS**

DELICIOUS OUR HIGH-QUALITY HEALTHY FRESH LOCAL

Tender, Moist, Flavourful...and nutritionally enriched: the savvy choice for professional chefs and home cooks.

A LOCAL, FRESH, RESPONSIBLE CHOICE

Home raised without antibiotics, Willowgrove Hill pork gets to Ontario tables faster and fresher. And while the great taste of fresh food is important, local production is also more environmental, using a reduced carbon footprint to get to the end consumer. Supporting Willowgrove Hill – and other local farmers – is not only good for Ontario and its economy – it’s good for the planet!

“At Willowgrove Hill, we know that what matters most to our family is what matters most to yours: health, nutrition, quality, value – and eating fresh, home raised, locally produced pork that is raised without antibiotics and free of growth hormones.”



Paul Hill,
Willowgrove Hill Owner

WILLOWGROVE HILL PORK: A HEALTHY CHOICE

Willowgrove Hill is the first and only pork producer in North America to add EPA, and DHA Omega-3 (human-grade fish oil) and Selenium to its pork through feed, based on a specially formulated diet designed in conjunction with a professional nutritionist. Willowgrove Hill pork is also raised without antibiotics and no growth promotants.

OMEGA-3 FATTY ACIDS

Since lack of these fatty acids leads to deficiency symptoms and they can only be obtained from the diet, they are essential dietary nutrients.†

SELENIUM

An antioxidant, considered an essential trace element in the human diet, with an established recommended dietary allowance by Health Canada.



- + DHA Omega-3: supports normal physical development of the brain, eyes and nerves.
- + Selenium: a dietary antioxidant involved in the formation of a protein that defends against oxidative stress.

For more compelling human health research on DHA Omega-3, please visit www.heartandstroke.ca and www.dhaomega3.org.

The results are in!

As Ontario’s and North America’s first and only pork producer to offer DHA/EPA Omega-3 and Selenium pork, Ontario farm raised, without antibiotics and growth promotants (see charts below), Willowgrove Hill is proud to offer food that is not only delicious but healthier for you too.

Based on the total Recommended Dietary Allowance (RDA) of DHA/EPA Omega-3 and Selenium, the following charts illustrate how our products measure up per 100-gram serving:

| FATTY ACID PROFILES / 100 g SERVING | | | | | | |
|---------------------------------------|-----------|---------------|------------------------|--------|-----------|-----------------------------|
| * Nutrient Levels by Pork Cut Serving | Total Fat | Total Omega-3 | Omega-3: Omega-6 Ratio | ALA | DHA + EPA | Selenium Content mcg/100 g* |
| Bacon | 23.9 g | 407 mg | 8.1 | 300 mg | 37 mg | 35 mcg |
| Pulled Pork | 7.7 g | 194 mg | 5.1 | 130 mg | 27 mg | 35 mcg |
| Wieners | 25.1 g | 235 mg | 15.6 | 177 mg | 12 mg | 15 mcg |
| Ham | 5.1 g | 99 mg | 7.2 | 60 mg | 15 mg | 21 mcg |
| Pork Chops | 18.2 g | 380 mg | 5.0 | 290 mg | 44 mg | 55 mcg |
| Cottage Roll | 13.7 g | 349 mg | 5.0 | 260 mg | 42 mg | 38 mcg |
| Sausage | 19.0 g | 399 mg | 5.6 | 308 mg | 41 mg | 29 mcg |

| ** PERCENT OF RDA FOR DHA/EPA OMEGA-3 AND SELENIUM BY PORK CUT/100 g | | | |
|--|----------------|------------|------------|
| | Total Omega-3* | DHA + EPA* | Selenium** |
| Bacon | 27.13% | 24.67% | 70% |
| Pulled Pork | 12.93% | 18.00% | 70% |
| Wieners | 15.67% | 8.00% | 30% |
| Ham | 6.67% | 10.00% | 42% |
| Pork Chops | 25.33% | 29.33% | 110% |
| Cottage Roll | 23.27% | 28.00% | 76% |
| Sausage | 26.67% | 27.33% | 58% |

† Health & Welfare Canada, *The Report of the Scientific Review Committee*, 1990 pg. 40.

* Suggested total Omega-3 intake is 1,100-1,600 mg/day for adults. DHA + EPA should be approx. 10% of total daily Omega-3 intake (i.e., 150 mg/day).

** Recommended Dietary Allowance (RDA) for Selenium is 20 mcg/day for children 1-3 years of age, and 55 mcg/day for adults. Source: Health Canada Dietary Reference Intake Tables.