

Australian Pork NIPs

Australian Pork NIPs – Children’s

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

NUTRITION INFORMATION		
Servings: 1		
Serving size: 65g		
	Average quantity per serving	Average quantity per 100g
Energy	383kJ	589 kJ
Protein	18.7 g	28.8 g
Fat, total	1.8 g	2.7 g
- saturated	0.58 g	0.89 g
Carbohydrate	0 g	0 g
- sugars	0 g	0 g
Sodium	35 mg	54 mg
Thiamin	0.73 mg (146% RDI*)	1.12 mg
Vitamin B12	0.26 µg (26% RDI*)	0.4 µg
Magnesium	17.6 mg (22% RDI*)	27 mg
Phosphorus	162 mg (33% RDI*)	250 mg
*Recommended dietary intake for children aged 1-3 years		
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	Average quantity per 100g
Energy	368 kJ	566 kJ
Protein	18.5 g	28.5 g
Fat, total	1.43 g	2.2 g
- saturated	0.49 g	0.76 g
Carbohydrate	0 g	0 g
- sugars	0 g	0 g
Sodium	29 mg	44 mg
Thiamin	0.98 mg (196% RDI*)	1.5 mg
Vitamin B12	0.13 µg (13% RDI*)	0.2 µg
Magnesium	17.6 mg (22% RDI*)	27 mg
Phosphorus	176 mg (35% RDI*)	270 mg
*Recommended dietary intake for children aged 1-3 years		
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	Average quantity per 100g
Energy	405 kJ	623 kJ
Protein	20.3 g	31.2 g
Fat, total	1.63 g	2.5 g
- saturated	0.53 g	0.82 g
Carbohydrate	0 g	0 g
- sugars	0 g	0 g
Sodium	38 mg	58 mg
Thiamin	0.68 mg (136% RDI*)	1.05 mg
Vitamin B12	0.39 µg (39% RDI*)	0.6 µg
Magnesium	21.5 mg (27% RDI*)	33 mg
Phosphorus	176 mg (35% RDI*)	270 mg

*Recommended dietary intake for children aged 1-3 years

[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	Average quantity per 100g
Energy	421 kJ	647 kJ
Protein	20.3 g	31.3 g
Fat, total	2.02 g	3.1 g
- saturated	0.66 g	1.02 g
Carbohydrate	0 g	0 g
- sugars	0 g	0 g
Sodium	58 mg	90 mg
Thiamin	0.61 mg (122% RDI*)	0.94 mg
Vitamin B12	0.46 µg (46% RDI*)	0.7 µg
Magnesium	19.5 mg (24% RDI*)	30 mg
Phosphorus	143 mg (29% RDI*)	220 mg

*Recommended dietary intake for children aged 1-3 years

[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	Average quantity per 100g
Energy	410 kJ	631 kJ
Protein	19.2 g	29.5 g
Fat, total	2.3 g	3.5 g
- saturated	0.77 g	1.19 g
Carbohydrate	0 g	0 g
- sugars	0 g	0 g
Sodium	34 mg	52 mg
Thiamin	0.53 mg (106% RDI*)	0.82 mg
Vitamin B12	0.20 µg (20% RDI*)	0.3 µg
Magnesium	18.9 mg (24% RDI*)	29 mg
Phosphorus	162 mg (33% RDI*)	250 mg

*Recommended dietary intake for children aged 1-3 years

[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	Average quantity per 100g
Energy	447 kJ	687 kJ
Protein	19.9 g	30.6 g
Fat, total	2.93 g	4.5 g
- saturated	1.01 g	1.56 g
Carbohydrate	0 g	0 g
- sugars	0 g	0 g
Sodium	38 mg	58 mg
Thiamin	0.56 mg (112% RDI*)	0.86 mg
Vitamin B12	0.13 µg (13% RDI*)	0.2 µg
Magnesium	15.6 mg (20% RDI*)	24 mg
Phosphorus	162 mg (33% RDI*)	250 mg

*Recommended dietary intake for children aged 1-3 years

[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	Average quantity per 100g
Energy	428 kJ	658 kJ
Protein	16.1 g	24.8 g
Fat, total	4.2 g	6.4 g
- saturated	1.59 g	2.45 g
Carbohydrate	0 g	0 g
- sugars	0 g	0 g
Sodium	49 mg	76 mg
Thiamin	0.44 mg (88% RDI*)	0.67 mg
Vitamin B12	0.33 µg (33% RDI*)	0.5 µg
Magnesium	15.0 mg (19% RDI*)	23 mg
Phosphorus	143 mg (29% RDI*)	220 mg

*Recommended dietary intake for children aged 1-3 years

[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	Average quantity per 100g
Energy	552 kJ	849 kJ
Protein	16.8 g	25.9 g
Fat, total	7.2 g	11 g
- saturated	2.71 g	4.17 g
Carbohydrate	0 g	0 g
- sugars	0 g	0 g
Sodium	38 mg	59 mg
Thiamin	0.46 mg (92% RDI*)	0.7 mg
Vitamin B12	0.39 µg (39% RDI*)	0.6 µg
Magnesium	14.3 mg (18% RDI*)	22 mg
Phosphorus	117 mg (23% RDI*)	180 mg
*Recommended dietary intake for children aged 1-3 years		
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	Average quantity per 100g
Energy	427 kJ	656 kJ
Protein	18.7 g	28.8 g
Fat, total	2.92 g	4.5 g
- saturated	1.04 g	1.6 g
Carbohydrate	0 g	0 g
- sugars	0 g	0 g
Sodium	40 mg	61 mg
Thiamin	0.62 mg (124% RDI*)	0.96 mg
Vitamin B12	0.28 µg (28% RDI*)	0 µg
Magnesium	17.5 mg (22% RDI*)	27 mg
Phosphorus	155 mg (31% RDI*)	239 mg

*Recommended dietary intake for children aged 1-3 years

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