

# PIG and PORK FACTS

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FROM OUR DIETARY LAW HIGHLIGHT SERIES

**T**HE pig or swine is a very popular food item with so-called Christians. Yet these very Christians are unaware that the God they profess to believe in Jesus had condemned the eating of swine's flesh and at his 2<sup>nd</sup> coming will destroy all those that eat pigs flesh .

## **A COMING OF THE LORD FACT THAT SATANIZED CHRISTIANS IGNORE**

For, behold **THE LORD** will come with **FIRE**, and with his chariots like a whirlwind, to render his anger with fury, and his rebuke with flames of fire. For by fire and by his sword will the **LORD** plead with all flesh: and the slain of the **LORD** shall be many. They that sanctify themselves, and purify themselves in the gardens behind one tree in the midst, **EATING SWINE'S FLESH** and the **ABOMINATION** and the **MOUSE**, shall be consumed together, saith the **LORD**( Isaiah 66:15-17)

## **THE APOSTLE PAUL WROTE ABOUT THE SAME COMING OF THE LORD**

And to you who are troubled rest with us when **THE LORD JESUS** shall be revealed from heaven with his mighty angels. **IN FLAMING FIRE** taking vengeance on them that **KNOW NOT GOD AND THAT OBEY NOT THE GOSPEL** of our **LORD JESUS CHRIST** (2 Thessalonians 1:7-8)

The condemnation is based on both sound biological and spiritual principles. Here are some biological facts on pork that prove it to be a very unhealthy food to eat:

- A pig is a real garbage gut. It will eat anything including urine, excrement, dirt, decaying animal flesh, maggots, or decaying vegetables. They will even eat the cancerous growths off other pigs or animals.
- The meat and fat of a pig absorbs toxins like a sponge. Their meat can be 30 times more toxic than beef or venison.
- **When eating beef or venison, it takes 8 to 9 hours to digest the meat so what little toxins are in the meat are slowly put into our system and can be filtered by the liver.** But when pork is eaten, **IT TAKES ONLY 4 HOURS TO DIGEST THE MEAT.** We thus get a much higher level of toxins within a shorter time.
- Unlike other mammals, **A PIG DOES NOT SWEAT OR PERSPIRE.** Perspiration is a means by which toxins are removed from the body. Since a pig does not sweat, the toxins remain within its body and in the meat.
- Pigs and swine are so poisonous that you can hardly kill them with strychnine or other poisons.
- Farmers will often pen up pigs within a rattlesnake nest because the pigs will eat the snakes, and if bitten **THEY WILL NOT BE HARMED BY THE VENOM.**

●When a pig is butchered, worms and insects take to its flesh sooner and faster than to other animal's flesh. **IN A FEW DAYS THE SWINE FLESH IS FULL OF WORMS.**

●Swine and pigs have over a dozen parasites within them, such as tapeworms, flukes, worms, and trichinae. **THERE IS NO SAFE TEMPERATURE AT WHICH PORK CAN BE COOKED TO ENSURE THAT ALL THESE PARASITES, THEIR CYSTS, AND EGGS WILL BE KILLED.**

●Pig meat has twice as much fat as beef. A 3 oz T bone steak contains 8.5 grams of fat; a 3 oz **PORK CHOP CONTAINS 18 GRAMS OF FAT.** A 3 oz beef rib has 11.1 grams of fat; a 3 oz pork spare rib has 23.2 grams of fat.

●Cows have a complex digestive system, having four stomachs. It thus takes over 24 hours to digest their vegetarian diet causing its food to be purified of toxins. In contrast, the swine's one stomach **TAKES ONLY ABOUT 4 HOURS TO DIGEST ITS FOUL DIET, TURNING ITS TOXIC FOOD INTO FLESH.**

●The swine carries about **30 DISEASES WHICH CAN BE EASILY PASSED TO HUMANS.** This is why God commanded that we are not even to touch their carcass (Leviticus 11:8).

●The trichinae worm of the swine is microscopically small, and once ingested can lodge itself in our intestines, muscles, spinal cord or the brain. This results in the disease trichinosis. The symptoms are sometimes lacking, but when present they **ARE MISTAKEN FOR OTHER DISEASES, SUCH AS TYPHOID, ARTHRITIS, RHEUMATISM, GASTRITIS, MS, MENINGITIS, GALL BLADDER TROUBLE, OR ACUTE ALCOHOLISM.**

●The pig is so poisonous and filthy, that **NATURE HAD TO PREPARE HIM A SEWER LINE OR CANAL RUNNING DOWN EACH LEG WITH AN OUTLET IN THE BOTTOM OF THE FOOT.** Out of this hole oozes pus and filth his body cannot pass into its system fast enough. Some of this pus gets into the meat of the pig.

There are other reasons grounded in biological facts that could be listed to show why pigs and swine should not be eaten. But a true Christian should only need one reason why not to eat this type of food because God prohibited it.

*"And the swine, because it divides the hoof, yet does not chew the cud, it is unclean unto you: you shall not eat of their flesh, nor touch their dead carcass." - Leviticus 11:7,8; Deuteronomy 14:8*

Those who say Christ abolished the law condemning pork are motivated by their stomach not Scripture. The problems with pork are biological, and **CHRIST NEVER CHANGED THE LAWS OF BIOLOGY.**

### **1 Corinthians 6:19-20**

What? **KNOW YE NOT THAT YOUR BODY IS THE TEMPLE OF THE HOLY GHOST WHICH IS IN YOU,** which ye have of God, and ye are not your own? For ye are bought with a price: **THEREFORE GLORIFY GOD IN YOUR BODY,** and in your spirit, which are God's.

### **2 Corinthians 6:14-17**

Be ye not unequally yoked together with unbelievers: for what fellowship hath righteousness with unrighteousness? and what communion hath light with darkness? And what concord hath Christ with Belial? or what part hath he that believeth with an infidel? And what agreement hath the temple of God with idols? **FOR YE ARE THE TEMPLE OF THE LIVING GOD; AS GOD HATH SAID, I WILL DWELL IN THEM, AND WALK IN THEM;** and I will be their God, and they shall be my people.

Wherefore come out from among them, and be ye separate, saith the Lord, **AND TOUCH NOT THE UNCLEAN THING**; and I will receive you.

**SATANIZED CHRISTIAN AVOID THE WHOLE REASON FOR THE BACKGROUND OF THIS PASSAGE “ THE EATING WITH UNWASHED HANDS”**

**Mark 7:1-23**

Then came together unto him the Pharisees, and certain of the scribes, which came from Jerusalem. **AND WHEN THEY SAW SOME OF HIS DISCIPLES EAT BREAD WITH DEFILED, THAT IS TO SAY, WITH UNWASHEN, HANDS, THEY FOUND FAULT.** For the Pharisees, and all the Jews, except they wash their hands oft, eat not, holding the tradition of the elders. And when they come from the market, except they wash, they eat not. And many other things there be, **WHICH THEY HAVE RECEIVED TO HOLD, AS THE WASHING OF CUPS, AND POTS, BRASEN VESSELS, AND OF TABLES.** Then the Pharisees and scribes asked him, Why walk not thy disciples according to the tradition of the elders, but eat bread with unwashen hands? He answered and said unto them, **Well hath Esaias prophesied of you hypocrites, as it is written, This people honoureth me with their lips, but their heart is far from me. Howbeit in vain do they worship me, teaching for doctrines the commandments of men. For laying aside the commandment of God, YE HOLD THE TRADITION OF MEN, AS THE WASHING OF POTS AND CUPS: AND MANY OTHER SUCH LIKE THINGS YE DO.** And he said unto them, Full well ye reject the commandment of God, that ye may keep your own tradition. For Moses said, Honour thy father and thy mother; and, Whoso curseth father or mother, let him die the death: But ye say, If a man shall say to his father or mother, It is Corban, that is to say, a gift, by whatsoever thou mightest be profited by me; he shall be free. And ye suffer him no more to do ought for his father or his mother; Making the word of God of none effect through your tradition, which ye have delivered: and many such like things do ye. And when he had called all the people unto him, he said unto them, **Hearken unto me every one of you, and understand: There is nothing from without a man, that entering into him can defile him: but the things which come out of him, those are they that defile the man. If any man have ears to hear, let him hear. And when he was entered into the house from the people, his disciples asked him concerning the parable. And he saith unto them, Are ye so without understanding also? Do ye not perceive, that whatsoever thing from without entereth into the man, it cannot defile him; Because it entereth not into his heart, but into the belly, and goeth out into the draught, purging all meats? And he said, That which cometh out of the man, that defileth the man. For from within, out of the heart of men, proceed evil thoughts, adulteries, fornications, murders, Thefts, covetousness, wickedness, deceit, lasciviousness, an evil eye, blasphemy, pride, foolishness: **ALL THESE EVIL THINGS COME FROM WITHIN, AND DEFILE THE MAN.****

**YET JESUS CAME TO TO FOREFILL THE LAW AND THIS IS PASSAGE THAT REMAINS TO BE FOREFILLED BY JESUS**

**Isaiah 66:15-23**

**FOR, BEHOLD, THE LORD WILL COME WITH FIRE,** and with his chariots like a whirlwind, to render his anger with fury, and his rebuke with flames of fire. For by fire and by his sword will the LORD plead with all flesh: **AND THE SLAIN OF THE LORD SHALL BE MANY.** They that sanctify themselves, and purify themselves in the gardens behind one tree in the midst, **EATING SWINE'S FLESH, AND THE ABOMINATION, AND THE MOUSE,** shall be consumed together, saith the LORD. For I know their works and their thoughts: it shall come, that I will gather all nations and tongues; and they shall come, and see my glory. And I will set a sign among them, and I will send those that escape of them unto the nations, to Tarshish, Pul, and Lud, that draw the bow, to Tubal, and Javan, to the isles afar off, that have not heard my fame, neither have seen my glory; and they shall declare my glory among the Gentiles. And they shall bring all your brethren for an offering unto the LORD out of all nations upon

horses, and in chariots, and in litters, and upon mules, and upon swift beasts, to my holy mountain Jerusalem, saith the LORD, as the children of Israel bring an offering in a clean vessel into the house of the LORD. And I will also take of them for priests and for Levites, saith the LORD. For as the new heavens and the new earth, which I will make, shall remain before me, saith the LORD, so shall your seed and your name remain. And it shall come to pass, that from one new moon to another, and from one sabbath to another, shall all flesh come to worship before me, saith the LORD.

## 2 Thessalonians 1:7-10

And to you who are troubled rest with us, when **THE LORD JESUS SHALL BE REVEALED FROM HEAVEN WITH HIS MIGHTY ANGELS, IN FLAMING FIRE** taking vengeance on them that know not God, and that obey not the gospel of our Lord Jesus Christ: Who shall be punished with everlasting destruction from the presence of the Lord, and from the glory of his power; When he shall come to be glorified in his saints, and to be admired in all them that believe (because our testimony among you was believed) in that day.

### THE ALL MEATS ARE CLEAN LIE AND CORRUPTIONS PUT IN THE MODERN DAY TRANSLATIONS

[Mark 7:19 \(ASV\)](#) | [In Context](#) | [Whole Chapter](#)

<sup>19</sup> because it goeth not into his heart, but into his belly, and goeth out into the draught? This he said, making all meats clean.

Mark 7:19X  
[BackX](#)

[Mark 7:19 \(AMP\)](#) | [In Context](#) | [Whole Chapter](#)

<sup>19</sup> Since it does not reach *and* enter his heart but [only his] digestive tract, and so passes on [into the place designed to receive waste]? **Thus He was making *and* declaring all foods [ceremonially] clean [that is, abolishing the ceremonial distinctions of the Levitical Law].**

Mark 7:19X  
[BackX](#)

[Mark 7:19 \(CEB\)](#) | [In Context](#) | [Whole Chapter](#)

<sup>19</sup> That's because it doesn't enter into the heart but into the stomach, and it goes out into the sewer." **By saying this, Jesus declared that no food could contaminate a person in God's sight.**

Mark 7:19X  
[BackX](#)

[Mark 7:19 \(CJB\)](#) | [In Context](#) | [Whole Chapter](#)

<sup>19</sup> For it doesn't go into his heart but into his stomach, and it passes out into the latrine." **(Thus he declared all foods ritually clean.)**

Mark 7:19X  
[BackX](#)

[Mark 7:19 \(CEV\)](#) | [In Context](#) | [Whole Chapter](#)

<sup>19</sup> It doesn't go into your heart, but into your stomach, and then out of your body." **By saying this, Jesus meant that all foods were fit to eat.**

Mark 7:19X  
[BackX](#)

[Mark 7:19 \(ERV\)](#) | [In Context](#) | [Whole Chapter](#)

<sup>19</sup> Food does not go into a person's mind. It goes into the stomach. Then it goes out of the body." **(When Jesus said this, he meant there is no food that is wrong for people to eat.)**

Mark 7:19X

[BackX](#)

[Mark 7:19 \(ESV\) | In Context | Whole Chapter](#)

<sup>19</sup> since it enters not his heart but his stomach, and is expelled?” (Thus he declared all foods clean.)

Mark 7:19X  
[BackX](#)

[Mark 7:19 \(ESVUK\) | In Context | Whole Chapter](#)

<sup>19</sup> since it enters not his heart but his stomach, and is expelled?” (Thus he declared all foods clean.)

Mark 7:19X  
[BackX](#)

[Mark 7:19 \(EXB\) | In Context | Whole Chapter](#)

<sup>19</sup> [Because] It does not go into the ·mind [heart], but into the stomach. Then it goes ·out of the body [<sup>L</sup>into the sewer/latrine].” ·(When Jesus said this, he meant that no longer was any food unclean for people to eat.) [or, (In this way, Jesus cleansed all food.)]

Mark 7:19X  
[BackX](#)

[Mark 7:19 \(GW\) | In Context | Whole Chapter](#)

<sup>19</sup> It doesn't go into his thoughts but into his stomach and then into a toilet.” (By saying this, Jesus declared all foods acceptable.)

Mark 7:19X  
[BackX](#)

[Mark 7:19 \(GNT\) | In Context | Whole Chapter](#)

<sup>19</sup> because it does not go into your heart but into your stomach and then goes on out of the body.” (In saying this, Jesus declared that all foods are fit to be eaten.)

Mark 7:19X  
[BackX](#)

[Mark 7:19 \(HCSB\) | In Context | Whole Chapter](#)

<sup>19</sup> For it doesn't go into his heart but into the stomach and is eliminated.” (As a result, He made all foods clean.)

Mark 7:19X  
[BackX](#)

[Mark 7:18-23 \(PHILLIPS\) | Whole Chapter](#)

<sup>18-23</sup> “Oh, are you as dull as they are?” he said. “Can't you see that anything that goes into a man from outside cannot make him 'common' or unclean? You see, it doesn't go into his heart, but into his stomach, and passes out of the body altogether, so that all food is clean enough. But,” he went on, “whatever comes out of a man, that is what makes a man 'common' or unclean. For it is from inside, from men's hearts and minds, that evil thoughts arise—lust, theft, murder, adultery, greed, wickedness, deceit, sensuality, envy, slander, arrogance and folly! All these evil things come from inside a man and make him unclean!”

Mark 7:19X  
[BackX](#)

[Mark 7:19 \(JUB\) | In Context | Whole Chapter](#)

<sup>19</sup> Because it enters not into his heart, but into the belly, and the man goes out to the privy and purges all foods.

Mark 7:19X  
[BackX](#)

[Mark 7:19 \(LEB\) | In Context | Whole Chapter](#)

<sup>19</sup> For it does not enter into his heart but into his stomach, and goes out into the latrine”—**thus declaring all foods clean.**

Mark 7:19X  
[BackX](#)

[Mark 7:19 \(TLB\) | In Context | Whole Chapter](#)

<sup>19</sup> For food doesn't come in contact with your heart, but only passes through the digestive system.” **(By saying this he showed that every kind of food is kosher.)**

Mark 7:19X  
[BackX](#)

[Mark 7:18-19 \(MSG\) | In Context | Whole Chapter](#)

<sup>18-19</sup> Jesus said, “Are you being willfully stupid? Don't you see that what you swallow can't contaminate you? It doesn't enter your heart but your stomach, works its way through the intestines, and is finally flushed.” **(That took care of dietary quibbling; Jesus was saying that all foods are fit to eat.)**

Mark 7:19X  
[BackX](#)

[Mark 7:19 \(MOUNCE\) | In Context | Whole Chapter](#)

<sup>19</sup> because hoti it does not ou enter eispreuomai his autos · ho heart kardia, but alla his ho stomach koilia, and kai goes out ekpreuomai into eis the ho latrine aphedrōn?” **( Thus he declared katharizō all pas · ho foods brōma clean .)**

Mark 7:19X  
[BackX](#)

[Mark 7:19 \(NOG\) | In Context | Whole Chapter](#)

<sup>19</sup> It doesn't go into his thoughts but into his stomach and then into a toilet.” **(By saying this, Yeshua declared all foods acceptable.)**

Mark 7:19X  
[BackX](#)

[Mark 7:19 \(NASB\) | In Context | Whole Chapter](#)

<sup>19</sup> because it does not go into his heart, but into his stomach, and is eliminated?” **(Thus He declared all foods clean.)**

Mark 7:19X  
[BackX](#)

[Mark 7:19 \(NCV\) | In Context | Whole Chapter](#)

<sup>19</sup> It does not go into the mind, but into the stomach. Then it goes out of the body.” **(When Jesus said this, he meant that no longer was any food unclean for people to eat.)**

Mark 7:19X  
[BackX](#)

[Mark 7:19 \(NET\) | In Context | Whole Chapter](#)

<sup>19</sup> For it does not enter his heart but his stomach, and then goes out into the sewer.” **(This means all foods are clean.)**

Mark 7:19X  
[BackX](#)

[Mark 7:19 \(NIRV\) | In Context | Whole Chapter](#)

<sup>19</sup> It doesn't go into the heart. It goes into the stomach. Then it goes out of the body.” In saying this, Jesus was calling all foods “clean.”

Mark 7:19X  
[BackX](#)

[Mark 7:19 \(NIV\) | In Context | Whole Chapter](#)



<sup>19</sup> For it doesn't go into their heart but into their stomach, and then out of the body." (In saying this, Jesus declared all foods clean.)

Mark 7:19X  
[BackX](#)

[Mark 7:19 \(NIVUK\) | In Context | Whole Chapter](#)

<sup>19</sup> For it doesn't go into their heart but into their stomach, and then out of the body.' (In saying this, Jesus declared all foods clean.)

Mark 7:19X  
[BackX](#)

[Mark 7:19 \(NKJV\) | In Context | Whole Chapter](#)

<sup>19</sup> because it does not enter his heart but his stomach, and is eliminated, *thus* purifying all foods?"

Mark 7:19X  
[BackX](#)

[Mark 7:19 \(NLV\) | In Context | Whole Chapter](#)

<sup>19</sup> It does not go into his heart, but into his stomach and then on out of his body." In this way, He was saying that all food is clean.

Mark 7:19X  
[BackX](#)

[Mark 7:19 \(NLT\) | In Context | Whole Chapter](#)

<sup>19</sup> Food doesn't go into your heart, but only passes through the stomach and then goes into the sewer." (By saying this, he declared that every kind of food is acceptable in God's eyes.)

Mark 7:19X  
[BackX](#)

[Mark 7:19 \(NRSV\) | In Context | Whole Chapter](#)

<sup>19</sup> since it enters, not the heart but the stomach, and goes out into the sewer?" (Thus he declared all foods clean.)

Mark 7:19X  
[BackX](#)

[Mark 7:19 \(NRSVA\) | In Context | Whole Chapter](#)

<sup>19</sup> since it enters, not the heart but the stomach, and goes out into the sewer?" (Thus he declared all foods clean.)

Mark 7:19X  
[BackX](#)

[Mark 7:19 \(NRSVACE\) | In Context | Whole Chapter](#)

<sup>19</sup> since it enters, not the heart but the stomach, and goes out into the sewer?" (Thus he declared all foods clean.)

Mark 7:19X  
[BackX](#)

[Mark 7:19 \(NRSVCE\) | In Context | Whole Chapter](#)

<sup>19</sup> since it enters, not the heart but the stomach, and goes out into the sewer?" (Thus he declared all foods clean.)

Mark 7:19X  
[BackX](#)

[Markos 7:19 \(OJB\) | In Context | Whole Chapter](#)

<sup>19</sup> Because it does not enter into his lev, but into his stomach and goes out into the latrine, making all the okhel tohar [*T.N. See [Ro 14:14-23](#)*].

Markos 7:19X  
[BackX](#)

[Mark 7:19 \(RSV\) | In Context | Whole Chapter](#)

<sup>19</sup> since it enters, not his heart but his stomach, and so passes on?" (Thus he declared all foods clean.)

Mark 7:19X  
[BackX](#)

[Mark 7:19 \(RSVCE\)](#) | [In Context](#) | [Whole Chapter](#)

<sup>19</sup> since it enters, not his heart but his stomach, and so passes on?" (Thus he declared all foods clean.)

Mark 7:19X  
[BackX](#)

[Mark 7:19 \(VOICE\)](#) | [In Context](#) | [Whole Chapter](#)

<sup>19</sup> because it doesn't go into their hearts. Outside things go through their guts and back out, thus making all foods pure.

Mark 7:19X  
[BackX](#)

[Mark 7:19 \(WEB\)](#) | [In Context](#) | [Whole Chapter](#)

<sup>19</sup> because it doesn't go into his heart, but into his stomach, then into the latrine, **THUS PURIFYING ALL FOODS?"**

NOW AFTER ALL OF THOSE SO CALLED WISE INTERPRETATIONS  
LET'S SEE WHAT THE APOSTLE PETER KNEW  
ABOUT EATING UNCLEAN FOOD

### Acts 10:9-28

On the morrow, as they went on their journey, and drew nigh unto the city, Peter went up upon the housetop to pray about the sixth hour: And he became very hungry, and would have eaten: but while they made ready, he fell into a trance, And saw heaven opened, and a certain vessel descending upon him, as it had been a great sheet knit at the four corners, and let down to the earth: **WHEREIN WERE ALL MANNER OF FOURFOOTED BEASTS OF THE EARTH,** and wild beasts, and creeping things, and fowls of the air. And there came a voice to him, Rise, Peter; kill, and eat. But Peter said, Not so, Lord; **FOR I HAVE NEVER EATEN ANY THING THAT IS COMMON OR UNCLEAN.** And the voice spake unto him again the second time, **WHAT GOD HATH CLEANSED, THAT CALL NOT THOU COMMON.** This was done thrice: and the vessel was received up again into heaven. **NOW WHILE PETER DOUBTED IN HIMSELF WHAT THIS VISION WHICH HE HAD SEEN SHOULD MEAN,** behold, the men which were sent from Cornelius had made enquiry for Simon's house, and stood before the gate, And called, and asked whether Simon, which was surnamed Peter, were lodged there.

Mark 7:19X  
[BackX](#)

[Mark 7:19 \(WE\)](#) | [In Context](#) | [Whole Chapter](#)

<sup>19</sup> It does not go into his heart, but into his stomach, and then it goes out of the body.' By saying this, **JESUS MEANT THAT FOOD DOES NOT MAKE A PERSON DIRTY.**

Mark 7:19X  
[BackX](#)

[Mark 7:19 \(WYC\)](#) | [In Context](#) | [Whole Chapter](#)

<sup>19</sup> for it hath not entered into his heart, but into the womb, and beneath it goeth out, purging all meats.

Mark 7:19X  
[BackX](#)

[Mark 7:19 \(YLT\)](#) | [In Context](#) | [Whole Chapter](#)

<sup>19</sup> because it doth not enter into his heart, but into the belly, and into the drain it doth go out, **PURIFYING ALL THE MEATS.'**



While Peter thought on the vision, the Spirit said unto him, Behold, three men seek thee. Arise therefore, and get thee down, and go with them, doubting nothing: for I have sent them. Then Peter went down to the men which were sent unto him from Cornelius; and said, Behold, I am he whom ye seek: what is the cause wherefore ye are come? And they said, Cornelius the centurion, a just man, and one that feareth God, and of good report among all the nation of the Jews, was warned from God by an holy angel to send for thee into his house, and to hear words of thee. Then called he them in, and lodged them. And on the morrow Peter went away with them, and certain brethren from Joppa accompanied him. And the morrow after they entered into Caesarea. And Cornelius waited for them, and he had called together his kinsmen and near friends. And as Peter was coming in, Cornelius met him, and fell down at his feet, and worshipped him. But Peter took him up, saying, Stand up; I myself also am a man. And as he talked with him, he went in, and found many that were come together.<sup>28</sup> And he said unto them, Ye know how that it is an unlawful thing for a man that is a Jew to keep company, or come unto one of another nation; but **GOD HATH SHEWED ME THAT I SHOULD NOT CALL ANY MAN COMMON OR UNCLEAN.**

## **DISEASES FROM PORK THAT PASS TO HUMANS**

Last Updated: Aug 16, 2013 | By Sara Ipatenco

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Properly cooking pork kills most dangerous bacteria. Photo Credit Jupiterimages/Photos.com/Getty Images

Pork is a healthy source of protein, iron and zinc, but must be cooked properly to avoid illness. According to the United States Department of Agriculture Food Safety and Inspection Service, pork should be cooked to an internal temperature of 145 degrees Fahrenheit to kill the germs, bacteria and parasites that can lead to most food-borne illnesses. Once you know more about the diseases pork can cause, you can take the steps necessary to protect yourself.

### **Salmonella**

Salmonella is caused by eating food contaminated with animal feces. Symptoms of salmonella generally occur within the first 12 to 72 hours after infection. Salmonella causes fever, diarrhea and abdominal cramps and usually lasts for about one week. In most cases, infected individuals recover without treatment, though it may take several weeks before your bowel habits return to normal. In more severe cases, the infection can move into the bloodstream, which can cause death if not treated immediately. Antibiotics are not usually effective unless the infection spreads out of the intestines.

### **E. coli**

Pigs can transfer E.coli to humans, though they do not usually get sick themselves. E.coli causes severe abdominal cramps, vomiting and diarrhea, which can be bloody. A mild fever might also be present with an E.coli infection. Many cases of E.coli are mild and go away on their own. In more serious cases, E.coli can cause hemolytic uremic syndrome, or HUS. HUS can be life-threatening and causes decreased urination, fatigue and changes in skin color on the cheeks and around the eyes. E.coli does not respond to antibiotics.

## **Trichinellosis**

Pork that is infected with the larva of a worm called *Trichinella* can cause trichinellosis. The first symptoms of trichinellosis include nausea, vomiting, diarrhea, fatigue, fever and abdominal pain. Later an infected person can develop headache, joint pain, muscle pain, cough, eye swelling and constipation. It can take several months for the symptoms of trichinellosis to disappear completely. Severe cases can cause heart and breathing problems or death. Antibiotics are usually necessary to treat trichinellosis.

## **Listeriosis**

Listeriosis is caused by the *Listeria monocytogenes* bacteria, and most commonly affects pregnant women, older adults, babies and individuals with weak immune systems. Gastrointestinal symptoms, such as diarrhea, are often the first sign of an infection, but an infected person might also experience fever and muscle aches. Infections that occur in pregnant women can cause miscarriage, stillbirth or premature delivery. Listeriosis is treated with antibiotics.

## **Staphylococcus Aureus**

*Staphylococcus aureus* is perhaps one of the most dangerous illnesses that humans can get from eating pork because it cannot be destroyed through the cooking process. Sliced meat, such as ham, is a common source of *Staphylococcus aureus*. Symptoms can begin within 30 minutes after eating contaminated pork, and include nausea, vomiting, abdominal cramps and diarrhea. The illness is usually mild and goes away on its own within three days. Antibiotics are not effective for treating this illness.