

Australian Pork NIPs

Australian Pork NIPs – Adults

Pork, leg steak (round, rump, topside, silverside), lean, fried, no added fat

NUTRITION INFORMATION			
Servings: 1			
Serving size: 65g			
	Average quantity per serving	%DI# per serving	Average quantity per 100g
Energy	383kJ	4%	589 kJ
Protein	18.7 g	37%	28.8 g
Fat, total	1.8 g	3%	2.7 g
- saturated	0.58 g	2%	0.89 g
- trans	LESS THAN 1g		LESS THAN 1g
- polyunsaturated	0.33 g		0.51 g
- monounsaturated	0.68 g		1.04 g
Carbohydrate	0 g	0%	0 g
- sugars	0 g	0%	0 g
Dietary fibre	0 g	0%	0 g
Sodium	35 mg	2%	54 mg
Potassium	266mg		409mg
Thiamin	0.73 mg	66% RDI*	1.12 mg
Niacin	4.73 mg	47% RDI*	7.28 mg
Folate	28 µg	14% RDI*	43 µg
Vitamin B6	0.36 mg	22% RDI*	0.55 mg
Pantothenic Acid	0.73 mg	15% RDI*	1.12 mg
Phosphorus	162 mg	16% RDI*	250 mg
Selenium	15 µg	21% RDI*	23.1 µg
Zinc	1.63 mg	14% RDI*	2.51 mg

#Percentage daily intakes are based on an average adult diet of 8700kJ

*Recommended dietary intake

Source: [Australian Food Composition Database F006962: Pork, leg steak \(round, rump, topside, silverside\), lean, fried, no added fat](#)

Pork, fillet, fully-trimmed, baked, no added fat

NUTRITION INFORMATION			
Servings: 1			
Serving size: 65g			
	Average quantity per serving	%DI# per serving	Average quantity per 100g
Energy	368 kJ	4%	566 kJ
Protein	18.5 g	37%	28.5 g
Fat, total	1.43 g	2%	2.2 g
- saturated	0.49 g	2%	0.76 g
- trans	LESS THAN 1g		LESS THAN 1g
- polyunsaturated	0.15 g		0.23 g
- monounsaturated	0.64 g		0.99 g
Carbohydrate	0 g	0%	0 g
- sugars	0 g	0%	0 g
Dietary fibre	0 g	0%	0 g
Sodium	29 mg	1%	44 mg
Potassium	254 mg		390 mg
Thiamin	0.98 mg	89% RDI*	1.5 mg
Niacin	6.96 mg	70% RDI*	10.7 mg
Folate	28.6 µg	14% RDI*	44 µg
Vitamin B6	0.41 mg	26% RDI*	0.63 mg
Pantothenic Acid	0.65 mg	13% RDI*	1 mg
Phosphorus	176 mg	18% RDI*	270 mg
Selenium	18.5 µg	26% RDI*	28.5 µg
Zinc	1.56 mg	13% RDI*	2.4 mg
#Percentage daily intakes are based on an average adult diet of 8700kJ			
*Recommended dietary intake			
Source: Australian Food Composition Database F006962: Pork, leg steak (round, rump, topside, silverside), lean, fried, no added fat			

Pork, strips, untrimmed, fried, no added fat

NUTRITION INFORMATION			
Servings: 1			
Serving size: 65g			
	Average quantity per serving	%DI# per serving	Average quantity per 100g
Energy	405 kJ	5%	623 kJ
Protein	20.3 g	41%	31.2 g
Fat, total	1.63 g	2%	2.5 g
- saturated	0.53 g	2%	0.82 g
- trans	LESS THAN 1g		LESS THAN 1g
- polyunsaturated	0.3 g		0.46 g
- monounsaturated	0.64 g		0.98 g
Carbohydrate	0 g	0%	0 g
- sugars	0 g	0%	0 g
Dietary fibre	0 g	0%	0 g
Sodium	38 mg	2%	58 mg
Potassium	306 mg		470 mg
Thiamin	0.68 mg	62% RDI*	1.05 mg
Niacin	7.15 mg	72% RDI*	11 mg
Vitamin B6	0.17 mg	11% RDI*	0.26 mg
Pantothenic Acid	0.91 mg	18% RDI*	1.4 mg
Phosphorus	176 mg	18% RDI*	270 mg
Selenium	24.4 µg	35% RDI*	37.5 µg
Zinc	1.72 mg	14% RDI*	2.65 mg
#Percentage daily intakes are based on an average adult diet of 8700kJ			
*Recommended dietary intake			
Source: Australian Food Composition Database F007127: Pork, strips, untrimmed, fried, no added fat			

Pork, diced, untrimmed, fried, no added fat

NUTRITION INFORMATION			
Servings: 1			
Serving size: 65g			
	Average quantity per serving	%DI# per serving	Average quantity per 100g
Energy	421 kJ	5%	647 kJ
Protein	20.3 g	41%	31.3 g
Fat, total	2.02 g	3%	3.1 g
- saturated	0.66 g	3%	1.02 g
Carbohydrate	0 g	0%	0 g
- sugars	0 g	0%	0 g
Dietary fibre	0 g	0%	0 g
Sodium	58 mg	3%	90 mg
Potassium	302 mg		465mg
Thiamin	0.61 mg	56% RDI*	0.94 mg
Niacin	3.58 mg	36% RDI*	5.5 mg
Vitamin B6	0.23 mg	14% RDI*	0.35 mg
Pantothenic Acid	1.04 mg	21% RDI*	1.6 mg
Phosphorus	143 mg	14% RDI*	220 mg
Selenium	18.8 µg	27% RDI*	29 µg
#Percentage daily intakes are based on an average adult diet of 8700kJ			
*Recommended dietary intake			
Source: Australian Food Composition Database F006881: Pork, diced, untrimmed, fried, no added fat			

Pork, medallion or loin steak, lean, fried, no added fat

NUTRITION INFORMATION			
Servings: 1			
Serving size: 65g			
	Average quantity per serving	%DI# per serving	Average quantity per 100g
Energy	410 kJ	5%	631 kJ
Protein	19.2 g	38%	29.5 g
Fat, total	2.3 g	3%	3.5 g
- saturated	0.77 g	3%	1.19 g
Carbohydrate	0 g	0%	0 g
- sugars	0 g	0%	0 g
Dietary fibre	0 g	0%	0 g
Sodium	34 mg	1%	52 mg
Potassium	296 mg		455 mg
Thiamin	0.53 mg	48% RDI*	0.82 mg
Niacin	4.1 mg	41% RDI*	6.3 mg
Vitamin B6	0.3 mg	19% RDI*	0.46 mg
Pantothenic Acid	0.78 mg	16% RDI*	1.2 mg
Phosphorus	162 mg	16% RDI*	250 mg
Selenium	22 µg	31% RDI*	33.8 µg
#Percentage daily intakes are based on an average adult diet of 8700kJ			
*Recommended dietary intake			
Source: Australian Food Composition Database F007048: Pork, medallion or loin steak, lean, fried, no added fat			

Pork, loin chop, lean, BBQ'd, no added fat

NUTRITION INFORMATION			
Servings: 1			
Serving size: 65g			
	Average quantity per serving	%DI# per serving	Average quantity per 100g
Energy	447 kJ	5%	687 kJ
Protein	19.9 g	40%	30.6 g
Fat, total	2.93 g	4%	4.5 g
- saturated	1.01 g	4%	1.56 g
Carbohydrate	0 g	0%	0 g
- sugars	0 g	0%	0 g
Dietary fibre	0 g	0%	0 g
Sodium	38 mg	2%	58 mg
Potassium	260 mg		400 mg
Thiamin	0.56 mg	51% RDI*	0.86 mg
Niacin	6.01 mg	60% RDI*	9.25 mg
Vitamin B6	0.2 mg	13% RDI*	0.3 mg
Pantothenic Acid	0.57 mg	11% RDI*	0.88 mg
Phosphorus	162 mg	16% RDI*	250 mg
Selenium	22.8 µg	33% RDI*	35 µg

#Percentage daily intakes are based on an average adult diet of 8700kJ

*Recommended dietary intake

Source: Australian Food Composition Database F007017: Pork, loin chop, lean, BBQ'd, no added fat

Pork, forequarter shoulder roast, lean, BBQ'd, no added fat

NUTRITION INFORMATION			
Servings: 1			
Serving size: 65g			
	Average quantity per serving	%DI# per serving	Average quantity per 100g
Energy	428 kJ	5%	658 kJ
Protein	16.1 g	32%	24.8 g
Fat, total	4.2 g	6%	6.4 g
- saturated	1.59 g	7%	2.45 g
Carbohydrate	0 g	0%	0 g
- sugars	0 g	0%	0 g
Dietary fibre	0 g	0%	0 g
Sodium	49 mg	2%	76 mg
Potassium	247 mg		380 mg
Thiamin	0.44 mg	40% RDI*	0.67 mg
Niacin	2.60 mg	26% RDI*	4 mg
Folate	28 µg	14% RDI*	43 µg
Vitamin B6	0.36 mg	23% RDI*	0.55 mg
Pantothenic Acid	0.58 mg	12% RDI*	0.89 mg
Phosphorus	143 mg	14% RDI*	220 mg
Selenium	21.8 µg	31% RDI*	33.5 µg

#Percentage daily intakes are based on an average adult diet of 8700kJ

*Recommended dietary intake

Source: [Australian Food Composition Database F006932: Pork, forequarter shoulder roast, lean, BBQ'd, no added fat](#)

Pork, mince, as purchased, fried, no added fat

NUTRITION INFORMATION			
Servings: 1			
Serving size: 65g			
	Average quantity per serving	%DI# per serving	Average quantity per 100g
Energy	552 kJ	6%	849 kJ
Protein	16.8 g	34%	25.9 g
Fat, total	7.2 g	10%	11 g
- saturated	2.71 g	11%	4.17 g
Carbohydrate	0 g	0%	0 g
- sugars	0 g	0%	0 g
Dietary fibre	0 g	0%	0 g
Sodium	38 mg	2%	59 mg
Potassium	228 mg		350 mg
Thiamin	0.46 mg	42% RDI*	0.7 mg
Niacin	6.96 mg	70% RDI*	10.7 mg
Vitamin B6	0.27 mg	17% RDI*	0.42 mg
Pantothenic Acid	0.78 mg	16% RDI*	1.2 mg
Phosphorus	117 mg	12% RDI*	180 mg
Selenium	17 µg	24% RDI*	26.2 µg
#Percentage daily intakes are based on an average adult diet of 8700kJ			
*Recommended dietary intake			
Source: Australian Food Composition Database F007055: Pork, mince, as purchased, fried, no added fat			

Pork, average

NUTRITION INFORMATION			
Servings: 1			
Serving size: 65g			
	Average quantity per serving	%DI# per serving	Average quantity per 100g
Energy	427 kJ	5%	656 kJ
Protein	18.7 g	37%	28.8 g
Fat, total	2.92 g	4%	4.5 g
- saturated	1.04 g	4%	1.6 g
Carbohydrate	0 g	0%	0 g
- sugars	0 g	0%	0 g
Dietary fibre	0 g	0%	0 g
Sodium	40 mg	2%	61 mg
Potassium	270 mg		415 mg
Thiamin	0.62 mg	56% RDI*	0.96 mg
Niacin	5.26 mg	53% RDI*	8.09 mg
Vitamin B6	0.29 mg	18% RDI*	0.28 mg
Pantothenic Acid	0.75 mg	15% RDI*	1.16 mg
Phosphorus	155 mg	16% RDI*	239 mg
Selenium	20 µg	29% RDI*	30.8 µg

#Percentage daily intakes are based on an average adult diet of 8700kJ

*Recommended dietary intake

Sources: Average of Australian Food Composition Database for F006962 Pork, leg steak (round, rump, topside, silverside), lean, fried, no added fat; F006892 Pork, fillet, fully-trimmed, baked, no added fat; F007127 Pork, strips, untrimmed, fried, no added fat; F006881 Pork, diced, untrimmed, fried, no added fat; F007048 Pork, medallion or loin steak, lean, fried, no added fat; F007017 Pork, loin chop, lean, BBQ'd, no added fat; F006932 Pork, forequarter shoulder roast, lean, BBQ'd, no added fat F007055 Pork, mince, as purchased, fried, no added fat