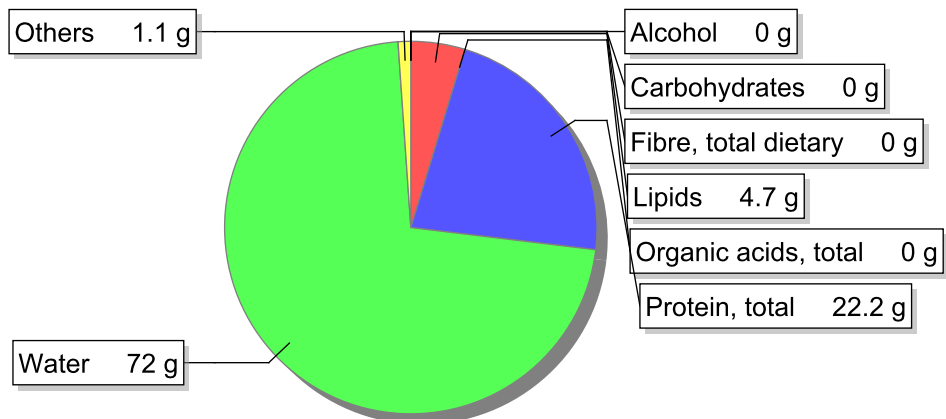


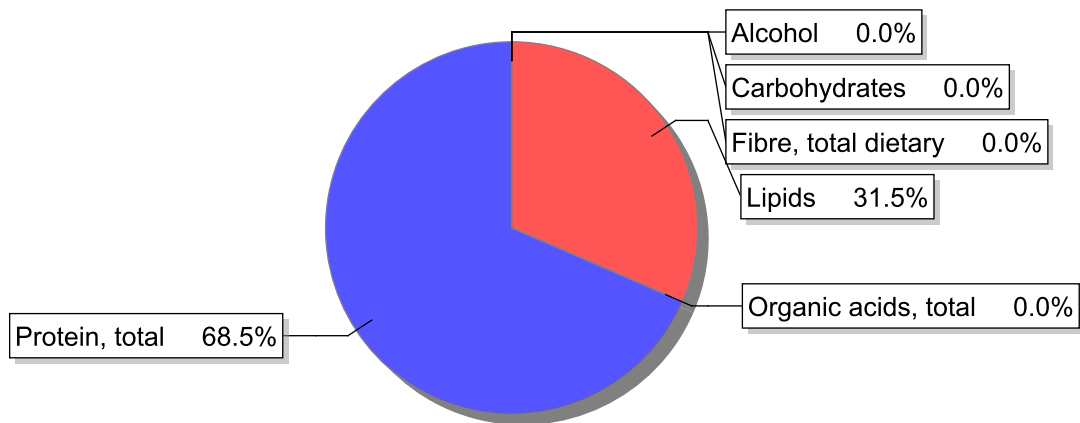
Food

Name: Pork, loin, raw
Group: Meat and meat products, fowl and game meat
Subgroup: Meat
Edible Part: 98%
Code: IS153
FoodEX2 Code: A01RG

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
Energy value			
energy kcal, total metabolisable	131	kcal	
energy kJ, total metabolisable	551	kJ	
Macro nutrients			
Lipids	4.7	g	
fatty acids, total saturated	1.6	g	
fatty acids, total monounsaturated	1.6	g	
fatty acids, total polyunsaturated	0.8	g	
fatty acid 18:2 n-6 cis,cis	0.7	g	

Name	Value	Unit	Source(s)
fatty acids, total trans	0	g	
Carbohydrates		g	
carbohydrate available, expressed as monosaccharide equivalents	0	g	
sugars, total	0	g	
sucrose	0	g	
lactose	0	g	
oligosaccharides, available	0	g	
starch, total	0	g	
salt	0.1	g	
fibre, total dietary	0	g	
protein, total	22.2	g	
alcohol	0	g	
water	72	g	
organic acids, total	0	g	
cholesterol	58	mg	
Vitamins			
vitamin A; retinol equiv from retinol and carotenoid activities	25	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.6	µg	
alpha-tocopherol	0.5	mg	
thiamin	0.7	mg	
riboflavin	0.16	mg	
niacin, preformed	5.3	mg	
niacin equivalents, total	10	mg	
niacin equivalents from tryptophan	4.7	mg	
vitamin B-6, total	0.44	mg	
vitamin B-12	1	µg	
vitamin C	0	mg	
folate, total	5	µg	
Minerals			
ash	1.10	g	
sodium	53	mg	
potassium	400	mg	
calcium	7	mg	
phosphorus	220	mg	
magnesium	23	mg	
iron, total	0.6	mg	
zinc	1.6	mg	
carbohydrate	0	g	

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie

Code	Name
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mg	milligram
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µg	microgram
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References