

# Willowgrove Hill Pork: Delicious, Fresh, Healthy.

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

- + Home raised, produced and marketed
- + Nutritionally enriched with EPA, and DHA Omega-3 Polyunsaturated Fatty Acids and organic Selenium
- + Raised without the use of growth hormones or promotants
- + Part of the global, health-promoting "functional food" movement
- + Raised without antibiotics
- + 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](http://willowgrovehill.com).



ENRICHED HOME RAISED PORK

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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



ENRICHED HOME RAISED PORK

OUR PREMIUM PORK IS  
NUTRITIONALLY ENRICHED WITH  
**DHA/EPA OMEGA-3**  
Polyunsaturated Fatty Acids\*

AND IS AN

Excellent Source of  
**SELENIUM\***

HOME RAISED

**WITHOUT  
ANTIBIOTICS**



PREMIER'S AWARD FOR  
AGRI-FOOD INNOVATION EXCELLENCE  
*Award Recipient*

DELICIOUS 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: THE HEALTHY CHOICE

Willowgrove Hill is the first and only pork producer in Ontario to add EPA, and DHA Omega-3 (human-grade fish oil) and organic Selenium to its pork naturally, through feed, based on a specially formulated diet designed in conjunction with a professional nutritionist. Willowgrove Hill pork is also raised without antibiotics, growth hormones and 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](http://www.heartandstroke.ca) and [www.dhaomega3.org](http://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 organic Selenium-enriched pork, home raised without antibiotics, 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.