**Nutrients**

Nutritional Information: Trimmed Lean Pork

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Serving Size</th>
<th>% Daily Intake per serving **</th>
<th>% Recommended Dietary Intake (Aust/NZ) per serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy</td>
<td>930</td>
<td>1%</td>
<td>18%</td>
</tr>
<tr>
<td>Protein</td>
<td>46.4</td>
<td>9.5%</td>
<td>17%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>1.70</td>
<td>5%</td>
<td>15%</td>
</tr>
<tr>
<td>% Recommended Dietary Intake (Aust/NZ) per serving</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Threonine</td>
<td>1.95</td>
<td>17%</td>
<td>17%</td>
</tr>
<tr>
<td>Isoleucine</td>
<td>1.85</td>
<td>18%</td>
<td>18%</td>
</tr>
<tr>
<td>Valine (B6)</td>
<td>1.01</td>
<td>6.3%</td>
<td>6.3%</td>
</tr>
<tr>
<td>Valine (B12)</td>
<td>0.69</td>
<td>10%</td>
<td>10%</td>
</tr>
<tr>
<td>Zine (mg)</td>
<td>3.69</td>
<td>31%</td>
<td>31%</td>
</tr>
<tr>
<td>Iron (mg)</td>
<td>1.44</td>
<td>12%</td>
<td>12%</td>
</tr>
<tr>
<td>Selenium</td>
<td>0.40</td>
<td>16%</td>
<td>16%</td>
</tr>
</tbody>
</table>

Data sourced from:


**Trimmed Lean Pork is calculated using the numerical average of raw trimmed lean pork cuts (Loin Steak, Frenched Leg Steak, Round Steak, Striploin Steak, Sirloin Steak, Leg Scotch Fillet, Pork Skins, Frozen Skipped Frozen Pies, and Leg Chips).**

**Percentage Daily Values are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.**

**Cracking Facts!**

- Australia is the first nation in the world to introduce the voluntary phase-out of gestation stalls.
- Pork accounts for approximately 0.4% of the world’s greenhouse gas emissions—significantly lower than other agricultural sectors, including beef at 1.12%, sheep at 0.59%, and cattle at 2.76% (Source: Expert Group. 2013. The Greenhouse Gas Emission Footprint of Australian livestock production. <http://www.environment.gov.au/earth-sciences/footprint>).
- Whether housed indoors or outdoors, a pig spends more time resting than any other domestic animal.
- Most pig producers use the manure and effluent on their farms as an organic fertilizer to improve crop yields, or to capture methane gases to convert to energy.
- Australia’s pig herd is one of the cleanest in the world, free from many detrimental diseases found in most other pig producing countries.
- The feed component (mainly grains such as wheat, barley and sorghum) makes up about 60% of the total cost of producing pork.
- Pigs have a very wide angle of vision (310°-degrees) and are therefore easily distracted.
- On average, a sow will produce 10–12 piglets per litter. The average growth rate of Australian pigs is around 600-650 g/day from birth to sale.
- Pigs have colour vision but they can’t focus both eyes on the same spot.
- Pigs are considered to be smarter than dogs and are easy to train. This characteristic helps producers develop safe handling routines.
- Grower pigs eat the equivalent of about 3% of their body weight and drink about 10% of their body weight, daily.
- Pigs are unable to pant and they lose heat through their muzzles. Their ideal growing temperature is 20–22°C.

**Bringing Home the Bacon**

Did you know that pork is the most widely consumed meat in the world?

- Australia produces around 343,000 tonnes of pork every year—this is exported to 106 countries like Singapore, New Zealand and Hong Kong, and 23% is sold through restaurants and other food services outlets in Australia.
- Each year Australians consume around 215 kg of pork per person—this is made up of 85 kg of fresh pork and 15 kg of processed products such as bacon and sausages.
- During 2011-12 pork products accounted for around 10% of Australia’s total fresh meat retail consumption and had a gross value of production (GVP) of more than $882 million. (Australian Bureau of Agriculture and Resource Economics ABAE 2012)
- Australian farmers produce around 4.75 million pigs (farrowing number of pigs produced to the end of June 2012) from a sow herd of around 24,000.
- The APL Pig Systems TRISTABility database in March 2012 had over 2,000 pig producer registers. However, just over 1,500 producers could claim they derive an income from growing pigs.
- The main source of food for Australian pigs is grains such as wheat, barley and sorghum, resulting in a white fat around the outside of the meat. In contrast, corn or maize fed pigs grown in the northern hemisphere will produce a yellow coloured fat around the outside of the meat.

**Pigiontary**

- **Bacon/Fosterer:** Market pig that weigh more than 55 kg live weight.
- **Porter:** Market pig that weigh between 24-55 kg live weight.
- **Grower:** Commonly used name for pig between the weaner and finisher phase.
- **Sow:** Any breeding female that has farrowed/given birth to a litter of piglets and is lactating.
- **Gilt:** A female pig mated for the first time and up to the time of farrowing.
- **Purser:** The birth of pigs (after 100-100 days of pregnancy).
- **Boar:** A male pig aged over six months and used in the breeding herd.
- **Weaner:** A piglet recently weaned from its mother at around three to four weeks of age. The weaner is then generally transferred from the farrowing shed to the weaner or grower facility.
- **Breeds:** White pig breeds include Large White/Yorkshire and Landrace. Coloured breeds include Large Black, Berkshire, Duroc and Hampshire.
- **Rust:** The smallest pig in the litter.
- **Sut:** The genus that pigs belong to.

**Cracking Facts!**

- **Truth:** The idea that Australian pork needs to be cooked all the way through merly a myth. Whilst this may be true for Italian or Canadian pork, it is not true of Australian pork. Captain Arthur Phillip, who was a keen hunter, never cooked pork. He simply ate it as tender, and you probably cook it like that every time.

**Truth or Porky Pies?**

- **Truth:** In fact, pigs are very clean animals. They’re known for keeping separate areas for sleeping, eating and drinking. This myth is probably linked to their liking for mud. Because pigs don’t sweath when it’s hot, they cover themselves in mud to help keep cool.

- **Porky Pie:** Pork is a fatty and unhealthy meat. While a 100 g portion of lean trimmed pork contains 1.7 g of fat and 23.3 g of protein (in other words, it’s 76% fat free). Pig feed is carefully made up of a variety of grains, cleaners and minerals to produce lean pork with a minimum amount of fat. Actually, there are at least seven cuts of pork that are as lean as skinless chicken breast.
**Australian Pork Limited is Caring for the Future of Australian Pork**

Australian Pork Limited (APL) is a unique producer-owned organisation supporting and promoting the Australian pork industry. APL delivers integrated services that enhance the sustainability of our nation’s pig producers at a domestic and international level. This is achieved through the delivery of marketing, export development, research and innovation and policy development, to help secure a profitable and sustainable future for Australian pork.

APL is funded primarily through statutory pig slaughter levies collected under the Primary Industries (Eucalyptus) Levies Act, 1999, with additional research specific funds provided by the Australian Government.

**Pigs and the Environment**

The Australian pork industry is serious about environmental stewardship. The industry believes it has a duty to ensure that Australian pork is produced to the highest possible international standards for animal welfare, food safety, biosecurity and traceability. The pork industry is also leading the world in ensuring its pork products are fully traceable from paddock to plate.

The Australian pork industry is committed to reducing its greenhouse gas (GHG) emissions. The pig farming sector is one of the largest emitters of GHG emissions in Australia. APL has been working with the pork industry to reduce its GHG emissions. This is being done through a combination of better management practices, including diet changes, and the use of new technologies to improve the efficiency of production.

APL is committed to reducing the environmental footprint of its activities. This includes reducing emissions from its operations, improving its energy efficiency, and implementing best practices in waste management.

Environmental activities include:

- **Gestation stalls:** These provide a safe and comfortable environment for sows and gilts during the critical period of pregnancy. They allow for easier access to the sow and enable the farmer to monitor the sow's health and well-being. These stalls are being phased out by 2017.

- **Farrowing stalls:** These provide a safe and comfortable environment for the mother sow and her piglets during the early stages of life. They allow for easy access to the sow and her piglets and enable the farmer to monitor their health and well-being. These stalls are also being phased out by 2017.

- **Outdoor breed/free range systems:** These systems provide a more natural environment for pigs, allowing them to roam freely and interact with their environment. This can lead to improvements in their health and welfare.

- **Indoor housing systems:** These systems provide a more controlled environment for pigs, allowing for better management of farming practices. This can lead to improvements in their health and welfare.

- **Deep litter housing systems:** These systems provide a more natural environment for pigs, allowing them to roam freely and interact with their environment. This can lead to improvements in their health and welfare.

- **Rooting areas, wallows and shelter huts:** These provide a safe and comfortable environment for pigs, allowing them to interact with their environment. This can lead to improvements in their health and welfare.

- **Productive environment:** This provides a safe and comfortable environment for pigs, allowing them to interact with their environment. This can lead to improvements in their health and welfare.

- **Weight systems:** These systems provide a more controlled environment for pigs, allowing for better management of farming practices. This can lead to improvements in their health and welfare.

- **Valuable education and training to stock people throughout Australia:** This provides a more controlled environment for pigs, allowing for better management of farming practices. This can lead to improvements in their health and welfare.

**Looking After our Pigs—We’re Leading the World**

Australian pig producers have the same concerns you do when it comes to feeding your family. They are looking at the best way to produce safe, nutritious meat for you and your family. They are also looking at ways to reduce their environmental impact.

**Pigs and Food Safety**

The health of the Australian pig herd is free from many serious diseases affecting other pork-producing countries. This is why product integrity continues to be one of the most important aspects of Australian pork production. The industry has quickly responded to growing consumer demand for top-quality pork that is safe to eat. The Australian Pork Industry Quality Assurance Program (APIQ) is an on-farm quality assurance program that allows producers to demonstrate good farming practice using the principles of Hazard Analysis and managing Critical Control Points for management, food safety, animal welfare, biosecurity and traceability. Rapide uptake of APIQ by producers throughout Australia has resulted in 95% of the national herd and is increasing.

Australian pork is also leading the world to ensure its pork products are fully traceable from paddock to plate. The Pigs Pass—Traceability system is designed to provide full transparency in the process of pork production and the traceability of pork from paddock to plate. The Pigs Pass—Traceability system is designed to provide full transparency in the process of pork production and the traceability of pork from paddock to plate. The Pigs Pass—Traceability system is designed to provide full transparency in the process of pork production and the traceability of pork from paddock to plate. The Pigs Pass—Traceability system is designed to provide full transparency in the process of pork production and the traceability of pork from paddock to plate. The Pigs Pass—Traceability system is designed to provide full transparency in the process of pork production and the traceability of pork from paddock to plate. The Pigs Pass—Traceability system is designed to provide full transparency in the process of pork production and the traceability of pork from paddock to plate. The Pigs Pass—Traceability system is designed to provide full transparency in the process of pork production and the traceability of pork from paddock to plate. The Pigs Pass—Traceability system is designed to provide full transparency in the process of pork production and the traceability of pork from paddock to plate. The Pigs Pass—Traceability system is designed to provide full transparency in the process of pork production and the traceability of pork from paddock to plate. The Pigs Pass—Traceability system is designed to provide full transparency in the process of pork production and the traceability of pork from paddock to plate. The Pigs Pass—Traceability system is designed to provide full transparency in the process of pork production and the traceability of pork from paddock to plate. The Pigs Pass—Traceability system is designed to provide full transparency in the process of pork production and the traceability of pork from paddock to plate. The Pigs Pass—Traceability system is designed to provide full transparency in the process of pork production and the traceability of pork from paddock to plate. The Pigs Pass—Traceability system is designed to provide full transparency in the process of pork production and the traceability of pork from paddock to plate.