		<u>Aı</u>	mount in 100 g			ole portic	<u>on</u>		edible portion	
			Nu	mbei	r			me	easures of food	<u>l</u>
					Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	-	71.35	1.100	26	A	1		19.98	79.91	79.91
Energy	kcal	145		0	MC	9		41	163	163
Energy	kj	609				9		170	682	682
Protein	-	19.02	1.010	25	A	1		5.33	21.30	21.30
Total lipid (fat)	_	7.18	1.470	26	A	1		2.01	8.04	8.04
Ash		1.69	0.080	12	A	1		0.47	1.89	1.89
Carbohydrate, by difference		0.76		0	NC	4		0.21	0.85	0.85
Fiber, total dietary				_	_	_				
Sugars, total		0.08	0.060	5	A	1		0.02	0.09	0.09
Starch	g									
Minerals:										
Calcium, Ca	mg	4	0.400	5	A	1		1	5	5
Iron, Fe	mg	0.60	0.100	5	A	1		0.17	0.67	0.67
Magnesium, Mg		21	1.000	5	A	1		6	24	24
Phosphorus, P	•									
Potassium, K	•	310	14.200	5	A	1		87	347	347
Sodium, Na	-	358	40.500	10	A	1		100	400	400
Zinc, Zn		1.60	0.400	5	A	1		0.45	1.79	1.79
Copper, Cu		0.100	0.000	5	A	1		0.028	0.112	0.11
Manganese, Mn	_									
Selenium, Se	Tilicg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.3	0.190	5	A	1		0.4	1.5	1.5
Thiamin										
Riboflavin										
Niacin										
Pantothenic acid										
Vitamin B-6										
Folate, totalFolate, DFE	med DEE									
Vitamin B-12	mcg_Di L									
Vitamin A, IU	IU	0	0.000	5	A	1		0	0	0
Vitamin A, RAE	mca RAE	· ·	0.000	J		-		Ü	v	ŭ
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	a	2.840	0.470	5	A	1		0.795	3.181	3.18
4:0								0.750	0.101	
6:0										
8:0	_									
10:0	g									
12:0	g	0.000	0.000	5	A	1		0.000	0.000	0.00
13:0	g									
14:0	-	0.090	0.020	5	A	1		0.025	0.101	0.10
15:0										
16:0	-	1.750	0.310	5	A	1		0.490	1.960	1.96
17:0				_	_	_				_
18:0	_	0.960	0.160	5	A	1		0.269	1.075	1.07
20:0										
22:0										
24:0		3.420	0.600	5	A	1		0.958	3.830	3.83
Fatty acids, total monounsaturated		3.420	0.600	3	A	1		0.936	3.630	3.83
14:1 15:1										
13.1	9									

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Number of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 2 Measure 3 Measure 1 0.210 0.050 1 0.235 0.059 0.235 3.210 0.560 0.899 3.595 3.595 20:1..... 24:1 c.....g 0.640 0.717 Fatty acids, total polyunsaturated......9 0.080 5 1 0.179 0.717 0.590 0.060 5 Α 1 0.165 0.661 0.661 18:3 undifferentiated.....g 0.050 0.020 1 0.014 0.056 0.056 18:4.....g 20:2 n-6 c,c.... 20:3 undifferentiated......g 20:5 n-3.....g 22:5 n-3.... Cholesterol.... 5.110 1 14 55 55

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 oz Measure 2 = 112g: 1 serving Measure 3 = 112g: 4 oz

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 10 Pork Products

Refuse: 0%

		<u>Aı</u>	mount in 100 g	rams	of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
			Nu	ımbeı	r			me	easures of food	<u> </u>
					Deriv	Source	Confidence			
Nutrients and Units	S	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	69.17	1.710	17	A	1		19.61	77.47	77.47
Energy	_	167		0	MC	9		47	187	187
Energy		699		·		9		198	783	783
Protein		18.74	0.550	16	A	1		5.31	20.99	20.99
Total lipid (fat)		9.62	2.300	20	A	1		2.73	10.77	10.77
Ash		1.63	0.110	12	A	1		0.46	1.83	1.83
Carbohydrate, by difference		0.84		0	NC	4		0.24	0.94	0.94
Fiber, total dietary										
Sugars, total		0.28	0.200	5	A	1		0.08	0.31	0.31
Starch										
Minerals:				_	_	_			4-	4.5
Calcium, Ca		14 0.60	4.700 0.100	5 5	A A	1 1		4 0.17	15 0.67	15 0.67
Iron, Fe		21	0.100	5	A A	1		6	23	23
Phosphorus, P		21	0.000	3	•	_		ð	23	23
Potassium, K		307	4.400	5	A	1		87	344	344
Sodium, Na		378	47.500	10	A	1		107	424	424
Zinc, Zn		1.50	0.100	5	A	1		0.43	1.68	1.68
Copper, Cu		0.100	0.000	5	A	1		0.028	0.112	0.112
Manganese, Mn										
Selenium, Se										
Vitamins:										
Vitamin C, total ascorbic acid		1.7	1.630	5	A	1		0.5	1.9	1.9
Thiamin										
Riboflavin										
NiacinPantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	0	0.000	5	A	1		0	0	0
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	3.600	0.890	7	A	1		1.021	4.032	4.032
4:0	g									
6:0										
8:0										
10:0										
12:0	_	0.000	0.000	7	A	1		0.000	0.000	0.000
13:0	_	0 110		-	_			0 001		0.10
14:0	_	0.110	0.020	7	A	1		0.031	0.123	0.123
15:0 16:0.	-	2.210	0.540	7	A	1		0.627	2.475	2.475
16:0 17:0		2.210	0.540	,	A	1		0.627	2.4/5	2.4/
18:0	-	1.250	0.320	7	A	1		0.354	1.400	1.400
20:0		1.230	0.320	,	•	-		0.334	1.400	1.400
22:0	-									
24:0										
Fatty acids, total monounsaturated		4.430	1.040	7	A	1		1.256	4.962	4.962
14:1										
15:1										

		<u>An</u>	nount in 100	gram: Numbe		ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Unit	s	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
16:1 undifferentiated	-	0.250	0.07	0 7	A	1		0.071	0.280	0.280	
17:1 18:1 undifferentiated		4.180	0.97	0 7	A	1		1.185	4.682	4.682	
20:1											
22:1 undifferentiated											
24:1 c											
Fatty acids, total polyunsaturated	g	0.830	0.31		A	1		0.235	0.930	0.930	
18:2 undifferentiated	g	0.750	0.27	0 7	A	1		0.213	0.840	0.840	
18:3 undifferentiated	g	0.090	0.06	0 7	A	1		0.026	0.101	0.101	
18:4	-										
20:2 n-6 c,c	g										
20:3 undifferentiated	g										
20:4 undifferentiated	g										
20:5 n-3	g										
22:5 n-3	g										
22:6 n-3											
Fatty acids, total trans											
Cholesterol	mg	52	2.62	0 7	A	1		15	59	59	
Phytosterols	mg										

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 112g: 1 serving Measure 3 = 112g: 4 oz

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 10 Pork Products

NDB No. 10854 HORMEL ALWAYS TENDER, Pork Loin Filets, Lemon Garlic-Flavored

		<u>Aı</u>	mount in 100 g			ole portic	<u>on</u>		edible portion	
			Nu	ımbeı	r			<u>m</u>	easures of food	<u>.</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.53	1.110	17	A	1		20.59	82.35	82.35
Energy	kcal	118		0	MC	9		33	132	132
Energy	kj	492				9		138	551	551
Protein	g	17.83	0.940	19	A	1		4.99	19.97	19.97
Total lipid (fat)		4.16	0.760	55	A	1		1.16	4.66	4.66
Ash		2.69	0.260	14	A	1		0.75	3.01	3.01
Carbohydrate, by difference		1.79		0	NC	4		0.50	2.00	2.00
Fiber, total dietary										
Sugars, total		0.22	0.150	5	A	1		0.06	0.25	0.25
Starch	9									
Minerals:										
Calcium, Ca	mg	6	0.600	5	A	1		2	6	6
Iron, Fe	-	0.60	0.100	5	A	1		0.17	0.67	0.67
Magnesium, Mg		20	1.000	5	A	1		6	22	22
Phosphorus, P	•									
Potassium, K	_	542	60.300	5	A	1		152	607	607
Sodium, Na	-	590	77.400	19	A	1		165	661	661
Zinc, Zn		1.30 0.000	0.200	5 5	A A	1 1		0.36 0.000	1.46 0.000	1.46
Copper, Cu		0.000	0.000	5	A	1		0.000	0.000	0.00
Selenium, Se	-									
	9									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	1.7	0.140	5	A	1		0.5	1.9	1.9
Thiamin										
Riboflavin										
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	0	0.000	5	A	1		0	0	0
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin DVitamin K (phylloquinone)										
vitaiiiii K (piiyiioquiiioiie)	g									
<u>Lipids:</u>										
Fatty acids, total saturated		1.410	0.400	22	A	1		0.395	1.579	1.57
4:0	_									
6:0	_									
8:0 10:0	_									
12:0	_	0.000	0.000	23	A	1		0.000	0.000	0.00
13:0	_	0.000	0.000			-		0.000	0.000	0.00
14:0	_	0.050	0.010	23	A	1		0.014	0.056	0.05
15:0	-									
16:0	g	0.880	0.250	22	A	1		0.246	0.986	0.98
17:0	g									
18:0	g	0.470	0.120	22	A	1		0.132	0.526	0.52
20:0										
22:0										
24:0					-	_				
Fatty acids, total monounsaturated		1.830	0.430	22	A	1		0.512	2.050	2.05
14:1										
15:1	9									

	<u>An</u>		ımbeı	r		_	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Error P			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
16:1 undifferentiatedg	0.100	0.030	22	A	1		0.028	0.112	0.112	
17:19	0.100	0.030	22	A	_		0.028	0.112	0.112	
18:1 undifferentiated	1.720	0.390	22	A	1		0.482	1.926	1.926	
20:1		0.550			_		0.102	2.520	2.520	
22:1 undifferentiated										
24:1 c										
Fatty acids, total polyunsaturatedg	0.600	0.140	22	A	1		0.168	0.672	0.672	
18:2 undifferentiatedg	0.560	0.130	22	A	1		0.157	0.627	0.627	
18:3 undifferentiatedg	0.050	0.020	24	A	1		0.014	0.056	0.056	
18:4g										
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg										
20:5 n-3g										
22:5 n-3g										
22:6 n-3g										
Fatty acids, total transg										
Cholesterolmg	42	2.050	12	A	1		12	47	47	
Phytosterolsmg										

Common Measures:

Measure 1 = 28g: 1 oz Measure 2 = 112g: 1 serving Measure 3 = 112g: 4 oz

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 10 Pork Products

		<u>A</u> 1	mount in 100 g	rams	of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
			Nι	ımbe	r			<u>m</u>	easures of food	<u>I</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Units	5	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Duration										
Proximates: Water	g	74.44	0.370	18	A	1		83.37		
Energy	_	110		0	MC	9		123		
Energy		461				9		517		
Protein	g	17.21	0.540	18	A	1		19.28		
Total lipid (fat)	g	3.80	0.610	18	A	1		4.26		
Ash		2.73	0.130	9	A	1		3.06		
Carbohydrate, by difference		1.82		0	NC	4		2.04		
Fiber, total dietary										
Sugars, total		0.14	0.030	5	A	1		0.16		
Starch	9									
Minerals:										
Calcium, Ca	_	14	4.400	9	A	1		16		
Iron, Fe		1.10	0.100	9	A	1		1.23		
Magnesium, Mg		21	1.800	9	A	1		24		
Phosphorus, P Potassium, K	-	586	27.200	9	A	1		657		
Sodium, Na	•	594	36.600	18	A	1		666		
Zinc, Zn		1.40	0.100	9	A	1		1.57		
Copper, Cu		0.100	0.000	9	A	1		0.112		
Manganese, Mn										
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.4	0.510	9	A	1		1.6		
Thiamin	mg									
Riboflavin										
Niacin										
Pantothenic acid Vitamin B-6										
Folate, total										
Folate, DFE	mcg DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	0	0.000	9	A	1		0		
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	a	1.160	0.220	9	A	1		1.299		
4:0				_		_				
6:0										
8:0	g									
10:0	_							_		
12:0	_	0.000	0.000	8	A	1		0.000		
13:0	_	0.040	0.010	9	A	1		0.045		
14:0 15:0	_	0.040	, 0.010	9	A	1		0.045		
16:0	-	0.720	0.150	9	A	1		0.806		
17:0	-		230	-	==	_				
18:0	-	0.360	0.080	9	A	1		0.403		
20:0	g									
22:0										
24:0				_	_	_				
Fatty acids, total monounsaturated		1.450	0.290	9	A	1		1.624		
14:1										
15:1	9									

		<u>An</u>	nount in 100	grams		ole portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Unit	S	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3	
16:1 undifferentiated	_	0.080	0.02	0 9	A	1		0.090			
17:1 18:1 undifferentiated.	-	1.370	0.27	0 9	A	1		1.534			
20:1		1.570	0.27	0 3		-		1.554			
22:1 undifferentiated											
24:1 c											
Fatty acids, total polyunsaturated		1.050	0.13	0 8	A	1		1.176			
18:2 undifferentiated		0.860	0.21	0 9	A	1		0.963			
18:3 undifferentiated		0.100	0.03	0 8	A	1		0.112			
18:4	g										
20:2 n-6 c.c.	-										
20:3 undifferentiated	g										
20:4 undifferentiated	g										
20:5 n-3	g										
22:5 n-3	g										
22:6 n-3	g										
Fatty acids, total trans	g										
Cholesterol	mg	47	3.68	0 9	A	1		53			
Phytosterols	mg										

Common Measures:

Measure 1 = 112g: 4 oz

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 10 Pork Products

		<u>A</u> 1	mount in 100	grams	of edil	ole portio	<u>on</u>		edible portion	
			Nu	umbe	r			<u>m</u>	easures of food	<u> </u>
			of	f Data	Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.90	0.410	15	A	1		80.53		
Energy	kcal	119		0	MC	9		134		
Energy		499				9		559		
Protein		18.20	0.710	14	A	1		20.38		
Total lipid (fat)		3.07	0.350	16	A	1		3.44		
Ash		2.20	0.310	8	A	1		2.46		
Carbohydrate, by difference		4.63		0	NC	4		5.19		
Fiber, total dietary										
Sugars, total		3.33	0.490	5	A	1		3.73		
Starch		5.55	0.150	·		_		3.75		
Starch	9									
Minerals:										
Calcium, Ca	mg	7	1.100	7	A	1		8		
Iron, Fe	mg	1.00	0.100	8	A	1		1.12		
Magnesium, Mg		22	1.900	8	A	1		24		
Phosphorus, P	mg									
Potassium, K	mg	536	58.600	8	A	1		601		
Sodium, Na	mg	413	89.600	15	A	1		462		
Zine, Zn	mg	1.50	0.100	8	A	1		1.68		
Copper, Cu	mg	0.100	0.000	8	A	1		0.112		
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
	ma	2.7	0.200	7	A	1		3.0		
Vitamin C, total ascorbic acid	-	2.7	0.200	,	A	1		3.0		
ThiaminRiboflavin										
Niacin										
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE	mca DFE									
Vitamin B-12										
Vitamin A, IU		0	0.000	8	A	1		0		
Vitamin A, RAE	mca RAE	-		•		_		·		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated		1.050	0.140	8	A	1		1.176		
4:0										
6:0										
8:0	-									
10:0	-			_						
12:0	-	0.000	0.000	7	A	1		0.000		
13:0				_	_	_				
14:0	-	0.040	0.010	8	A	1		0.045		
15:0	-	0 25-		_	_			0 500		
16:0	-	0.650	0.090	8	A	1		0.728		
17:0	-			_	-	1		0 001		
18:0	-	0.340	0.040	8	A	1		0.381		
20:0										
22:0										
24:0		1 000	0 500	-		4		1 411		
Fatty acids, total monounsaturated		1.260	0.590	7	A	1		1.411		
14:1										
15:1	9									

	<u>Aı</u>	mount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in	edible portion o	of common
			Numbe		Source	Confidence	<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	0.080	0.01	.0 7	A	1		0.090		
17:1	,	0.01			-		0.030		
18:1 undifferentiated		0.15	0 8	A	1		1.322		
20:1									
22:1 undifferentiated]								
24:1 c									
Fatty acids, total polyunsaturated	0.600	0.07	0 8	A	1		0.672		
18:2 undifferentiated	0.560	0.06	8 0	A	1		0.627		
18:3 undifferentiated	0.030	0.01	.0 8	A	1		0.034		
18:4)								
20:2 n-6 c,c9)								
20:3 undifferentiated	}								
20:4 undifferentiated	}								
20:5 n-3]								
22:5 n-3									
22:6 n-3]								
Fatty acids, total trans									
Cholesteroln	ng 46	10.29	0 8	A	1		52		
Phytosterolsr	ng								

Common Measures:

Measure 1 = 112g: 4 oz

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 10 Pork Products

		<u>Aı</u>	mount in 100 g	rams	of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
			Nu	ımbeı	r			me	easures of food	<u> </u>
					Deriv	Source	Confidence			
Nutrients and Units	;	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	72.95	0.730	139	A	1		40.85		
Energy	-	122		0	MC	9		68		
Energy		511				9		286		
Protein		16.88	0.460	727	A	1		9.45		
Total lipid (fat)		4.94	0.680	802	A	1		2.77		
Ash	g	3.36	0.140	187	A	1		1.88		
Carbohydrate, by difference	g	1.87		0	NC	4		1.05		
Fiber, total dietary	g									
Sugars, total	g	1.43	0.050	7	A	1		0.80		
Starch	g									
Minerals:										
Calcium, Ca	ma	6	1.000	6	A	1		4		
Iron, Fe		0.90	0.100	6	A	1		0.50		
Magnesium, Mg		19	0.700	6	A	1		11		
Phosphorus, P										
Potassium, K		279	12.000	6	A	1		156		
Sodium, Na	mg	1016	29.000	12	A	1		569		
Zine, Zn		1.80	0.100	6	A	1		1.01		
Copper, Cu		0.100	0.000	6	A	1		0.056		
Manganese, Mn	-									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.4	0.180	6	A	1		0.8		
Thiamin	<u>mg</u>									
Riboflavin										
Niacin										
Pantothenic acid										
Vitamin B-6.										
Folate, totalFolate, DFE	IIICY									
Vitamin B-12	mcg_br E									
Vitamin A, IU	IU	0	0.000	6	A	1		0		
Vitamin A, RAE	mca RAE	-		·		_		·		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.830	0.370	6	A	1		1.025		
4:0										
6:0										
8:0	-									
10:0										
12:0	-	0.000	0.000	5	A	1		0.000		
13:0	-	0 0=0	0.010	_	-			0 000		
14:0	-	0.070	0.010	6	A	1		0.039		
15:0 16:0	-	1.130	0.220	6	A	1		0.633		
17:0	-	1.130	0.220	0	A	_		0.033		
18:0	-	0.610	0.130	6	A	1		0.342		
20:0	-	0.010	0.250	-		_		J.J42		
22:0	-									
24:0										
Fatty acids, total monounsaturated		2.490	0.470	6	A	1		1.394		
14:1										
15:1										

		<u>Ar</u>	nount in 100			ole portio	<u>n</u>		edible portion	
Nutrients and Un	its	Mean			Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
		0.150			_	_				
16:1 undifferentiated		0.150	0.03	0 6	A	1		0.084		
17:1 18:1 undifferentiated		2.340	0.44	0 5	A	1		1.310		
20:1		2.340	0.44	.0 5	A	_		1.310		
22:1 undifferentiated	-									
24:1 c	-									
Fatty acids, total polyunsaturated	-	0.620	0.12	0 6	А	1		0.347		
18:2 undifferentiated		0.590	0.13		A	1		0.330		
18:3 undifferentiated		0.040	0.03		A	1		0.022		
18:4	• • • • • • • • • • • • • • • • • • • •			-		_				
20:2 n-6 c.c.										
20:3 undifferentiated	-									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	49	3.63	0 6	A	1		27		
Phytosterols	mg									

Common Measures:

Measure 1 = 56g: 1 serving

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 10 Pork Products

		<u>Aı</u>	mount in 100 g	grams	of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
			Nı	ımbeı	r			me	easures of food	<u> </u>
					Deriv	Source	Confidence			
Nutrients and Units	3	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	74.25	0.840	85	A	1		62.37		
Energy	-	106		0	MC	9		89		
Energy		444				9		373		
Protein		18.43	0.610	326	A	1		15.48		
Total lipid (fat)		3.59	0.890	375	A	1		3.02		
Ash		3.52	0.140	48	A	1		2.96		
Carbohydrate, by difference	g	0.21		0	NC	4		0.18		
Fiber, total dietary										
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minanala										
Minerals:	ma	4	0.293	10	A	1		3		
Calcium, Ca Iron, Fe		0.80	0.293	9	A	1		0.67		
Magnesium, Mg		20	1.037	10	A	1		17		
Phosphorus, P										
Potassium, K		319	5.212	9	A	1		268		
Sodium, Na	mg	1038	43.701	20	A	1		872		
Zinc, Zn	_. mg	2.00	0.112	10	A	1		1.68		
Copper, Cu	mg	0.100	0.020	10	A	1		0.084		
Manganese, Mn	_									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid		1.6	0.440	10	A	1		1.3		
Thiamin										
Riboflavin										
NiacinPantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	0	0.000	10	A	1		0		
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	a	1.170	0.130	9	А	1		0.983		
4:0				-		_		0.505		
6:0										
8:0	-									
10:0	g									
12:0	g	0.000	0.000	10	A	1		0.000		
13:0	-									
14:0		0.040	0.000	9	A	1		0.034		
15:0	-	0 750		1.0	-			0. 630		
16:0	-	0.750	0.130	10	A	1		0.630		
17:0 18:0	-	0.400	0.060	10	A	1		0.336		
20:0	-	0.400	0.000	10	A	_		0.336		
22:0	-									
24:0										
Fatty acids, total monounsaturated		1.750	0.350	10	A	1		1.470		
14:1										
15:1										

		<u>Ar</u>	nount in 100			ole portio	<u>n</u>		edible portion	
Nutrients and Uni	ts	Mean			Deriv	Source Code	Confidence Code	Measure 1	easures of food Measure 2	Measure 3
16:1 undifferentiated	-	0.110	0.020	0 10	A	1		0.092		
18:1 undifferentiated	g	1.630	0.32	0 10	A	1		1.369		
22:1 undifferentiated 24:1 c	g									
Fatty acids, total polyunsaturated	g	0.370	0.07	0 10	A	1		0.311		
18:2 undifferentiated		0.340	0.07	0 10	A	1		0.286		
18:3 undifferentiated	g	0.020	0.01	0 9	A	1		0.017		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	-									
Cholesterol	mg	51	2.22	19	A	1		43		
Phytosterols	mg									

Common Measures:

Measure 1 = 84g: 1 serving

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 10 Pork Products

		<u>A</u> :	mount in 10			ole portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	ts	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	a	67.70				1					
Energy	=	145				1					
Energy		607				1					
Protein		20.90				1					
Total lipid (fat)		5.50				1					
Ash		4.40		0	NC	4					
Carbohydrate, by difference		1.50			NC	4					
Fiber, total dietary		0.0				7					
Sugars, total		0.00		0	z	7					
Starch											
Minerals:											
Calcium, Ca	_	8				1					
Iron, Fe		1.48				1					
Magnesium, Mg		14				1					
Phosphorus, P		196				1					
Potassium, K		287				1					
Sodium, Na	-	969 2.88				1 1					
Zinc, Zn		0.079				1					
Copper, Cu		0.073	,			_					
Selenium, Se		19.5		0	BFZN	4					
Scientini, Sc.	9	13.3		·	DI DI	•					
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0		7					
Thiamin		0.750				1					
Riboflavin	mg	0.200				1					
Niacin	-	4.020)			1					
Pantothenic acid	-										
Vitamin B-6	-	0.400)			1					
Folate, total		3		_	_	1					
Folic acid	-	0		0	Z	7					
Folate, food		3		•	***	1					
Folate, DFE		3		0	NC	4					
Vitamin B-12		0.65 0				1					
Vitamin A, IU	IU	0		•	27.0	1 4					
Vitamin A, RAE		0		0 0	NC NR	4					
Retinol Vitamin E (alpha-tocopherol)		0.25		0	BFSN	4					
		0.23		U	DF 3N	-					
Tocopherol, gamma											
Tocopherol, gamma Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		0.0		0	BFSN	4					
	-J			-		•					
<u>Lipids:</u>											
Fatty acids, total saturated		1.801				4					
4:0		0.000				4					
6:0		0.000				4					
8:0	_	0.000				4					
10:0	-	0.020				4					
12:0	_	0.020)			4					
13:0											
14:0		0.090)			4					
15:0											
16:0		1.114	ŀ			4					
17:0											
18:0		0.567	1			4					
20:0	-										
22:0	a										

	<u>Aı</u>	mount in 10	00 grams Number		ole portio	o <u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	2.607				4					
14:1g										
15:1g	0.239									
16:1 undifferentiated	0.239				4					
17:19 18:1 undifferentiatedg	2.368				4					
					4					
20:1g 22:1 undifferentiatedg	0.000				4					
	0.000				4					
24:1 cg Fatty acids, total polyunsaturatedg	0.537				4					
18:2 undifferentiatedg	0.337				4					
18:2 undifferentiated	0.478				4					
18:4g	0.000				4					
20:2 n-6 c.cg	0.000				4					
20:2 ii-6 c,cg										
20:4 undifferentiated	0.000				4					
20:5 n-3g	0.000				4					
22:5 n-3g	0.000				4					
22:6 n-3g	0.000				4					
Fatty acids, total trans9	0.000				•					
Cholesterolg	53				1					
Phytosterols mg					_					
Others:										
Alcohol, ethylg	0.0				7					
Caffeine mg	0		0	Z	7					
Theobrominemg	0		0	Z	7					
<u>Carotenoids:</u>										
Carotene, betamcg	0		0	z	7					
Carotene, alphamcg	0		0	z	7					
Cryptoxanthin, betamcg	0		0	z	7					
Lycopenemcg	0		0	z	7					
Lutein + zeaxanthinmcg	0		0	z	7					

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 10 Pork Products

bacon drippings

Refuse:

		<u>A</u>	mount in 10	00 grams	of edib	ole portic	<u>on</u>	Amount in	edible portion o	f common
				Number			0 51		easures of food	
Nutrients and Un	its	Mean	Std. Error			Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.25		1	A	1				
Energy	kcal	898		0	NC	4				
Energy	kj	3756		0	NC	4				
Protein (N x 6.25)	g	0.07		1	A	1				
Total lipid (fat)	g	99.50		1	A	1				
Ash	g	0.16		1	A	1				
Carbohydrate, by difference	g	0.00		0	Z	7				
Fiber, total dietary		0.0		0	Z	7				
Sugars, total		0.00		0	Z	7				
Starch	g									
Minerals:		_		_	_	_				
Calcium, Ca	_	1		1	A	1				
Iron, Fe	_	0.13 0		1 1	A A	1 1				
Magnesium, Mg Phosphorus, P		9		1	A A	1				
1 /	•	9 15		1	A A	1				
Potassium, K		15 27		1	A	1				
Sodium, Na	_	0.06		1	A	1				
Zinc, Zn Copper, Cu		0.022	•	1	A	1				
Manganese, Mn		0.006		1	A	1				
Selenium, Se		5.7	,	1	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7				
Thiamin	mg	0.004	Į.	1	A	1				
Riboflavin	mg	0.015	5	1	A	1				
Niacin	mg	0.725	5	1	A	1				
Pantothenic acid	<u>mg</u>	0.007	,	1	A	1				
Vitamin B-6	mg	0.005	5	1	A	1				
Folate, total										
Folate, DFE										
Vitamin B-12		0.09		1	A	1				
Vitamin A, IU		37		0	AS	1				
Vitamin A, RAE		11		0	AS	1				
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	g	31.991		0	NC	4				
4:0	g	0.000)	0	Z	7				
6:0	g	0.000)	0	Z	7				
8:0	g	0.000)	1	A	1				
10:0	g	0.000)	1	A	1				
12:0	-	0.000)	1	A	1				
13:0										
14:0		1.320		1	A	1				
15:0		0.000		1	A	1				
16:0		19.762		1	A	1				
17:0		0.274		1	A	1				
18:0	-	10.443		1	A	1				
20:0	-	0.192		1	A	1				
22:0	-	0.000)	1	A	1				
24:0 Fatty acids, total monounsaturated.		41.435	i	0	NC	4				
14:1		0.000		1	A	1				
15:1		0.000)	1	A	1				

		<u>An</u>	nount in 10	00 grams	of edik	ole portio	<u>on</u>		edible portion o	f common
				Number				<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	a	2.860		1	A	1				
17:1	-	0.000		1	A	1				
18:1 undifferentiated	-	37.818		1	A	1				
20:1		0.757		1	A	1				
22:1 undifferentiated		0		_		_				
24:1 c	•									
Fatty acids, total polyunsaturated		10.535		0	NC	4				
18:2 undifferentiated		9.426		0	AS	1				
18:2 n-6 c,c	-	9.426		1	A	1				
18:2 CLAs		3.420		-	-	-				
18:2 c.t										
18:2 t,c	_									
18:2 t.t										
, , , , , , , , , , , , , , , , , , , ,										
18:2 i 18:2 t not further defined										
18:3 undifferentiated	_	0.476		1	A	1				
	-	0.000		1	A	1				
18:3 n-6 c,c,c 18:3i	-	0.000		_	A	1				
	_									
18:4	_	0.442		1	A	1				
20:2 n-6 c,c				1	A	1				
20:3 undifferentiated		0.000		1	A	1				
20:3 n-3										
20:3 n-6				_						
20:4 undifferentiated		0.191		1	A	1				
20:4 n-3	-									
20:4 n-6										
20:5 n-3										
22:5 n-3										
22:6 n-3				_						
Fatty acids, total trans	-	0.000		1	A	1				
Cholesterol	-	97		1	A	1				
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7				
Caffeine	mg	0		0	Z	7				
Theobromine	mg	0		0	Z	7				
Carotenoids:										
Carotene, beta	mcg	0		0	z	7				
Carotene, alpha	-	0		0	Z	7				
Cryptoxanthin, beta		0		0	z	7				
Lycopene		0		0	z	7				
Lutein + zeaxanthin	-	0		0	z	7				
		-		-						

Common Measures:

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Water			<u>A</u> 1	mount in 100 g	rams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
Proximates:				Nu	mber	•			<u>m</u>	easures of food	<u>.</u>	
Proximates:				of	Data	Deriv	Source	Confidence				
Energy	Nutrients and Un	nits	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Energy	Proximates:											
Foreign Si	Water	g	12.52	0.696	4	A	1		1.01	3.26		
Protein (N \(c \) (S)	Energy	kcal	548		0	NC	4		44	143		
Total Input (fat) 9 43.27 1.276 4 A 1 0.35 11.25 Ash 9 7.12 0.224 4 A 1 1 0.58 1.85 Carbolydrae, by difference 9 1.35 0.00 0.00 NC 4 0.11 0.35 Name. 9 0.00 0.00 NC 4 0.00 0.00 0.00 0.00 0.00 0.00 0.00 0	Energy	kj	2293		0	NC	4		186	596		
Ash	Protein (N x 6.25)	g	35.73	1.597	4	A	1		2.89	9.29		
Carbohydrate by difference G	Total lipid (fat)	g	43.27	1.276	4	A	1		3.50	11.25		
Fiber, footal dictary	Ash	g	7.12	0.224	4	A			0.58	1.85		
Sugar, total	Carbohydrate, by difference	g	1.35		0	NC	4		0.11	0.35		
	Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0		
Minerals:	Sugars, total	g	0.00		0	Z	7		0.00	0.00		
Calcium, Ca.	Starch	g										
Calcium, Ca.	Min analas											
Iron, Fe.		ma	10	0.300	4	74	1		1	2		
Magnesium, Mg. mg 30 1.382 4 a 1 2 8 Phosphorts, P. mg 506 10.897 4 a 1 41 131 Potassum, K. mg 539 20.807 4 a 1 178 570 Zine, Zn. mg 3.36 0.107 4 a 1 0.027 0.87 Copper, Cu. mg 0.182 0.017 4 a 1 0.025 0.00 Maganese, Mm. mg 0.022 0.000 4 a 1 0.025 0.00 Selenium, Se mGg 59.0 6.114 4 a 1 0.020 0.00 Selenium, Se mGg 0.02 0 Z 7 0.0 0.00 Vitamin C, total ascorbic acid mg 0.0348 0.020 4 a 1 0.02 0.05 Niacinin mg 0.248 0.021 4 <td></td> <td>_</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>		_										
Phosphorus P.	· · · · · · · · · · · · · · · · · · ·	_										
Potassium, K.												
Sodium, Na.	• '	_										
Zinc, Zin.		_										
Copper, Cu. mg 0.182 0.017 4 A 1 0.015 0.047 Manganese, Mn. mg 0.022 0.000 4 A 1 0.002 0.006 Selenium, Se. mg 59.0 6.114 4 A 1 4.8 15.3 Vitamine. Vitamine, colspan="6">mg 0.0 0.0 0.0 0.0 Thiamin. mg 0.348 0.020 4 A 1 0.028 0.091 Riboflavin. mg 10.623 0.661 4 A 1 0.020 0.055 Niacin. mg 1.033 0.042 4 A 1 0.086 2.762 Polate, total. mg 1.033 0.042 4 A 1 0.025 0.080 Folate, total. mcg 2 2 A 1 0 0 1 Folate, total. mcg 1 6	,	-										
Manganese, Mn. mg 0.022 0.000 4 A 1 0.002 0.006 Selenium, Se. mcg 59.0 6.114 4 A 1 0.002 0.006 Vitamins W Secondary												
Selenium, Se	• •											
Vitamins: Vitamin C, total ascorbic acid. mg 0.0 0 z 7 0.0 0.028 0.091 Ribönlavin. mg 0.348 0.020 4 A 1 0.020 0.065 Niacin. mg 10.623 0.661 4 A 1 0.080 0.065 Niacin. mg 1.033 0.661 4 A 1 0.080 0.252 0.080 Pantothenic acid. mg 1.033 0.042 4 A 1 0.025 0.080 Vitamin B-6 mg 0.309 0.010 4 A 1 0.025 0.080 Folate, Cod. mcg 2 2 A 1 0 1 1 0 1 Folate, DFE mcg 0 NR 4 0 1 1 0 0 1 0 0 1 0 0 1 0 0 1 1 0 0 </td <td></td>												
Vitamin C, total ascorbic acid mg 0.0 0 z 7 0.0 0.0 Thiamin mg 0.348 0.020 4 A 1 0.028 0.091 Riboflavin mg 0.251 0.010 4 A 1 0.020 0.055 Niacin mg 10.623 0.661 4 A 1 0.080 2.762 Pattothenic acid mg 1.033 0.042 4 A 1 0.084 0.268 Vitamin B-6 mg 0.309 0.010 4 A 1 0.025 0.080 Folate, total mcg 0 0 NR 4 0 0 1 Folate, total mcg 0 0 NR 4 0 1 1 Folate, total mcg 0 NC 4 1 0 1 1 1 0 1 1 1 0 1 1 1 <td></td>												
Thiamin												
Riboflavin	*	_										
Niacin		-										
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Folic acid		_		0.010								
Folate, food												
Folate, DFE												
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Tocopherol, delta mg 0.00 2 A 1 0.00 0.00 Vitamin D. IU Vitamin K (phylloquinone) mcg 0.1 0.048 4 A 1 0.0 0.0 Lipids: Eatty acids, total saturated g 14.187 0 NC 4 1.149 3.689 4:0. g 0.000 0.000 4 Z 7 0.000 0.000 6:0. g 0.000 0.000 4 A 1 0.000 0.000 8:0. g 0.010 0.000 4 A 1 0.000 0.000 10:0. g 0.010 0.010 4 A 1 0.001 0.002 12:0. g 0.000 0.000 4 A 1 0.000 0.000 13:0. g 0.551 0.023 4 A 1 0.0045 0.143 15:0.	-											
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Vitamin K (phylloquinone) mcg 0.1 0.048 4 A 1 0.0 0.0 Lipids: Eatty acids, total saturated g 14.187 0 NC 4 1.149 3.689 4:0 g 0.000 0.000 4 Z 7 0.000 0.000 6:0 g 0.000 0.000 2 7 0.000 0.000 8:0 g 0.000 0.000 4 A 1 0.000 0.000 10:0 g 0.010 0.010 4 A 1 0.001 0.002 12:0 g 0.000 0.000 4 A 1 0.000 0.000 13:0 g 0.551 0.023 4 A 1 0.045 0.143 15:0 g 0.000 0.000 4 A 1 0.045 0.143 15:0 g 0.000 0.000 4 A	1 ,		0.00		2	A	1		0.00	0.00		
Lipids: Fatty acids, total saturated g 14.187 0 NC 4 1.149 3.689 4:0 g 0.000 0.000 4 Z 7 0.000 0.000 6:0 g 0.000 0.000 4 A 1 0.000 0.000 8:0 g 0.010 0.010 4 A 1 0.001 0.002 10:0 g 0.010 0.000 4 A 1 0.001 0.002 12:0 g 0.000 0.000 4 A 1 0.000 0.000 13:0 g 0.551 0.023 4 A 1 0.045 0.143 15:0 g 0.000 0.000 4 A 1 0.005 0.000 16:0 g 9.028 0.480 4 A 1 0.731 2.347 17:0 g 0.107 0.006 4 A 1 0.009 0.028 18:0 g 0.107			0 1	0.048	4	20.	1		0.0	0.0		
Fatty acids, total saturated g 14.187 0 NC 4 1.149 3.689 4:0	vitamin K (phynoquinone)	Illog	0.1	0.048	-	•	-		0.0	0.0		
4:0. g 0.000 0.000 4 Z 7 0.000 0.000 6:0. g 0.000 0 Z 7 0.000 0.000 8:0. g 0.000 0.000 4 A 1 0.000 0.000 10:0. g 0.010 0.010 4 A 1 0.001 0.002 12:0. g 0.000 0.000 4 A 1 0.000 0.000 13:0. g 0.551 0.023 4 A 1 0.045 0.143 15:0. g 0.000 0.000 4 A 1 0.045 0.143 16:0. g 9.028 0.480 4 A 1 0.731 2.347 17:0. g 0.107 0.006 4 A 1 0.009 0.028 18:0. g 4.411 0.227 4 A 1 0.357	<u>Lipids:</u>											
$\begin{array}{cccccccccccccccccccccccccccccccccccc$	Fatty acids, total saturated	g	14.187	1	0	NC	4		1.149	3.689		
8:0. g 0.000 0.000 4 A 1 0.000 0.000 10:0. g 0.010 0.010 4 A 1 0.001 0.002 12:0. g 0.000 0.000 4 A 1 0.000 0.000 13:0. g 0.551 0.023 4 A 1 0.045 0.143 15:0. g 0.000 0.000 4 A 1 0.000 0.000 16:0. g 9.028 0.480 4 A 1 0.731 2.347 17:0. g 0.107 0.006 4 A 1 0.009 0.028 18:0. g 4.411 0.227 4 A 1 0.357 1.147		-	0.000	0.000	4	Z			0.000	0.000		
10:0 g 0.010 0.010 4 A 1 0.001 0.002 12:0 g 0.000 0.000 4 A 1 0.000 0.000 13:0 g 0.551 0.023 4 A 1 0.045 0.143 15:0 g 0.000 0.000 4 A 1 0.000 0.000 16:0 g 9.028 0.480 4 A 1 0.731 2.347 17:0 g 0.107 0.006 4 A 1 0.009 0.028 18:0 g 4.411 0.227 4 A 1 0.357 1.147					0					0.000		
12:0 g 0.000 0.000 4 A 1 0.000 0.000 13:0 g 0.551 0.023 4 A 1 0.045 0.143 15:0 g 0.000 0.000 4 A 1 0.000 0.000 16:0 g 9.028 0.480 4 A 1 0.731 2.347 17:0 g 0.107 0.006 4 A 1 0.009 0.028 18:0 g 4.411 0.227 4 A 1 0.357 1.147										0.000		
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14:0 g 0.551 0.023 4 A 1 0.045 0.143 15:0 g 0.000 0.000 4 A 1 0.000 0.000 16:0 g 9.028 0.480 4 A 1 0.731 2.347 17:0 g 0.107 0.006 4 A 1 0.009 0.028 18:0 g 4.411 0.227 4 A 1 0.357 1.147			0.000	0.000	4	A	1		0.000	0.000		
15:0 g 0.000 0.000 4 A 1 0.000 0.000 16:0 g 9.028 0.480 4 A 1 0.731 2.347 17:0 g 0.107 0.006 4 A 1 0.009 0.028 18:0 g 4.411 0.227 4 A 1 0.357 1.147												
16:0 g 9.028 0.480 4 A 1 0.731 2.347 17:0 g 0.107 0.006 4 A 1 0.009 0.028 18:0 g 4.411 0.227 4 A 1 0.357 1.147		_								0.143		
17:0		_								0.000		
18:0		_								2.347		
•		-								0.028		
20:0 q 0.081 0.005 4 A 1 0.007 0.021										1.147		
2000	20:0	g							0.007	0.021		
22:0g 0.000 0.000 4 A 1 0.000 0.000	22:0	g	0.000	0.000	4	A	1		0.000	0.000		

	<u>A</u>	mount in 10	0 grams	of edil	ole portio	<u>n</u>	Amount in	edible portion o	f common
			Numbei					easures of food	
			of Data	Deriv	Source	Confidence			
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	19.065	i	0	NC	4		1.544	4.957	
14:1g	0.000			A	1		0.000	0.000	
15:1	0.000 1.236			A A	1 1		0.000 0.100	0.000 0.321	
17:1g				A	1		0.100	0.016	
18:1 undifferentiated	17.439			A	1		1.413	4.534	
20:1g	0.329	0.0	L8 4	A	1		0.027	0.085	
22:1 undifferentiatedg	0.000)	0	Z	7		0.000	0.000	
24:1 cg			_						
Fatty acids, total polyunsaturatedg	4.649		0 0	NC AS	4 1		0.377 0.331	1.209 1.063	
18:2 undifferentiated	4.088			AS	1		0.331	1.063	
18:2 CLAs					-		0.551	1.005	
18:2 c,tg									
18:2 t,cg									
18:2 t,tg									
18:2 i									
18:3 undifferentiated	0.210)	0	AS	1		0.017	0.055	
18:3 n-6 c.c.c	0.000			A	1		0.000	0.000	
18:3ig									
18:4g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,cg	0.199			A	1		0.016	0.052	
20:3 undifferentiated	0.000	0.00	00 4	A	1		0.000	0.000	
20:3 n-3									
20:3 n-6	0.152	2 0.00	3 4	A	1		0.012	0.039	
20:4 n-3									
20:4 n-6g									
20:5 n-3g			0	Z	7		0.000	0.000	
22:5 n-3g			0	Z	7		0.000	0.000	
22:6 n-3			0 00 4	Z A	7 1		0.000 0.000	0.000 0.000	
Fatty acids, total trans		1.9		A	1		9	28	
Phytosterolsm	•								
Amino Acids:									
Tryptophan	0.299		0 0	A	1 1		0.024	0.078	
Threonine	1.399 1.676		0	A A	1		0.113 0.136	0.364 0.436	
Leucine	2.782		0	A	1		0.225	0.723	
Lysineg	2.964		0	A	1		0.240	0.771	
Methionine	0.795	5	0	A	1		0.064	0.207	
Cystineg			0	A	1		0.032	0.103	
Phenylalanine			0	A	1		0.115	0.369	
Tyrosineg Valineg			0 0	A A	1 1		0.091 0.154	0.291 0.494	
Arginine			0	A	1		0.134	0.494	
Histidine	1.343		0	A	1		0.109	0.349	
Alanine9	2.286	5	0	A	1		0.185	0.594	
Aspartic acidg	3.362		0	A	1		0.272	0.874	
Glutamic acid	5.260		0	A	1		0.426	1.368	
Glycine	2.508		0 0	A A	1 1		0.203	0.652	
Proline	1.960 1.359		0	A	1		0.159 0.110	0.510 0.353	
Hydroxyproline	0.628		0	A	1		0.051	0.163	
Others:									
Alcohol, ethylg	0.0		0	z	7		0.0	0.0	
Caffeinemg			0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, betamc			0	Z	7		0.000	0.000	
Carotene, alphamc	-		0	Z	7		0.000	0.000	
Cryptoxanthin, betamc	g 0		0	Z	7		0.000	0.000	

NDB No. 10860

Pork, cured, bacon, cooked, baked

	<u>A</u>	mount in 100 g	ams of edi	ble portio	<u>on</u>	Amount in	edible portion	of common
			nber Data Deriv	Source	Confidence	<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error Po	ints Code	Code	Code	Measure 1	Measure 2	Measure 3
Lycopana MCG	0		0 z	7		0.000	0.000	_
Lycopenemcg Lutein + zeaxanthinmcg	0		0 z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 8.1g: 1 slice cooked Measure 2 = 26g: 1 slice raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 0%

Nutrients and Units	ence	3.57 157 656 10.74 12.12 2.16 0.41 0.0 0.00
Nutrients and Units	0.99 43 181 2.96 3.34 0.59 0.11 0.0 0.00	3.57 157 656 10.74 12.12 2.16 0.41 0.0
Nutrients and Units	0.99 43 181 2.96 3.34 0.59 0.11 0.0 0.00	3.57 157 656 10.74 12.12 2.16 0.41 0.0
Water.	43 181 2.96 3.34 0.59 0.11 0.0 0.00	157 656 10.74 12.12 2.16 0.41 0.0
Water	43 181 2.96 3.34 0.59 0.11 0.0 0.00	157 656 10.74 12.12 2.16 0.41 0.0
Energy	43 181 2.96 3.34 0.59 0.11 0.0 0.00	157 656 10.74 12.12 2.16 0.41 0.0
Finergy	181 2.96 3.34 0.59 0.11 0.0 0.00	656 10.74 12.12 2.16 0.41 0.0
Protein (N x 6.25)	2.96 3.34 0.59 0.11 0.0 0.00	10.74 12.12 2.16 0.41 0.0
Total lipid (fat)	3.34 0.59 0.11 0.0 0.00	12.12 2.16 0.41 0.0
Ash	0.59 0.11 0.0 0.00	2.16 0.41 0.0
Carbohydrate, by difference	0.11 0.0 0.00	0.41 0.0
Fiber, total dietary	0.0 0.00 1 0.11	0.0
Sugars, total	0.00 1 0.11	
Minerals: Calcium, Ca	1 0.11	
Minerals: Calcium, Ca	0.11	
Calcium, Ca. mg 11 0.378 8 A 1 Iron, Fe. mg 1.44 0.086 8 A 1 Magnesium, Mg mg 33 1.331 8 A 1 Phosphorus, P. mg 533 11.848 8 A 1 Potassium, K. mg 565 14.871 8 A 1 Sodium, Na mg 2310 58.310 8 A 1 Zinc, Zn. mg 3.50 0.086 8 A 1 Copper, Cu. mg 0.164 0.011 8 A 1 Manganese, Mn. mg 0.022 0.000 8 A 1 Selenium, Se. mcg 62.0 3.914 8 A 1 Vitamins. mg 0.022 0.000 8 A 1 Vitamins. mg 0.404 0.023 8 A 1 <td>0.11</td> <td></td>	0.11	
Iron, Fe	0.11	_
Magnesium, Mg mg 33 1.331 8 A 1 Phosphorus, P. mg 533 11.848 8 A 1 Potassium, K. mg 565 14.871 8 A 1 Sodium, Na. mg 2310 58.310 8 A 1 Zinc, Zn. mg 3.50 0.086 8 A 1 Copper, Cu. mg 0.164 0.011 8 A 1 Manganese, Mn. mg 0.022 0.000 8 A 1 Selenium, Se mcg 62.0 3.914 8 A 1 Vitamins: Vitamin C, total ascorbic acid. mg 0.0 0 z 7 Thiamin. mg 0.404 0.023 8 A 1 Witamin C, total ascorbic acid. mg 0.264 0.009 8 A 1 Ribofavin mg 0.264 0.009		3
Phosphorus, P. mg 533 11.848 8 A 1 Potassium, K. mg 565 14.871 8 A 1 Sodium, Na. mg 2310 58.310 8 A 1 Zinc, Zn mg 3.50 0.086 8 A 1 Copper, Cu. mg 0.164 0.011 8 A 1 Manganese, Mn. mg 0.022 0.000 8 A 1 Selenium, Se. mcg 62.0 3.914 8 A 1 Witamins: mcg 0.022 0.000 8 A 1 Vitamins: mcg 0.0 0 Z 7 Totala scorbic acid mg 0.0 0 Z 7 Tiliamin C, total ascorbic acid mg 0.044 0.023 8 A 1 Riboflavin mg 0.264 0.009 8 A 1	3	0.42
Potassium, K.		9
Sodium, Na. mg 2310 58.310 8 A 1 Zinc, Zn. mg 3.50 0.086 8 A 1 Copper, Cu. mg 0.164 0.011 8 A 1 Manganese, Mn. mg 0.022 0.000 8 A 1 Selenium, Se. mcg 62.0 3.914 8 A 1 Vitamin Se. Vitamin Se. Vitamin C, total ascorbic acid. mg 0.0 0 Z 7 Thiamin C, total ascorbic acid. mg 0.0 0 Z 7 Thiamin C, total ascorbic acid. mg 0.404 0.023 8 A 1 Vitamin C, total ascorbic acid. mg 0.404 0.023 8 A 1 Riboflavin mg 0.404 0.023 8 A 1 Riboflavin mg 0.264 0.009 8 A	43	155
Zinc, Zn. mg 3.50 0.086 8 A 1 Copper, Cu. mg 0.164 0.011 8 A 1 Manganese, Mn. mg 0.022 0.000 8 A 1 Selenium, Se. mcg 62.0 3.914 8 A 1 Vitamins: Vitamin Se. mcg 62.0 3.914 8 A 1 Vitamin Se. mcg 62.0 3.914 8 A 1 Vitamin C, total ascorbic acid. mg 0.00 0 Z 7 Thiamin. mg 0.404 0.023 8 A 1 Riboflavin. mg 0.264 0.009 8 A 1 Riboflavin. mg 0.264 0.009 8 A 1 Niacin. mg 0.1171 0.067 8 A 1 Vitamin B-6. mg	4 5 185	16 4 670
Copper, Cu. mg 0.164 0.011 8 A 1 Manganese, Mn. mg 0.022 0.000 8 A 1 Selenium, Se. mcg 62.0 3.914 8 A 1 Vitamins: Vitamin C, total ascorbic acid mg 0.0 0 Z 7 Thiamin. mg 0.404 0.023 8 A 1 Riboflavin. mg 0.404 0.023 8 A 1 Niacin. mg 0.264 0.009 8 A 1 Vitamin B-6 mg 0.349 0.017 8 A 1 Vitamin B-6 mg 0 3 2 <td>0.28</td> <td>1.02</td>	0.28	1.02
Manganese, Mn. mg 0.022 0.000 8 A 1 Selenium, Se. mcg 62.0 3.914 8 A 1 Vitamins: Vitamin C, total ascorbic acid. mg 0.0 0 z 7 Thiamin. mg 0.404 0.023 8 A 1 Riboflavin. mg 0.264 0.009 8 A 1 Niacin. mg 11.099 0.388 8 A 1 Pantothenic acid. mg 1.171 0.067 8 A 1 Vitamin B-6. mg 0.349 0.017 8 A 1 Folate, total. mcg 2 2 A 1 Folate, food. mcg 2 2 A 1 Folate, food. mcg 2 2 A 1 Vitamin B-12. mcg 1.23 0.037 8 A	0.28	0.047
Selenium, Se mcg 62.0 3.914 8 A 1 Vitamins: Vitamin C, total ascorbic acid. mg 0.0 0 Z 7 Thiamin. mg 0.404 0.023 8 A 1 Riboflavin. mg 0.264 0.009 8 A 1 Niacin. mg 0.349 0.017 8 A 1 Vitamin B-6. mg 0.349 0.017 8 A 1 Foliate, total. mcg 2 2 A 1 </td <td>0.002</td> <td>0.006</td>	0.002	0.006
Vitamins: Vitamin C, total ascorbic acid mg 0.0 0 z 7 Thiamin. mg 0.404 0.023 8 A 1 Riboflavin. mg 0.264 0.009 8 A 1 Niacin. mg 11.099 0.388 8 A 1 Pantothenic acid. mg 1.171 0.067 8 A 1 Vitamin B-6. mg 0.349 0.017 8 A 1 Folate, total. mcg 2 2 A 1 Folic acid. mcg 0 0 Z 7 Folate, food. mcg 2 A 1 Vitamin B-12. mcg 1	5.0	18.0
Vitamin C, total ascorbic acid. mg 0.0 z 7 Thiamin. mg 0.404 0.023 8 A 1 Riboflavin. mg 0.264 0.009 8 A 1 Niacin. mg 11.099 0.388 8 A 1 Pantothenic acid. mg 1.171 0.067 8 A 1 Vitamin B-6 mg 0.349 0.017 8 A 1 Folate, total. mcg 2 2 A 1 Folic acid. mcg 0 0 Z 7 Folate, food. mcg 0 0 Z 7 Folate, food. mcg 2 2 A 1 Vitamin B-I2. mcg_DFE 2 0 NC 4 Vitamin A, IU. IU 37 0 AS 1 Vitamin A, RAE. mcg 11 0.000 8 A <t< td=""><td>3.0</td><td>20.0</td></t<>	3.0	20.0
Thiamin mg 0.404 0.023 8 A 1 Riboflavin mg 0.264 0.009 8 A 1 Niacin mg 11.099 0.388 8 A 1 Pantothenic acid mg 1.171 0.067 8 A 1 Vitamin B-6 mg 0.349 0.017 8 A 1 Folate, total mcg 2 2 A 1 Folate, total mcg 0 0 Z 7 Folate, total mcg 0 0 Z 7 Folate, food mcg 0 0 Z 7 Folate, food mcg 2 2 A 1 Folate, food mcg 2 2 A 1 Vitamin B-12 mcg_DFE 2 0 NC 4 Vitamin A, IU IU 37 0 AS 1		
Riboflavin mg 0.264 0.009 8 A 1 Niacin mg 11.099 0.388 8 A 1 Pantothenic acid mg 11.171 0.067 8 A 1 Vitamin B-6 mg 0.349 0.017 8 A 1 Folate, total mcg 2 2 A 1 Folic acid mcg 0 0 Z 7 Folate, food mcg 2 2 A 1 Folate, food mcg 2 A 1 Vitamin B-12 mcg 1 23 0.037 8 A 1 Vitamin A, IU IU 37 0 AS 1 <td< td=""><td>0.0</td><td>0.0</td></td<>	0.0	0.0
Niacin mg 11.099 0.388 8 A 1 Pantothenic acid mg 1.171 0.067 8 A 1 Vitamin B-6 mg 0.349 0.017 8 A 1 Folate, total mcg 2 2 A 1 Folic acid mcg 0 0 z 7 Folate, food mcg 2 2 A 1 Folate, food mcg 2 2 A 1 Folate, food mcg 2 2 A 1 Folate, food mcg 2 0 NC 4 Vitamin B-12 mcg 1 0 NC 4 Vitamin B-12 mcg 1 23 0 037 8 A 1 Vitamin A, IU IU 37 0 AS 1 Retinol mcg 11 0 0 AS 1	0.032	0.117
Pantothenic acid mg 1.171 0.067 8 A 1 Vitamin B-6 mg 0.349 0.017 8 A 1 Folate, total mcg 2 2 A 1 Folic acid mcg 0 0 Z 7 Folate, food mcg 2 2 A 1 Folate, food mcg 2 2 A 1 Folate, food mcg 2 2 A 1 Folate, food mcg 2 0 NC 4 Vitamin B-12 mcg 1.23 0.037 8 A 1 Vitamin A, IU IU 37 0 AS 1 Vitamin A, RAE mcg 11 0.000 8 A 1 Vitamin E (alpha-tocopherol) mg 0.31 12 A 1 Tocopherol, beta mg 0.00 2 A 1	0.021	0.077
Vitamin B-6. mg 0.349 0.017 8 A 1 Folate, total. mcg 2 2 A 1 Folic acid. mcg 0 0 Z 7 Folate, food. mcg 2 2 A 1 Folate, food. mcg 2 A 1 Folate, food. mcg 2 A 1 Folate, food. mcg 1 0 NC 4 Vitamin A, LU IU 37 0 AS 1 Vitamin A, IU IU 37 0 AS 1 Vitamin E (alpha-tocopherol) mcg 11 0 000 8 A 1 Tocopherol, beta mg 0	0.888	3.219
Folate, total mcg 2 2 A 1 Folic acid. mcg 0 0 z 7 Folate, food. mcg 2 2 A 1 Folate, DFE. mcg 2 2 A 1 Folate, DFE. mcg_DFE 2 0 NC 4 Vitamin B-12. mcg 1.23 0.037 8 A 1 Vitamin A, IU. IU 37 0 AS 1 Vitamin A, RAE. mcg_RAE 11 0 AS 1 Retinol mcg 11 0.000 8 A 1 Vitamin E (alpha-tocopherol) mg 0.31 12 A 1 Tocopherol, beta. mg 0.00 2 A 1 Tocopherol, gamma. mg 0.07 4 A 1 Tocopherol, delta. mg 0.00 2 A 1 Vitamin D.	0.094	0.340
Folic acid. mcg 0 z 7 Folate, food. mcg 2 2 A 1 Folate, DFE. mcg_DFE 2 0 NC 4 Vitamin B-12. mcg 1.23 0.037 8 A 1 Vitamin A, IU. IU 37 0 AS 1 Vitamin A, RAE. mcg_RAE 11 0 AS 1 Retinol. mcg 11 0.000 8 A 1 Vitamin E (alpha-tocopherol). mg 0.31 12 A 1 Tocopherol, beta. mg 0.00 2 A 1 Tocopherol, gamma mg 0.07 4 A 1 Tocopherol, delta. mg 0.00 2 A 1 Vitamin D. IU Vitamin K (phylloquinone) mcg 0.1 0.027 8 A 1	0.028	0.101
Folate, food. mcg 2 2 A 1 Folate, DFE mcg_DFE 2 0 NC 4 Vitamin B-12 mcg 1.23 0.037 8 A 1 Vitamin A, IU IU 37 0 AS 1 Vitamin A, RAE mcg_RAE 11 0.000 8 A 1 Vitamin E (alpha-tocopherol) mg 0.31 12 A 1 Tocopherol, beta mg 0.00 2 A 1 Tocopherol, gamma mg 0.07 4 A 1 Tocopherol, delta mg 0.00 2 A 1 Vitamin D IU Vitamin K (phylloquinone) mcg 0.1 0.027 8 A 1	0	1
Folate, DFE	0	0 1
Vitamin B-12	0	1
Vitamin A, IU	0.10	0.36
Vitamin A, RAE. mcg_RAE 11 0 AS 1 Retinol. mcg 11 0.000 8 A 1 Vitamin E (alpha-tocopherol) mg 0.31 12 A 1 Tocopherol, beta. mg 0.00 2 A 1 Tocopherol, gamma mg 0.07 4 A 1 Tocopherol, delta mg 0.00 2 A 1 Vitamin D IU Vitamin K (phylloquinone) mcg 0.1 0.027 8 A 1	3	11
Retinol mcg 11 0.000 8 A 1 Vitamin E (alpha-tocopherol) mg 0.31 12 A 1 Tocopherol, beta mg 0.00 2 A 1 Tocopherol, gamma mg 0.07 4 A 1 Tocopherol, delta mg 0.00 2 A 1 Vitamin D IU Vitamin K (phylloquinone) mcg 0.1 0.027 8 A 1	1	3
Vitamin E (alpha-tocopherol) mg 0.31 12 A 1 Tocopherol, beta mg 0.00 2 A 1 Tocopherol, gamma mg 0.07 4 A 1 Tocopherol, delta mg 0.00 2 A 1 Vitamin D IU Vitamin K (phylloquinone) mcg 0.1 0.027 8 A 1	1	3
Tocopherol, beta	0.02	0.09
Tocopherol, gamma mg 0.07 4 A 1 Tocopherol, delta mg 0.00 2 A 1 Vitamin D IU Vitamin K (phylloquinone) mcg 0.1 0.027 8 A 1	0.00	0.00
Tocopherol, delta	0.01	0.02
Vitamin D	0.00	0.00
Vitamin K (phylloquinone)mcg 0.1 0.027 8 A 1		
Linids	0.0	0.0
Libias.		
	1 000	2 004
Fatty acids, total saturatedg 13.739 0 NC 4 4·0 q 0.000 0 z 7	1.099	3.984
	0.000 0.000	0.000 0.000
6:0g 0.000 0 Z 7 8:0g 0.000 0.000 8 A 1	0.000	0.000
	0.000	0.000
10:0g 0.005 0.005 8 A 1 12:0g 0.000 0.000 8 A 1	0.000	0.001
13:0	0.000	0.000
13:0		0.154
15:0	0 043	0.134
16:0	0.043	2.532
17:0g 0.104 0.003 8 A 1	0.000	0.030
18:0g	0.000 0.699	1.243
20:0g 0.078 0.003 8 A 1	0.000 0.699 0.008	0.023
22:0	0.000 0.699 0.008 0.343	0.023
22:0	0.000 0.699 0.008	

	<u>Ar</u>	mount in 10	0 grams	of edil	ole portio	<u>n</u>	Amount in	edible portion o	f common
			Number					easures of food	
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated9	18.520		0	NC	4		1.482	5.371	
14:1	0.000			A A	1 1		0.000	0.000	
15:1g 16:1 undifferentiatedg	1.212			A	1		0.000 0.097	0.000 0.352	
17:1	0.073			A	1		0.006	0.021	
18:1 undifferentiated	16.915			A	1		1.353	4.905	
20:1g	0.320	0.01	.0 8	A	1		0.026	0.093	
22:1 undifferentiatedg	0.000		0	Z	7		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturated9	4.548		0	NC	4 1		0.364	1.319	
18:2 undifferentiated	4.000 4.000		0 54 8	AS A	1		0.320 0.320	1.160 1.160	
18:2 CLAs	4.000	0.06	14 0	A	1		0.320	1.160	
18:2 c.t									
18:2 t,cg									
18:2 t,tg									
18:2 ig									
18:2 t not further defined	0.200		0	AS	1		0.016	0.058	
18:3 n-6 c.c.c	0.200			A	1		0.000	0.000	
18:3i	0.000	0.00			_		0.000	0.000	
18:4g	0.000		0	z	7		0.000	0.000	
20:2 n-6 c,cg	0.194	0.00	5 8	A	1		0.016	0.056	
20:3 undifferentiatedg	0.000	0.00	0 8	A	1		0.000	0.000	
20:3 n-3									
20:3 n-6	0.154	0.00	3 8	A	1		0.012	0.045	
20:4 undifferentiated	0.134	0.00	5 6	Α.	-		0.012	0.045	
20:4 n-6									
20:5 n-3	0.000		0	z	7		0.000	0.000	
22:5 n-3g	0.000		0	Z	7		0.000	0.000	
22:6 n-3g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans	0.000	0.00 1.72		A A	1 1		0.000 9	0.000	
Cholesterolmg Phytosterolsmg		1.72	.0 0	A	1		9	32	
Amino Acids:									
Tryptophan	0.321		0	A	1		0.026	0.093	
Threonineg	1.501		0	A	1		0.120	0.435	
Isoleucineg	1.798		0	A	1		0.144	0.522	
Leucine	2.985		0 0	A	1 1		0.239 0.25 4	0.866	
Lysineg Methionineg	3.180 0.853		0	A A	1		0.254	0.922 0.247	
Cystine	0.426		0	A	1		0.034	0.124	
Phenylalanine	1.521		0	A	1		0.122	0.441	
Tyrosineg	1.200		0	A	1		0.096	0.348	
Valineg	2.040		0	A	1		0.163	0.592	
Arginine9	2.483		0	A	1		0.199	0.720	
Histidine	1.441		0 0	A	1 1		0.115	0.418	
Alanine	2.453 3.607		0	A A	1		0.196 0.289	0.711 1.046	
Glutamic acid	5.643		0	A	1		0.451	1.637	
Glycine	2.691		0	A	1		0.215	0.780	
Proline	2.103		0	A	1		0.168	0.610	
Serine	1.458		0	A	1		0.117	0.423	
Hydroxyproline	0.650		0	A	1		0.052	0.189	
Others:									
Alcohol, ethylg	0.0		0	z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobrominemg	0		0	Z	7		0	0	
<u>Carotenoids:</u>							_		
Carotene, beta mcg			0	Z	7		0.000	0.000	
Carotene, alphamcg Cryptoxanthin, betamcg			0	z z	7 7		0.000 0.000	0.000 0.000	
Стуриханини, оста!!!ОУ	U		U	4	,		0.000	3.000	

	<u>A</u>	mount in 100 g	ams of edi	ble portio	<u>on</u>	Amount in	edible portion	of common
			nber Data Deriv	Source	Confidence	<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error Po	ints Code	Code	Code	Measure 1	Measure 2	Measure 3
Lycopana MCG	0		0 z	7		0.000	0.000	_
Lycopenemcg Lutein + zeaxanthinmcg	0		0 z	7		0.000	0.000	

Common Measures:

Measure 1 = 8.0g: 1 slice cooked Measure 2 = 29g: 1 slice raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

NDB No. 43378
Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium

		<u>Aı</u>	mount in 100 gr	rams c	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nur	nber				<u>m</u> e	easures of food	_	
			of I	Data I	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	ints (Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	12.32	0.355	8	A	1		0.99	3.57	9.86	
Energy	kcal	541		0	NC	4		43	157	432	
Energy	kj	2262		0	NC	4		181	656	1809	
Protein (N x 6.25)	g	37.04	0.995	8	A	1		2.96	10.74	29.63	
Total lipid (fat)	g	41.78	0.957	8	A	1		3.34	12.12	33.43	
Ash		7.43	0.162	8	A	1		0.59	2.16	5.95	
Carbohydrate, by difference	g	1.43		0	NC	4		0.11	0.41	1.14	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00	
Starch	g										
Minerals:											
Calcium, Ca	ma	11	0.378	8	A	1		1	3	9	
Iron, Fe	_	1.44	0.086	8	A	1		0.11	0.42	1.15	
Magnesium, Mg	_	33	1.331	8	A	1		3	9	26	
Phosphorus, P		533	11.848	8	A	1		43	155	427	
Potassium, K	_	565	14.871	8	A	1		45	164	452	
Sodium, Na	-	1030		0	BFZN	4		82	299	824	
Zinc, Zn	mg	3.50	0.086	8	A	1		0.28	1.02	2.80	
Copper, Cu	mg	0.164	0.011	8	A	1		0.013	0.047	0.13	
Manganese, Mn	mg	0.022	0.000	8	A	1		0.002	0.006	0.01	
Selenium, Se	mcg	62.0	3.914	8	A	1		5.0	18.0	49.6	
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	0.0	
Thiamin	_	0.404	0.023	8	A	1		0.032	0.117	0.32	
Riboflavin	-	0.264		8	A	1		0.032	0.077	0.32	
Niacin		11.099		8	A	1		0.888	3.219	8.87	
Pantothenic acid	_	1.171		8	A	1		0.094	0.340	0.93	
Vitamin B-6	_	0.349		8	A	1		0.028	0.101	0.27	
Folate, total	_	2		2	A	1		0	1	2	
Folic acid		0		0	z	7		0	0	0	
Folate, food		2		2	A	1		0	1	2	
Folate, DFE		2		0	NC	4		0	1	2	
Vitamin B-12		1.23	0.037	8	A	1		0.10	0.36	0.99	
Vitamin A, IU		37		0	AS	1		3	11	30	
Vitamin A, RAE	mcg_RAE	11		0	AS	1		1	3	9	
Retinol		11	0.000	8	A	1		1	3	9	
Vitamin E (alpha-tocopherol)	mg	0.31		12	A	1		0.02	0.09	0.25	
Tocopherol, beta		0.00		2	A	1		0.00	0.00	0.00	
Tocopherol, gamma		0.07		4	A	1		0.01	0.02	0.05	
Tocopherol, delta		0.00		2	A	1		0.00	0.00	0.00	
Vitamin D				•	_	_					
Vitamin K (phylloquinone)	mcg	0.1	0.027	8	A	1		0.0	0.0	0.0	
<u>Lipids:</u>											
Fatty acids, total saturated	g	13.739	ı	0	NC	4		1.099	3.984	10.99	
4:0		0.000		0	Z	7		0.000	0.000	0.00	
6:0		0.000		0	Z	7		0.000	0.000	0.00	
8:0		0.000		8	A	1		0.000	0.000	0.00	
10:0		0.005		8	A	1		0.000	0.001	0.00	
12:0		0.000	0.000	8	A	1		0.000	0.000	0.00	
13:0	-										
14:0	-	0.532		8	A	1		0.043	0.154	0.42	
15:0	-	0.000		8	A	1		0.000	0.000	0.00	
16:0		8.732		8	A	1		0.699	2.532	6.98	
17:0		0.104		8	A	1		0.008	0.030	0.08	
18:0		4.287		8	A	1		0.343	1.243	3.43	
20:0	a	0.078	0.003	8	A	1		0.006	0.023	0.06	
22:0		0.000	0.000	8	A	1		0.000	0.000	0.00	

		<u>Ar</u>	mount in 100	grams	Amount in edible portion of common					
			ı	Numbe	r		measures of food			
Nutrients and Unit	s	Mean	Std. Error		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		18.520		0	NC	4		1.482	5.371	14.816
14:1		0.000			A A	1 1		0.000	0.000	0.000
15:1		1.212			A	1		0.000 0.097	0.000 0.352	0.000
17:1	-	0.073			A	1		0.006	0.332	0.059
18:1 undifferentiated	•	16.915			A	1		1.353	4.905	13.532
20:1	-	0.320			A	1		0.026	0.093	0.256
22:1 undifferentiated		0.000		0	z	7		0.000	0.000	0.000
24:1 c										
Fatty acids, total polyunsaturated		4.548		0	NC	4		0.364	1.319	3.638
18:2 undifferentiated		4.000		0	AS	1		0.320	1.160	3.200
18:2 n-6 c,c		4.000	0.06	4 8	A	1		0.320	1.160	3.200
18:2 CLAs	g									
18:2 c,t	g									
18:2 t,c	g									
18:2 t,t	g									
18:2 i	g									
18:2 t not further defined	-									
18:3 undifferentiated		0.200		0	AS	1		0.016	0.058	0.160
18:3 n-6 c,c,c	_	0.000	0.00	8 0	A	1		0.000	0.000	0.000
18:3i						_				
18:4		0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c		0.194			A	1		0.016	0.056	0.155
20:3 undifferentiated		0.000	0.00	0 8	A	1		0.000	0.000	0.000
20:3 n-3										
20:3 n-6		0.154	0.00	3 8	A	1		0.012	0.045	0.123
20:4 undifferentiated 20:4 n-3		0.154	0.00	3 0	A	1		0.012	0.045	0.123
20:4 n-6	-									
20:5 n-3	-	0.000		0	z	7		0.000	0.000	0.000
22:5 n-3	-	0.000		o	z	7		0.000	0.000	0.000
22:6 n-3	-	0.000		0	z	7		0.000	0.000	0.000
Fatty acids, total trans	-	0.000		0 8	A	1		0.000	0.000	0.000
Cholesterol		110	1.72		A	1		9	32	88
Phytosterols										
Amino Acids:										
Tryptophan	g	0.310		0	A	1		0.025	0.090	0.248
Threonine	g	1.450		0	A	1		0.116	0.420	1.160
Isoleucine	g	1.737		0	A	1		0.139	0.504	1.390
Leucine	g	2.884		0	A	1		0.231	0.836	2.307
Lysine	g	3.072		0	A	1		0.246	0.891	2.458
Methionine	g	0.824		0	A	1		0.066	0.239	0.659
Cystine	g	0.412		0	A	1		0.033	0.119	0.330
Phenylalanine		1.469		0	A	1		0.118	0.426	1.175
Tyrosine	-	1.159		0	A	1		0.093	0.336	0.927
Valine	-	1.971		0	A	1		0.158	0.571	1.576
Arginine		2.398		0	A	1		0.192	0.696	1.919
Histidine		1.392		0	A	1		0.111	0.404	1.114
Alanine		2.370		0	A	1		0.190	0.687	1.896
Aspartic acid		3.484		0	A	1		0.279	1.010	2.787
Glutamic acid		5.452		0	A	1		0.436	1.581	4.361
Glycine		2.600		0	A	1		0.208	0.754	2.080
Proline	_	2.031		0	A	1		0.162	0.589	1.625
Serine		1.408		0	A A	1 1		0.113	0.408	1.127
Hydroxyproline	9	0.650		U	A	1		0.052	0.189	0.520
Others:	~	2 2		_	_	_		0.0		
Alcohol, ethyl		0.0		0 0	Z	7 7		0.0	0.0	0.0
Caffeine		0		0	z z	7		0 0	0 0	0
Theobromine	!!!!Y	U		U	z	,		U	U	U
Carotenoids:										
Carotene, beta	-	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha	_	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta	mca	0		0	Z	7		0.000	0.000	0.000

	<u>A</u>	mount in 10	0 grams	Amount in edible portion of common					
Nutrients and Units	Mean	Std. Error		Deriv		Confidence Code	<u>mo</u> Measure 1	easures of food Measure 2	Measure 3
I mag	•		0	-	7		0.000	0.000	0.000
Lycopene mcg Lutein + zeaxanthin mcg	0		0	z z	7 7		0.000	0.000	0.000

Common Measures:

Measure 1 = 8.0g: 1 slice cooked Measure 2 = 29g: 1 slice raw Measure 3 = 80g: 1 cup pieces

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

		<u>A</u>	mount in 100	grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
			N	umber	•			<u>m</u>	easures of food	
			o	f Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	16.49		4	A	1		4.29	1.24	
Energy	-	505		0	NC	4		131	38	
63		2114		0	NC NC	4		550	38 159	
Energy				4						
Protein (N x 6.25)		38.62		-	A	1		10.04	2.90	
Total lipid (fat)		37.27		4	A	1		9.69	2.80	
Ash		6.57		4	A	1		1.71	0.49	
Carbohydrate, by difference		1.05		0	NC	4		0.27	0.08	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total	-	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium. Ca	mg	11		4	A	1		3	1	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.28		4	A	1		0.33	0.10	
Magnesium, Mg	_	31		4	A	1		8	2	
Phosphorus, P		480		4	A	1		125	36	
Potassium, K	•	498		4	A	1		129	37	
Sodium, Na		2073		4	A	1		539	155	
Zinc, Zn		3.70		4	A	1		0.96	0.28	
Copper, Cu		0.142	2	4	A	1		0.037	0.011	
Manganese, Mn		0.022	2	4	A	1		0.006	0.002	
Selenium, Se		65.8		4	A	1		17.1	4.9	
·										
<u>Vitamins:</u>				•	_	-		0.0		
Vitamin C, total ascorbic acid		0.0		0	z	7		0.0	0.0	
Thiamin	_	0.598		4	A	1		0.156	0.045	
Riboflavin		0.250		4	A	1		0.065	0.019	
Niacin	_	10.150		4	A	1		2.639	0.761	
Pantothenic acid		1.265		4	A	1		0.329	0.095	
Vitamin B-6	-	0.433		4	A	1		0.112	0.032	
Folate, total		2	0.250		Α	1		0	0	
Folic acid		0		0	NR	4		0	0	
Folate, food	mcg	2	0.250		A	1		0	0	
Folate, DFE		2		0	NC	4		0	0	
Vitamin B-12		1.58		4	A	1		0.41	0.12	
Vitamin A, IU		37		0	AS	1		10	3	
Vitamin A, RAE		11		0	AS	1		3	1	
Retinol		11		4	A	1		3	1	
Vitamin E (alpha-tocopherol)		0.31	0.020	_	A	1		0.08	0.02	
Tocopherol, beta		0.00	0.000		A	1		0.00	0.00	
Tocopherol, gamma		0.07	0.000		A	1		0.02	0.01	
Tocopherol, delta		0.00	0.000	6	A	1		0.00	0.00	
Vitamin D Vitamin K (phylloquinone)		0.1		4	A	1		0.0	0.0	
ipids:										
Fatty acids, total saturated	а	12.102	<u> </u>	0	NC	4		3.146	0.908	
4:0		0.000		0	Z	7		0.000	0.000	
6:0	-	0.000		0	Z	7		0.000	0.000	
8:0	-	0.000		4	A	1		0.000	0.000	
10:0		0.010		4	A	1		0.002	0.001	
12:0		0.000		4	A	1		0.002	0.000	
13:0		0.000		-		_		3.000	0.000	
14:0		0.477	7	4	A	1		0.124	0.036	
15:0		0.000		- ⊿	A	1		0.124	0.000	
16:0	-	7.578		4	A	1		1.970	0.568	
17:0		0.095		4	A	1		0.025	0.568	
18:0		3.871		4	A	1		1.006	0.007	
20:0		0.071		4	A	1		0.018	0.290	
Z.U. U.	9	0.071	<u> </u>	4	A			0.018	0.005	
22:0		0.000	١	4	A	1		0.000	0.000	

	Amount in 100 grams of edible portion						Amount in edible portion of common			
			Number					easures of food		
Nutrients and Units	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated9			0	NC	4		4.247	1.225		
14:19			4	A	1		0.000	0.000		
15:1			4	A A	1 1		0.000 0.297	0.000 0.086		
17:19			4	A	1		0.297	0.086		
18:1 undifferentiated	•		4	A	1		3.868	1.116		
20:19			4	A	1		0.077	0.022		
22:1 undifferentiated9		0	0	Z	7		0.000	0.000		
24:1 c9	J									
Fatty acids, total polyunsaturated9	4.19		0	NC	4		1.091	0.315		
18:2 undifferentiated9			0	Z	7		0.000	0.000		
18:2 n-6 c,c9		5	4	A	1		0.956	0.276		
18:2 CLAs9										
18:2 c,t	•									
18:2 t,c9 18:2 t,t9										
18:2 i										
18:2 t not further defined9										
18:3 undifferentiated9	0.17	8	0	AS	1		0.046	0.013		
18:3 n-6 c,c,c9	0.00	0	4	A	1		0.000	0.000		
18:3i9	I									
18:49			0	Z	7		0.000	0.000		
20:2 n-6 c,c			4	A	1		0.047	0.014		
20:3 undifferentiated		0	4	A	1		0.000	0.000		
20:3 n-3										
20:3 ii-0		0	4	A	1		0.041	0.012		
20:4 n-3							****	****		
20:4 n-69										
20:5 n-39	0.00	0	0	Z	7		0.000	0.000		
22:5 n-39	0.00	0	0	Z	7		0.000	0.000		
22:6 n-39			0	Z	7		0.000	0.000		
Fatty acids, total trans9		0	4	A	1		0.000	0.000		
Cholesteroln Phytosterolsn			4	A	1		30	9		
Phytosterois	ng									
Amino Acids:										
Tryptophan9			0	A	1		0.084	0.024		
Threonine9			0	A	1		0.393	0.113		
Isoleucine			0	A -	1		0.471	0.136		
Leucine 9			0 0	A	1 1		0.782 0.833	0.226		
Lysine			0	A A	1		0.223	0.240 0.064		
Cystine			0	A	1		0.112	0.032		
Phenylalanine9			0	A	1		0.398	0.115		
Tyrosine			0	A	1		0.314	0.091		
Valineg		5	0	A	1		0.534	0.154		
Arginine9	2.50	1	0	A	1		0.650	0.188		
Histidine9		2	0	A	1		0.378	0.109		
Alanine9			0	A	1		0.643	0.185		
Aspartic acid9			0	A	1		0.945	0.273		
Glutamic acid			0	A	1		1.478	0.426		
Glycine9			0 0	A A	1 1		0.705	0.203		
Proline			0	A	1		0.551 0.382	0.159 0.110		
Hydroxyproline9			0	A	1		0.176	0.110		
	, 0.07	-	Ū		-		0.170	0.031		
Others:										
Alcohol, ethylg	0.0		0	z	7		0.0	0.0		
Caffeine mg			0	Z	7		0	0		
Theobromine mg	g 0		0	Z	7		0	0		
Carotenoids:										
Carotene, betamo			0	Z	7		0.000	0.000		
Carotene, alpha mo	-		0	z	7		0.000	0.000		
Cryptoxanthin, beta	og 0		0	Z	7		0.000	0.000		

	Α	mount in 10	00 grams		Amount in edible portion of common measures of food				
Nutrients and Units	Mean	Std. Error	of Data	Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Lycopenemcg Lutein + zeaxanthinmcg	0 0		0	z z	7 7		0.000	0.000 0.000	

Common Measures:

Measure 1 = 26g: 1 slice raw Measure 2 = 7.5g: 1 slice cooked

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

		<u>Aı</u>	mount in 100 gr	rams o	of edik	ole portio	<u>n</u>	Amount in edible portion of common		
			Nur	nber				<u>m</u>	easures of food	_
			of I	Data I	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Poi	ints (Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	12.12	0.277	4	A	1		0.96	3.15	
Energy	kcal	533		0	NC	4		42	139	
Energy		2230		0	NC	4		176	580	
Protein (N x 6.25)	g	38.34	0.967	4	A	1		3.03	9.97	
Total lipid (fat)		40.30	1.082	4	A	1		3.18	10.48	
Ash	g	7.74	0.099	4	A	1		0.61	2.01	
Carbohydrate, by difference	g	1.50		0	NC	4		0.12	0.39	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total		0.00		0	Z	7		0.00	0.00	
Starch										
Minerals:		10	2.426		_	_			•	
Calcium, Ca	_	12	0.126	4	A	1		1	3	
Iron, Fe	_	1.38	0.087	4	A	1 1		0.11	0.36	
Magnesium, Mg		36 561	0.923 4.796	4 4	A A	1		3 44	9 146	
Phosphorus, P	_	561 591	4.796 12.183	4	A	1		44 47	146 154	
Potassium, K Sodium, Na		2428	12.183 35.911	4	A	1		4 / 192	631	
Zinc, Zn	-	3.64	0.098	4	A	1		0.29	0.95	
Copper, Cu		0.146		4	A	1		0.012	0.038	
Manganese, Mn		0.022		4	A	1		0.002	0.006	
Selenium, Se		65.0	5.303	4	A	1		5.1	16.9	
Scientian, Sc				_		_				
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_	0.0		0	Z	7		0.0	0.0	
Thiamin	-	0.459		4	A	1		0.036	0.119	
Riboflavin	mg	0.277		4	A	1		0.022	0.072	
Niacin	<u>mg</u>	11.575		4	A	1		0.914	3.010	
Pantothenic acid	=	1.310		4	A	1		0.103	0.341	
Vitamin B-6	-	0.389	0.016	4	A	1		0.031	0.101	
Folate, total		2		2	A	1		0	1	
Folic acid		0		0	NR	4		0	0	
Folate, food		2		2	A	1		0	1	
Folate, DFE		2		0	NC	4		0	1	
Vitamin B-12		1.30	0.029	4	A	1		0.10	0.34	
Vitamin A, IU		37		0	AS	1		3	10	
Vitamin A, RAE		11		0	AS	1		1	3	
Retinol		11	0.000	4	A	1		1	3	
Vitamin E (alpha-tocopherol)		0.30		4	A	1		0.02	0.08	
Tocopherol, beta		0.00		2	A	1		0.00	0.00	
Tocopherol, gamma		0.07		4 2	A	1		0.01	0.02	
Tocopherol, delta		0.00		2	A	1		0.00	0.00	
Vitamin D Vitamin K (phylloquinone)		0.0	0.025	4	A	1		0.0	0.0	
vitainin K (phylloquillone)	inog	0.0	0.023	-	Α.	-		0.0	0.0	
<u>Lipids:</u>										
Fatty acids, total saturated	g	13.291		0	NC	4		1.050	3.456	
4:0	g	0.000		0	Z	7		0.000	0.000	
6:0		0.000		0	Z	7		0.000	0.000	
8:0	g	0.000		4	A	1		0.000	0.000	
10:0	-	0.000		4	A	1		0.000	0.000	
12:0		0.000	0.000	4	A	1		0.000	0.000	
13:0	-									
14:0		0.514		4	A	1		0.041	0.134	
15:0	-	0.000		4	A	1		0.000	0.000	
16:0	-	8.436		4	A	1		0.666	2.193	
17:0	-	0.101		4	A	1		0.008	0.026	
18:0	g	4.164		4	A	1		0.329	1.083	
					A	1		0 006	0.020	
20:0 22:0		0.076		4 4	A	1		0.006 0.000	0.020	

	<u>Ar</u>	nount in 100) grams	Amount in edible portion of common					
		ı	Numbe	r		measures of food			
					Source	Confidence			
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	17.976		0	NC	4		1.420	4.674	
14:19	0.000	0.00	0 4	A	1		0.000	0.000	
15:1g	0.000	0.00	0 4	A	1		0.000	0.000	
16:1 undifferentiatedg				A	1		0.094	0.309	
17:1g				A	1		0.007	0.022	
18:1 undifferentiated				A	1 1		1.295	4.262	
20:1g 22:1 undifferentiatedg			9 4	A Z	7		0.025 0.000	0.081 0.000	
24:1 c9			U	4	,		0.000	0.000	
Fatty acids, total polyunsaturatedg			0	NC	4		0.351	1.156	
18:2 undifferentiated			0	AS	1		0.309	1.017	
18:2 n-6 c,cg		0.07	1 4	A	1		0.309	1.017	
18:2 CLAsg									
18:2 c,tg									
18:2 t,cg									
18:2 t,tg									
18:2 ig									
18:2 t not further definedg			•	3.0			0.015	0.040	
18:3 undifferentiated			0 4	AS A	1 1		0.015 0.000	0.049 0.000	
18:3 n-6 c,c,c		0.00	0 4	A	1		0.000	0.000	
18:31			0	z	7		0.000	0.000	
20:2 n-6 c,cg				A	1		0.015	0.049	
20:3 undifferentiated				A	1		0.000	0.000	
20:3 n-3									
20:3 n-6									
20:4 undifferentiated9	0.156	0.00	4 4	A	1		0.012	0.041	
20:4 n-3g									
20:4 n-6g									
20:5 n-3g			0	Z	7		0.000	0.000	
22:5 n-3g			0	Z	7		0.000	0.000	
22:6 n-3			0	z	7		0.000	0.000	
Fatty acids, total trans		0.00 1.91		A A	1 1		0.000 9	0.000	
Phytosterols n	-	1.91	5 4	A	1		9	29	
,	19								
Amino Acids:	0.201		•				0.005		
Tryptophan			0	A	1 1		0.025	0.083	
Threonine			0	A A	1		0.119 0.142	0.390 0.468	
			0	_	1				
Leucine			0	A A	1		0.236 0.251	0.776 0.827	
Methionine			0	A	1		0.067	0.222	
Cystine			0	A	1		0.034	0.111	
Phenylalanine			0	A	1		0.120	0.395	
Tyrosine			0	A	1		0.095	0.312	
Valineg			0	A	1		0.161	0.530	
Arginineg	2.483		0	A	1		0.196	0.646	
Histidine9	1.441		0	A	1		0.114	0.375	
Alanine	2.453		0	A	1		0.194	0.638	
Aspartic acidg			0	A	1		0.285	0.938	
Glutamic acid			0	A	1		0.446	1.467	
Glycine			0	A	1		0.213	0.700	
Proline			0	A	1		0.166	0.547	
Serine			0	A	1		0.115	0.379	
Hydroxyproline9	0.673		0	A	1		0.053	0.175	
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0	0.0	
Caffeine mg			0	Z	7		0	0	
Theobromine mg	g 0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, betamc	cg 0		0	Z	7		0.000	0.000	
Carotene, alphamc	_		0	Z	7		0.000	0.000	
Cryptoxanthin, betamc	cg 0		0	Z	7		0.000	0.000	

	<u>A</u>	mount in 100 g	ams of edi	ble portio	<u>on</u>	Amount in edible portion of common		
			nber Data Deriv	Source	Confidence	<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error Po	ints Code	Code	Code	Measure 1	Measure 2	Measure 3
Lygopopo MCG	0		0 z	7		0.000	0.000	
Lycopenemcg Lutein + zeaxanthinmcg	0		0 z	7		0.000	0.000	

Common Measures:

Measure 1 = 7.9g: 1 slice cooked Measure 2 = 26g: 1 slice raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

		<u>Ar</u>	mount in 100 gr	ams o	f edib	ole portio	<u>n</u>	Amount in edible portion of common		
			Nur	nber				<u>m</u>	easures of food	_
			of I	Data D	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Poi	ints C	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	40.20	0.795	4	A	1		15.28	27.34	
Energy	kcal	458		0	NC	4		174	312	
Energy	kj	1918		0	NC	4		729	1304	
Protein (N x 6.25)	g	11.60	0.496	4	A	1		4.41	7.89	
Total lipid (fat)	g	45.04	1.317	4	A	1		17.11	30.63	
Ash	g	2.51	0.057	4	A	1		0.95	1.71	
Carbohydrate, by difference	g	0.66		0	NC	4		0.25	0.45	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minavalse										
Minerals:	ma	6	1.318	4	A	1		2	4	
Calcium, Ca Iron, Fe	-	0.48	0.016	4	A	1		0.18	0.33	
Magnesium, Mg	-	12	0.016	4	A	1		4	8	
Phosphorus, P		188	2.598	4	A	1		4 71	128	
Potassium, K	-	208	9.086	4	A	1		71 79	141	
Sodium, Na	-	833	9.708	4	A	1		316	566	
Zinc, Zn	-	1.17	0.060	4	A	1		0.44	0.79	
Copper, Cu		0.070		4	A	1		0.027	0.048	
Manganese, Mn		0.022		4	A	1		0.008	0.015	
Selenium, Se		20.2	1.805	4	A	1		7.7	13.7	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		0	Z	7		0.0	0.0	
Thiamin	-	0.281		4	A	1		0.107	0.191	
Riboflavin		0.113		4	A	1		0.043	0.077	
Niacin	-	3.828		4	A	1		1.454	2.603	
Pantothenic acid	_	0.520		4	A	1		0.198	0.354	
Vitamin B-6	-	0.210	0.016	4	A	1		0.080	0.143	
Folate, total		2		4	A	1		1	1	
Folic acid		0		0	Z	7		0	0	
Folate, food		2		4	A	1		1	1	
Folate, DFE		2		0	NC	4		1	1	
Vitamin B-12		0.69	0.008	4	A	1		0.26	0.47	
Vitamin A, IU		37		0	AS	1		14	25	
Vitamin A, RAE		11		0	AS	1		4	8	
Retinol		11	0.000	4	A	1		4	8	
Vitamin E (alpha-tocopherol)		0.27		8	A	1		0.10	0.19	
Tocopherol, beta		0.02		4	A	1		0.01	0.01	
Tocopherol, gamma		0.08		6 2	A	1		0.03	0.06	
Tocopherol, delta		0.00		2	A	1		0.00	0.00	
Vitamin D Vitamin K (phylloquinone)		0.0	0.000	4	A	1		0.0	0.0	
vitamin K (phynoquinone)	IIIC9	0.0	0.000	•	Α.	_		0.0	0.0	
<u>Lipids:</u>										
Fatty acids, total saturated	g	14.993		0	NC	4		5.697	10.195	
4:0	g	0.000		0	Z	7		0.000	0.000	
6:0	g	0.000		0	Z	7		0.000	0.000	
8:0	g	0.000		4	A	1		0.000	0.000	
10:0	-	0.010		4	A	1		0.004	0.007	
12:0		0.000	0.000	4	A	1		0.000	0.000	
13:0										
14:0	_	0.573		4	A	1		0.218	0.390	
15:0	_	0.000		4	A	1		0.000	0.000	
16:0	_	9.610		4	A	1		3.652	6.535	
17:0	-	0.114		4	A	1		0.043	0.078	
18:0		4.601		4	A	1		1.748	3.129	
20.0	a	0.085	0.002	4	A	1		0.032	0.058	
20:0		0.000	0.000	4	A	1		0.000	0.000	

	Aı	mount in 10	0 grams	of edil	Amount in edible portion of common				
			Number					easures of food	
			of Data	Deriv		Confidence			
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	20.047		0	NC	4		7.618	13.632	
14:1g	0.000			A	1		0.000	0.000	
15:1	0.000			A	1		0.000	0.000	
16:1 undifferentiated	1.279 0.095			A A	1 1		0.486 0.036	0.869 0.065	
18:1 undifferentiated	18.334			A	1		6.967	12.467	
20:1g	0.340			A	1		0.129	0.231	
22:1 undifferentiated	0.000	ı	0	z	7		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturatedg	4.821		0	NC	4		1.832	3.278	
18:2 undifferentiatedg	4.292		0	AS	1		1.631	2.918	
18:2 n-6 c,cg	4.292	0.01	L5 4	A	1		1.631	2.918	
18:2 CLAs									
18:2 c,tg 18:2 t,cg									
18:2 t,t									
18:2 i									
18:2 t not further defined									
18:3 undifferentiatedg	0.213	1	0	AS	1		0.081	0.145	
18:3 n-6 c,c,cg	0.000	0.00	00 4	A	1		0.000	0.000	
18:3ig									
18:4g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,cg	0.205			A	1		0.078	0.139	
20:3 undifferentiated	0.000	0.00	00 4	A	1		0.000	0.000	
20:3 n-3									
20:3 ii-0	0.112	0.00	01 4	A	1		0.042	0.076	
20:4 n-3							****		
20:4 n-6g									
20:5 n-3g	0.000	1	0	Z	7		0.000	0.000	
22:5 n-3g	0.000	1	0	Z	7		0.000	0.000	
22:6 n-3g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans	0.000			A	1		0.000	0.000	
Cholesterolmg Phytosterolsmg		1.31	LO 4	A	1		26	46	
,	1								
Amino Acids:									
Tryptophan	0.097		0	A	1		0.037	0.066	
Threonine	0.454		0	A	1		0.173	0.309	
Isoleucine	0.544		0	A	1		0.207	0.370	
Leucine	0.903 0.962		0 0	A A	1 1		0.343 0.366	0.614 0.654	
Methionine	0.962		0	A	1		0.098	0.175	
Cystine	0.129		0	A	1		0.049	0.088	
Phenylalanine	0.460		0	A	1		0.175	0.313	
Tyrosine9	0.363	1	0	A	1		0.138	0.247	
Valineg	0.617		0	A	1		0.234	0.420	
Arginineg	0.751		0	A	1		0.285	0.511	
Histidine	0.436		0	A	1		0.166	0.296	
Alanine	0.742		0	A	1		0.282	0.505	
Aspartic acid	1.091		0	A	1		0.415	0.742	
Glutamic acid	1.707 0.814		0	A A	1 1		0.649 0.309	1.161	
Glycine	0.636		0	A	1		0.242	0.55 4 0.432	
Serine	0.441		0	A	1		0.168	0.300	
Hydroxyproline	0.190		1	A	1		0.072	0.129	
Others:			_	_	_				
Alcohol, ethyl	0.0		0	z z	7 7		0.0	0.0	
Caffeinemg Theobrominemg	0		0	z Z	7		0	0	
Carotenoids:	V		J	2	,		Ū	v	
	_		_	_	_		• • • • •		
Carotene, beta mcg			0	Z	7		0.000	0.000	
Carotene, alphamcg Cryptoxanthin, betamcg			0 0	z z	7 7		0.000 0.000	0.000 0.000	
стурноланини, осна!!!!09	V		J	4	,		0.000	0.000	

NDB No. 10123 Pork, cured, bacon, raw

	<u>A</u>	mount in 10	0 grams Number		Amount in edible portion of common measures of food				
Nutrients and Units	Mean	Std. Error	of Data	Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Lycopenemcg Lutein + zeaxanthinmcg	0 0		0 0	z z	7 7		0.000	0.000 0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 38g: 1 thick slice, packed 12/lb Measure 2 = 68g: 3 medium slices (packed 20/lb)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

		<u>Aı</u>	mount in 100 g	rams	of edib	le portio	<u>n</u>	Amount in edible portion of common		
			Nu	mber				<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	26.93	1.982	6		1		45.78	9.16	
Energy	kcal	459		0	NC	4		780	156	
Energy	kj	1920				4		3265	653	
Protein (N x 6.25)	g	28.95	1.933	6		1		49.22	9.84	
Total lipid (fat)	g	36.70	0.975	6		1		62.39	12.48	
Ash	g	6.37	0.400	6		1		10.83	2.17	
Carbohydrate, by difference	g	1.05		0	NC	4		1.79	0.36	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:	ma	1.4	1 061	6		4		24	-	
Calcium, Ca	_	14 1.97	1.961	6 6		1 1		24 3.35	5 0.67	
Iron, Fe	_	26	0.097 2.302	6		1		3.35 44	0.67 9	
Magnesium, Mg Phosphorus, P		265	27.269	6		1		44 451	90	
•	-	466	38.945	6		1		451 792	158	
Potassium, K Sodium. Na	-	2099	197.512	5		1		3568	714	
Zinc, Zn	••••••	3.68	0.280	6		1		6.26	1.25	
Copper, Cu		0.153		6		1		0.260	0.052	
Manganese, Mn		0.133		4		1		0.200	0.032	
Selenium, Se		24.7	0.000	0	BFZN	4		42.0	8.4	
Scientini, Sc.				-		_				
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		0		7		0.0	0.0	
Thiamin		0.737		6		1		1.253	0.251	
Riboflavin	mg	0.368		6		1		0.626	0.125	
Niacin	<u>mg</u>	7.592		6		1		12.906	2.581	
Pantothenic acid	-	0.922		0		1		1.567	0.313	
Vitamin B-6	-	0.340	0.027	5		1		0.578	0.116	
Folate, total		4		0		1		7	1	
Folic acid		0		0	Z	7		0	0	
Folate, food		4		0		1		7	1	
Folate, DFE		4		0	NC	4		7	1	
Vitamin B-12		1.77	0.048	6		1		3.01	0.60	
Vitamin A, IU		0		0		1		0	0	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol		0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)		0.25		0	BFSN	4		0.43	0.09	
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0	BFSN	4		0.1	0.0	
									0.0	
<u>Lipids:</u>										
Fatty acids, total saturated	g	12.770		0		1		21.709	4.342	
4:0		0.000		0		1		0.000	0.000	
6:0		0.000		0		1		0.000	0.000	
8:0	-	0.000		0		1		0.000	0.000	
10:0		0.100		4		1		0.170	0.034	
12:0		0.080	0.027	4		1		0.136	0.027	
13:0		<u>.</u> -:				_			_	
14:0		0.630	0.087	4		1		1.071	0.214	
15:0						_				
16:0	_	7.390	0.435	4		1		12.563	2.513	
17:0	-					_				
18:0	-	4.560	0.288	4		1		7.752	1.550	
20:0	g									
22:0										

		<u> </u>	nount in 100 g			Amount in edible portion of common measures of food				
				ımber				<u> </u>	easures or roou	•
Nutrients and Units	;	Mean	of Std. Error Po		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		16.400		0		1		27.880	5.576	
15:1										
16:1 undifferentiated	-	1.670	0.163	4		1		2.839	0.568	
17:1	-									
18:1 undifferentiated	-	14.730	0.902	4		1		25.041	5.008	
20:1	-	0.000		0		1		0.000	0.000	
22:1 undifferentiated	•	0.000		0		1		0.000	0.000	
24:1 c										
Fatty acids, total polyunsaturated		5.650		0		1		9.605	1.921	
18:2 undifferentiated		4.860	0.608	4		1		8.262	1.652	
18:3 undifferentiated	-	0.790	0.157	4		1		1.343	0.269	
18:4		0.000		0		1		0.000	0.000	
20:2 n-6 c,c	-									
20:3 undifferentiated				_		_				
20:4 undifferentiated	-	0.000		0		1		0.000	0.000	
20:5 n-3	-	0.000		0		1		0.000	0.000	
22:5 n-3		0.000		0		1		0.000	0.000	
22:6 n-3		0.000		0		1		0.000	0.000	
Fatty acids, total trans										
Cholesterol		105	4.245	4		1		179	36	
Phytosterols	_. mg	0		0		4		0	0	
Amino Acids:										
Tryptophan	a	0.278		0		1		0.473	0.095	
Threonine		1.112		0		1		1.890	0.378	
Isoleucine	-	1.177		0		1		2.001	0.400	
Leucine		2.015		0		1		3.426	0.685	
Lysine	-	2.149		0		1		3.653	0.731	
Methionine		0.639		0		1		1.086	0.217	
Cystine		0.296		0		1		0.503	0.101	
Phenylalanine	-	1.116		0		1		1.897	0.379	
Tyrosine		0.843		0		1		1.433	0.287	
Valine		1.394		0		1		2.370	0.474	
Arginine		1.769		0		1		3.007	0.601	
Histidine		0.834		0		1		1.418	0.284	
Alanine	_	1.621		0		1		2.756	0.551	
Aspartic acid.		2.390		0		1		4.063	0.813	
Glutamic acid		3.974		0		1		6.756	1.351	
Glycine	-	2.071		0		1		3.521	0.704	
Proline		1.538		0		1		2.615	0.523	
Serine	-	1.089		0		1		1.851	0.370	
Hydroxyproline	-	2.005		ŭ		_		2.002	0.570	
11ydroxypromic	9									
Others:										
Alcohol, ethyl		0.0		0		7		0.0	0.0	
Caffeine	-	0		0	Z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta	mca	0		0	z	7		0.000	0.000	
Carotene, alpha		0		0	z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	z	7		0.000	0.000	
Lycopene		0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin		0		0	z	7		0.000	0.000	

Common Measures:

Measure 1 = 170g: 1 package (12 oz)

Measure 2 = 34g: 3 slices, cooked (raw product packed 15 per 12-oz bag)

Pork, cured, breakfast strips, cooked

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

		<u>Aı</u>	mount in 100 g	rams	of edil	le portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber				me	easures of food	<u> </u>	
					Deriv	Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	47.41	0.422	38		1		161.19	32.24		
Energy	-	388	0.422	0	NC	4		1319	264		
63		1623		U	NC	4		5520	1104		
Energy		11.74	0 157	20		_					
Protein (N x 6.25)			0.157	38		1		39.92	7.98		
Total lipid (fat)		37.16	0.626	40		1		126.34	25.27		
Ash		3.00	0.052	6		1		10.20	2.04		
Carbohydrate, by difference		0.70		0	NC	4		2.38	0.48		
Fiber, total dietary		0.0		0	Z	7		0.0	0.0		
Sugars, total	-										
Starch	g										
Minerals:											
Calcium. Ca	mg	8	1.528	3		1		27	5		
Iron, Fe		0.94	0.056	6		1		3.20	0.64		
Magnesium, Mg	-	12	0.476	6		1		41	8		
Phosphorus, P		137	17.192	6		1		466	93		
Potassium, K	-	204	11.965	6		1		694	139		
Sodium, Na		987	40.062	6		1		3356	671		
Zinc, Zn		1.66	0.076	6		1		5.64	1.13		
Copper, Cu		0.063		6		1		0.214	0.043		
Manganese, Mn		0.030		3		1		0.102	0.020		
Selenium, Se		25.0	0.002	0	BFZN	4		85.0	17.0		
Scientini, Sc	9	23.0		Ū	21 211	•		03.0	17.0		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid		27.2	3.399	5		1		92.5	18.5		
Thiamin		0.475		6		1		1.615	0.323		
Riboflavin	mg	0.180	0.021	6		1		0.612	0.122		
Niacin	-	3.650	0.214	6		1		12.410	2.482		
Pantothenic acid	mg	0.476	i	0		1		1.618	0.324		
Vitamin B-6	mg	0.210	0.013	5		1		0.714	0.143		
Folate, total	mcg	3		0		1		10	2		
Folic acid		0		0	Z	7		0	0		
Folate, food	mcg	3		0		1		10	2		
Folate, DFE	mcg_DFE	3		0	NC	4		10	2		
Vitamin B-12		0.99	0.015	6		1		3.37	0.67		
Vitamin A, IU	IU	0		0		1		0	0		
Vitamin A, RAE	mcg_RAE	0		0		1		0	0		
Retinol		0		0		1		0	0		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
inida											
<u>ipids:</u>	a	10 010		0		1		43.894	8.779		
Fatty acids, total saturated		12.910		0		4					
4:0		0.000		-		_		0.000	0.000		
6:0		0.000		0		4		0.000	0.000		
8:0	-	0.000		0		4		0.000	0.000		
10:0	-	0.210		4		1		0.714	0.143		
12:0		0.210	0.095	4		1		0.714	0.143		
13:0	-					_					
14:0		0.720	0.118	4		1		2.448	0.490		
15:0	-										
16:0	-	7.520	0.280	4		1		25.568	5.114		
17:0											
18:0		4.270	0.291	4		1		14.518	2.904		
20:0	g										
22:0	g										

	<u>Ar</u>	nount in 100 gr Nur	ams of edi	ble portion	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	of I Std. Error Poi	Data Deriv	Source Confidence Code Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	16.790		0	1	57.086	11.417		
14:1g								
15:1g								
16:1 undifferentiated	1.840	0.095	4	1	6.256	1.251		
17:1g								
18:1 undifferentiatedg	14.950	0.724	4	1	50.830	10.166		
20:1g	0.000		0	4	0.000	0.000		
22:1 undifferentiatedg	0.000		0	4	0.000	0.000		
24:1 cg								
Fatty acids, total polyunsaturated9	5.550		0	1	18.870	3.774		
18:2 undifferentiatedg	4.660	0.460	4	1	15.844	3.169		
18:3 undifferentiated	0.900	0.258	4	1	3.060	0.612		
18:4g	0.000		0	4	0.000	0.000		
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000		0	4	0.000	0.000		
20:5 n-3g	0.000		0	4	0.000	0.000		
22:5 n-3g	0.000		0	4	0.000	0.000		
22:6 n-3g	0.000		0	4	0.000	0.000		
Fatty acids, total trans9								
Cholesterol mg	69	2.250	4	1	235	47		
Phytosterolsmg	0		0	4	0	0		
Amino Acids:								
Tryptophan9	0.113		0	1	0.384	0.077		
Threonineg	0.451		0	1	1.533	0.307		
Isoleucineg	0.477		0	1	1.622	0.324		
Leucineg	0.817		0	1	2.778	0.556		
Lysineg	0.871		0	1	2.961	0.592		
Methionineg	0.259		0	1	0.881	0.176		
Cystineg	0.120		0	1	0.408	0.082		
Phenylalanineg	0.453		0	1	1.540	0.308		
Tyrosineg	0.342		0	1	1.163	0.233		
Valineg	0.565		0	1	1.921	0.384		
Arginineg	0.717		0	1	2.438	0.488		
Histidineg	0.338		0	1	1.149	0.230		
Alanineg	0.657		0	1	2.234	0.447		
Aspartic acidg	0.969		0	1	3.295	0.659		
Glutamic acidg	1.611		0	1	5.477	1.095		
Glycineg	0.839		0	1	2.853	0.571		
Prolineg	0.623		0	1	2.118	0.424		
Serineg	0.441		0	1	1.499	0.300		
Hydroxyprolineg								

Common Measures:

Measure 1 = 340g: 1 package (12 oz)

Measure 2 = 68g: 3 slices

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

		<u>A</u> :	mount in 100	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common		
			N	Number	•			<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	61.70		0		1		85.76	29.00	
Energy	kcal	185		0	NC	4		257	87	
Energy	kj	774				4		1076	364	
Protein (N x 6.25)	g	24.24		0		1		33.69	11.39	
Total lipid (fat)	g	8.44		0		1		11.73	3.97	
Ash	g	4.27		0		1		5.94	2.01	
Carbohydrate, by difference	g	1.35		0	NC	4		1.88	0.63	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	ma	10		0		1		14	5	
Iron. Fe.	-	0.82		0		1		1.14	0.39	
Magnesium, Mg	•	21		0		1		29	10	
Phosphorus, P		296		0		1		411	139	
Potassium, K	-	390		0		1		542	183	
Sodium, Na		1546		0		1		2149	727	
Zinc, Zn	mg	1.70		0		1		2.36	0.80	
Copper, Cu	mg	0.054	l	0		1		0.075	0.025	
Manganese, Mn	mg	0.027	7	0		1		0.038	0.013	
Selenium, Se	mcg	24.7		0	BFZN	4		34.3	11.6	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		7		0.0	0.0	
Thiamin	-	0.824	i	0		1		1.145	0.387	
Riboflavin	-	0.197		0		1		0.274	0.093	
Niacin	=	6.915		0		1		9.612	3.250	
Pantothenic acid	-	0.520		0		1		0.723	0.244	
Vitamin B-6	-	0.450		0		1		0.626	0.212	
Folate, total	-	4		0		1		6	2	
Folic acid		0		0	z	7		0	0	
Folate, food		4		0		1		6	2	
Folate, DFE		4		0	NC	4		6	2	
Vitamin B-12		0.78		0		1		1.08	0.37	
Vitamin A, IU	IU -	0		0		1		0	0	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol	mcg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.34		0	BFYN	4		0.47	0.16	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0		0	BFYN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	2.840)	0		1		3.948	1.335	
4:0		0.000		0		1		0.000	0.000	
6:0		0.000)	0		1		0.000	0.000	
8:0	g	0.000)	0		1		0.000	0.000	
10:0	g	0.030)	0		1		0.042	0.014	
12:0	g	0.020)	0		1		0.028	0.009	
13:0										
14:0	g	0.130)	0		1		0.181	0.061	
15:0	g									
16:0	g	1.790)	0		1		2.488	0.841	
17:0	g									
18:0	-	0.880)	0		1		1.223	0.414	
20:0	-									
22:0	g									
24:0	g									

	<u>Ar</u>	nount in 100 grams		<u>on</u>	Amount in edible portion of common measures of food		
		Number		0 51	<u>m</u>	easures of 1000	
Nutrients and Units	Mean	of Data Std. Error Points		Code	Measure 1	Measure 2	Measure 3
The state of the s	4 040	2	1			4 000	
Fatty acids, total monounsaturatedg	4.040	0	1		5.616	1.899	
15:1							
16:1 undifferentiated	0.380	0	1		0.528	0.179	
17:1g							
18:1 undifferentiatedg	3.650	0	1		5.074	1.716	
20:1g	0.000	0	1		0.000	0.000	
22:1 undifferentiatedg	0.000	0	1		0.000	0.000	
24:1 cg							
Fatty acids, total polyunsaturated	0.810	0	1		1.126	0.381	
18:2 undifferentiatedg	0.690	0	1		0.959	0.324	
18:3 undifferentiatedg	0.120	0	1		0.167	0.056	
18:4g	0.000	0	1		0.000	0.000	
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg	0.000	0	1		0.000	0.000	
20:5 n-3g	0.000	0	1		0.000	0.000	
22:5 n-3g	0.000	0	1		0.000	0.000	
22:6 n-3g	0.000	0	1		0.000	0.000	
Fatty acids, total trans			_				
Cholesterol mg	=	0	1		81	27	
Phytosterolsmg	g 0	0	4		0	0	
Amino Acids:							
Tryptophan	0.240	0	1		0.334	0.113	
Threonineg	0.973	0	1		1.352	0.457	
Isoleucineg	0.915	0	1		1.272	0.430	
Leucineg	1.706	0	1		2.371	0.802	
Lysineg	1.908	0	1		2.652	0.897	
Methionineg	0.659	0	1		0.916	0.310	
Cystineg	0.302	0	1		0.420	0.142	
Phenylalanineg	0.787	0	1		1.094	0.370	
Tyrosine9	0.733		1		1.019	0.345	
Valineg	0.966		1		1.343	0.454	
Arginine9	1.322	0	1		1.838	0.621	
Histidine	0.880	0	1		1.223	0.414	
Alanine9	1.233	0	1		1.714	0.580	
Aspartic acid	2.020	0	1		2.808	0.949	
Glutamic acid	3.354	0	1		4.662	1.576	
Glycine9	1.043	0	1		1.450	0.490	
Proline	0.907	0	1		1.261	0.426	
Serineg	0.919	0	1		1.277	0.432	
Hydroxyproline							
Others:							
Alcohol, ethylg	0.0	0	7		0.0	0.0	
Caffeine mg	0	0	z 7		0	0	
Theobrominemg	0	0	z 7		0	0	
Carotenoids:							
Carotene, betamcg	0	0	z 7		0.000	0.000	
Carotene, alphamcg	,	0	z 7		0.000	0.000	
Cryptoxanthin, beta mcg		0	z 7		0.000	0.000	
Lycopene mcg		0	z 7		0.000	0.000	
Lutein + zeaxanthin mcg		0	z 7		0.000	0.000	

Common Measures:

Measure 1 = 139g: 1 package (6 oz) yields Measure 2 = 47g: 2 slices (6 per 6-oz pkg.)

Pork, cured, canadian-style bacon, grilled

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

		<u>A</u> :	mount in 100 g	ırams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	ımber	r			<u>m</u>	easures of food	<u> </u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	66.93	0.725	28		1		113.78	38.15		
Energy	kcal	157		0	NC	4		267	89		
Energy	kj	657				4		1117	374		
Protein (N x 6.25)	g	20.64	0.496	27		1		35.09	11.76		
Total lipid (fat)	g	6.97	0.578	14		1		11.85	3.97		
Ash	g	3.79	0.285	14		1		6.44	2.16		
Carbohydrate, by difference	g	1.68		0	NC	4		2.86	0.96		
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0		
Sugars, total	g	0.00		0	Z	7		0.00	0.00		
Starch	g										
Min											
Minerals:	ma	8	0.864	11		1		14	5		
Calcium, Ca	-	8 0.68	0.864	15		1		1.16	0.39		
Magnesium, Mg	-	17	0.080	13		1		29	10		
Phosphorus, P		243	8.243	33		1		413	139		
Potassium, K	-	344	16.441	33 14		1		413 585	139		
Sodium, Na	-	1409	104.412	13		1		2395	803		
Zinc, Zn	-	1.39	0.134	10		1		2.36	0.79		
Copper, Cu	-	0.045		10		1		0.077	0.026		
Manganese, Mn		0.043		4		1		0.039	0.013		
Selenium, Se		25.0	0.001	2	A	1		42.5	14.3		
•				_		_					
<u>'itamins:</u>											
Vitamin C, total ascorbic acid	-	0.0		0		7		0.0	0.0		
Thiamin		0.751		14		1		1.277	0.428		
Riboflavin		0.172		18		1		0.292	0.098		
Niacin		6.231		14		1		10.593	3.552		
Pantothenic acid	-	0.520		4		1		0.884	0.296		
Vitamin B-6	-	0.390	0.034	15		1		0.663	0.222		
Folate, total		4		0		1		7	2		
Folic acid		0		0	Z	7		0	0		
Folate, food		4		0		1		7	2		
Folate, DFE		4		0	NC	4		7	2		
Vitamin B-12		0.67	0.066	10		1		1.14	0.38		
Vitamin A, IU		0		1		1		0	0		
Vitamin A, RAE		0		0	NC	4		0	0		
Retinol		0		0	NR	4		0	0		
Vitamin E (alpha-tocopherol)		0.21		0	BFSN	4		0.36	0.12		
Tocopherol, beta											
Tocopherol, gamma Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		0.0		0	BFSN	4		0.0	0.0		
vitanini K (phynodumone)	9			·	22.01	-			0.0		
<u>ipids:</u>											
Fatty acids, total saturated		2.220		0		1		3.774	1.265		
4:0		0.000		0		1		0.000	0.000		
6:0	-	0.000		0		1		0.000	0.000		
8:0	-	0.000		0		1		0.000	0.000		
10:0	-	0.020		10		1		0.034	0.011		
12:0		0.020	0.007	10		1		0.034	0.011		
13:0						_		_	_		
14:0		0.100	0.008	10		1		0.170	0.057		
15:0						_		_			
16:0		1.400	0.115	10		1		2.380	0.798		
17:0	-					_					
18:0	-	0.680	0.059	10		1		1.156	0.388		
20:0	-										
22:0	g										

		<u>Aı</u>	mount in 100 g			ole portic	<u>on</u>	Amount in edible portion of common measures of food			
				umber		_		<u></u>	0000100011000	<u>.</u>	
Nutrients and U	Inits	Mean	Std. Error P		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturate		3.150		0		1		5.355	1.796		
15:1											
16:1 undifferentiated	_	0.300	0.021	10		1		0.510	0.171		
17:1	_										
18:1 undifferentiated	-	2.850		10		1		4.845	1.625		
20:1	_	0.000		0		1		0.000	0.000		
22:1 undifferentiated	•	0.000		0		1		0.000	0.000		
24:1 c											
Fatty acids, total polyunsaturated		0.630		0		1		1.071	0.359		
18:2 undifferentiated		0.540		10		1		0.918	0.308		
18:3 undifferentiated	_	0.090		10		1		0.153	0.051		
18:4		0.000		0		1		0.000	0.000		
20:2 n-6 c,c	-										
20:3 undifferentiated											
20:4 undifferentiated	_	0.000		0		1		0.000	0.000		
20:5 n-3		0.000		0		1		0.000	0.000		
22:5 n-3		0.000		0		1		0.000	0.000		
22:6 n-3		0.000		0		1		0.000	0.000		
Fatty acids, total trans											
Cholesterol		50	5.873	9		1		85	29		
Phytosterols	mg	0		0		4		0	0		
Amino Acids:											
Tryptophan	a	0.205		1		1		0.349	0.117		
Threonine		0.829		1		1		1.409	0.473		
Isoleucine	_	0.779		1		1		1.324	0.444		
Leucine		1.453		1		1		2.470	0.828		
Lysine	_	1.625		1		1		2.763	0.926		
Methionine		0.561		1		1		0.954	0.320		
		0.258		1		1		0.439	0.320		
Cystine	_	0.238		1		1		1.139	0.147		
Phenylalanine		0.624		1		1		1.139	0.382		
Tyrosine		0.822		1		1					
Valine				1		1		1.397	0.469		
Arginine		1.126		1		1		1.914	0.642		
Histidine	_	0.750		1		1		1.275	0.428		
Alanine	_	1.050		1		1		1.785	0.599		
Aspartic acid		1.720						2.924	0.980		
Glutamic acid	-	2.856		1		1		4.855	1.628		
Glycine		0.888		1		1		1.510	0.506		
Proline	-	0.773		1		1		1.314	0.441		
Serine		0.783		1		1		1.331	0.446		
Hydroxyproline	g										
Others:											
Alcohol, ethyl	g	0.0		0		7		0.0	0.0		
Caffeine		0		0	z	7		0	0		
Theobromine		0		0	z	7		0	0		
Carotenoids:	=										
	ma	•		_	_	_					
Carotene, beta		0		0	z	7		0.000	0.000		
Carotene, alpha		0		0	z	7		0.000	0.000		
Cryptoxanthin, beta		0		0	z	7		0.000	0.000		
Lycopene		0		0	z	7		0.000	0.000		
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000		

Common Measures:

Measure 1 = 170g: 1 package (6 oz)

Measure 2 = 57g: 2 slices (6 per 6-oz pkg.)

Pork, cured, canadian-style bacon, unheated

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 66% Bone and hard tissue

		<u>A</u> 1	mount in 10			ole portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Un	its	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>mo</u> Measure 1	Measure 2	Measure	
Proximates:											
Water	g	68.62		1		1		19.45	311.26		
Energy	kcal	203		0	NC	4		58	921		
Energy	kj	849				4		241	3853		
Protein (N x 6.25)	g	13.52		1		1		3.83	61.33		
Total lipid (fat)	g	16.14		1		1		4.58	73.21		
Ash	g	1.70		1		1		0.48	7.71		
Carbohydrate, by difference	g	0.02		0	NC	4		0.01	0.09		
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0		
Sugars, total		0.30		0	FLA	4		0.08	1.34		
Starch											
Ainerals:											
Calcium. Ca	ma	32		0		1		9	145		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.62		0		4		0.18	2.81		
Magnesium, Mg		4		0		1		1	18		
Phosphorus, P		34		0		1		10	154		
Potassium, K		235		0		4		67	1066		
Sodium, Na		923		0		4		262	4187		
Zinc, Zn		1.24		0		4		0.35	5.62		
Copper, Cu		0.050	1	0		4		0.014	0.227		
Manganese, Mn		0.030		0		4		0.005	0.077		
Selenium, Se		7.7		0	BFYN	4		2.2	34.9		
Vitamins:	ma	0.0		0	FLA	4		0.0	0.0		
Vitamin C, total ascorbic acid		0.007	,	0	FLIA	1		0.002	0.032		
ThiaminRiboflavin		0.007		0		1		0.002	0.032		
		0.042		0		1		0.012	1.660		
Niacin Pantothenic acid		0.314		0		4		0.104	1.424		
		0.314		0		4		0.1089	1.424		
Vitamin B-6	-	4	,	0		4		1	1.724		
Foliate, total		0		0	FLA	4		0	0		
Folic acid		4		0	FLIA	4		1	18		
Folate, food		4		0	NC	4		1			
Folate, DFE				0	NC	4		0.18	18 2.81		
Vitamin B-12		0.62 0		0	TIT 3	4		0.18	0		
Vitamin A, IU		0		0	FLA	4		0	0		
Vitamin A, RAE		0		0	FLA FLA	4		0	0		
Retinol		-		0	FLA	4		-			
Vitamin E (alpha-tocopherol)		0.02		0	FLA	4		0.01 0.00	0.08		
Tocopherol, beta		0.00		•							
Tocopherol, gamma		0.00		0 0	FLA	4		0.00	0.00		
Tocopherol, delta		0.00		U	FLA	4		0.00	0.00		
Vitamin D Vitamin K (phylloquinone)		0.0		0	FLA	4		0.0	0.0		
	9					-			0.0		
<u>ipids:</u>	_			•					05.066		
Fatty acids, total saturated	-	5.570		0	NC	4		1.579	25.266		
4:0	-	0.000		0		1		0.000	0.000		
6:0	-	0.000		0		1		0.000	0.000		
8:0	-	0.000		0		1		0.000	0.000		
10:0	-	0.017		0	FLA	4		0.005	0.078		
12:0	·····	0.000	,	0		1		0.000	0.000		
13:0		0.000		^	mr -	4		0.000	1 222		
14:0	_	0.240		0	FLA	4		0.068	1.090		
15:0		0.000		0	FLA	4		0.000	0.000		
16:0		3.844		0	FLA	4		1.090	17.438		
17:0		0.034		0	FLA	4		0.010	0.156		
18:0		1.412		0	FLA	4		0.400	6.405		
20:0		0.022		0	FLA	4		0.006	0.099		
22:0	g	0.000)	0	FLA	4		0.000	0.000		

		<u>Aı</u>	mount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Unit	S	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	7.570		0	NC	4		2.146	34.338	
14:1	-	0.000		0	FLA	4		0.000	0.000	
15:1	_	0.000		0	FLA	4		0.000	0.000	
16:1 undifferentiated		0.593		0	FLA	4		0.168	2.692	
17:1										
18:1 undifferentiated		6.839		0	FLA	4		1.939	31.023	
20:1	-	0.137		0	FLA	4		0.039	0.622	
22:1 undifferentiated		0.000		0	FLA	4		0.000	0.000	
24:1 c				_						
Fatty acids, total polyunsaturated		1.681		0	NC	4		0.477	7.625	
18:2 undifferentiated		1.490		0	FLA	4		0.423	6.760	
18:3 undifferentiated	-	0.000		0	FLA	4		0.000	0.000	
18:4		0.000		0		1		0.000	0.000	
20:2 n-6 c,c	-	0.087		0	FLA	4		0.025	0.393	
20:3 undifferentiated		0.019		0	FLA	4		0.005	0.087	
20:4 undifferentiated	-	0.085		0	FLA	4		0.024	0.385	
20:5 n-3	g	0.000		0		1		0.000	0.000	
22:5 n-3	g	0.000		0		1		0.000	0.000	
22:6 n-3		0.000		0		1		0.000	0.000	
Fatty acids, total trans										
Cholesterol		80		0	FLA	4		23	362	
Phytosterols	<u>mg</u>	0		0		4		0	0	
Amino Acids:										
Tryptophan	a	0.027		0		1		0.008	0.122	
Threonine		0.365		0		1		0.103	1.656	
Isoleucine		0.230		0		1		0.103	1.043	
Leucine		0.595		0		1		0.169	2.699	
Lysine	_	0.582		0		1		0.165	2.640	
Methionine	-	0.149		0		1		0.042	0.676	
Cystine		0.119		0		4		0.034	0.540	
Phenylalanine		0.392		0		1		0.034	1.778	
Tyrosine		0.332		0		1		0.061	0.980	
Valine		0.338		0		1		0.096	1.533	
Arginine		1.014		0		1		0.030	4.600	
Histidine		0.149		0		1		0.042	0.676	
Alanine	-	1.108		0		1		0.042	5.026	
Aspartic acid		0.973		0		1		0.276	4.414	
-		1.487		0		1		0.422	6.745	
Glutamic acid		2.366		0		1		0.422	10.732	
-		1.419		0		1		0.402		
Proline	-			0		1			6.437	
Serine	-	0.541		U		1		0.153	2.454	
Hydroxyproline	9									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine		0		0	FLA	4		0	0	
Theobromine		0		0	FLA	4		0	0	
Carotenoids:	_									
		•								
Carotene, beta		0		0	FLA	4		0.000	0.000	
Carotene, alpha		0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta		-		0	FLA	4		0.000	0.000	
Lycopene		0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin	iuca	0		0	FLA	4		0.000	0.000	

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 453.6g: 1 lb

Pork, cured, feet, pickled

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

NDB No. 10134
Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted

		<u>A</u> 1	mount in 100 gram	s of edil	ole portio	<u>on</u>	Amount in edible portion of common			
			Numbe	er			<u>m</u>	easures of food	<u>[</u>	
			of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	67.67	0		1		94.74	57.52		
Energy	kcal	145	0	NC	4		203	123		
Energy		607			4		849	516		
Protein (N x 6.25)	g	20.93	0		1		29.30	17.79		
Total lipid (fat)		5.53	0		1		7.74	4.70		
Ash		4.37	0		1		6.12	3.71		
Carbohydrate, by difference		1.50	0	NC	4		2.10	1.28		
Fiber, total dietary		0.0	0	Z	7		0.0	0.0		
Sugars, total		0.00	0	Z	7		0.00	0.00		
Starch										
Minerals:		_			_			_		
Calcium, Ca	-	8	0		1		11	7		
Iron, Fe.		1.48	2		1		2.07	1.26		
Magnesium, Mg		14 196	0		1 1		20 274	12 167		
Phosphorus, P	•	196 287	0		1		274 402	167 244		
Potassium, K		1203	0		1		402 1684	1023		
Sodium, NaZinc, Zn		2.88	2		1		4.03	2.45		
Copper, Cu		0.079			1		0.111	0.067		
Manganese, Mn		0.054			1		0.076	0.046		
Selenium, Se		19.5		BFYN	4		27.3	16.6		
·										
Vitamins:										
Vitamin C, total ascorbic acid		0.0	0		7		0.0	0.0		
Thiamin		0.754			1		1.056	0.641		
Riboflavin		0.202			1		0.283	0.172		
Niacin	-	4.023			1		5.632	3.420		
Pantothenic acid		0.403			1		0.564	0.343		
Vitamin B-6	-	0.400			1		0.560	0.340		
Folate, total		3 0	0	z	1 7		4 0	3		
Folic acid		3		Z	1			0 3		
Folate, food	IIICG	3	0	NC	4		4 4	3		
Folate, DFE		0.65	0	NC	1		0.91	0.55		
Vitamin B-12 Vitamin A, IU		0.65	0		1		0.91	0.55		
Vitamin A, IU Vitamin A, RAE		0	0	AS	1		0	0		
Retinol		Ö	0	NR	4		0	0		
Vitamin E (alpha-tocopherol)		0.25	0	BFSN	4		0.34	0.21		
Tocopherol, beta		0.23	· ·	LI ON			V.J4	V.21		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0	0	BFSN	4		0.0	0.0		
<u>Lipids:</u>	a	1 010					2.534	1 500		
Fatty acids, total saturated		1.810			1 1			1.539		
4:0		0.000			1		0.000	0.000		
6:0		0.000			1		0.000	0.000		
8:0 10:0	-	0.000			1		0.000 0.028	0.000 0.017		
12:0	-	0.020			1		0.028	0.017		
13:0	-	0.020	. 0		_		0.026	0.017		
14:0	-	0.090	0		1		0.126	0.077		
15:0	-	0.090	. 0		1		0.126	0.077		
16:0	-	1.120	0		1		1.568	0.952		
17:0		1.120	•		-		1.500	0.932		
18:0	-	0.570	0		1		0.798	0.485		
20:0	-	0.570	•		-		3.75	0.403		
22:0	-									
24:0	-									

		<u>A</u>	mount in 100 gram	s of edi	ble portic	<u>on</u>		edible portion	
			Numbe	er			<u>m</u>	easures of food	•
			of Data	a Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		2.620	0		1		3.668	2.227	
14:1	-								
15:1	-	0.240	0		1		0.336	0.204	
17:1	-	0.240			_		0.336	0.204	
18:1 undifferentiated		2.380	0		1		3.332	2.023	
20:1	-	0.000			1		0.000	0.000	
22:1 undifferentiated	-	0.000			1		0.000	0.000	
24:1 c	•	0.000			-		0.000	0.000	
Fatty acids, total polyunsaturated		0.540	0		1		0.756	0.459	
18:2 undifferentiated		0.480			1		0.672	0.408	
18:3 undifferentiated		0.060			1		0.084	0.051	
18:4		0.000			1		0.000	0.000	
20:2 n-6 c.c	-	0.000	•		_		0.000	0.000	
20:3 undifferentiated	-								
20:4 undifferentiated	-	0.000	0		1		0.000	0.000	
20:5 n-3	-	0.000			1		0.000	0.000	
22:5 n-3	_	0.000			1		0.000	0.000	
22:6 n-3		0.000			1		0.000	0.000	
Fatty acids, total trans		0.000	•		_		0.000	0.000	
Cholesterol		53	0		1		74	45	
Phytosterols		0	0		4		0	0	
1 117 103 1010 1010		-	-		_		·	·	
Amino Acids:									
Tryptophan	g	0.251	. 0		1		0.351	0.213	
Threonine	g	0.931	. 0		1		1.303	0.791	
Isoleucine	g	0.918	0		1		1.285	0.780	
Leucine	_	1.661			1		2.325	1.412	
Lysine	g	1.775	0		1		2.485	1.509	
Methionine	g	0.553	0		1		0.774	0.470	
Cystine	g	0.315			1		0.441	0.268	
Phenylalanine	g	0.904			1		1.266	0.768	
Tyrosine	g	0.687	0		1		0.962	0.584	
Valine	g	0.908			1		1.271	0.772	
Arginine	g	1.360	0		1		1.904	1.156	
Histidine	g	0.750	0		1		1.050	0.638	
Alanine	g	1.236	0		1		1.730	1.051	
Aspartic acid	g	1.983	0		1		2.776	1.686	
Glutamic acid	g	3.413	0		1		4.778	2.901	
Glycine	g	1.088	0		1		1.523	0.925	
Proline	g	0.894	0		1		1.252	0.760	
Serine	g	0.857	0		1		1.200	0.728	
Hydroxyproline	g								
Others:									
	a	0.0	0		7		0.0	0.0	
Alcohol, ethyl		0.0	0	z	7		0.0	0.0	
Theobromine	-	0	0	Z	7		0	0	
		U	U	4	,		J	J	
Carotenoids:									
Carotene, beta	_	0	0	Z	7		0.000	0.000	
Carotene, alpha		0	0	Z	7		0.000	0.000	
Cryptoxanthin, beta		0	0	Z	7		0.000	0.000	
Lycopene		0	0	Z	7		0.000	0.000	
Lutein + zeaxanthin	mcg	0	0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 140g: 1 cup

Measure 2 = 85g: 3 oz

Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

		<u>Aı</u>	mount in 100 grams	of edil	ole portio	<u>n</u>	Amount in	edible portion	of common
			Numbe	r			<u>m</u>	easures of food	<u>[</u>
			of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	65.75	0		1		92.05	55.89	
Energy	kcal	165	0	NC	4		231	140	
Energy		690			4		967	587	
Protein (N x 6.25)	g	21.97	0		1		30.76	18.67	
Total lipid (fat)	g	7.66	0		1		10.72	6.51	
Ash	g	4.11	0		1		5.75	3.49	
Carbohydrate, by difference	g	0.50	0	NC	4		0.70	0.43	
Fiber, total dietary	g	0.0	0	Z	7		0.0	0.0	
Sugars, total	g	0.00	0	Z	7		0.00	0.00	
Starch									
Minerals:		•	_		_			_	
Calcium, Ca	-	8	0		1		11	7	
Iron, Fe		1.40 19	0.096 7 0		1 1		1.96 27	1.19 16	
Magnesium, Mg		248	0		1		27 347	16 211	
Phosphorus, P	-	362	0		1		547 507	308	
Potassium, KSodium, Na		1385	0		1		1939	1177	
Zinc, Zn		2.63	0.280 7		1		3.68	2.24	
Copper, Cu		0.119			1		0.167	0.101	
Manganese, Mn		0.046			1		0.064	0.039	
Selenium, Se		19.5	0	BFZN	4		27.3	16.6	
<u>Vitamins:</u>					_				
Vitamin C, total ascorbic acid		0.0	0		7		0.0	0.0	
Thiamin		0.739			1		1.035	0.628	
Riboflavin		0.280			1		0.392	0.238	
Niacin	-	5.324			1		7.454	4.525	
Pantothenic acid		0.597			1 1		0.836	0.507	
Vitamin B-6	-	0.350 3	0		1		0.490 4	0.298 3	
Foliate, total		0	0	z	7		0	0	
Folic acid		3	0	4	1		4	3	
Folate, foodFolate, DFE	mcg DEE	3	0	NC	4		4	3	
Vitamin B-12		0.68	0	NC	1		0.95	0.58	
Vitamin A, IU		0.00	0		4		0.95	0.38	
Vitamin A, RAE		0	0	NC	4		0	0	
Retinol		ō	0	NR.	4		0	0	
Vitamin E (alpha-tocopherol)		0.28	0	PIK	4		0.39	0.24	
Tocopherol, beta		3.20	v		-		3.00	v	
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)		0.0	0	PIK	4		0.0	0.0	
T :-: 3									
<u>Lipids:</u>	~	2 610			1		2 654	2.219	
Fatty acids, total saturated		2.610 0.000			1 1		3.65 4 0.000	0.000	
4:0 6:0		0.000			1		0.000	0.000	
8:0		0.000			1		0.000	0.000	
8:0 10:0	-	0.000			1		0.000	0.000	
12:0	_	0.030			1		0.042	0.017	
13:0	-	0.020	Ū		-		3.020	0.017	
14:0	_	0.130	0		1		0.182	0.111	
15:0	_		v		-		30-	V	
16:0	_	1.570	0		1		2.198	1.335	
17:0			•		•				
18:0	_	0.860	0		1		1.204	0.731	
20:0	_		-						
22:0	_								
	g								

	<u>A</u> 1	mount in 100 gra		ible portic	<u>on</u>	Amount in edible portion of common measures of food			
			ata Deriv		Confidence			•	
Nutrients and Units	Mean	Std. Error Poi	nts Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	.g 3.740		0	1		5.236	3.179		
14:1	-								
15:1	-		_						
16:1 undifferentiated	-		0	1		0.518	0.315		
17:1	-		0	1		4 710	0.005		
18:1 undifferentiated	-		0	1		4.718 0.000	2.865 0.000		
22:1 undifferentiated	-		0	1		0.000	0.000		
24:1 c	•		U	_		0.000	0.000		
Fatty acids, total polyunsaturated			0	1		1.498	0.910		
18:2 undifferentiated			0	1		1.260	0.765		
18:3 undifferentiated			0	1		0.238	0.145		
18:4			0	1		0.000	0.000		
20:2 n-6 c,c	-								
20:3 undifferentiated	.g								
20:4 undifferentiated	g 0.000		0	1		0.000	0.000		
20:5 n-3	<u>.g</u> 0.000		0	1		0.000	0.000		
22:5 n-3			0	1		0.000	0.000		
22:6 n-3	.g 0.000		0	1		0.000	0.000		
Fatty acids, total trans									
Cholesterol			0	1		80	48		
Phytosterols	mg 0		0	4		0	0		
Amino Acids:									
Tryptophan	g 0.243		0	1		0.340	0.207		
Threonine			0	1		1.261	0.766		
Isoleucine	-		0	1		1.243	0.755		
Leucine	g 1.607		0	1		2.250	1.366		
Lysine	g 1.718		0	1		2.405	1.460		
Methionine	.g 0.535		0	1		0.749	0.455		
Cystine	.g 0.304		0	1		0.426	0.258		
Phenylalanine	g 0.875		0	1		1.225	0.744		
Tyrosine	-		0	1		0.930	0.564		
Valine			0	1		1.229	0.746		
Arginine	-		0	1		1.842	1.119		
Histidine	-		0	1		1.016	0.617		
Alanine			0	1		1.674	1.017		
Aspartic acid			0	1		2.687	1.631		
Glutamic acid	=		0	1		4.624	2.808		
Glycine			0	1		1.474	0.895		
Proline	-		0	1 1		1.211 1.162	0.735		
Serine			U	_		1.162	0.706		
Hydroxyproline	.9								
Others:									
Alcohol, ethylg	0.0		0 z	7		0.0	0.0		
Caffeinen			0 z	7		0	0		
Theobrominen	ņg 0		0 z	7		0	0		
Carotenoids:									
Carotene, betan	ncg 0		0 z	7		0.000	0.000		
Carotene, alpha	5		0 Z	7		0.000	0.000		
Cryptoxanthin, beta			0 z	7		0.000	0.000		
Lycopene			0 z	7		0.000	0.000		
Lutein + zeaxanthinn			0 z	7		0.000	0.000		

Common Measures:

Measure 1 = 140g: 1 cup

Measure 2 = 85g: 3 oz

Pork, cured, ham, boneless, extra lean and regular, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

		<u>Aı</u>	mount in 100 g	grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common		
			Nι	umbei	r			<u>m</u>	easures of food	<u> </u>
			of	f Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.92	0.297	147		1		93.69	18.74	
Energy	kcal	162		0	NC	4		227	45	
Energy	kj	678				4		949	190	
Protein (N x 6.25)	g	18.26	0.157	147		1		25.56	5.11	
Total lipid (fat)	g	8.39	0.339	42		1		11.75	2.35	
Ash	g	4.15	0.102	30		1		5.81	1.16	
Carbohydrate, by difference	g	2.28		0	NC	4		3.19	0.64	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	ma	7	1.850	6		1		10	2	
Iron, Fe	-	0.90	0.067	28		1		1.26	0.25	
Magnesium, Mg	-	18	0.755	28		1		25	5	
Phosphorus, P		236	7.327	31		1		330	66	
Potassium, K	mg	297	6.227	70		1		416	83	
Sodium, Na	mg	1278	31.577	74		1		1789	358	
Zinc, Zn	<u>mg</u>	2.05	0.070	27		1		2.87	0.57	
Copper, Cu	mg	0.089	0.006	26		1		0.125	0.025	
Manganese, Mn		0.032	0.002	9		1		0.045	0.009	
Selenium, Se	mcg	16.3		0	BFZN	4		22.8	4.6	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		7		0.0	0.0	
Thiamin	-	0.889	0.033	28		1		1.245	0.249	
Riboflavin	-	0.240		27		1		0.336	0.067	
Niacin	-	5.090	0.178	27		1		7.126	1.425	
Pantothenic acid	-	0.454	0.071	10		1		0.636	0.127	
Vitamin B-6	mg	0.380	0.023	27		1		0.532	0.106	
Folate, total	mcg	3		0		1		4	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food		3		0		1		4	1	
Folate, DFE	mcg_DFE	3		0	NC	4		4	1	
Vitamin B-12		0.80	0.054	26		1		1.12	0.22	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol		0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)		0.22		0	BFYN	4		0.30	0.06	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)		0.0		0	BFYN	4		0.0	0.0	
vitamini k (phynodumone)	9	0.0		·		-		0.0	0.0	
<u>Lipids:</u>										
Fatty acids, total saturated		2.700		0		1		3.780	0.756	
4:0		0.000		0		1		0.000	0.000	
6:0	_	0.000		0		1		0.000	0.000	
8:0	_	0.000		0		1		0.000	0.000	
10:0	-	0.020		20		1		0.028	0.006	
12:0		0.020	0.003	18		1		0.028	0.006	
13:0	-	0.120	0.008	22		1		0 160	0.034	
14:0		0.120	0.008	22		1		0.168	0.034	
15:0 16:0		1.700	0.107	22		1		2.380	0.476	
17:0		1.700	0.107			1		2.360	0.4/6	
18:0	_	0.860	0.051	22		1		1.204	0.241	
20:0	_	0.000	0.031			-		204	V.241	
22:0	_									
24:0	_									

	<u>Aı</u>	mount in 100 g		f edib	ole portio	<u>on</u>	Amount in edible portion of common measures of food		
			mber) a win e	Caaa	Confidence	<u></u>	<u> </u>	
Nutrients and Units	Mean	Std. Error Po	Data D oints C		Code	Confidence Code	Measure 1	Measure 2	Measure 3
	2 040		•		1				
Fatty acids, total monounsaturatedg	3.940		0		1		5.516	1.103	
15:1g									
16:1 undifferentiated	0.340	0.016	22		1		0.476	0.095	
17:1g									
18:1 undifferentiatedg	3.600	0.238	22		1		5.040	1.008	
20:1g	0.000		0		1		0.000	0.000	
22:1 undifferentiatedg	0.000		0		1		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturated9	0.930		0		1		1.302	0.260	
18:2 undifferentiatedg	0.810		22		1		1.134	0.227	
18:3 undifferentiatedg	0.120		22		1		0.168	0.034	
18:4g	0.000		0		1		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiated	0.000		0		1		0.000	0 000	
20:4 undifferentiated			0		1		0.000	0.000	
20:5 n-3g	0.000		0		1		0.000	0.000	
22:5 n-3g 22:6 n-3g	0.000		0		1		0.000 0.000	0.000 0.000	
Fatty acids, total trans	0.000		U		1		0.000	0.000	
Cholesterolg	53	2.497	19		1		74	15	
Phytosterolsmg	0	2.437	0		4		0	0	
1 Hytosterois	Ü		Ū		•		Ü	Ü	
Amino Acids:									
Tryptophang	0.219		2		1		0.307	0.061	
Threonineg	0.811		10		1		1.135	0.227	
Isoleucineg	0.800		10		1		1.120	0.224	
Leucineg	1.448		10		1		2.027	0.405	
Lysineg	1.547		10		1		2.166	0.433	
Methionine	0.482		10		1		0.675	0.135	
Cystineg	0.274		2		1		0.384	0.077	
Phenylalanineg	0.788		10		1		1.103	0.221	
Tyrosine	0.598		10		1 1		0.837	0.167	
Valine	0.791		10		1		1.107	0.221	
Arginine	1.186 0.653		10 10		1		1.660	0.332 0.183	
Histidine	1.077		10		1		0.914 1.508	0.183	
Alanine	1.729		10		1		2.421	0.484	
Glutamic acid	2.975		10		1		4.165	0.484	
Glycine	0.949		10		1		1.329	0.833	
Proline	0.779		10		1		1.091	0.218	
Serineg	0.747		10		1		1.046	0.209	
Hydroxyproline	• • • • • • • • • • • • • • • • • • • •				_			0.203	
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	
Caffeinemg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, betamcg	0		0	z	7		0.000	0.000	
Carotene, alpha mcg	0		0	Z	, 7		0.000	0.000	
Cryptoxanthin, betamcg	0		0	z	7		0.000	0.000	
Lycopene mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin mcg	0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 140g: 1 cup

Measure 2 = 28g: 1 slice $(6-1/4" \times 4" \times 1/16")$ (1 oz)

Pork, cured, ham, boneless, extra lean and regular, unheated

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

NDB No. 10136 Pork, cured, ham, boneless, regular (approximately 11% fat), roasted

		<u>Aı</u>	mount in 100 g	rams	of edit	<u>le portio</u>	<u>n</u>	Amount in edible portion of common		
			Nu	mber				<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
D										
Proximates: Water	a	64.54	0.586	5		1		90.36	54.86	
Energy		178		0	NC	4		249	151	
Energy		745				4		1043	633	
Protein (N x 6.25)	-	22.62	0.669	5		1		31.67	19.23	
Total lipid (fat)		9.02	0.619	5		1		12.63	7.67	
Ash		3.96	0.234	5		1		5.54	3.37	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total		0.00		0	z	7		0.00	0.00	
Starch		0.00		·	_	•		0.00	0.00	
Minerals:										
Calcium, Ca	-	8	0.333	3		1		11	7	
Iron, Fe		1.34	0.093	5		1		1.88	1.14	
Magnesium, Mg		22	0.335	3		1		31	19	
Phosphorus, P	-	281	5.034	3		1		393	239	
Potassium, K		409 1500	15.300 86.297	3 3		1 1		573 2100	348 1275	
Sodium, Na		2.47	86.297 0.197	3 5		1		3.46	2.10	
Zinc, Zn Copper, Cu		0.145		5		1		0.203	0.123	
Manganese, Mn		0.143		4		1		0.203	0.123	
Selenium, Se		19.8	0.007	0	BFYN	4		27.7	16.8	
Scientini, Sc	9	13.0		·	21 111	•		27.7	10.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		7		0.0	0.0	
Thiamin		0.730		3		1		1.022	0.621	
Riboflavin	mg	0.330		3		1		0.462	0.281	
Niacin	-	6.150		3		1		8.610	5.228	
Pantothenic acid		0.720		2		1		1.008	0.612	
Vitamin B-6	-	0.310	0.052	3		1		0.434	0.264	
Folate, total		3		0		4		4	3	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	3		0		4		4	3	
Folate, DFE		3		0	NC	4		4	3	
Vitamin B-12		0.70	0.113	9		1		0.98	0.60	
Vitamin A, IU		0		0		1		0	0	
Vitamin A, RAE		0 0		0	NC NR	4 4		0	0	
Retinol		0.31		0	BFSN	4		0.43	0 0.26	
Vitamin E (alpha-tocopherol)		0.31		U	DESN	4		0.43	0.26	
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0	BFSN	4		0.0	0.0	
<u>Lipids:</u>										
Fatty acids, total saturated		3.120		0		1		4.368	2.652	
4:0		0.000		0		1		0.000	0.000	
6:0		0.000		0		1		0.000	0.000	
8:0		0.000		0		1		0.000	0.000	
10:0		0.030		3		1		0.042	0.026	
12:0	_	0.020	0.006	3		1		0.028	0.017	
13:0	-	0 150	0.010	3		1		0.010	0 100	
14:0	-	0.150	0.018	3		1		0.210	0.128	
15:0	-	1 060	0 114	2		1		2 604	1 501	
16:0		1.860	0.114	3		1		2.604	1.581	
17:0	-	1 050	0.076	3		1		1.470	0.893	
18:0 20:0	-	1.050	0.076	3		1		1.4/0	0.893	
22:0	-									
44.U	y									

		<u>Aı</u>	mount in 100 g			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units		Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	4.440		0		1		6.216	3.774	
14:1	-									
15:1	_									
16:1 undifferentiated		0.450	0.057	3		1		0.630	0.383	
17:1				_						
18:1 undifferentiated	-	4.000		3		1		5.600	3.400	
20:1		0.000		0		1		0.000	0.000	
22:1 undifferentiated	•	0.000		0		1		0.000	0.000	
24:1 c										
Fatty acids, total polyunsaturated		1.410		0		1		1.974	1.199	
18:2 undifferentiated		1.170		3		1		1.638	0.995	
18:3 undifferentiated		0.240		3		1		0.336	0.204	
18:4	-	0.000		0		1		0.000	0.000	
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated	-	0.000		0		1		0.000	0.000	
20:5 n-3	-	0.000		0		1		0.000	0.000	
22:5 n-3	_	0.000		0		1		0.000	0.000	
22:6 n-3		0.000		0		1		0.000	0.000	
Fatty acids, total trans				_						
Cholesterol	-	59	3.383	3		1		83	50	
Phytosterols	mg	0		0		4		0	0	
Amino Acids:										
Tryptophan	a	0.238		2		1		0.333	0.202	
Threonine		0.882		10		1		1.235	0.750	
Isoleucine	-	0.870		10		1		1.218	0.740	
Leucine	-	1.574		10		1		2.204	1.338	
Lysine		1.682		10		1		2.355	1.430	
Methionine		0.524		10		1		0.734	0.445	
Cystine		0.298		2		1		0.417	0.253	
Phenylalanine	-	0.857		10		1		1.200	0.728	
Tyrosine		0.651		10		1		0.911	0.553	
Valine	-	0.860		10		1		1.204	0.731	
Arginine		1.289		10		1		1.805	1.096	
Histidine		0.711		10		1		0.995	0.604	
Alanine		1.171		10		1		1.639	0.995	
Aspartic acid		1.879		10		1		2.631	1.597	
Glutamic acid		3.234		10		1		4.528	2.749	
Glycine		1.032		10		1		1.445	0.877	
Proline		0.847		10		1		1.186	0.720	
Serine	-	0.813		10		1		1.138	0.691	
Hydroxyproline		0.020				_		2.120	0.031	
Others:	9									
Alcohol, ethyl	a	0.0		0		7		0.0	0.0	
Caffeine		0.0		0	z	7		0.0	0.0	
Theobromine		0		0	z	7		0	0	
Carotenoids:	' 9	Ü		J		•		·	J	
' <u> </u>										
Carotene, beta		0		0	Z	7		0.000	0.000	
Carotene, alpha		0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	
Lycopene		0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 140g: 1 cup Measure 2 = 85g: 3 oz

Pork, cured, ham, boneless, regular (approximately 11% fat), roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 15% Bone and skin 3%, separable fat 12%

		<u>Aı</u>	mount in 100 g			le portio	<u>on</u>		edible portion	
Nutrients and Un	its	Mean			Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	<u>I</u> Measure 3
- Tatrionto ana on		moun	otal Ello					modouro i	oaoa.o z	ououio c
Proximates:										
Water	_	55.93	0.365	10		1		15.86	63.20	
Energy		195		0	NC	4		55	220	
Energy		816				4		231	922	
Protein (N x 6.25)		27.80	1.028	6		1		7.88	31.41	
Total lipid (fat)		8.32	0.697	6		1		2.36	9.40	
Ash		7.65		0		1		2.17	8.64	
Carbohydrate, by difference		0.30		0	NC	4		0.09	0.34	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total		0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	10		0		4		3	11	
Iron, Fe	mg	1.11		0		4		0.31	1.25	
Magnesium, Mg		25		0		4		7	28	
Phosphorus, P	_	318		0		4		90	359	
Potassium, K		510		0		4		145	576	
Sodium, Na		2695		0		4		764	3045	
Zinc, Zn		2.81		0		4		0.80	3.18	
Copper, Cu		0.108		0		4		0.031	0.122	
Manganese, Mn		0.048	3	0	DENNI	4		0.014	0.054 29.2	
Selenium, Se	Ilicy	25.8		U	BFNN	4		7.3	29.2	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.567	7	0		1		0.161	0.641	
Riboflavin	mg	0.242	2	0		1		0.069	0.273	
Niacin	mg	3.881	L	0		1		1.100	4.386	
Pantothenic acid	mg	0.402	2	0		4		0.114	0.454	
Vitamin B-6	_	0.420)	0		4		0.119	0.475	
Folate, total		5		0		4		1	6	
Folic acid		0		0	Z	7		0	0	
Folate, food		5		0		4		1	6	
Folate, DFE		5		0	NC	4		1	6	
Vitamin B-12		0.88		0		4		0.25	0.99	
Vitamin A, IU	IU	0		0	***	1		0	0	
Vitamin A, RAE		0		0	NC NR	4 4		0	0	
Retinol		0.28		0	BFSN	4		0.08	0 0.32	
Vitamin E (alpha-tocopherol) Tocopherol, beta		0.28		U	BESN	4		0.08	0.32	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0	BFSN	4		0.0	0.0	
	*									
Lipids:	_			•		_		0 =00		
Fatty acids, total saturated		2.780		0		1 1		0.788	3.141	
4:0		0.000		0				0.000	0.000	
6:0	_	0.000		0		1 1		0.000	0.000	
8:0 10:0	-	0.000		0		1		0.000 0.009	0.000 0.034	
12:0	-	0.030		0		1		0.009	0.034	
13:0		0.020	•	J		1		0.000	0.023	
14:0		0.110)	0		1		0.031	0.124	
15:0	-	3.110		-		-		0.031	V.124	
16:0		1.760)	0		1		0.499	1.989	
17:0				•		_			2.555	
18:0	-	0.860)	0		1		0.244	0.972	
20:0	_									
22:0	_									
24:0	-									

		<u>A</u>	mount in 100 grams		le portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Unit	ts	Mean		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	a	3.821	. 0		1		1.083	4.318		
14:1	g									
15:1	g	0.320	0		1		0.091	0.362		
17:1 18:1 undifferentiated		3.501	. 0		1		0.993	3.956		
20:1	g	0.000	0		1		0.000	0.000		
22:1 undifferentiated	g	0.000	0		1		0.000	0.000		
24:1 c	g									
Fatty acids, total polyunsaturated		0.970			1		0.275	1.096		
18:2 undifferentiated		0.770			1		0.218	0.870		
18:3 undifferentiated		0.090			1		0.026	0.102		
18:4		0.000	0		1		0.000	0.000		
20:2 n-6 c,c	-									
20:3 undifferentiated 20:4 undifferentiated	-	0.110	0		1		0.031	0.124		
20:5 n-3	-	0.000			1		0.001	0.124		
22:5 n-3		0.000			1		0.000	0.000		
22:6 n-3		0.000			1		0.000	0.000		
Fatty acids, total trans	_		-		_		0.000	0.000		
Cholesterol		70	0		4		20	79		
Phytosterols										
•										
Amino Acids:	_				_					
Tryptophan		0.334			1		0.095	0.377		
Threonine	-	1.237			1 1		0.351 0.346	1.398		
Isoleucine	_	1.219 2.206			1		0.346	1.377 2.493		
Lysine	_	2.357			1		0.668	2.493		
Methionine		0.734			1		0.208	0.829		
Cystine		0.418			1		0.119	0.472		
Phenylalanine		1.201			1		0.340	1.357		
Tyrosine		0.912			1		0.259	1.031		
Valine	_	1.205	0		1		0.342	1.362		
Arginine	_	1.806	0		1		0.512	2.041		
Histidine	g	0.996	0		1		0.282	1.125		
Alanine	g	1.641	. 0		1		0.465	1.854		
Aspartic acid	g	2.633	0		1		0.746	2.975		
Glutamic acid	g	4.532	0		1		1.285	5.121		
Glycine	g	1.446			1		0.410	1.634		
Proline	g	1.188			1		0.337	1.342		
Serine	-	1.139	0		1		0.323	1.287		
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0	0		7		0.0	0.0		
Caffeine		0	0	z	7		0	0		
Theobromine	mg	0	0	Z	7		0	0		
Carotenoids:										
Carotene, beta	mca	0	0	z	7		0.000	0.000		
Carotene, alpha		0	0	z	7		0.000	0.000		
Cryptoxanthin, beta		0	0	z	7		0.000	0.000		
Lycopene		0	0	z	7		0.000	0.000		
Lutein + zeaxanthin		0	0	z	7		0.000	0.000		

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 113g: 4 oz

Pork, cured, ham, center slice, country-style, separable lean only, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

NDB No. 10142 Pork, cured, ham, center slice, separable lean and fat, unheated

Refuse: 3% Bone

		A	mount in 10			ole portic	on	Amount in edible portion of common measures of food		
Nutrients and Uni	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		63.46		0		1		17.99	71.71	
Energy		203		0	NC	4		58	229	
Energy		849		_		4		241	960	
Protein (N x 6.25)		20.17		0		1 1		5.72	22.79	
Total lipid (fat)	-	12.90 3.42		0		1		3.66 0.97	14.58 3.86	
Carbohydrate, by difference		0.05		0	NC	4		0.01	0.06	
Fiber, total dietary	-	0.03		0	Z	7		0.01	0.08	
Sugars, total		0.0		ŭ	_	•		0.0	0.0	
Starch										
	9									
Minerals:		_		_		_		_	_	
Calcium, Ca	-	7 0.75		0 0		1		2 0.21	8	
Iron, FeMagnesium, Mg		0.75 16		0		1 1		0.21 5	0.85 18	
Phosphorus, P		215		0		1		61	243	
Potassium, K	•	337		0		1		96	381	
Sodium, Na	-	1386		0		1		393	1566	
Zinc, Zn		1.88		0		1		0.53	2.12	
Copper, Cu	mg	0.074	ļ	0		1		0.021	0.084	
Manganese, Mn	<u>mg</u>	0.031	-	0		1		0.009	0.035	
Selenium, Se	mcg	22.6		0	PIE	4		6.4	25.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	z	7		0.0	0.0	
Thiamin	-	0.845	5	0		1		0.240	0.955	
Riboflavin	mg	0.205	i	0		1		0.058	0.232	
Niacin	<u>mg</u>	4.809)	0		1		1.363	5.434	
Pantothenic acid		0.498	3	0		1		0.141	0.563	
Vitamin B-6		0.470)	0		1		0.133	0.531	
Folate, total		4		0	_	1		1	5	
Folic acid		0		0	Z	7		0	0	
Folate, foodFolate, DFE		4 4		0 0	NC	1 4		1 1	5 5	
Vitamin B-12		0.80		0	NC	1		0.23	0.90	
Vitamin A, IU		0		0		1		0.23	0.30	
Vitamin A, RAE	mcg RAE	0		0		1		0	0	
Retinol		0		0		1		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
vitamin K (phynoquinone)	niog									
Lipids:										
Fatty acids, total saturated		4.572	2	0		1		1.296	5.166	
4:0										
6:0										
8:0		0.020)	0		1		0.006	0.023	
12:0		0.020		0		1		0.009	0.023	
13:0	-			•		-		0.005	0.054	
14:0	-	0.170)	0		1		0.048	0.192	
15:0	-									
16:0	g	2.861	-	0		1		0.811	3.233	
17:0	-									
18:0	-	1.471	-	0		1		0.417	1.662	
20:0	-									
22:0	-									
24:0	9									

		<u>Ar</u>	mount in 100		f edible port	ion	Amount in edible portion of common measures of food			
				umber			<u></u>	easures or room		
Nutrients and Units	S	Mean	Std. Error			e Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	6.092		0	1		1.727	6.884		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.420		0	1		0.119	0.475		
17:1	g									
18:1 undifferentiated	g	5.612		0	1		1.591	6.342		
20:1	g									
22:1 undifferentiated	g									
24:1 c										
Fatty acids, total polyunsaturated	g	1.411		0	1		0.400	1.594		
18:2 undifferentiated		0.780		0	1		0.221	0.881		
18:3 undifferentiated	g	0.140		0	1		0.040	0.158		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.080		0	1		0.023	0.090		
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	54		0	1		15	61		
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.242		0	1		0.069	0.273		
Threonine		0.242		0	1		0.254	1.014		
	-	0.884		0	1		0.251	0.999		
Isoleucine		1.601		0	1		0.251	1.809		
		1.710		0	1		0.454	1.809		
Lysine	-	0.532		0	1		0.485	0.601		
Methionine	-	0.332		0	1			0.801		
Cystine		0.303		0	1		0.086 0.247			
Phenylalanine				0	1			0.984		
Tyrosine	-	0.662			1		0.188	0.748		
Valine		0.875		0	_		0.248	0.989		
Arginine		1.310		0	1		0.371	1.480		
Histidine	•	0.723		0	1		0.205	0.817		
Alanine	_	1.191		0	1		0.338	1.346		
Aspartic acid		1.910		0	1		0.541	2.158		
Glutamic acid	-	3.289		0	1		0.932	3.717		
Glycine		1.049		0	1		0.297	1.185		
Proline	•	0.862		0	1		0.244	0.974		
Serine	-	0.826		0	1		0.234	0.933		
Hydroxyproline	g									

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

NDB No. 10138
Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted

		<u>A</u> 1	mount in 100 g	rams o	of edib	ole portio	<u>n</u>	Amount in	edible portion	of common
			Nu	mber				<u>m</u> e	easures of food	
					Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
n : .										
Proximates: Water	q	69.45	0.463	4		1		97.23	59.03	
Energy		136		0	NC	4		190	116	
Energy		569				4		797	484	
Protein (N x 6.25)		21.16	0.192	4		1		29.62	17.99	
Total lipid (fat)		4.88	0.475	4		1		6.83	4.15	
Ash		4.00	0.122	4		1		5.60	3.40	
Carbohydrate, by difference	g	0.52		0	NC	4		0.73	0.44	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	6		1		1		8	5	
Iron, Fe	-	0.92	0.131	4		1		1.29	0.78	
Magnesium, Mg		21	1.291	4		1		29	18	
Phosphorus, P		209	21.825	4		1		293	178	
Potassium, K	-	348	25.905	4		1		487	296	
Sodium, Na		1135	100.706	4		1		1589	965	
Zinc, Zn	mg	2.23	0.149	4		1		3.12	1.90	
Copper, Cu	mg	0.050	0.004	4		1		0.070	0.043	
Manganese, Mn		0.024	<u> </u>	1		1		0.034	0.020	
Selenium, Se	mcg	17.4		0	BFYN	4		24.4	14.8	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		7		0.0	0.0	
Thiamin		1.035	0.023	4		1		1.449	0.880	
Riboflavin		0.247	0.013	4		1		0.346	0.210	
Niacin		4.892	0.084	4		1		6.849	4.158	
Pantothenic acid	mg	0.570)	1		1		0.798	0.485	
Vitamin B-6	mg	0.450	0.048	4		1		0.630	0.383	
Folate, total	mcg	5		0		1		7	4	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	5		0		1		7	4	
Folate, DFE		5		0	NC	4		7	4	
Vitamin B-12		0.71	0.013	4		1		0.99	0.60	
Vitamin A, IU		0		0		1		0	0	
Vitamin A, RAE		0		0		1		0	0	
Retinol		U		0		1		U	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>	~	1 600		•				2 240	1.360	
Fatty acids, total saturated		1.600 0.000		0		1 1		2.240 0.000	0.000	
6:0	-	0.000		0		1		0.000	0.000	
8:0.		0.000		0		1		0.000	0.000	
10:0		0.000		0		1		0.000	0.000	
12:0		0.000		0		1		0.000	0.000	
13:0	-			,		_			2,000	
14:0	-	0.050)	2		1		0.070	0.043	
15:0	-								-	
16:0		1.070)	2		1		1.498	0.910	
17:0	-									
18:0	g	0.480)	2		1		0.672	0.408	
20:0	g									
22:0	a									

	<u>Ar</u>	nount in 100 grams Number		<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	of Data Std. Error Points	Deriv Source Code Code	Confidence Code	Measure 1	Measure 2	Measure 3
Ew il ad	2.490	0	1		2 406	0 117	
Fatty acids, total monounsaturatedg	2.490	U	1		3.486	2.117	
15:1							
16:1 undifferentiatedg	0.190	2	1		0.266	0.162	
17:1g	0.250	_	_		0.200	0.101	
18:1 undifferentiatedg	2.300	2	1		3.220	1.955	
20:1	0.000	0	1		0.000	0.000	
22:1 undifferentiatedg	0.000	0	1		0.000	0.000	
24:1 cg		•	_			*****	
Fatty acids, total polyunsaturated9	0.440	0	1		0.616	0.374	
18:2 undifferentiatedg	0.390	2	1		0.546	0.332	
18:3 undifferentiatedg	0.050	2	1		0.070	0.043	
18:4g	0.000	0	1		0.000	0.000	
20:2 n-6 c.c	0.000	·	_		0.000	0.000	
20:3 undifferentiatedg							
20:4 undifferentiatedg	0.000	0	1		0.000	0.000	
20:5 n-3g	0.000	0	1		0.000	0.000	
22:5 n-3	0.000		1		0.000	0.000	
22:6 n-3g	0.000	0	1		0.000	0.000	
Fatty acids, total trans9	0.000	·	_		0.000	0.000	
Cholesterolg	30	2	1		42	26	
Phytosterolsmg	0	0	4		0	0	
1 Hytosterois	·	·	-		Ü	v	
Amino Acids:							
Tryptophang	0.240	0	1		0.336	0.204	
Threonineg	0.944	0	1		1.322	0.802	
Isoleucineg	0.911	0	1		1.275	0.774	
Leucineg	1.645	0	1		2.303	1.398	
Lysineg	1.818	0	1		2.545	1.545	
Methionineg	0.552	0	1		0.773	0.469	
Cystineg	0.250	0	1		0.350	0.213	
Phenylalanineg	0.816	0	1		1.142	0.694	
Tyrosineg	0.694	0	1		0.972	0.590	
Valineg	0.948	0	1		1.327	0.806	
Arginineg	1.310	0	1		1.834	1.114	
Histidineg	0.836	0	1		1.170	0.711	
Alanineg	1.208	0	1		1.691	1.027	
Aspartic acidg	1.953	0	1		2.734	1.660	
Glutamic acidg	3.124	0	1		4.374	2.655	
Glycineg	1.036	0	1		1.450	0.881	
Prolineg	0.900	0	1		1.260	0.765	
Serineg	0.823	0	1		1.152	0.700	
Hydroxyprolineg							
Others:							
	0.0	0	7		0.0	0.0	
Alcohol, ethyl	0.0	U	,		0.0	0.0	
Carrenie							

Common Measures:

Measure 1 = 140g: 1 cup Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

NDB No. 10137 Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated

		Amount in 100 grams of edible portion						Amount in edible portion of common		
		Number						<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Units		Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.52	0.132	130		1		102.93	20.84	
Energy	kcal	120		0	NC	4		168	34	
Energy	kj	502				4		703	142	
Protein (N x 6.25)	g	18.49	0.066	130		1		25.89	5.24	
Total lipid (fat)		4.56	0.195	22		1		6.38	1.29	
Ash	g	3.63	0.062	22		1		5.08	1.03	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total		0.00		0	z	7		0.00	0.00	
Starch									0.00	
Starch	9									
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	6		1		1		8	2	
Iron, Fe	-	0.94	0.048	21		1		1.32	0.27	
Magnesium, Mg		17	0.405	21		1		24	5	
Phosphorus, P	mg	224	9.122	21		1		314	64	
Potassium, K	-	364	6.582	17		1		510	103	
Sodium, Na	mg	1255	39.413	21		1		1757	356	
Zinc, Zn	mg	1.93	0.052	21		1		2.70	0.55	
Copper, Cu	mg	0.084	0.007	20		1		0.118	0.024	
Manganese, Mn		0.025	i	2		1		0.035	0.007	
Selenium, Se	mcg	14.5		0	BFNN	4		20.3	4.1	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		7		0.0	0.0	
Thiamin	-	0.836	0.026	21		1		1.170	0.237	
Riboflavin	-	0.230		21		1		0.322	0.065	
Niacin	=	5.302		21		1		7.423	1.503	
Pantothenic acid	-	0.492		6		1		0.689	0.139	
Vitamin B-6	=	0.450		21		1		0.630	0.139	
Folate, total	-	6	0.033	0		1		8	2	
Folic acid		0		0	z	7		0	0	
Folate, food		6		0		1		8	2	
Folate, DFE		6		0	NC	4		8	2	
Vitamin B-12		0.82	0.057	21	МС	1		1.15	0.23	
Vitamin A, IU		0.82	0.037	0		1		0	0.23	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol		0		0	NR NR	4		0	0	
Vitamin E (alpha-tocopherol)		0.17		0	BFSN	4		0.24	0.05	
Tocopherol, beta		0.17		U	DF 3N	-		0.24	0.05	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0	BFSN	4		0.0	0.0	
vitamini k (phynodumone)	9	0.0		·	22 321	-		0.0	0.0	
<u>Lipids:</u>										
Fatty acids, total saturated	g	1.510)	0		1		2.114	0.428	
4:0		0.000)	0		1		0.000	0.000	
6:0	g	0.000)	0		1		0.000	0.000	
8:0	g	0.000)	0		1		0.000	0.000	
10:0	-	0.010		3		1		0.014	0.003	
12:0		0.010	0.003	3		1		0.014	0.003	
13:0										
14:0	g	0.060	0.009	4		1		0.084	0.017	
15:0	g									
16:0	g	0.960	0.050	4		1		1.344	0.272	
17:0	g									
18:0	g	0.470	0.041	4		1		0.658	0.133	
20:0	g									
22:0	g									
24:0	a									

	<u>Aı</u>	mount in 100 gra	Amount in edible portion of common measures of food					
		Numb of Da	er ta Deriv	Source	Confidence	<u> </u>	easures or roou	
Nutrients and Units	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	2.210	C		1		3.094	0.627	
14:1g								
15:1g								
16:1 undifferentiated	0.170	0.019 4		1		0.238	0.048	
17:1	2.040	0.120 4		1		2.856	0.578	
20:1g	0.000			1		0.000	0.000	
22:1 undifferentiatedg	0.000			1		0.000	0.000	
24:1 cg	0.000	•		-		0.000	0.000	
Fatty acids, total polyunsaturatedg	0.390	C		1		0.546	0.111	
18:2 undifferentiatedg	0.360	0.018 4		1		0.504	0.102	
18:3 undifferentiatedg	0.030	0.007 4		1		0.042	0.009	
18:4g	0.000	C		1		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000			1		0.000	0.000	
20:5 n-3g	0.000			1		0.000	0.000	
22:5 n-3g	0.000			1		0.000	0.000	
22:6 n-3g	0.000	C		1		0.000	0.000	
Fatty acids, total trans	20	,				FO	11	
Cholesterolmg Phytosterolsmg	38 0	2		1 4		53 0	11 0	
Filytosterois	v	•		•		U	· ·	
Amino Acids:								
Tryptophang	0.210			1		0.294	0.060	
Threonineg	0.826			1		1.156	0.234	
Isoleucineg	0.796			1		1.114	0.226	
Leucineg	1.438			1 1		2.013	0.408	
Lysineg	1.589 0.482			1		2.225 0.675	0.450	
Methionine	0.482			1		0.875	0.137 0.062	
Cystine	0.713			1		0.998	0.002	
Tyrosineg	0.607			1		0.850	0.172	
Valineg	0.829			1		1.161	0.235	
Arginine9	1.145			1		1.603	0.325	
Histidine 9	0.731			1		1.023	0.207	
Alanineg	1.056	2		1		1.478	0.299	
Aspartic acidg	1.707	2		1		2.390	0.484	
Glutamic acidg	2.731	2		1		3.823	0.774	
Glycineg	0.905	2		1		1.267	0.257	
Prolineg	0.787	2		1		1.102	0.223	
Serineg	0.719	2		1		1.007	0.204	
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	C		7		0.0	0.0	
Caffeine mg	0	C	z	7		0	0	
Theobrominemg	0	C	Z	7		0	0	
Carotenoids:								
Carotene, betamcg	0	C	z	7		0.000	0.000	
Carotene, alphamcg	0	(7		0.000	0.000	
Cryptoxanthin, betamcg	0	(7		0.000	0.000	
Lycopenemcg	0	Č		7		0.000	0.000	
Lutein + zeaxanthin mcg	0	(7		0.000	0.000	

Common Measures:

Measure 1 = 140g: 1 cup Measure 2 = 28.35g: 1 oz

Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

		<u>Aı</u>	nount in 100 g	rams	of edib	le portio	<u>n</u>		edible portion	
			Nu	mber	•			<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.52	0.780	8		1		93.13	56.54	
Energy	kcal	167		0	NC	4		234	142	
Energy	kj	699				4		978	594	
Protein (N x 6.25)	g	20.94	0.213	8		1		29.32	17.80	
Total lipid (fat)	g	8.43	0.946	8		1		11.80	7.17	
Ash	g	3.63	0.090	8		1		5.08	3.09	
Carbohydrate, by difference	g	0.49		0	NC	4		0.69	0.42	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
M. 1										
Minerals:	ma	7				4		10	6	
Calcium, Ca	-	1.07	0.097	4 8		1 1		10 1.50	6 0.91	
Iron, Fe	-	20	0.097	8		1		1.50 28	0.91 17	
Magnesium, Mg Phosphorus, P		20	14.358	8		1		28 309	17	
Phosphorus, P Potassium, K	•	351	14.358 17.375	8		1		309 491	188 298	
Sodium, Na	-	1068	71.956	8		1		1495	908	
Zinc, Zn	_	2.32	0.103	8		1		3.25	1.97	
Copper, Cu		0.078		8		1		0.109	0.066	
Manganese, Mn		0.026		3		1		0.036	0.022	
Selenium, Se		26.6		0	BFZN	4		37.2	22.6	
Scientifi, Sc						-				
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		0		7		0.0	0.0	
Thiamin	_	0.961		8		1		1.345	0.817	
Riboflavin	mg	0.251		8		1		0.351	0.213	
Niacin	mg	5.032		8		1		7.045	4.277	
Pantothenic acid	-	0.625		2		1		0.875	0.531	
Vitamin B-6	-	0.400	0.033	8		1		0.560	0.340	
Folate, total		5		2		1		7	4	
Folic acid		0		0	Z	7		0	0	
Folate, food		5		2		1		7	4	
Folate, DFE		5		0	NC	4		7	4	
Vitamin B-12		0.83	0.032	8		1		1.16	0.71	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol		0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)		0.25		0	BFYN	4		0.34	0.21	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)		0.0		0	BFYN	4		0.0	0.0	
vitamin K (phynoquinone)		0.0		·	2111	-		0.0	0.0	
<u>Lipids:</u>										
Fatty acids, total saturated	g	2.810		0		1		3.934	2.389	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0		0.030		4		1		0.042	0.026	
12:0		0.020	0.013	4		1		0.028	0.017	
13:0										
14:0		0.090	0.010	6		1		0.126	0.077	
15:0										
16:0		1.800	0.203	6		1		2.520	1.530	
17:0	-									
18:0	-	0.880	0.109	6		1		1.232	0.748	
20:0	-									
22:0	-									
24:0	g									

		<u>Aı</u>	mount in 100 g			ole portio	<u>on</u>		edible portion of easures of food	
Nutrients and U	nits	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
		ou.						modela i		modeli o o
Fatty acids, total monounsaturate		4.060		0		1		5.684	3.451	
14:1	-									
15:1	-					_				
16:1 undifferentiated	-	0.280	0.027	6		1		0.392	0.238	
17:1	_			_		_				
18:1 undifferentiated		3.780		6		1		5.292	3.213	
20:1	-	0.000		0		1		0.000	0.000	
22:1 undifferentiated	•	0.000		0		1		0.000	0.000	
24:1 c						_				
Fatty acids, total polyunsaturated		0.900		0		1		1.260	0.765	
18:2 undifferentiated		0.810		6		1		1.134	0.689	
18:3 undifferentiated		0.090		6		1		0.126	0.077	
18:4	-	0.000		0		1		0.000	0.000	
20:2 n-6 c,c	-									
20:3 undifferentiated						_				
20:4 undifferentiated		0.000		0		1		0.000	0.000	
20:5 n-3	-	0.000		0		1		0.000	0.000	
22:5 n-3		0.000		0		1		0.000	0.000	
22:6 n-3		0.000		0		1		0.000	0.000	
Fatty acids, total trans				_		_				
Cholesterol	_	41	4.680	6		1		57	35	
Phytosterols	mg	0		0		4		0	0	
Amino Acids:										
Tryptophan	а	0.237		0		1		0.332	0.201	
Threonine		0.934		0		1		1.308	0.794	
Isoleucine	-	0.901		0		1		1.261	0.766	
Leucine	-	1.628		0		1		2.279	1.384	
Lysine		1.799		0		1		2.519	1.529	
Methionine		0.546		0		1		0.764	0.464	
Cystine		0.247		0		1		0.346	0.210	
Phenylalanine	-	0.807		0		1		1.130	0.686	
Tyrosine		0.686		0		1		0.960	0.583	
Valine	-	0.938		0		1		1.313	0.797	
Arginine		1.296		0		1		1.814	1.102	
Histidine		0.827		0		1		1.158	0.703	
Alanine	-	1.195		0		1		1.673	1.016	
Aspartic acid		1.933		0		1		2.706	1.643	
Glutamic acid		3.092		0		1		4.329	2.628	
Glycine	-	1.025		0		1		1.435	0.871	
Proline		0.891		0		1		1.247	0.757	
Serine	-	0.814		0		1		1.140	0.692	
Hydroxyproline	-	0.014		O		-		1.140	0.032	
нуагохургоппе	9									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine	mg	0		0	Z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	
Carotenoids:										
	mea	0		0	z	7		0.000	0.000	
Carotene, beta		0		0	z Z	7		0.000	0.000	
Carotene, alpha Cryptoxanthin, beta		0		0	z Z	7		0.000	0.000	
		0		0	Z	7		0.000	0.000	
Lycopene		0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin	<u>iiic</u>	U		U	<u>z</u>			0.000	0.000	

Common Measures:

Measure 1 = 140g: 1 cup

Measure 2 = 85g: 3 oz

Pork, cured, ham, extra lean and regular, canned, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

NDB No. 10184 Pork, cured, ham, extra lean and regular, canned, unheated

		<u>Aı</u>	mount in 100 g	rams	of edik	le portio	<u>n</u>	Amount in	edible portion	of common
			Nu	mber				<u>m</u>	easures of food	
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Duranian										
Proximates: Water	q	71.12	0.208	153		1		99.57	20.16	
Energy	_	144		0	NC	4		202	41	
Energy		602				4		843	171	
Protein (N x 6.25)		17.97	0.086	156		1		25.16	5.09	
Total lipid (fat)	_	7.46	0.318	34		1		10.44	2.11	
Ash		3.57	0.079	30		1		5.00	1.01	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total		0.00		0	z	7		0.00	0.00	
Starch		0.00		·	_	•		0.00	0.00	
Staren	9									
Minerals:										
Calcium, Ca	-	6		3		1		8	2	
Iron, Fe		0.90	0.044	32		1		1.26	0.26	
Magnesium, Mg		16	0.331	32		1		22	5	
Phosphorus, P	-	207	6.574	32		1		290	59	
Potassium, K		334	4.817	28		1		468	95	
Sodium, Na		1276	32.532	36		1		1786	362	
Zinc, Zn		1.84	0.043	32		1		2.58	0.52	
Copper, Cu		0.078		31		1		0.109	0.022	
Manganese, Mn		0.024	ł	0		1		0.034	0.007	
Selenium, Se	mcg	22.1		0	BFZN	4		30.9	6.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		7		0.0	0.0	
Thiamin	mg	0.879	0.046	32		1		1.231	0.249	
Riboflavin		0.230	0.005	32		1		0.322	0.065	
Niacin		4.585	0.152	32		1		6.419	1.300	
Pantothenic acid	mg	0.458	0.066	14		1		0.641	0.130	
Vitamin B-6	mg	0.460	0.038	32		1		0.644	0.130	
Folate, total	mcg	6		0		1		8	2	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	6		0		1		8	2	
Folate, DFE	mcg_DFE	6		0	NC	4		8	2	
Vitamin B-12		0.80	0.057	32		1		1.12	0.23	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol		0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.19		0	PIK	4		0.27	0.05	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0		0	PIK	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	а	2.450)	0		1		3.430	0.695	
4:0		0.000		0		1		0.000	0.000	
6:0		0.000		0		1		0.000	0.000	
8:0		0.000		0		1		0.000	0.000	
10:0		0.020		4		1		0.028	0.006	
12:0	-	0.010		7		1		0.014	0.003	
13:0	-					=		y		
14:0	-	0.050	0.012	8		1		0.070	0.014	
15:0	-							,	-	
16:0	-	1.600	0.102	8		1		2.240	0.454	
17:0										
18:0	-	0.760	0.045	8		1		1.064	0.215	
20:0	-			-						
22:0	-									
24:0	-									

		<u>Ar</u>	mount in 100 g			ble portic	<u>)n</u>	Amount in edible portion of common measures of food			
Nutrients and Un	nits	Mean			Deriv		Confidence	Measure 1	Measure 2	Measure 3	
				•	•						
Fatty acids, total monounsaturated.		3.570		0		1		4.998	1.012		
15:1	_										
16:1 undifferentiated	-	0.290	0.039	8		1		0.406	0.082		
17:1	-	0.290	0.039	0		1		0.400	0.082		
18:1 undifferentiated	-	3.280	0.179	8		1		4.592	0.930		
20:1		0.000		0		1		0.000	0.930		
20:1 undifferentiated		0.000		0		1		0.000	0.000		
24:1 c	•	0.000		U		1		0.000	0.000		
		0.760	١	0		1		1.064	0.215		
Fatty acids, total polyunsaturated		0.780				1		0.952	0.215		
18:2 undifferentiated		0.680				1					
18:3 undifferentiated						1		0.112	0.023		
18:4	_	0.000		0		1		0.000	0.000		
20:2 n-6 c,c	_										
20:3 undifferentiated		0.000		0				2 000	0.000		
20:4 undifferentiated		0.000		0		1		0.000	0.000		
20:5 n-3	-	0.000		0		1		0.000	0.000		
22:5 n-3		0.000		0		1		0.000	0.000		
22:6 n-3		0.000		0		1		0.000	0.000		
Fatty acids, total trans				_		_					
Cholesterol	-	38	3.689			1		53	11		
Phytosterols	mg	0		0		4		0	0		
Amino Acids:											
Tryptophan	a	0.204	ı	2		1		0.286	0.058		
Threonine		0.802		2		1		1.123	0.038		
Isoleucine	_	0.802		2		1		1.082	0.219		
	-	1.397		2		1		1.082	0.219		
Leucine		1.397		2		1		2.160			
Lysine				2		1			0.437		
Methionine		0.468						0.655	0.133		
Cystine	_	0.212		2		1		0.297	0.060		
Phenylalanine		0.693		2		1		0.970	0.196		
Tyrosine	-	0.589		2		1		0.825	0.167		
Valine		0.805		2		1		1.127	0.228		
Arginine		1.112		2		1		1.557	0.315		
Histidine	-	0.710		2		1		0.994	0.201		
Alanine		1.026		2		1		1.436	0.291		
Aspartic acid	g	1.658		2		1		2.321	0.470		
Glutamic acid	_	2.653	,	2		1		3.714	0.752		
Glycine	g	0.879	,	2		1		1.231	0.249		
Proline	g	0.764	į	2		1		1.070	0.217		
Serine	g	0.698	ı	2		1		0.977	0.198		
Hydroxyproline											
Others:											
Alcohol, ethyl	α	0.0		0	z	7		0.0	0.0		
Caffeine		0		0	z	7		0	0		
Theobromine		0		0	Z	, 7		0	0		
	9	•		·	-	•		v	U		
Carotenoids:											
Carotene, beta	mcg	0		0	Z	7		0.000	0.000		
Carotene, alpha	mcg	0		0	Z	7		0.000	0.000		
Cryptoxanthin, beta	mcg	0		0	Z	7		0.000	0.000		
Lycopene	mcg	0		0	Z	7		0.000	0.000		
Lutein + zeaxanthin	mca	0		0	Z	7		0.000	0.000		

Common Measures:

Measure 1 = 140g: 1 cup Measure 2 = 28.35g: 1 oz

Pork, cured, ham, extra lean and regular, canned, unheated

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

		<u>A</u> :	mount in 10	00 grams	of edil	ole portio	<u>on</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	65.80				1			18.65	
Energy	kcal	165				1			47	
Energy	kj	690				1			196	
Protein	g	22.00				1			6.24	
Total lipid (fat)	g	7.70				1			2.18	
Ash	g	4.00		0	NC	4			1.13	
Carbohydrate, by difference	g	0.50			NC	4			0.14	
Fiber, total dietary	g	0.0				7			0.0	
Sugars, total	g	0.00		0	Z	7			0.00	
Starch	g									
<i>x</i> : 1										
Minerals:	ma	8				4			2	
Calcium, Ca	_	8 1.40				1 1			2 0.40	
Iron, Fe	_	1.40				1			0.40 5	
Magnesium, Mg		248				1			5 70	
Potassium, K	-	362				1			103	
Sodium, Na	-	969				1			275	
Zinc, Zn	-	2.63				1			0.75	
Copper, Cu		0.119	•			1			0.034	
Manganese, Mn	_	0.113	•			-			0.034	
Selenium, Se		19.5		0	BFZN	4			5.5	
•										
<u>'itamins:</u>										
Vitamin C, total ascorbic acid	_	0.0		0		7			0.0	
Thiamin	-	0.740				1			0.210	
Riboflavin		0.280				1			0.079	
Niacin	_	5.320)			1			1.508	
Pantothenic acid	-					_				
Vitamin B-6		0.350	,			1			0.099	
Folate, total		3 0		0	z	1 7			1	
Folic acid		3		U	Z	1			0 1	
Folate, food		3		0	NC	4			1	
Vitamin B-12		0.68		U	NC	1			0.19	
Vitamin A, IU		0.66				1			0.19	
Vitamin A, RAE		0		0	NC	4			0	
		0		0	NR NR	4			0	
Retinol Vitamin E (alpha-tocopherol)		0.28		0	BFSN	4			0.08	
		0.28		U	DF 3N	-			0.08	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0	BFSN	4			0.0	
<u> ipids:</u>										
Fatty acids, total saturated		2.624				4			0.744	
4:0		0.000				4			0.000	
6:0		0.000				4			0.000	
8:0	-	0.000				4			0.000	
10:0	-	0.030				4			0.009	
12:0		0.020	,			4			0.006	
13:0		0 101				4			0 027	
14:0		0.131	-			4			0.037	
15:0		1.578	1			4			0.447	
16:0		1.5/6	•			*			0.44/	
17:0		0.865				4			0.245	
18:0		0.005	•			4			0.245	
20:0	-									
22:0 24:0	-									

	<u>Aı</u>	mount in 10	00 grams	Amount in edible portion of common					
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	3.760				4			1.066	
14:1g									
15:1g	0.070							0 105	
16:1 undifferentiated	0.372				4			0.105	
17:1g	3.388				4			0.960	
18:1 undifferentiated	0.000				4			0.960	
20:1	0.000				4			0.000	
22:1 undifferentiated	0.000				4			0.000	
	1.076				4			0.305	
Fatty acids, total polyunsaturatedg 18:2 undifferentiatedg	0.905				4			0.305	
18:3 undifferentiated	0.903				4			0.237	
18:4g	0.000				4			0.048	
20:2 n-6 c,c	0.000				4			0.000	
20:3 undifferentiated									
20:4 undifferentiated	0.000				4			0.000	
20:5 n-3g	0.000				4			0.000	
20.5 n-3g	0.000				4			0.000	
22:6 n-3	0.000				4			0.000	
Fatty acids, total trans	0.000				-			0.000	
Cholesterol mg	57				1			16	
Phytosterols mg	3,				-			10	
Others:									
Alcohol, ethylg	0.0				7			0.0	
Caffeine mg	0		0	Z	7			0	
Theobrominemg	0		0	Z	7			0	
Carotenoids:									
Carotene, betamcg	0		0	z	7			0.000	
Carotene, alphamcg	0		0	z	7			0.000	
Cryptoxanthin, betamcg	0		0	z	7			0.000	
Lycopenemcg	0		0	z	7			0.000	
Lutein + zeaxanthinmcg	0		0	z	7			0.000	

Common Measures:

Measure 2 = 28.35g: 1 oz, boneless

Calories Factors: Protein Fat Carbohydrate

Food Group: 10 Pork Products

		<u>A</u> 1	mount in 10	<u>0 grams</u>	of edib	ole portio	<u>on</u>		edible portion	
				Number				<u>m</u>	easures of food	•
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.10				1			18.46	
Energy	kcal	172				1			49	
Energy	kj	720				1			204	
Protein	g	22.30				1			6.32	
Total lipid (fat)	g	8.30				1			2.35	
Ash	g	4.00		0	NC	4			1.13	
Carbohydrate, by difference	g	0.30			NC	4			0.09	
Fiber, total dietary	g	0.0				7			0.0	
Sugars, total	g	0.00		0	Z	7			0.00	
Starch	g									
Minopole										
Minerals: Calcium, Ca	ma	8				1			2	
Iron, Fe	-	1.37				1			0.39	
Magnesium, Mg	-	21				1			6	
Phosphorus, P		265				1			75	
Potassium, K	-	386				1			109	
Sodium, Na		969				1			275	
Zinc, Zn	-	2.55				1			0.72	
Copper, Cu		0.132	!			1			0.037	
Manganese, Mn						_				
Selenium, Se	-	19.5		0	BFZN	4			5.5	
Vitamins:						_				
Vitamin C, total ascorbic acid	-	0.0		0		7			0.0	
Thiamin	-	0.730				1			0.207	
Riboflavin		0.310				1			0.088	
Niacin	-	5.740)			1			1.627	
Pantothenic acid	-					_				
Vitamin B-6	-	0.330	1			1			0.094	
Folate, total		3 0		0	z	1 7			1	
Folic acid		3		U	Z	1			0 1	
Folate, food		3		0	NC	4			1	
Folate, DFEVitamin B-12		0.69		U	NC	1			0.20	
		0.69				1			0.20	
Vitamin A, IU Vitamin A, RAE		0		0	AS	1			0	
Retinol		0		0	NR	4			0	
Vitamin E (alpha-tocopherol)		0.28		0	BFSN	4			0.08	
Tocopherol, beta		0.20		· ·	DISN	-			0.08	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0	BFSN	4			0.0	
<u>Lipids:</u>										
Fatty acids, total saturated		2.781				4			0.788	
4:0		0.000				4			0.000	
6:0	-	0.000				4			0.000	
8:0	-	0.000				4			0.000	
10:0	-	0.032				4			0.009	
12:0	-	0.025	•			4			0.007	
13:0		0 100	,			4			0 030	
14:0		0.138	•			4			0.039	
15:0		1.693	,			4			0 400	
16:0		1.093	•			4			0.480	
17:0		0.900				4			0.055	
18:0		0.900	•			4			0.255	
20:0 22:0	-									
7.7.*U	u									

	<u>A</u> 1	mount in 10	Number	_	Amount in edible portion of common measures of food				
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	4.002	2			4			1.135	
14:1g									
15:1g 16:1 undifferentiatedg	0.384				4			0.109	
17:1g	0.364				4			0.109	
18:1 undifferentiatedg	3.618	1			4			1.026	
20:1g	0.000				4			0.000	
22:1 undifferentiated	0.000				4			0.000	
24:1 cg	0.000				-			0.000	
Fatty acids, total polyunsaturatedg	1.013	3			4			0.287	
18:2 undifferentiated	0.868				4			0.246	
18:3 undifferentiated	0.145				4			0.041	
18:4g	0.000)			4			0.000	
20:2 n-6 c.cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000)			4			0.000	
20:5 n-3g	0.000)			4			0.000	
22:5 n-3g	0.000)			4			0.000	
22:6 n-3g	0.000)			4			0.000	
Fatty acids, total trans9									
Cholesterolmg	58				1			16	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				7			0.0	
Caffeine mg	0		0	Z	7			0	
Theobrominemg	0		0	Z	7			0	
Carotenoids:									
Carotene, betamcg	0		0	z	7			0.000	
Carotene, alphamcg	0		0	z	7			0.000	
Cryptoxanthin, betamcg	0		0	Z	7			0.000	
Lycopenemcg	0		0	Z	7			0.000	
Lutein + zeaxanthin mcg	0		0	Z	7			0.000	

Common Measures:

Measure 2 = 28.35g: 1 oz, boneless

Calories Factors: Protein Fat Carbohydrate

Food Group: 10 Pork Products

		<u>A</u>	mount in 100 grams	s of edib	ole portio	<u>on</u>	Amount in	edible portion	of common
			Numbe	r			<u>m</u>	easures of food	<u>[</u>
			of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	51.35	2		1		30.81	212.08	
Energy	kcal	342	0	NC	4		205	1412	
Energy		1431			4		859	5910	
Protein (N x 6.25)	g	13.30	2		1		7.98	54.93	
Total lipid (fat)		30.85	2		1		18.51	127.41	
Ash		2.80	2		1		1.68	11.56	
Carbohydrate, by difference	g	1.70	0	NC	4		1.02	7.02	
Fiber, total dietary	g	0.0	0	Z	7		0.0	0.0	
Sugars, total	g	0.00	0	Z	7		0.00	0.00	
Starch	g								
Mr. I									
Minerals:	ma	9	•		4		F	27	
Calcium, Ca	-	9 1.61	2 2		1 1		5 0.97	37 6.65	
Iron, Fe		1.61	1		1		6	6.65 41	
Phosphorus, P		101	1		1		61	417	
Potassium, K	•	244	2		1		146	1008	
Sodium, Na		1063	1		1		638	4390	
Zinc, Zn		1.90	1		1		1.14	7.85	
Copper, Cu		0.100			1		0.060	0.413	
Manganese, Mn		0.022			4		0.013	0.091	
Selenium, Se		21.1	0	BFYN	4		12.7	87.1	
¥7*4									
Vitamins:			•	_	_				
Vitamin C, total ascorbic acid		0.0	0	Z	7		0.0	0.0	
Thiamin		0.350			1 1		0.210 0.111	1.446	
Riboflavin		0.185 3.245			1		1.947	0.764 13.402	
Niacin Pantothenic acid	-	0.262			1		0.157	1.082	
Vitamin B-6		0.160			1		0.137	0.661	
Folate, total	-	3	0		4		2	12	
Folic acid		0	0	z	7		0	0	
Folate, food		3	0	-	4		2	12	
Folate, DFE	mca DFE	3	0	NC	4		2	12	
Vitamin B-12		0.70	1		1		0.42	2.89	
Vitamin A, IU		0	1		1		0	0	
Vitamin A, RAE		0	0	NC	4		0	0	
Retinol		0	0	NR	4		0	0	
Vitamin E (alpha-tocopherol)		0.46	0	BFYN	4		0.28	1.90	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta	mg								
Vitamin D									
Vitamin K (phylloquinone)	mcg	0.0	0	BFYN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated	а	11.090	0		1		6.654	45.802	
4:0		0.000			1		0.000	0.000	
6:0		0.000			1		0.000	0.000	
8:0		0.000			1		0.000	0.000	
10:0		0.030			1		0.018	0.124	
12:0		0.060			1		0.036	0.248	
13:0	-								
14:0	_	0.410	0		1		0.246	1.693	
15:0	_								
16:0	g	6.920	0		1		4.152	28.580	
17:0	g								
18:0	g	3.620	0		1		2.172	14.951	
20:0	g								
22:0	-								
24:0	g								

		<u>An</u>	nount in 10	0 grams	of edil	le portio	<u>n</u>	Amount in	edible portion	of common
				Number					easures of food	
Nutrients and U	nits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	d a	14.670		0		1		8.802	60.587	
14:1				•		_		0.002	00.507	
15:1	g									
16:1 undifferentiated	g	0.970		0		1		0.582	4.006	
17:1	-									
18:1 undifferentiated	-	13.540		0		1		8.124	55.920	
20:1		0.000		0		1		0.000	0.000	
22:1 undifferentiated	•	0.000		0		1		0.000	0.000	
24:1 c		2 220		•					40 550	
Fatty acids, total polyunsaturated.		3.330		0 0		1 1		1.998 1.716	13.753	
18:2 undifferentiated 18:3 undifferentiated		2.860 0.320		0		1		0.192	11.812 1.322	
		0.320		0		1		0.192	0.000	
18:4 20:2 n-6 c.c.	-	0.000		U		1		0.000	0.000	
20:3 undifferentiated										
20:4 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.140		0		1		0.084	0.578	
20:5 n-3	-	0.000		0		1		0.000	0.000	
22:5 n-3	-	0.000		0		1		0.000	0.000	
22:6 n-3		0.000		0		1		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol		72		0		1		43	297	
Phytosterols	mg	0		0		4		0	0	
Amino Asids										
Amino Acids:	a	0.155		0		1		0.093	0.640	
Tryptophan		0.133		0		1		0.355	0.640 2.445	
Threonine Isoleucine	-	0.592		0		1		0.349	2.445	
Leucine	-	1.051		0		1		0.631	4.341	
Lysine		1.130		0		1		0.678	4.667	
Methionine		0.351		0		1		0.211	1.450	
Cystine		0.179		0		1		0.107	0.739	
Phenylalanine		0.564		0		1		0.338	2.329	
Tyrosine		0.436		0		1		0.262	1.801	
Valine	-	0.579		0		1		0.347	2.391	
Arginine	g	0.858		0		1		0.515	3.544	
Histidine	g	0.485		0		1		0.291	2.003	
Alanine	g	0.781		0		1		0.469	3.226	
Aspartic acid	g	1.253		0		1		0.752	5.175	
Glutamic acid	g	2.134		0		1		1.280	8.813	
Glycine	g	0.685		0		1		0.411	2.829	
Proline		0.568		0		1		0.341	2.346	
Serine		0.541		0		1		0.325	2.234	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine		0		0	z	7		0	0	
Theobromine	mg	0		0	z	7		0	0	
Carotenoids:										
Carotene, beta	mca	0		0	z	7		0.000	0.000	
Carotene, alpha	• • • • • • • • • • • • • • • • • • • •	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	
Lycopene		0		0	z	7		0.000	0.000	
Lutein + zeaxanthin		0		0	z	7		0.000	0.000	

Common Measures:

Measure 1 = 60g: 1 patty, cooked

Measure 2 = 413g: 1 unit, cooked (yield from 1 lb raw meat)

Pork, cured, ham, patties, grilled

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

		<u>A</u> 1	mount in 100 g	rams (of edit	ole portio	<u>n</u>		edible portion	
			Nu	mber				<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	54.40	2.941	5		1		15.42	35.36	
Energy	kcal	315		0	NC	4		89	205	
Energy	kj	1318				4		374	857	
Protein (N x 6.25)	g	12.78	0.542	5		1		3.62	8.31	
Total lipid (fat)	g	28.19	3.269	5		1		7.99	18.32	
Ash		2.93	0.141	5		1		0.83	1.90	
Carbohydrate, by difference	g	1.69		0	NC	4		0.48	1.10	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	8	1.156	3		1		2	5	
Iron, Fe	-	1.05	0.238	4		1		0.30	0.68	
Magnesium, Mg	-	10	0.348	3		1		3	7	
Phosphorus, P		149	26.131	4		1		42	97	
Potassium, K	-	239	54.026	3		1		68	155	
Sodium, Na		1088	60.742	4		1		308	707	
Zinc, Zn	mg	1.57	0.177	3		1		0.45	1.02	
Copper, Cu	mg	0.070)	1		1		0.020	0.046	
Manganese, Mn		0.023	3	0		4		0.007	0.015	
Selenium, Se	mcg	15.8		0	BFNN	4		4.5	10.3	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		1		1		0.0	0.0	
Thiamin	-	0.460	0.052	5		1		0.130	0.299	
Riboflavin	-	0.154		5		1		0.044	0.100	
Niacin	=	3.014	0.258	5		1		0.854	1.959	
Pantothenic acid	-	0.302	!	2		1		0.086	0.196	
Vitamin B-6	_	0.160	0.006	3		1		0.045	0.104	
Folate, total	mcg	3		0		4		1	2	
Folic acid		0		0	Z	7		0	0	
Folate, food		3		0		4		1	2	
Folate, DFE	mcg_DFE	3		0	NC	4		1	2	
Vitamin B-12		1.08	0.199	3		1		0.31	0.70	
Vitamin A, IU		0		1		1		0	0	
Vitamin A, RAE		0		1		1		0	0	
Retinol		0		1		1		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	_									
Vitamin D Vitamin K (phylloquinone)										
vitanini K (phynoquinone)	niog									
<u>Lipids:</u>										
Fatty acids, total saturated		10.130		0		1		2.872	6.585	
4:0		0.000		0		4		0.000	0.000	
6:0		0.000		0		4		0.000	0.000	
8:0	_	0.000		0		4		0.000	0.000	
10:0	-	0.020		0		1		0.006	0.013	
12:0	_	0.060)	0		1		0.017	0.039	
13:0	_	0 370	•	0		1		0 105	0.041	
14:0	-	0.370	,	U		1		0.105	0.241	
15:0 16:0		6.320	1	0		1		1.792	4.108	
	-	0.320	,	U		1		1.792	4.108	
17:0 18:0		3.310	1	0		1		0.938	2.152	
20:0		5.510	•	J		-		0.936	2.132	
22:0	_									
24:0	_									

		<u>Aı</u>	mount in 100		f edible porti	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	its	Mean				e Confidence Code	Measure 1	Measure 2	Measure 3	
E-marida dada manana da da	0	13.260		0	1		3.759	8.619		
Fatty acids, total monounsaturated 14:1	-	13.260		U	_		3.759	8.619		
15:1										
16:1 undifferentiated	-	0.890	1	0	1		0.252	0.579		
17:1	-	0.030		·	-		0.232	0.373		
18:1 undifferentiated		12.370)	0	1		3.507	8.041		
20:1		0.000		0	4		0.000	0.000		
22:1 undifferentiated	-	0.000		0	4		0.000	0.000		
24:1 c		0.000	•	v	**		3.000	0.000		
Fatty acids, total polyunsaturated		3.040	1	0	1		0.862	1.976		
18:2 undifferentiated		2.620		0	1		0.743	1.703		
18:3 undifferentiated	-	0.290		0	1		0.082	0.189		
18:4		0.000		0	4		0.002	0.000		
20:2 n-6 c.c.		0.000	•	·	-		0.000	0.000		
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.130	1	0	1		0.037	0.085		
20:5 n-3	-	0.000		0	4		0.000	0.000		
22:5 n-3	-	0.000		0	4		0.000	0.000		
22:6 n-3	-	0.000		0	4		0.000	0.000		
Fatty acids, total trans		0.000	•	·	-		0.000	0.000		
Cholesterol	-	70		1	1		20	46		
Phytosterols	_	0		0	4		0	0		
1 Hytosterois	9	·		·	-		ŭ	v		
Amino Acids:										
Tryptophan	g	0.149)	4	1		0.042	0.097		
Threonine	g	0.569)	12	1		0.161	0.370		
Isoleucine	g	0.558	:	12	1		0.158	0.363		
Leucine	g	1.010)	12	1		0.286	0.657		
Lysine	g	1.086	i	12	1		0.308	0.706		
Methionine	g	0.337	•	12	1		0.096	0.219		
Cystine	g	0.172	!	4	1		0.049	0.112		
Phenylalanine	g	0.542	!	12	1		0.154	0.352		
Tyrosine	g	0.419)	12	1		0.119	0.272		
Valine	g	0.556	i	12	1		0.158	0.361		
Arginine	g	0.824	ŀ	12	1		0.234	0.536		
Histidine	g	0.466	;	12	1		0.132	0.303		
Alanine	g	0.751		12	1		0.213	0.488		
Aspartic acid	g	1.205	i	12	1		0.342	0.783		
Glutamic acid	g	2.051		12	1		0.581	1.333		
Glycine	g	0.658	1	12	1		0.187	0.428		
Proline		0.546	i	12	1		0.155	0.355		
Serine	g	0.519)	12	1		0.147	0.337		
Hydroxyproline	g									

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 65g: 1 patty

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

NDB No. 10140
Pork, cured, ham, regular (approximately 13% fat), canned, roasted

		<u>Aı</u>	mount in 100 gi	rams of	f edib	le portio	<u>n</u>	Amount in	edible portion	of common
			Nur	mber				<u>m</u>	easures of food	<u>l</u>
			of	Data D)eriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	ints C	ode	Code	Code	Measure 1	Measure 2	Measure 3
_										
Proximates: Water	a	60.93	2.090	4		1		85.30	51.79	
Energy		226		0	NC	4		316	192	
Energy		946		•		4		1324	804	
Protein (N x 6.25)		20.53	0.500	4		1		28.74	17.45	
Total lipid (fat)		15.20	2.595	4		1		21.28	12.92	
Ash		2.93	0.120	4		1		4.10	2.49	
Carbohydrate, by difference		0.42		0	NC	4		0.59	0.36	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total									0.0	
Starch										
Starch	9									
Minerals:										
Calcium, Ca	-	8	0.333	3		1		11	7	
Iron, Fe		1.37	0.130	4		1		1.92	1.16	
Magnesium, Mg		17	0.410	4		1		24	14	
Phosphorus, P	-	243	3.160	4		1		340	207	
Potassium, K		357	10.530	4		1		500	303	
Sodium, Na		941	82.905	4		1		1317	800	
Zinc, Zn		2.50	0.090	4 4		1 1		3.50	2.13	
Copper, Cu		0.130		2		1		0.182 0.041	0.111 0.025	
Manganese, Mn Selenium, Se		35.9	,		BFYN	4		50.3	30.5	
Selemum, Se	11109	33.3		•	DEIM	-		30.3	30.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	14.0	2.345	4		1		19.6	11.9	
Thiamin		0.820	0.045	4		1		1.148	0.697	
Riboflavin	mg	0.260	0.015	4		1		0.364	0.221	
Niacin	-	5.300		4		1		7.420	4.505	
Pantothenic acid		0.730		1		1		1.022	0.621	
Vitamin B-6	-	0.300	0.025	4		1		0.420	0.255	
Folate, total		5		0		1		7	4	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	5		0		1		7	4	
Folate, DFE		5		0	NC	4		7	4	
Vitamin B-12		1.06	0.090	4		1		1.48	0.90	
Vitamin A, IU		0		0		1		0	0 0	
Vitamin A, RAE		0		0 0		1 1		0 0	0	
Retinol		U		U		_		U	U	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated		5.040		0		1		7.056	4.284	
4:0	_	0.000		0		4		0.000	0.000	
6:0		0.000		0		4		0.000	0.000	
8:0	-	0.000		0		4		0.000	0.000	
10:0	-	0.030		4		1		0.042	0.026	
12:0	-	0.020	0.013	4		1		0.028	0.017	
13:0	-	0 100	0.007	4		4		0.004	0.100	
14:0	-	0.160	0.027	4		1		0.224	0.136	
15:0	-	3 100	0 500	4		4		A 466	0.710	
16:0	-	3.190	0.590	4		1		4.466	2.712	
17:0		1.650	0.315	4		1		2 210	1 403	
18:0		1.000	0.313	-		1		2.310	1.403	
20:0	-									
22:0	g									

		<u>Ar</u>	nount in 100	grams	of edil	ole portio	<u>n</u>	Amount in	edible portion	of common
			-	lumber of Data	r Deriv	Source	Confidence		easures of food	
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Fatty acids, total monounsaturated	g	7.070		0		1		9.898	6.010	
14:1	_									
15:1										
16:1 undifferentiated	g	0.470	0.073	3 4		1		0.658	0.400	
18:1 undifferentiated		6.610	1.116	5 4		1		9.254	5.619	
20:1	-	0.000	1.11(0		4		0.000	0.000	
22:1 undifferentiated		0.000		0		4		0.000	0.000	
24:1 c	•	0.000		U		-		0.000	0.000	
Fatty acids, total polyunsaturated	-	1.780		0		1		2.492	1.513	
18:2 undifferentiated		1.620	0.279			1		2.268	1.377	
18:3 undifferentiated		0.160	0.068			1		0.224	0.136	
18:4		0.000	0.000	0		4		0.000	0.000	
20:2 n-6 c.c		0.000		Ū		-		0.000	0.000	
20:3 undifferentiated	-									
20:4 undifferentiated		0.000		0		4		0.000	0.000	
20:5 n-3	-	0.000		0		4		0.000	0.000	
22:5 n-3		0.000		0		4		0.000	0.000	
22:6 n-3	-	0.000		0		4		0.000	0.000	
Fatty acids, total trans				-		=		0.000	0.000	
Cholesterol		62	13.570) 4		1		87	53	
Phytosterols	_	0		0		4		0	0	
mino Acids:										
Tryptophan	g	0.233		0		1		0.326	0.198	
Threonine	g	0.916		0		1		1.282	0.779	
soleucine	g	0.883		0		1		1.236	0.751	
eucine	g	1.596		0		1		2.234	1.357	
ysine	g	1.764		0		1		2.470	1.499	
Methionine	g	0.535		0		1		0.749	0.455	
Cystine		0.243		0		1		0.340	0.207	
Phenylalanine		0.791		0		1		1.107	0.672	
Гyrosine	g	0.673		0		1		0.942	0.572	
Valine	g	0.920		0		1		1.288	0.782	
Arginine	g	1.271		0		1		1.779	1.080	
Histidine	g	0.811		0		1		1.135	0.689	
Alanine	g	1.172		0		1		1.641	0.996	
Aspartic acid	g	1.895		0		1		2.653	1.611	
Glutamic acid	g	3.031		0		1		4.243	2.576	
Glycine	g	1.005		0		1		1.407	0.854	
Proline	g	0.874		0		1		1.224	0.743	
Serine	g	0.798		0		1		1.117	0.678	

Common Measures:

Measure 1 = 140g: 1 cup Measure 2 = 85g: 3 oz

Hydroxyproline.....g

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

NDB No. 10139
Pork, cured, ham, regular (approximately 13% fat), canned, unheated

		<u>Aı</u>	mount in 100 g	grams	of edib	ole portio	<u>n</u>	Amount in	edible portion	of common
			Nu	ımbe	r			<u>m</u>	easures of food	_
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	66.54	0.550	23		1		93.16	18.86	
Energy		190	0.550	0	NC	4		266	54	
		795		Ü	NC	4		1113	225	
Energy			0.017	26						
Protein (N x 6.25)		16.97	0.217	26		1		23.76	4.81	
Total lipid (fat)		12.99	0.845	12		1		18.19	3.68	
Ash		3.48	0.195	8		1		4.87	0.99	
Carbohydrate, by difference		0.02		0	NC	4		0.03	0.01	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total		0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	ma	6		2		1		8	2	
Iron, Fe	_	0.83	0.091	11		1		1.16	0.24	
Magnesium, Mg		14	0.573	11		1		20	4	
Phosphorus, P		175	7.913	11		1		245	50	
Potassium, K	-	316	12.002	4		1		442	90	
Sodium, Na		1240	77.067	8		1		1736	352	
Zinc, Zn		1.66	0.075	11		1		2.32	0.47	
Copper, Cu		0.067		11		1		0.094	0.019	
Manganese, Mn		0.023		0		1		0.032	0.007	
Selenium, Se		29.8	•	2	A	1		41.7	8.4	
Scientini, Sc	9	23.0		_		_			0.1	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.0		0		7		0.0	0.0	
Thiamin		0.963		11		1		1.348	0.273	
Riboflavin	mg	0.231	0.011	11		1		0.323	0.065	
Niacin	-	3.218	0.088	11		1		4.505	0.912	
Pantothenic acid	mg	0.394	0.074	8		1		0.552	0.112	
Vitamin B-6	mg	0.480	0.088	11		1		0.672	0.136	
Folate, total	mcg	5	2.333	3		1		7	1	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	5	2.333	3		1		7	1	
Folate, DFE	mcg_DFE	5		0	NC	4		7	1	
Vitamin B-12	mcg	0.78	0.124	11		1		1.09	0.22	
Vitamin A, IU		0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol		0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.21		0	BFSN	4		0.30	0.06	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	a	4.250	1	0		1		5.950	1.205	
4:0		0.000		0		1		0.000	0.000	
6:0		0.000		0		1		0.000	0.000	
8:0		0.000		0		1		0.000	0.000	
10:0		0.060		1		1		0.084	0.017	
12:0		0.030		4		1		0.042	0.017	
13:0	-	0.030	0.012	-		-		3.042	0.009	
14:0	_	0.050	0.032	4		1		0.070	0.014	
15:0	_	0.050	0.032	•		1		0.070	0.014	
16:0	_	2.810	0.282	Δ		1		3.934	0.797	
17:0		2.610	0.202	•		1		3.334	0.797	
	_	1.320	0.105	4		1		1.848	0.374	
18:0 20:0	_	1.320	0.105	4		_		1.040	0.3/4	
	_									
22:0 24:0	-									

	<u>Aı</u>	mount in 100 gran		Amount in edible portion of common measures of food				
Nutrients and Units	Mean	Numb of Da Std. Error Point	ta Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
	····ou···	0.0.1						ououro o
Fatty acids, total monounsaturated	6.180	0		1		8.652	1.752	
14:1g		-		_		0.002	202	
15:1g								
16:1 undifferentiatedg	0.540	0.107 4		1		0.756	0.153	
17:1g				_				
18:1 undifferentiatedg	5.640			1 1		7.896	1.599	
20:1g 22:1 undifferentiatedg	0.000			1		0.000 0.000	0.000 0.000	
22:1 undifferentiatedg 24:1 cg	0.000	U		1		0.000	0.000	
Fatty acids, total polyunsaturatedg	1.470	0		1		2.058	0.417	
18:2 undifferentiatedg	1.290			1		1.806	0.366	
18:3 undifferentiatedg	0.170			1		0.238	0.048	
18:4g	0.000			1		0.000	0.000	
20:2 n-6 c.cg								
20:3 undifferentiated								
20:4 undifferentiatedg	0.000	0		1		0.000	0.000	
20:5 n-3g	0.000	0		1		0.000	0.000	
22:5 n-3g	0.000	0		1		0.000	0.000	
22:6 n-3g	0.000	0		1		0.000	0.000	
Fatty acids, total transg								
Cholesterol mg	39	4.910 3		1		55	11	
Phytosterolsmg	0	0		4		0	0	
Amino Acids:								
Tryptophan	0.193	2		1		0.270	0.055	
Threonineg	0.758	2		1		1.061	0.215	
Isoleucineg	0.731	2		1		1.023	0.207	
Leucine	1.320	2		1		1.848	0.374	
Lysineg	1.458			1		2.041	0.413	
Methionineg	0.443			1		0.620	0.126	
Cystineg	0.201			1		0.281	0.057	
Phenylalanineg	0.655			1		0.917	0.186	
Tyrosineg	0.557			1		0.780	0.158	
Valineg	0.760			1		1.064	0.215	
Arginine9	1.051			1		1.471	0.298	
Histidineg	0.671			1		0.939	0.190	
Alanine	0.970			1 1		1.358	0.275	
Aspartic acid	1.567			1		2.194	0.444	
Glutamic acid	2.507			1		3.510 1.163	0.711	
Glycine	0.831 0.722			1		1.163	0.236 0.205	
Proline	0.722			1		0.924	0.205	
Hydroxyproline	0.000	2		_		0.924	0.167	
Others:	0.0	0		7		0.0	0.0	
Alcohol, ethylg Caffeineg	0.0	0	z	7		0.0	0.0	
Theobromine mg	0	0	Z	7		0	0	
Carotenoids:	v	·	4	,		·	J	
	0		_	-		0 000	0.000	
Carotene, beta mcg	0	0	Z Z	7 7		0.000 0.000	0.000 0.000	
Cryptovanthin beta mcg	0	0	Z	7		0.000	0.000	
Cryptoxanthin, betamcg Lycopenemcg	0	0	Z	7		0.000	0.000	
	•	·		,		0.000		

Common Measures:

Measure 1 = 140g: 1 cup Measure 2 = 28.35g: 1 oz

Pork, cured, ham, regular (approximately 13% fat), canned, unheated

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

		<u>Aı</u>	mount in 100 g	rams	of edil	ole portio	<u>n</u>	Amount in	edible portion	of common
			Nu	mber				<u>m</u>	easures of food	_
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	72.24	0.093	53		1		20.48	41.18	
Energy		122	0.055	0		4		35	70	
Energy		510		U		4		145	291	
0.		19.56	0.088	53		1		5.55		
Protein (N x 6.25)	-	4.25	0.095	53		1		1.20	11.15 2.42	
Total lipid (fat)		3.95	0.041	53		1		1.12	2.42	
Ash		0.00	0.041	0	z	7		0.00		
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		U	Z	,		0.0	0.0	
Sugars, total										
Starch	9									
Minerals:										
Calcium, Ca	mg	4	0.203	20		1		1	2	
Iron, Fe	mg	1.00	0.029	46		1		0.28	0.57	
Magnesium, Mg	mg	19	0.363	46		1		5	11	
Phosphorus, P	-	260	4.127	46		1		74	148	
Potassium, K	mg	325	4.696	53		1		92	185	
Sodium, Na		1269	18.483	52		1		360	723	
Zinc, Zn		2.02	0.037	46		1		0.57	1.15	
Copper, Cu	mg	0.080	0.006	46		1		0.023	0.046	
Manganese, Mn		0.037	0.005	11		1		0.010	0.021	
Selenium, Se	mcg	15.5		0	BFNN	4		4.4	8.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	32.3	0.815	47		1		9.2	18.4	
Thiamin		0.800	0.015	46		1		0.227	0.456	
Riboflavin		0.200	0.004	46		1		0.057	0.114	
Niacin		5.080	0.093	46		1		1.440	2.896	
Pantothenic acid	-	0.620	1	1		1		0.176	0.353	
Vitamin B-6		0.370	0.010	46		1		0.105	0.211	
Folate, total	mcg	4		0		4		1	2	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	4		0		4		1	2	
Folate, DFE	mcg_DFE	4		0	NC	4		1	2	
Vitamin B-12		0.79	0.031	46		1		0.22	0.45	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol		0		0		1		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta	-									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.440	1	0		4		0.408	0.821	
4:0		0.000)	0		4		0.000	0.000	
6:0	g	0.000	1	0		4		0.000	0.000	
8:0	g	0.000	1	0		4		0.000	0.000	
10:0	g	0.020	0.006	11		1		0.006	0.011	
12:0	g	0.020	0.006	11		1		0.006	0.011	
13:0	g									
14:0	g	0.080	0.006	11		1		0.023	0.046	
15:0	g									
16:0	g	0.840	0.038	11		1		0.238	0.479	
17:0	g									
18:0	9	0.470	0.024	11		1		0.133	0.268	
20:0	g									
22:0	•									

	<u>Aı</u>	mount in 100 grar Numb		e portion	Amount in edible portion of common measures of food		
Nutrients and Units	Mean		ta Deriv S	Source Confidence Code Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g 1.960	0		4	0.556	1.117	
14:1	g						
15:1	g						
16:1 undifferentiated	g 0.190	0.012 1	L	1	0.054	0.108	
17:1	g						
18:1 undifferentiated	g 1.770	0.074 1	L	1	0.502	1.009	
20:1	g 0.000	0		4	0.000	0.000	
22:1 undifferentiated 24:1 c	=	0		4	0.000	0.000	
Fatty acids, total polyunsaturated		0		4	0.133	0.268	
18:2 undifferentiated		0.030 1	L	1	0.122	0.245	
18:3 undifferentiated		0.009 1	L	1	0.011	0.023	
18:4	g 0.000	0		4	0.000	0.000	
20:2 n-6 c.c	=						
20:3 undifferentiated	g						
20:4 undifferentiated	g 0.000	0		4	0.000	0.000	
20:5 n-3	g 0.000	0		4	0.000	0.000	
22:5 n-3	g 0.000	0		4	0.000	0.000	
22:6 n-3	g 0.000	0		4	0.000	0.000	
Fatty acids, total trans	g						
Cholesterol	mg 45	2.222 13	L	1	13	26	
Phytosterols	mg 0	0		4	0	0	
Amino Acids:							
Tryptophan		2		1	0.067	0.134	
Threonine	-	10		1	0.247	0.496	
Isoleucine	•	10		1	0.243	0.489	
Leucine	-	10		1	0.440	0.885	
Lysine	-	10		1	0.470	0.945	
Methionine	•			1	0.146	0.294	
Cystine	-	2		1	0.084	0.168	
Phenylalanine		10		1	0.240	0.482	
Tyrosine		10		1	0.182	0.365	
Valine	=	1(1	0.240	0.483	
Arginine		10		1	0.360	0.724	
Histidine		10		1	0.199	0.400	
Alanine	=	10		1	0.327	0.658	
Aspartic acid				1 1	0.525	1.056	
Glutamic acid	-	1(1	0.904	1.818	
Glycine	-	10			0.288	0.580	
Proline	-	10		1 1	0.237 0.227	0.477	
Serine	•	10	,	1	0.227	0.457	
Hydroxyproline	9						

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 57g: 1 slice

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 24% Bone and skin

		<u>A</u> 1	mount in 100 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			Number	•			<u>m</u>	easures of food		
			of Data	Deriv	Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	58.40	0		1		81.76	49.64		
Energy	kcal	243	0	NC	4		340	207		
Energy		1017			4		1423	864		
Protein (N x 6.25)	g	21.57	0		1		30.20	18.33		
Total lipid (fat)		16.77	0		1		23.48	14.25		
Ash		3.33	0		1		4.66	2.83		
Carbohydrate, by difference		0.00	0	Z	7		0.00	0.00		
Fiber, total dietary		0.0	0	Z	7		0.0	0.0		
Sugars, total		0.00	0	z	7		0.00	0.00		
Starch										
Minerals:		_			_			_		
Calcium, Ca	-	7	0		1		10	6		
Iron, Fe		0.87	0		1		1.22	0.74		
Magnesium, Mg		19	0		1		27	16		
Phosphorus, P	•	214 286	0		1 1		300 400	182 243		
Potassium, K		286 1187	0		1		400 1662	1009		
Sodium, NaZinc, Zn		2.32	0		1		3.25	1.97		
Copper, Cu		0.083			1		0.116	0.071		
Manganese, Mn		0.014			1		0.020	0.012		
Selenium, Se		22.7	. 0	PIE	4		31.8	19.3		
			•		_					
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.0	0	Z	7		0.0	0.0		
Thiamin		0.601			1		0.841	0.511		
Riboflavin		0.221			1		0.309	0.188		
Niacin	-	4.461			1		6.245	3.792		
Pantothenic acid		0.457			1		0.640	0.388		
Vitamin B-6	-	0.380			1		0.532	0.323		
Folate, total		3	0	_	1		4	3		
Folic acid		0	0	Z	7		0	0		
Folate, food	mcg	3	0		1		4	3		
Folate, DFE		3	0	NC	4		4	3		
Vitamin B-12		0.64 0	0		1		0.90	0.54		
Vitamin A, IU		0	0	***	1		0 0	0 0		
Vitamin A, RAE		0	0	NC NR	4 4		0	0		
Retinol		0.36	0	BFYN	4		0.51	0.31		
Vitamin E (alpha-tocopherol)		0.36	U	Drin	4		0.51	0.31		
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0	0	BFYN	4		0.0	0.0		
<u>Lipids:</u>							_			
Fatty acids, total saturated		5.980			1		8.372	5.083		
4:0		0.000			1		0.000	0.000		
6:0		0.000			1		0.000	0.000		
8:0		0.000			1		0.000	0.000		
10:0	-	0.020			1		0.028	0.017		
12:0	_	0.030	0		1		0.042	0.026		
13:0	-	0.000						2 125		
14:0	-	0.220	0		1		0.308	0.187		
15:0	-	0 ===								
16:0		3.750	0		1		5.250	3.188		
17:0	-	4 000					0 544	1		
	П	1.960	0		1		2.744	1.666		
18:0	-									
18:0	g									

		<u>A</u>	mount in 100 grams		e portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and U	nits	Mean		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	dg	7.880	0		1		11.032	6.698		
14:1	-									
15:1	g	0.530	0		1		0.742	0.451		
17:1 18:1 undifferentiated		7.350	0		1		10.290	6.248		
20:1	-	0.000			1		0.000	0.000		
22:1 undifferentiated	-	0.000	0		1		0.000	0.000		
24:1 c	g									
Fatty acids, total polyunsaturated.	g	1.810			1		2.534	1.539		
18:2 undifferentiated		1.550			1		2.170	1.318		
18:3 undifferentiated		0.170			1		0.238	0.145		
18:4 20:2 n-6 c.c.		0.000	0		1		0.000	0.000		
20:2 n-6 c,c 20:3 undifferentiated										
20:4 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.080	0		1		0.112	0.068		
20:5 n-3		0.000			1		0.000	0.000		
22:5 n-3		0.000			1		0.000	0.000		
22:6 n-3		0.000	0		1		0.000	0.000		
Fatty acids, total trans	g									
Cholesterol	mg	62	0		1		87	53		
Phytosterols	mg	0	0		4		0	0		
Amino Acids:										
Tryptophan	а	0.245	. 0		1		0.343	0.208		
Threonine		0.941			1		1.317	0.800		
Isoleucine		0.918			1		1.285	0.780		
Leucine	-	1.697	0		1		2.376	1.442		
Lysine	g	1.825	0		1		2.555	1.551		
Methionine	g	0.551	. 0		1		0.771	0.468		
Cystine	g	0.315	0		1		0.441	0.268		
Phenylalanine		0.922			1		1.291	0.784		
Tyrosine	-	0.682			1		0.955	0.580		
Valine	-	0.941			1		1.317	0.800		
Arginine	-	1.459			1		2.043	1.240		
Histidine	-	0.735			1		1.029	0.625		
Alanine		1.183			1 1		1.656	1.006		
Aspartic acidGlutamic acid		1.897 3.267			1		2.656 4.574	1.612 2.777		
Glycine	_	1.041			1		1.457	0.885		
Proline	=	0.856			1		1.198	0.728		
Serine		0.820			1		1.148	0.697		
Hydroxyproline	-									
2 21										
Others:			_		_					
Alcohol, ethyl		0.0	0	z	7 7		0.0	0.0		
Caffeine Theobromine.	_	0	0	Z	7		0	0 0		
	9	U	U	4	,		U	U		
Carotenoids:										
Carotene, beta		0	0	Z	7		0.000	0.000		
Carotene, alpha		0	0	Z	7		0.000	0.000		
Cryptoxanthin, beta		0	0	Z	7		0.000	0.000		
Lycopene		0	0	z z	7 7		0.000 0.000	0.000 0.000		
Lutein + zeaxanthin	iird	U	U	Z	,		0.000	0.000		

Common Measures:

Measure 1 = 140g: 1 cup

Measure 2 = 85g: 3 oz

Pork, cured, ham, whole, separable lean and fat, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 18% Bone and skin

		<u>A</u>	mount in 100	grams	of edit	ole portic	<u>n</u>	Amount in edible portion of common		
			N	Number					easures of food	
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Duavimatas										
Proximates: Water	g	59.71		0		1		83.59	16.93	
Energy		246		0	NC	4		344	70	
Energy		1029				4		1441	292	
Protein (N x 6.25)		18.49		0		1		25.89	5.24	
Total lipid (fat)	-	18.52		0		1		25.93	5.25	
Ash		3.23		0		1		4.52	0.92	
Carbohydrate, by difference		0.06		0	NC	4		0.08	0.02	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total		0.00		0	z	7		0.00	0.00	
Starch										
Minerals:										
Calcium, Ca	-	7		0		1		10	2	
Iron, Fe		0.71		0		1		0.99	0.20	
Magnesium, Mg		15		0		1		21	4	
Phosphorus, P		201		0		1		281	57	
Potassium, K		310		0		1		434	88	
Sodium, Na	-	1284		0 0		1 1		1798	364	
Zinc, Zn		1.76 0.071		0		1		2.46 0.099	0.50 0.020	
Copper, Cu		0.071		0		1		0.039	0.020	
Selenium, Se		15.3	,	0	PIE	4		21.4	4.3	
Selenium, Se	1110g	13.3		Ū		-		21.4	4.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	34.9		0	BFNN	4		48.9	9.9	
Thiamin		0.777	7	0		1		1.088	0.220	
Riboflavin	-	0.189	9	0		1		0.265	0.054	
Niacin		4.463		0		1		6.248	1.265	
Pantothenic acid		0.467		0		1		0.654	0.132	
Vitamin B-6		0.410)	0		1		0.574	0.116	
Folate, total		1		0	BFZN	4		1	0	
Folic acid		0		0	Z	7		0	0	
Folate, food		1		0	BFZN	4		1	0	
Folate, DFE		1		0	NC	4		1	0	
Vitamin B-12		0.74		0		1		1.04	0.21	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE		0		0	AS	1		0	0	
Retinol		0		0 0	NR	4		0	0	
Vitamin E (alpha-tocopherol)		0.27		0	BFSN BFSN	4		0.37	0.08	
Tocopherol, beta		0.00 0.05		0		4		0.00	0.00	
Tocopherol, gamma		0.05		0	BFSN BFSN	4		0.08 0.00	0.02 0.00	
Tocopherol, delta Vitamin D		0.00		U	DESN	4		0.00	0.00	
Vitamin K (phylloquinone)		0.0		0	BFSN	4		0.0	0.0	
Linida										
Lipids:	0	6 600	1	0		1		0.060	1 077	
Fatty acids, total saturated	-	6.620 0.000		0		1 4		9.268	1.877	
4:0 6:0		0.000		0		4		0.000 0.000	0.000 0.000	
8:0		0.000		0		4		0.000	0.000	
10:0	-	0.020		0		1		0.028	0.006	
12:0		0.040		0		1		0.056	0.011	
13:0		0.040	-	Ū		-		3.030	0.011	
14:0	-	0.240)	0		1		0.336	0.068	
15:0	-	0.240	•	J		-		0.550	0.000	
16:0	-	4.150)	0		1		5.810	1.177	
17:0	-	4.130	-	,		-		3.010	1.111	
18:0	-	2.170)	0		1		3.038	0.615	
20:0	-		-	ū		-		3.030	0.015	
22:0	-									
24:0	-									
=										

		<u>A</u>	mount in 100 grams		ble portior	1	Amount in edible portion of common measures of food			
			Numbe	r			<u>m</u> e	easures of food		
				Deriv		Confidence				
Nutrients and Un	nits	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	q	8.700	0		1		12.180	2.466		
14:1										
15:1	g									
16:1 undifferentiated	g	0.580	0		1		0.812	0.164		
17:1	g									
18:1 undifferentiated	g	8.120	0		1		11.368	2.302		
20:1	_	0.000			4		0.000	0.000		
22:1 undifferentiated	•	0.000	0		4		0.000	0.000		
24:1 c										
Fatty acids, total polyunsaturated		1.640			1		2.296	0.465		
18:2 undifferentiated		1.360			1		1.904	0.386		
18:3 undifferentiated	-	0.190			1		0.266	0.054		
18:4		0.000	0		4		0.000	0.000		
20:2 n-6 c,c	-									
20:3 undifferentiated	_		_		_					
20:4 undifferentiated	-	0.090			1		0.126	0.026		
20:5 n-3	_	0.000			4		0.000	0.000		
22:5 n-3		0.000			4		0.000	0.000		
22:6 n-3		0.000	0		4		0.000	0.000		
Fatty acids, total trans										
Cholesterol		56	0		1		78	16		
Phytosterols	mg	0	0		4		0	0		
Amino Acids:										
Tryptophan	q	0.210	0		1		0.294	0.060		
Threonine		0.806	0		1		1.128	0.229		
Isoleucine	-	0.787	0		1		1.102	0.223		
Leucine	g	1.455	0		1		2.037	0.412		
Lysine	g	1.565	0		1		2.191	0.444		
Methionine	g	0.473	0		1		0.662	0.134		
Cystine	g	0.270	0		1		0.378	0.077		
Phenylalanine	g	0.791	. 0		1		1.107	0.224		
Tyrosine	g	0.584	0		1		0.818	0.166		
Valine	g	0.807	0		1		1.130	0.229		
Arginine	g	1.250	0		1		1.750	0.354		
Histidine	g	0.630	0		1		0.882	0.179		
Alanine	g	1.014	0		1		1.420	0.287		
Aspartic acid	g	1.627	0		1		2.278	0.461		
Glutamic acid	g	2.801	. 0		1		3.921	0.794		
Glycine	g	0.893	0		1		1.250	0.253		
Proline		0.733	0		1		1.026	0.208		
Serine	g	0.703	0		1		0.984	0.199		
Hydroxyproline										
, ,										
Others:			_	_	_					
Alcohol, ethyl		0.0	0	Z	7		0.0	0.0		
Caffeine		0	0	Z	7		0	0		
Theobromine	III9	0	0	Z	7		0	0		
Carotenoids:										
Carotene, beta	mcg	0	0	Z	7		0.000	0.000		
Carotene, alpha		0	0	Z	7		0.000	0.000		
Cryptoxanthin, beta		0	0	Z	7		0.000	0.000		
Lycopene		0	0	Z	7		0.000	0.000		
Lutein + zeaxanthin	mcg	0	0	Z	7		0.000	0.000		

Common Measures:

Measure 1 = 140g: 1 cup Measure 2 = 28.35g: 1 oz

Pork, cured, ham, whole, separable lean and fat, unheated

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 39% Bone and skin 24%, separable fat 15%

		<u>Aı</u>	mount in 100 g	ırams	of edik	ole portio	<u>on</u>	Amount in edible portion of common		
			Nu	ımber	•			<u>m</u>	easures of food	_
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure
Proximates:		65.70	0.000	45				00.00		
Water	_	65.78	0.293	45		1		92.09	55.91	
Energy		157		0	NC	4		220	133	
Energy		657				4		920	558	
Protein (N x 6.25)	-	25.05	0.254	29		1		35.07	21.29	
Total lipid (fat)		5.50	0.177	25		1		7.70	4.68	
Ash	g	3.74	0.152	12		1		5.24	3.18	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	7	0.298	21		1		10	6	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.94	0.023	21		1		1.32	0.80	
Magnesium, Mg	_	22	0.850	21		1		31	19	
Phosphorus, P		227		0		1		318	193	
Potassium, K		316	8.674	21		1		442	269	
Sodium, Na		1327	80.771	21		1		1858	1128	
Zinc, Zn		2.57	0.051	21		1		3.60	2.18	
Copper, Cu		0.087		21		1		0.122	0.074	
Manganese, Mn		0.016		21		1		0.022	0.014	
Selenium, Se		25.4	1.499	28	A	1		35.6	21.6	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin		0.680	0.072	5		1		0.952	0.578	
Riboflavin		0.254		5		1		0.356	0.216	
Niacin		5.020		5		1		7.028	4.267	
Pantothenic acid		0.498		0		1		0.697	0.423	
Vitamin B-6		0.470		0		1		0.658	0.400	
Folate, total	-	4		0		1		6	3	
Folic acid		0		0	z	7		0	0	
Folate, food		4		0	_	1		6	3	
Folate, DFE		4		0	NC	4		6	3	
Vitamin B-12		0.70	0.031	5	110	1		0.98	0.60	
Vitamin A, IU		0.70	0.031	0		1		0.30	0	
Vitamin A, RAE		0		0	AS	1		0	0	
Retinol		0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)		0.26		0	BFYN	4		0.36	0.22	
Tocopherol, beta	mg	0.26		U	DEIN	4		0.36	0.22	
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0	BFYN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	a	1.840		0		1		2.576	1.564	
4:0		0.000		0		1		0.000	0.000	
6:0		0.000		0		1		0.000	0.000	
8:0	-	0.000		0		1		0.000	0.000	
10:0		0.000		30		1		0.000	0.000	
	-	0.020		28		1		0.028	0.017	
12:0		0.020	0.003	20		1		0.028	0.01/	
13:0		0.070	0.002	100		1		0.098	0 060	
14:0		0.070	0.002	109		1		0.098	0.060	
15:0		1 150	0.000	100		1		1 620	2 22-	
16:0		1.170	0.020	109		1		1.638	0.995	
17:0	-	0 500	0.010	100				0.704	0 47.0	
18:0	-	0.560	0.010	109		1		0.784	0.476	
20:0	-									
22:0	-									
24:0	g									

	<u>Ar</u>	nount in 100 gra		ible portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Numb of Da Std. Error Point	ta Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	2.530	C		1		3.542	2.151	
14:1g								
15:1g								
16:1 undifferentiatedg	0.210	0.006 10	9	1		0.294	0.179	
17:1g								
18:1 undifferentiatedg	2.320	0.039 10		1		3.248	1.972	
20:1g	0.000	(1		0.000	0.000	
22:1 undifferentiatedg	0.000	C		1		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturated9	0.630	0 014 16		1		0.882	0.536	
18:2 undifferentiated	0.500	0.014 10		1		0.700	0.425	
18:3 undifferentiatedg	0.060	0.006 3		1		0.084	0.051	
18:4g	0.000	C		1		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiated			_					
20:4 undifferentiatedg	0.070	0.004 2		1		0.098	0.060	
20:5 n-3g	0.000	(1		0.000	0.000	
22:5 n-3g	0.000	(1		0.000	0.000	
22:6 n-3g	0.000	C		1		0.000	0.000	
Fatty acids, total trans		_		_				
Cholesterol mg	55	(1		77	47	
Phytosterolsmg	0	C		4		0	0	
Amino Acids:								
Tryptophan	0.300	2		1		0.420	0.255	
Threonine	1.114	1)	1		1.560	0.947	
Isoleucine	1.098	1)	1		1.537	0.933	
Leucineg	1.988	1)	1		2.783	1.690	
Lysineg	2.124	1)	1		2.974	1.805	
Methionineg	0.661	1)	1		0.925	0.562	
Cystineg	0.377	2		1		0.528	0.320	
Phenylalanine	1.082	1)	1		1.515	0.920	
Tyrosineg	0.822	1)	1		1.151	0.699	
Valine	1.086	1		1		1.520	0.923	
Arginine	1.627	1)	1		2.278	1.383	
Histidine	0.898	1		1		1.257	0.763	
Alanine	1.479	1)	1		2.071	1.257	
Aspartic acid	2.372	1)	1		3.321	2.016	
Glutamic acid. 9	4.084	1)	1		5.718	3.471	
Glycine	1.302	1)	1		1.823	1.107	
Proline	1.070	1		1		1.498	0.910	
Serine	1.026			1		1.436	0.872	
Hydroxyproline								
Others:								
Alcohol, ethyl	0.0	C		7		0.0	0.0	
Caffeine mg	0			7		0	0	
Theobromine mg	0			7		0	0	
Carotenoids:	-	•	-	•		-	-	
						_		
Carotene, beta mcg	0	(7		0.000	0.000	
Carotene, alpha mcg	0	(_	7		0.000	0.000	
Cryptoxanthin, beta mcg	0	(_	7		0.000	0.000	
Lycopene mcg	0	(7		0.000	0.000	
Lutein + zeaxanthin mcg	0	C	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 140g: 1 cup

Measure 2 = 85g: 3 oz

Pork, cured, ham, whole, separable lean only, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 37% Bone and skin 18%, separable fat 19%

		<u>A</u> :	mount in 100	Amount in	Amount in edible portion of common					
			N	umber					easures of food	
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error P			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	_	68.26	0.277			1		95.56	19.35	
Energy		147		0	NC	4		206	42	
Energy		615				4		861	174	
Protein (N x 6.25)	-	22.32	0.305			1		31.25	6.33	
Total lipid (fat)		5.71	0.261	24		1		7.99	1.62	
Ash		3.66	0.141			1		5.12	1.04	
Carbohydrate, by difference		0.05		0	NC	4		0.07	0.01	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total	_	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium. Ca	mg	7		0		1		10	2	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.81		0		1		1.13	0.23	
Magnesium, Mg	-	18		0		1		25	5	
Phosphorus, P		232		0		1		325	66	
Potassium, K	-	371		0		1		519	105	
Sodium, Na	-	1516		0		1		2122	430	
Zinc, Zn	-	2.04		0		1		2.86	0.58	
Copper, Cu		0.079)	0		1		0.111	0.022	
Manganese, Mn		0.035	i	0		1		0.049	0.010	
Selenium, Se	mcg	18.8		0	BFYN	4		26.3	5.3	
Vitamina										
<u>Vitamins:</u>				•	_	-		0.0		
Vitamin C, total ascorbic acid		0.0		0	Z	7		0.0	0.0	
Thiamin		0.932		0		1 1		1.305	0.264	
Riboflavin	-	0.226						0.316	0.064	
Niacin		5.252		0		1 1		7.353	1.489	
Pantothenic acid		0.538		0		1		0.753 0.742	0.153	
Vitamin B-6	-		,	-					0.150	
Folate, total		4 0		0	Z	1 7		6 0	1 0	
Folic acid		4		0	Z	1		6	1	
Folate, food				0	170	4		6		
Folate, DFE		4			NC				1	
Vitamin B-12		0.87		0		1		1.22 0	0.25	
Vitamin A, IU	IU	0		0	***	1		-	0	
Vitamin A, RAE		0		0	NC	4		0 0	0	
Retinol				0	NR	4		-	0	
Vitamin E (alpha-tocopherol)		0.20		0	BFSN	4		0.28	0.06	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		0.0		0	BFSN	4		0.0	0.0	
vitamin K (pnylloquinone)	nicg	0.0		U	DESN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	1.920)	0		1		2.688	0.544	
4:0	g	0.000)	0		1		0.000	0.000	
6:0	g	0.000)	0		1		0.000	0.000	
8:0	g	0.000)	0		1		0.000	0.000	
10:0	g	0.020	0.004	30		1		0.028	0.006	
12:0	g	0.020	0.003	28		1		0.028	0.006	
13:0	g									
14:0	g	0.070	0.002	109		1		0.098	0.020	
15:0	g									
16:0	g	1.210	0.027	109		1		1.694	0.343	
17:0	g									
18:0	g	0.590	0.014	109		1		0.826	0.167	
20:0	g									
22:0	g									
24:0	g									

		<u>Aı</u>	mount in 100 g		Amount in edible portion of common measures of food					
Nutrients and Units		Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	q	2.620		0		1		3.668	0.743	
14:1										
15:1	_									
16:1 undifferentiated	_	0.220	0.007	109		1		0.308	0.062	
17:1		0.400	0.054	100					0.600	
18:1 undifferentiated	_	2.400				1 1		3.360	0.680	
20:1 22:1 undifferentiated		0.000		0		1		0.000 0.000	0.000 0.000	
24:1 c	•	0.000		U		1		0.000	0.000	
Fatty acids, total polyunsaturated		0.660		0		1		0.924	0.187	
18:2 undifferentiated		0.520				1		0.728	0.147	
18:3 undifferentiated		0.060		36		1		0.084	0.017	
18:4		0.000		0		1		0.000	0.000	
20:2 n-6 c.c	_									
20:3 undifferentiated										
20:4 undifferentiated	-	0.070	0.004	25		1		0.098	0.020	
20:5 n-3	g	0.000		0		1		0.000	0.000	
22:5 n-3	g	0.000		0		1		0.000	0.000	
22:6 n-3	g	0.000		0		1		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	mg	52		0		1		73	15	
Phytosterols	mg	0		0		4		0	0	
Amino Acids:										
	a	0.268		2		1		0.375	0.076	
Tryptophan Threonine		0.992		10		1		1.389	0.281	
Isoleucine	-	0.978		10		1		1.369	0.231	
Leucine	-	1.771		10		1		2.479	0.502	
Lysine		1.892		10		1		2.649	0.536	
Methionine		0.589		10		1		0.825	0.167	
Cystine		0.336		2		1		0.470	0.095	
Phenylalanine	-	0.964		10		1		1.350	0.273	
Tyrosine		0.732		10		1		1.025	0.208	
Valine	-	0.967		10		1		1.354	0.274	
Arginine	_	1.449		10		1		2.029	0.411	
Histidine		0.800		10		1		1.120	0.227	
Alanine	g	1.317		10		1		1.844	0.373	
Aspartic acid	g	2.113		10		1		2.958	0.599	
Glutamic acid		3.638		10		1		5.093	1.031	
Glycine	g	1.160		10		1		1.624	0.329	
Proline		0.953		10		1		1.334	0.270	
Serine		0.914		10		1		1.280	0.259	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine	mg	0		0	Z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta	mcg	0		0	z	7		0.000	0.000	
Carotene, alpha		0		0	z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	z	7		0.000	0.000	
Lycopene		0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin		0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 140g: 1 cup Measure 2 = 28.35g: 1 oz

Pork, cured, ham, whole, separable lean only, unheated

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

		<u>A</u>	mount in 100	0 grams	of edib	le portio	<u>n</u>		edible portion	
			ı	Number	•			<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	11.00		2		1		3.12	24.97	
Energy	kcal	748		0	NC	4		212	1698	
Energy	kj	3130				4		887	7104	
Protein (N x 6.25)	g	5.05		2		1		1.43	11.46	
Total lipid (fat)	g	80.50		2		1		22.82	182.74	
Ash	g	3.65		2		1		1.03	8.29	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	ma	6		0		1		2	14	
Iron. Fe.	-	0.44		0		1		0.12	1.00	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	7		0		1		2	16	
Phosphorus, P		52		0		1		15	118	
Potassium, K	_	66		2		1		19	150	
Sodium, Na		1424	400.68	1 3		1		404	3232	
Zinc, Zn	mg	0.90		0		1		0.26	2.04	
Copper, Cu		0.050)	0		1		0.014	0.114	
Manganese, Mn	mg	0.005	5	0		1		0.001	0.011	
Selenium, Se	mcg	5.8		0	BFNN	4		1.6	13.2	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin	_	0.215	:	0		1		0.061	0.488	
Riboflavin	-	0.061		0		1		0.001	0.138	
Niacin	-	1.620		0		1		0.459	3.677	
Pantothenic acid	_	0.205		0		1		0.058	0.465	
Vitamin B-6	-	0.080		0		1		0.023	0.182	
Folate, total	-	1		0		1		0	2	
Folic acid		0		0	z	7		0	0	
Folate, food		1		0		1		0	2	
Folate, DFE		1		0	NC	4		0	2	
Vitamin B-12		0.29		0		1		0.08	0.66	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.00		0	BFSN	4		0.00	0.00	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D				•				0.0		
Vitamin K (phylloquinone)	Ilicg	0.0		0	BFSN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	29.380)	0		1		8.329	66.693	
4:0		0.000)	0		1		0.000	0.000	
6:0	g	0.000)	0		1		0.000	0.000	
8:0	g	0.000)	0		1		0.000	0.000	
10:0	g	0.000)	0		1		0.000	0.000	
12:0		0.160)	0		1		0.045	0.363	
13:0										
14:0	g	1.050)	0		1		0.298	2.384	
15:0										
16:0	g	17.670)	0		1		5.009	40.111	
17:0	-									
18:0	-	10.330)	0		1		2.929	23.449	
20:0	-									
22:0	-									
24:0	g									

		<u>A</u> 1	mount in 10		Amount in edible portion of common measures of food					
				Number of Data		Source	Confidence	<u>m</u>	easures of food	
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	37.940		0		1		10.756	86.124	
14:1	g									
15:1	g	2.500		0		1		0.709	5.675	
17:1 18:1 undifferentiated	_	34.930		0		1		9.903	79.291	
20:1	g	0.000		0		1		0.000	0.000	
22:1 undifferentiated	_	0.000		0		1		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturated		9.400		0		1		2.665	21.338	
18:2 undifferentiated	g	8.630		0		1		2.447	19.590	
18:3 undifferentiated	g	0.650		0		1		0.184	1.476	
18:4	g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.080		0		1		0.023	0.182	
20:5 n-3	g	0.000		0		1		0.000	0.000	
22:5 n-3	g	0.000		0		1		0.000	0.000	
22:6 n-3	g	0.000		0		1		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	mg	86		0		1		24	195	
Phytosterols	mg	0		0		4		0	0	
A A										
Amino Acids:						_				
Tryptophan		0.017		0		1		0.005	0.039	
Threonine	-	0.166		0		1		0.047	0.377	
Isoleucine	-	0.133		0		1		0.038	0.302	
Leucine		0.353		0		1 1		0.100	0.801	
Lysine		0.419		0		1		0.119	0.951	
Methionine		0.075		0		1		0.021	0.170	
Cystine	-	0.044		0		1		0.012	0.100	
Phenylalanine		0.189						0.054	0.429	
Tyrosine	-	0.082		0		1		0.023	0.186	
Valine	-	0.242		0		1		0.069	0.549	
Arginine		0.522		0		1		0.148	1.185	
Histidine	-	0.057		0		1 4		0.016	0.129	
Alanine		0.283				_		0.080	0.642	
Aspartic acid	-	0.417		0		4		0.118	0.947	
Glutamic acid	-	0.693		0		4 4		0.196	1.573	
Glycine	-	0.361		0		-		0.102	0.819	
Proline		0.268		0		4		0.076	0.608	
Serine		0.190		U		4		0.054	0.431	
Hydroxyproline	9									
Others:	a	0.0		0		7		0.0	0.0	
Alcohol, ethyl		0.0		0	z	7		0.0	0.0	
Theobromine		0		0	Z	7		0	0	
	9	U		U	4	,		U	J	
Carotenoids:										
Carotene, beta		0		0	Z	7		0.000	0.000	
Carotene, alpha		0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	
Lycopene		0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 227g: 8 oz

Pork, cured, salt pork, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

NDB No. 10167 Pork, cured, separable fat (from ham and arm picnic), roasted

Refuse: 0%

		<u>A</u>	mount in 100 g	grams	of edib	ole portic	<u>on</u>	Amount in edible portion of common		
			Nu	ımber					easures of food	
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
D										
Proximates: Water	q	28.89	0.793	63		1		8.19	24.56	
Energy	_	591		0	NC	4		168	502	
Energy		2473				4		701	2102	
Protein (N x 6.25)		7.64	0.167	63		1		2.17	6.49	
Total lipid (fat)	_	61.86	0.902	63		1		17.54	52.58	
Ash		1.68	0.054	48		1		0.48	1.43	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total									0.0	
Starch	_									
Surci										
Minerals:										
Calcium, Ca	-	8		0		1		2	7	
Iron, Fe	-	0.61		0		1		0.17	0.52	
Magnesium, Mg		9		0		1		3	8	
Phosphorus, P	-	160		0		1		45	136	
Potassium, K	• • • • • • • • • • • • • • • • • • • •	164		0		1		46	139	
Sodium, Na		624		0		1		177	530	
Zinc, Zn		1.31		0		1		0.37	1.11	
Copper, Cu	-	0.069		0		1 1		0.020	0.059 0.006	
Manganese, Mn Selenium, Se		0.007 11.7	,	0	BFNN	4		0.002 3.3	9.9	
Seienium, Se	Ilicy	11.7		U	DFNN	4		3.3	9.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.287	7	0		1		0.081	0.244	
Riboflavin		0.091	L	0		1		0.026	0.077	
Niacin	mg	2.228	3	0		1		0.632	1.894	
Pantothenic acid	mg	0.293	3	0		1		0.083	0.249	
Vitamin B-6	mg	0.030)	0		1		0.009	0.026	
Folate, total	mcg	2		0		1		1	2	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food		2		0		1		1	2	
Folate, DFE		2		0	NC	4		1	2	
Vitamin B-12		0.42		0		1		0.12	0.36	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE		0		0		1		0	0	
Retinol	_	0		0		1		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
vitanini K (phynodunione)	9									
Lipids:										
Fatty acids, total saturated	g	22.690		0		1		6.433	19.287	
4:0	_	0.000		0		4		0.000	0.000	
6:0	-	0.000		0		4		0.000	0.000	
8:0	-	0.000		0		4		0.000	0.000	
10:0	-	0.000		0		4		0.000	0.000	
12:0	-	0.110)	0		1		0.031	0.094	
13:0	-			_		_				
14:0	-	0.820)	0		1		0.232	0.697	
15:0				_		_				
16:0		14.090	J	0		1		3.995	11.977	
17:0		B 500	,	_				0.100		
18:0		7.520	J	0		1		2.132	6.392	
20:0										
22:0										
24:0	y									

	<u>Ar</u>	nount in 100 gram		<u>ion</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Number of Data	a Deriv Sourc	e Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated9	29.690	0	1		8.417	25.237		
14:1g								
15:1g								
16:1 undifferentiatedg	1.830	0	1		0.519	1.556		
17:1g	07.460		_					
18:1 undifferentiatedg	27.460	0	1		7.785	23.341		
20:1g	0.000	0	4		0.000	0.000		
22:1 undifferentiatedg	0.000	0	4		0.000	0.000		
24:1 cg			_					
Fatty acids, total polyunsaturated9	6.580	0	1		1.865	5.593		
18:2 undifferentiated	5.770	0	1		1.636	4.905		
18:3 undifferentiatedg	0.640	0	1		0.181	0.544		
18:4g	0.000	0	4		0.000	0.000		
20:2 n-6 c,cg								
20:3 undifferentiatedg			_					
20:4 undifferentiatedg	0.140	0	1		0.040	0.119		
20:5 n-3g	0.000	0	4		0.000	0.000		
22:5 n-3g	0.000	0	4		0.000	0.000		
22:6 n-3g	0.000	0	4		0.000	0.000		
Fatty acids, total trans9								
Cholesterolmg	86	0	1		24	73		
Phytosterolsmg	0	0	4		0	0		
Amino Acids:								
Tryptophang	0.025	0	1		0.007	0.021		
Threonineg	0.251	0	1		0.071	0.213		
Isoleucine	0.201	0	1		0.057	0.171		
Leucineg	0.534	0	1		0.151	0.454		
Lysineg	0.633	0	1		0.179	0.538		
Methionine	0.113	0	1		0.032	0.096		
Cystineg	0.067	0	1		0.019	0.057		
Phenylalanine	0.286	0	1		0.081	0.243		
Tyrosine 9	0.124	0	1		0.035	0.105		
Valine	0.365	0	1		0.103	0.310		
Arginine	0.789	0	1		0.224	0.671		
Histidine	0.086	0	1		0.024	0.073		
Alanine	0.428	0	4		0.121	0.364		
Aspartic acid	0.631	0	4		0.179	0.536		
Glutamic acidg	1.049	0	4		0.297	0.892		
Glycineg	0.546	0	4		0.155	0.464		
Proline	0.406	0	4		0.115	0.345		
Serine	0.287	0	4		0.081	0.244		
Hydroxyproline								

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

NDB No. 10166 Pork, cured, separable fat (from ham and arm picnic), unheated

Refuse: 0%

		<u>A</u> 1	mount in 100 g	rams	of edib	ole portio	<u>n</u>	Amount in edible portion of common		
			Nu	ımber				m	easures of food	
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
D : 4										
Proximates: Water	q	31.06	0.594	96		1		8.81	26.40	
Energy		579		0	NC	4		164	492	
Energy		2423				4		687	2059	
Protein (N x 6.25)		5.68	0.099	106		1		1.61	4.83	
Total lipid (fat)		61.41	0.674	97		1		17.41	52.20	
Ash		1.77	0.055	96		1		0.50	1.50	
Carbohydrate, by difference		0.09		0	NC	4		0.03	0.08	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	z	7		0.00	0.00	
Starch	g									
3.61										
Minerals:	ma	-		•		4		1	4	
Calcium, Ca	-	5 0.39		0		1 1		1 0.11	4 0.33	
Iron, Fe		6		0		1		0.11 2	0.33 5	
Phosphorus, P		98		0		1		28	83	
Potassium, K	_	105		0		1		30	89	
Sodium, Na		505		0		1		143	429	
Zinc, Zn		0.80		0		1		0.23	0.68	
Copper, Cu		0.044	ļ	0		1		0.012	0.037	
Manganese, Mn		0.005		0		1		0.001	0.004	
Selenium, Se		4.7		0	BFNN	4		1.3	4.0	
Vitamins:				•	_	_				
Vitamin C, total ascorbic acid		0.0		0	Z	7		0.0	0.0	
Thiamin		0.241		0		1 1		0.068	0.205	
Riboflavin		0.068		0		1		0.019	0.058	
Niacin	_	1.820 0.230		0		1		0.516	1.547	
Pantothenic acid Vitamin B-6		0.230		0		1		0.065 0.009	0.196 0.026	
	-	1	,	0		1		0.009	1	
Folate, totalFolic acid		0		0	z	7		0	0	
Folate, food		1		0	2	1		0	1	
Folate, DFE	mca DFF	1		0	NC	4		0	1	
Vitamin B-12		0.33		0	мс	1		0.09	0.28	
Vitamin A, IU		0.55		0		1		0	0	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol		0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)		0.00		0	BFSN	4		0.00	0.00	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	а	22.520	1	0		1		6.384	19.142	
4:0		0.000		0		1		0.000	0.000	
6:0		0.000		0		1		0.000	0.000	
8:0		0.000		0		1		0.000	0.000	
10:0		0.000		0		1		0.000	0.000	
12:0		0.110		0		1		0.031	0.094	
13:0	-			-		•				
14:0	-	0.820)	0		1		0.232	0.697	
15:0	-									
16:0	-	13.990)	0		1		3.966	11.892	
17:0										
18:0	-	7.470)	0		1		2.118	6.350	
20:0	-									
22:0	-									
24:0										

	<u>A</u> 1	mount in 100 g		f edib	le portio	<u>n</u>	Amount in edible portion of common measures of food			
			mber Data D	Ooriv	Source	Confidence	<u>m</u> :	easures of food		
Nutrients and Units	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	29.470	ı	0		1		8.355	25.050		
14:1g										
15:1g 16:1 undifferentiatedg	1.810		0		1		0.513	1.539		
17:1g	1.010		U		-		0.313	1.339		
18:1 undifferentiatedg	27.260	ı	0		1		7.728	23.171		
20:1g	0.000	1	0		1		0.000	0.000		
22:1 undifferentiatedg	0.000	ı	0		1		0.000	0.000		
24:1 cg			_							
Fatty acids, total polyunsaturated9	6.530		0		1		1.851	5.551		
18:2 undifferentiated	5.730		0 0		1 1		1.624	4.871		
18:3 undifferentiated	0.630		0		1		0.179 0.000	0.536 0.000		
18:4g 20:2 n-6 c.cg	0.000		U		1		0.000	0.000		
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.130	ı	0		1		0.037	0.111		
20:5 n-3g	0.000		0		1		0.000	0.000		
22:5 n-3g	0.000	1	0		1		0.000	0.000		
22:6 n-3g	0.000	ı	0		1		0.000	0.000		
Fatty acids, total trans										
Cholesterolmg	68		0		1		19	58		
Phytosterolsmg	0		0		4		0	0		
Amino Acids:										
Tryptophang	0.018		0		1		0.005	0.015		
Threonine	0.187		0		1		0.053	0.159		
Isoleucine	0.150		0		1		0.043	0.128		
Leucineg	0.396	;	0		1		0.112	0.337		
Lysineg	0.470	ı	0		1		0.133	0.400		
Methionineg	0.084		0		1		0.024	0.071		
Cystineg	0.050	1	0		1		0.014	0.043		
Phenylalanineg	0.212		0		1		0.060	0.180		
Tyrosineg	0.092		0		1		0.026	0.078		
Valineg	0.271		0		1		0.077	0.230		
Arginineg	0.586		0		1		0.166	0.498		
Histidineg	0.064		0		1		0.018	0.054		
Alanineg	0.318		0		4		0.090	0.270		
Aspartic acid	0.469		0		4		0.133	0.399		
Glutamic acid	0.780		0		4 4		0.221	0.663		
Glycineg	0.406		0		•		0.115	0.345		
Proline	0.302 0.214		0		4 4		0.086 0.061	0.257 0.182		
Hydroxyproline	0.214		U		-		0.001	0.182		
Others:	0.0		0		7		0.0	0.0		
Alcohol, ethylg Caffeineg	0.0		0	z	7		0.0	0.0		
Theobromine mg	0		0	Z	7		0	0		
Carotenoids:	ŭ		•	_	•		Ť	J		
	•		•	_	_		0.000	2 222		
Carotene, beta mcg	0		0	Z	7		0.000	0.000		
Carotene, alpha mcg	0		0	z z	7 7		0.000 0.000	0.000		
Cryptoxanthin, betamcg Lycopenemcg	0		0	z z	7		0.000	0.000 0.000		
LACODETE	U		U	4	,		0.000	0.000		

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 85g: 3 oz

Pork, cured, separable fat (from ham and arm picnic), unheated

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 27% Bone and skin

		<u>A</u>	mount in 100	grams	of edit	ole portio	<u>on</u>	Amount in	edible portion o	f common
			1	Number	•			<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	54.73		0		1		76.62	46.52	
Energy	_	280		0	NC	4		392	238	
Energy		1172				4		1640	996	
Protein (N x 6.25)		20.43		0		1		28.60	17.37	
Total lipid (fat)	_	21.35		0		1		29.89	18.15	
Ash		3.51		0		1		4.91	2.98	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total		0.00		0	z	7		0.00	0.00	
Starch	_									
Minerals: Calcium, Ca	ma	10		0		1		14	9	
Iron, Fe	-	0.95		0		1		1.33	0.81	
Magnesium, Mg	_	14		0		1		20	12	
Phosphorus, P		221		0		1		309	188	
Potassium, K	_	258		0		1		361	219	
Sodium, Na	_	1072		0		1		1501	911	
Zinc, Zn	-	2.51		0		1		3.51	2.13	
Copper, Cu		0.113	3	0		1		0.158	0.096	
Manganese, Mn	mg	0.024	1	0		1		0.034	0.020	
Selenium, Se	mcg	33.6		0	PIE	4		47.0	28.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	z	7		0.0	0.0	
Thiamin	mg	0.612	2	0		1		0.857	0.520	
Riboflavin		0.190)	0		1		0.266	0.162	
Niacin	mg	4.127	7	0		1		5.778	3.508	
Pantothenic acid		0.559		0		1		0.783	0.475	
Vitamin B-6		0.280)	0		1		0.392	0.238	
Folate, total		3		0		1		4	3	
Folic acid		0		0	Z	7		0	0	
Folate, food		3		0		1		4	3	
Folate, DFE		3		0	NC	4		4	3	
Vitamin B-12		0.93		0		1		1.30	0.79	
Vitamin A, IU	IU	0		0	***	4		0	0	
Vitamin A, RAE		0 0		0 0	NC NR	4 4		0 0	0 0	
Retinol Vitamin E (alpha-tocopherol)		0.24		0	BFSN	4		0.34	0.21	
Tocopherol, beta		0.24		U	BFSN	4		0.34	0.21	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0	BFSN	4		0.0	0.0	
Lipids: Fatty acids, total saturated	а	7.670)	0		1		10.738	6.520	
4:0		0.000		0		1		0.000	0.000	
6:0	-	0.000		0		1		0.000	0.000	
8:0	-	0.000		0		1		0.000	0.000	
10:0		0.030		0		1		0.042	0.026	
12:0		0.050		0		1		0.070	0.043	
13:0										
14:0		0.280)	0		1		0.392	0.238	
15:0	g									
16:0		4.780)	0		1		6.692	4.063	
17:0	g									
18:0	g	2.500)	0		1		3.500	2.125	
20:0	g									
22:0	g									
24:0	g									

		<u>A</u> 1	mount in 10			ble portic	<u>on</u>	Amount in edible portion of common measures of food			
				Number				<u>m</u>	easures of food		
Nutrients and Units	ì	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated		10.140)	0		1		14.196	8.619		
14:1	-										
15:1											
16:1 undifferentiated	-	0.670	1	0		1		0.938	0.570		
17:1	-			•		_					
18:1 undifferentiated	-	9.350		0		1		13.090	7.948		
20:1	-	0.000		0		1		0.000	0.000		
22:1 undifferentiated	•	0.000)	0		1		0.000	0.000		
24:1 c				•		_					
Fatty acids, total polyunsaturated		2.320		0		1		3.248	1.972		
18:2 undifferentiated		1.980		0		1		2.772	1.683		
18:3 undifferentiated	_	0.220		0		1		0.308	0.187		
18:4	-	0.000	1	0		1		0.000	0.000		
20:2 n-6 c,c	-										
20:3 undifferentiated	-					_					
20:4 undifferentiated	-	0.100		0		1		0.140	0.085		
20:5 n-3	-	0.000		0		1		0.000	0.000		
22:5 n-3	-	0.000		0		1		0.000	0.000		
22:6 n-3		0.000	1	0		1		0.000	0.000		
Fatty acids, total trans				_		_					
Cholesterol	-	58		0		1		81	49		
Phytosterols	<u>.</u> mg	0		0		4		0	0		
Amino Acids:											
Tryptophan	g	0.227	,	0		1		0.318	0.193		
Threonine		0.885	i	0		1		1.239	0.752		
Isoleucine	-	0.861		0		1		1.205	0.732		
Leucine	-	1.602	!	0		1		2.243	1.362		
Lysine		1.728	:	0		1		2.419	1.469		
Methionine		0.516	;	0		1		0.722	0.439		
Cystine		0.294	ļ	0		1		0.412	0.250		
Phenylalanine	-	0.871		0		1		1.219	0.740		
Tyrosine		0.637	,	0		1		0.892	0.541		
Valine	-	0.894		0		1		1.252	0.760		
Arginine	_	1.403	1	0		1		1.964	1.193		
Histidine		0.683	1	0		1		0.956	0.581		
Alanine		1.088		0		1		1.523	0.925		
Aspartic acid		1.746		0		1		2.444	1.484		
Glutamic acid	-	3.005		0		1		4.207	2.554		
Glycine	_	0.958		0		1		1.341	0.814		
Proline	-	0.787		0		1		1.102	0.669		
Serine	-	0.755		0		1		1.057	0.642		
Hydroxyproline									****		
Others:											
Alcohol, ethyl	g	0.0		0		7		0.0	0.0		
Caffeine		0		0	z	7		0	0		
Theobromine		0		0	z	7		0	0		
Carotenoids:		-		-					· ·		
		_		_	_	_					
Carotene, beta		0		0	z	7		0.000	0.000		
Carotene, alpha		0		0	z	7		0.000	0.000		
Cryptoxanthin, beta		0		0	z	7		0.000	0.000		
Lycopene		0		0	Z	7		0.000	0.000		
Lutein + zeaxanthin	iucg	0		0	Z	7		0.000	0.000		

Common Measures:

Measure 1 = 140g: 1 cup

Measure 2 = 85g: 3 oz

Pork, cured, shoulder, arm picnic, separable lean and fat, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 46% Bone and skin 27%, separable fat 19%

		<u>A</u> :	mount in 100 g			ole portio	<u>on</u>		edible portion	
			of		Deriv		Confidence	<u>m</u> .	easures of food	-
Nutrients and Un	its	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	_	63.86	0.647	9		1		89.40	54.28	
Energy		170		0	NC	4		238	145	
Energy		711				4		996	605	
Protein (N x 6.25)		24.94	0.356	9		1		34.92	21.20	
Total lipid (fat)		7.04	0.297	9		1		9.86	5.98	
Ash		4.16		0	_	1		5.82	3.54	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total		0.00		0	Z	7		0.00	0.00	
Starch	9									
Minerals:										
Calcium, Ca	_	11		0		1		15	9	
Iron, Fe		1.08		0		1		1.51	0.92	
Magnesium, Mg		16		0		1		22	14	
Phosphorus, P		243		0		1		340	207	
Potassium, K		292		0		1		409	248	
Sodium, Na		1231		0		1		1723	1046	
Zinc, Zn		2.94		0		1		4.12	2.50	
Copper, Cu		0.128		0		1 1		0.179 0.042	0.109 0.026	
Manganese, Mn		41.3	,	0	BFNN	4		57.8	35.1	
Selenium, Se	Ilicy	41.3		U	DINN	4		37.6	35.1	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.727	•	0		1		1.018	0.618	
Riboflavin	mg	0.226	5	0		1		0.316	0.192	
Niacin		4.798	3	0		1		6.717	4.078	
Pantothenic acid		0.654		0		1		0.916	0.556	
Vitamin B-6	_	0.370)	0		1		0.518	0.315	
Folate, total		4		0		1		6	3	
Folic acid	-	0		0	Z	7		0	0	
Folate, food		4		0		1		6	3	
Folate, DFE		4		0	NC	4		6	3	
Vitamin B-12		1.11		0		1		1.55	0.94	
Vitamin A, IU		0		0	***	1		0	0	
Vitamin A, RAE		0		0	NC NR	4 4		0	0	
Retinol		0.26		0	BFYN	4		0.36	0 0.22	
Vitamin E (alpha-tocopherol) Tocopherol, beta		0.26		U	BEIN	4		0.36	0.22	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0	BFYN	4		0.0	0.0	
	_									
<u>Lipids:</u>										
Fatty acids, total saturated		2.360		0		1		3.304	2.006	
4:0		0.000		0		1		0.000	0.000	
6:0	_	0.000		0		1 1		0.000	0.000	
8:0 10:0	-	0.000		0 30		1		0.000	0.000	
12:0		0.030		28		1		0.042 0.028	0.026 0.017	
13:0		0.020	0.003	20		_		0.026	0.017	
14:0		0.090	0.002	109		1		0.126	0.077	
15:0	-	0.090	0.002	200		-		0.120	0.077	
16:0		1.490	0.021	109		1		2.086	1.267	
17:0						_			,	
18:0	-	0.720	0.011	109		1		1.008	0.612	
20:0	_					_			-	
22:0	_									
24:0	-									

			mount in 100 g		of edil	ole portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Unit	ts	Mean			Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	3.230		0		1		4.522	2.746	
14:1	g									
15:1	-									
16:1 undifferentiated	-	0.270	0.007	109		1		0.378	0.230	
17:1	-	0.000	0.040	100					0.546	
18:1 undifferentiated	-	2.960				1 1		4.144	2.516	
20:1	-	0.000		0		1		0.000	0.000	
22:1 undifferentiated	•	0.000		U		1		0.000	0.000	
24:1 cFatty acids, total polyunsaturated		0.810		0		1		1.134	0.689	
18:2 undifferentiated		0.640				1		0.896	0.544	
18:3 undifferentiated		0.080		36		1		0.112	0.068	
18:4	-	0.000		0		1		0.000	0.000	
20:2 n-6 c.c.		0.500		•		-		3.000	0.000	
20:3 undifferentiated										
20:4 undifferentiated	-	0.090	0.004	25		1		0.126	0.077	
20:5 n-3	-	0.000		0		1		0.000	0.000	
22:5 n-3	-	0.000		0		1		0.000	0.000	
22:6 n-3	_	0.000		0		1		0.000	0.000	
Fatty acids, total trans										
Cholesterol		48		0		1		67	41	
Phytosterols	_	0		0		4		0	0	
, and the second										
Amino Acids:				_						
Tryptophan		0.299		2		1		0.419	0.254	
Threonine	_	1.109		10		1		1.553	0.943	
Isoleucine	-	1.094		10		1		1.532	0.930	
Leucine		1.980		10		1		2.772	1.683	
Lysine		2.115		10		1		2.961	1.798	
Methionine		0.659		10		1		0.923	0.560	
Cystine	_	0.375		2		1 1		0.525	0.319	
Phenylalanine		1.078		10				1.509	0.916	
Tyrosine	_	0.818 1.082		10 10		1 1		1.145	0.695	
Valine	_	1.620		10		1		1.515 2.268	0.920	
Arginine	_			10		1			1.377	
Histidine	_	0.894 1.473		10		1		1.252 2.062	0.760 1.252	
Alanine		2.363		10		1		3.308	2.009	
Aspartic acidGlutamic acid.		4.067		10		1		5.694	3.457	
		1.297		10		1		1.816	1.102	
Glycine	-			10		1		1.492	0.906	
Proline		1.066 1.022		10		1		1.431	0.869	
Serine		1.022		10		1		1.431	0.869	
Hydroxyproline Others:	9									
Alcohol, ethyl	а	0.0		0		7		0.0	0.0	
Caffeine		0.0		0	z	7		0.0	0.0	
Theobromine		0		0	Z	7		0	0	
Carotenoids:	<u>.</u>	ŭ		•	_	•		·	•	
' <u> </u>										
Carotene, beta		0		0	Z	7		0.000	0.000	
Carotene, alpha		0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	
Lycopene		0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 140g: 1 cup

Measure 2 = 85g: 3 oz

Pork, cured, shoulder, arm picnic, separable lean only, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

NDB No. 10171 Pork, cured, shoulder, blade roll, separable lean and fat, roasted

Refuse: 0%

		<u>Aı</u>	mount in 100 g	rams	of edik	ole portio	<u>n</u>	Amount in edible portion of common		
			Nu	mber				m	easures of food	<u>.</u>
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
n : .										
Proximates: Water	q	56.18	1.026	4		1		211.24	47.75	
Energy		287		0	NC	4		1079	244	
Energy		1201				4		4515	1021	
Protein (N x 6.25)		17.28	0.435	4		1		64.97	14.69	
Total lipid (fat)		23.48	1.223	4		1		88.28	19.96	
Ash		2.70	0.147	4		1		10.15	2.30	
Carbohydrate, by difference		0.37		0	NC	4		1.39	0.31	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total									0.0	
Starch										
Starch	9									
Minerals:										
Calcium, Ca	_	7		1		1		26	6	
Iron, Fe		0.89	0.075	4		1		3.35	0.76	
Magnesium, Mg		13	0.854	4		1		49	11	
Phosphorus, P	-	156	22.754	4		1		587	133	
Potassium, K		194	9.077	4		1		729	165	
Sodium, Na		973	30.346	4		1		3658	827	
Zinc, Zn		2.45	0.119	4		1		9.21	2.08	
Copper, Cu		0.076		4		1		0.286	0.065	
Manganese, Mn		0.023		2		1		0.086	0.020	
Selenium, Se	mcg	28.6		0	BFNN	4		107.5	24.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.2	0.872	6		1		12.0	2.7	
Thiamin		0.460	0.016	4		1		1.730	0.391	
Riboflavin		0.285	0.027	4		1		1.072	0.242	
Niacin		2.377	0.143	4		1		8.938	2.020	
Pantothenic acid	-	0.770	ı	1		1		2.895	0.655	
Vitamin B-6		0.210	0.006	4		1		0.790	0.179	
Folate, total	_	3		0		1		11	3	
Folic acid		0		0	Z	7		0	0	
Folate, food		3		0		1		11	3	
Folate, DFE	mcg_DFE	3		0	NC	4		11	3	
Vitamin B-12		1.05	0.182	4		1		3.95	0.89	
Vitamin A, IU		0		0		1		0	0	
Vitamin A, RAE		0		0		1		0	0	
Retinol		0		0		1		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
	a	8.380		0		1		31.509	7.123	
Fatty acids, total saturated		0.000		0		1		0.000	0.000	
6:0	_	0.000		0		1		0.000	0.000	
8:0	-	0.000		0		1		0.000	0.000	
10:0	_	0.050		4		1		0.188	0.043	
12:0	_	0.040		4		1		0.150	0.034	
13:0	_	5.040	0.004	•		-		0.130	0.034	
14:0	_	0.250	0.034	4		1		0.940	0.213	
15:0	-	5.230	0.034	•		-		0.540	0.213	
16:0	_	5.120	0.348	4		1		19.251	4.352	
17:0	_	3.120	3.343	-		-			1.332	
18:0		2.930	0.180	4		1		11.017	2.491	
20:0		2.550	0.100	-		-		11.01/	2.491	
22:0	_									
24:0	_									

	<u>Aı</u>	<u>mount in 100 gram</u> Numbe		<u>on</u>	Amount in edible portion of common measures of food			
			n Deriv Source	Confidence	_			
Nutrients and Units	Mean	Std. Error Points		Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	11.030	0	1		41.473	9.376		
14:1								
15:19	J							
16:1 undifferentiatedQ		0.065 4	1		3.309	0.748		
17:1g								
18:1 undifferentiated			1		38.164	8.628		
20:1			1		0.000	0.000		
22:1 undifferentiatedQ		0	1		0.000	0.000		
24:1 c9			_					
Fatty acids, total polyunsaturated			1		9.438	2.134		
18:2 undifferentiated			1		8.084	1.828		
18:3 undifferentiated			1		1.354	0.306		
18:4		0	1		0.000	0.000		
20:2 n-6 c,c								
20:3 undifferentiated								
20:4 undifferentiated			1		0.000	0.000		
20:5 n-3			1		0.000	0.000		
22:5 n-3			1		0.000	0.000		
22:6 n-3		U	1		0.000	0.000		
Fatty acids, total trans		2.561 4	1		252	57		
Cholesterolr Phytosterolsr	5	2.561 4	4		0	0		
Filytosterois	ng v	v	-		U	O .		
Amino Acids:								
TryptophanQ	0.207		1		0.778	0.176		
Threonine			1		2.888	0.653		
Isoleucine	0.757		1		2.846	0.643		
Leucine			1		5.155	1.165		
LysineQ	1.465		1		5.508	1.245		
Methionine	0.456	0	1		1.715	0.388		
Cystine	0.260		1		0.978	0.221		
Phenylalanine	0.746		1		2.805	0.634		
Tyrosine			1		2.132	0.482		
ValineQ	0.749	0	1		2.816	0.637		
Arginine			1		4.219	0.954		
HistidineQ	0.619		1		2.327	0.526		
AlanineQ			1		3.835	0.867		
Aspartic acid			1		6.151	1.391		
Glutamic acid			1		10.592	2.394		
Glycine			1		3.376	0.763		
ProlineQ			1		2.775	0.627		
Serine		0	1		2.662	0.602		
HydroxyprolineQ	1							
Others:								
Alcohol, ethyl	0.0	0	7		0.0	0.0		
Caffeine mg								
Theobromine mg								

Common Measures:

Measure 1 = 376g: 1 piece, cooked (yield from 1 lb unheated product)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

NDB No. 10170 Pork, cured, shoulder, blade roll, separable lean and fat, unheated

Refuse: 0%

		<u>A</u> :	mount in 100 g	rams	of edib	ole portic	<u>on</u>	Amount in edible portion of common			
			Nu	ımbe	r			<u>m</u>	easures of food	Ĺ	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	59.13	0.837	26		1		16.76	66.82		
Energy	kcal	269		0	NC	4		76	304		
Energy		1125				4		319	1272		
Protein (N x 6.25)	g	16.47	0.484	26		1		4.67	18.61		
Total lipid (fat)	g	21.98	1.610	6		1		6.23	24.84		
Ash	g	3.85	0.410	6		1		1.09	4.35		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0		
Sugars, total	g										
Starch	g										
Minerals:											
Calcium, Ca	ma	7		0		1		2	8		
Iron, Fe	_	0.82	0.105	4		1		0.23	0.93		
Magnesium, Mg		13	0.103	4		1		4	15		
Phosphorus, P		199	6.056	8		1		56	225		
Potassium, K	-	295	31.145	6		1		84	333		
Sodium, Na		1250	190.854	6		1		354	1413		
Zinc, Zn		2.35	0.095	4		1		0.67	2.66		
Copper, Cu		0.090	0.005	4		1		0.026	0.102		
Manganese, Mn		0.033	3	1		1		0.009	0.037		
Selenium, Se	mcg	22.0		0	BFNN	4		6.2	24.9		
Vitamina											
<u>Vitamins:</u>	ma	0.3	0.250	4		1		0.1	0.0		
Vitamin C, total ascorbic acid Thiamin		0.540		4		1		0.153	0.3 0.610		
Riboflavin		0.220		4		1		0.153	0.249		
Niacin		2.720		4		1		0.771	3.074		
Pantothenic acid	-	0.710		2		1		0.201	0.802		
Vitamin B-6		0.260		4		1		0.074	0.294		
Folate, total	_	3		1		1		1	3		
Folic acid		0		0	z	7		0	0		
Folate, food		3		1		1		1	3		
Folate, DFE	mcg_DFE	3		0	NC	4		1	3		
Vitamin B-12		1.30	0.185	4		1		0.37	1.47		
Vitamin A, IU	IU	0		0		1		0	0		
Vitamin A, RAE	mcg_RAE	0		0		1		0	0		
Retinol		0		0		1		0	0		
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	g	7.939)	0		1		2.251	8.971		
4:0											
6:0	g										
8:0											
10:0		0.040		4		1		0.011	0.045		
12:0	-	0.030)	4		1		0.009	0.034		
13:0	_										
14:0	_	0.269	•	4		1		0.076	0.304		
15:0	_			_		_					
16:0	_	4.748	3	4		1		1.346	5.365		
17:0	_			_		_					
18:0	_	2.853	5	4		1		0.809	3.224		
20:0	-										
22:0	-										
24:0	9										

	<u>An</u>	nount in 100 gra		ble portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	3	Mean		ata Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	9.755		0	1		2.766	11.023	
14:1									
15:1	-								
16:1 undifferentiated	g	0.728		4	1		0.206	0.823	
17:1	-								
18:1 undifferentiated	g	9.026		4	1		2.559	10.199	
20:1	-								
22:1 undifferentiated									
24:1 c									
Fatty acids, total polyunsaturated		2.334		0	1		0.662	2.637	
18:2 undifferentiated		2.015		4	1		0.571	2.277	
18:3 undifferentiated	•	0.319		4	1		0.090	0.360	
18:4	-	0.025		-	_		0.030	0.500	
20:2 n-6 c,c									
20:3 undifferentiated.									
20:4 undifferentiated									
20:5 n-3	-								
22:5 n-3									
22:6 n-3	-								
Fatty acids, total trans	-								
Cholesterol		53	4.205	4	1		15	60	
Phytosterols	-	33	4.203	•	•		13	00	
1 ny tosterois	9								
Amino Acids:									
Tryptophan	g	0.198		0	1		0.056	0.224	
Threonine	g	0.733		0	1		0.208	0.828	
Isoleucine	g	0.722		0	1		0.205	0.816	
Leucine	g	1.307		0	1		0.371	1.477	
Lysine	g	1.397		0	1		0.396	1.579	
Methionine	-	0.435		0	1		0.123	0.492	
Cystine	q	0.248		0	1		0.070	0.280	
Phenylalanine		0.712		0	1		0.202	0.805	
Tyrosine		0.540		0	1		0.153	0.610	
Valine	-	0.714		0	1		0.202	0.807	
Arginine		1.070		0	1		0.303	1.209	
Histidine		0.590		0	1		0.167	0.667	
Alanine	-	0.972		0	1		0.276	1.098	
Aspartic acid	-	1.560		0	1		0.442	1.763	
Glutamic acid		2.685		0	1		0.761	3.034	
Glycine	-	0.856		0	1		0.761	0.967	
Proline	-	0.704		0	1		0.243	0.796	
Serine	-	0.675		0	1		0.191	0.763	
	-	0.675		v	_		0.191	0.763	
Hydroxyproline	9								

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 11% Skin

		<u>A</u> 1	mount in 100 g	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nι	umber	•			<u>m</u>	easures of food	<u> </u>	
			of	f Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	7.69	0.131	210		1		2.18	34.88		
Energy	kcal	812		0	NC	4		230	3683		
Energy	kj	3397				4		963	15411		
Protein (N x 6.25)	g	2.92	0.083	98		1		0.83	13.25		
Total lipid (fat)	g	88.69	0.262	96		1		25.14	402.30		
Ash	g	0.70		0		1		0.20	3.18		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0		
Sugars, total	g	0.00		0	Z	7		0.00	0.00		
Starch	g										
Minerals:											
Calcium, Ca	ma	2		0		1		1	9		
Iron, Fe	-	0.18		0		1		0.05	0.82		
Magnesium, Mg	-	2		0		1		1	9		
Phosphorus, P		38		0		1		11	172		
Potassium, K	-	65		0		1		18	295		
Sodium, Na		11		0		1		3	50		
Zinc, Zn	-	0.37		0		1		0.10	1.68		
Copper, Cu		0.018	3	0		1		0.005	0.082		
Manganese, Mn	mg	0.002	2	0		1		0.001	0.009		
Selenium, Se	mcg	8.0		0	BFZN	4		2.3	36.3		
Vitamins:											
	ma	0.1		0		1		0.0	0.5		
Vitamin C, total ascorbic acid Thiamin	-	0.1		0		1		0.024	0.3		
Riboflavin	-	0.054		0		1		0.014	0.231		
Niacin	=	0.031		0		1		0.279	4.468		
Pantothenic acid	-	0.115		0		1		0.033	0.522		
Vitamin B-6	-	0.040		0		1		0.011	0.181		
Folate, total	-	1		0		1		0	5		
Folic acid		0		0	z	7		0	0		
Folate, food		1		0		1		0	5		
Folate, DFE		1		0	NC	4		0	5		
Vitamin B-12		0.18		0		1		0.05	0.82		
Vitamin A, IU		17		0	NC	4		5	76		
Vitamin A, RAE		5		0	NC	4		1	23		
Retinol	mcg	5		0	NR	4		1	23		
Vitamin E (alpha-tocopherol)	mg	0.00		0	BFSN	4		0.00	0.00		
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D				•							
Vitamin K (phylloquinone)	mcg	0.0		0	BFSN	4		0.0	0.0		
Lipids:											
Fatty acids, total saturated	g	32.210)	0		1		9.132	146.105		
4:0		0.000)	0		1		0.000	0.000		
6:0	g	0.000)	0		1		0.000	0.000		
8:0	g	0.000)	0		1		0.000	0.000		
10:0	g	0.060)	1		1		0.017	0.272		
12:0	g	0.190)	12		1		0.054	0.862		
13:0											
14:0	g	1.120)	242		1		0.318	5.080		
15:0	g										
16:0	g	19.450)	245		1		5.514	88.225		
17:0	g										
18:0	g	11.390)	245		1		3.229	51.665		
20:0	g										
22:0	g										
24:0	a										

		<u>Aı</u>	mount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
				Number					easures of food	
Nutrients and U	nits	Mean	Std. Error	of Data Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3
Father with total management of	. a	41.950		0		1		11.893	100 205	
Fatty acids, total monounsaturated		41.930		U		1		11.893	190.285	
15:1	g									
16:1 undifferentiated	g	2.750		241		1		0.780	12.474	
17:1	-									
18:1 undifferentiated	-	38.480		245		1		10.909	174.545	
20:1		0.720		1		1		0.204	3.266	
22:1 undifferentiated	•	0.000		0		1		0.000	0.000	
24:1 c										
Fatty acids, total polyunsaturated.		10.350		0		1		2.934	46.948	
18:2 undifferentiated		9.500		245		1		2.693	43.092	
18:3 undifferentiated		0.740		27		1		0.210	3.357	
18:4	-	0.000		0		1		0.000	0.000	
20:2 n-6 c,c										
20:3 undifferentiated	-					_				
20:4 undifferentiated	-	0.110		12		1		0.031	0.499	
20:5 n-3	-	0.000		0		1		0.000	0.000	
22:5 n-3	_	0.000		0		1		0.000	0.000	
22:6 n-3		0.000		0		1		0.000	0.000	
Fatty acids, total trans						_			0.50	
Cholesterol		57	2.1	.04 8		1		16	259	
Phytosterols	rrig									
Amino Acids:										
Tryptophan	g	0.037		0		1		0.010	0.168	
Threonine		0.133		0		1		0.038	0.603	
Isoleucine	g	0.137		0		1		0.039	0.621	
Leucine	g	0.234		0		1		0.066	1.061	
Lysine	g	0.263		0		1		0.075	1.193	
Methionine	g	0.077		0		1		0.022	0.349	
Cystine	g	0.037		0		1		0.010	0.168	
Phenylalanine	g	0.117		0		1		0.033	0.531	
Tyrosine	g	0.102		0		1		0.029	0.463	
Valine	g	0.158		0		1		0.045	0.717	
Arginine	g	0.182		0		1		0.052	0.826	
Histidine	g	0.117		0		1		0.033	0.531	
Alanine	g	0.170		0		1		0.048	0.771	
Aspartic acid	g	0.271		0		1		0.077	1.229	
Glutamic acid	g	0.457		0		1		0.130	2.073	
Glycine	g	0.139		0		1		0.039	0.631	
Proline		0.117		0		1		0.033	0.531	
Serine	g	0.121		0		1		0.034	0.549	
Hydroxyproline	g									
Others:				_		_				
Alcohol, ethyl		0.0		0	_	7		0.0	0.0	
Caffeine		0		0	Z Z	7 7		0	0	
Theobromine	!!!9	U		U	z	,		0	0	
Carotenoids:										
Carotene, beta	mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha	mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta	<u>m</u> cg	0		0	Z	7		0.000	0.000	
Lycopene	mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 453.6g: 1 lb

Pork, fresh, backfat, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 39% Bone

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber	r			<u>m</u>	easures of food	<u> </u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	45.44	0.742	12		1		99.51	38.62		
	_	370	0.742	0	NC	4		810	315		
Energy		1548		U	NC	4		3390	1316		
Energy		24.26	0 601	10		_					
Protein (N x 6.25)			0.691	12		1		53.13	20.62		
Total lipid (fat)		29.58	0.726	12		1		64.78	25.14		
Ash		1.09	0.025	12	_	1		2.39	0.93		
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00		
Fiber, total dietary		0.0		0	Z	7		0.0	0.0		
Sugars, total	-										
Starch	g										
Minerals:											
Calcium, Ca	ma	45	2.798	5		1		99	38		
Iron, Fe	_	1.38	0.070	5		1		3.02	1.17		
Magnesium, Mg	_	21	0.527	5		1		46	18		
Phosphorus, P		195	3.235	5		1		427	166		
Potassium, K	_	315	9.429	5		1		690	268		
Sodium, Na		101	1.631	5		1		221	86		
Zinc, Zn	-	3.37	0.167	5		1		7.38	2.86		
Copper, Cu		0.081		5		1		0.177	0.069		
Manganese, Mn		0.009		0		1		0.020	0.008		
Selenium, Se		39.3	5.881	5	A	1		86.1	33.4		
Scientini, Sc	9	00.0	0.002	•		_		00.2	55.1		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid		0.3		0		1		0.7	0.3		
Thiamin		0.427	,	0		1		0.935	0.363		
Riboflavin	mg	0.200)	0		1		0.438	0.170		
Niacin	mg	3.550)	0		1		7.775	3.018		
Pantothenic acid	mg	0.580)	0		1		1.270	0.493		
Vitamin B-6	mg	0.307	1	0		1		0.672	0.261		
Folate, total	mcg	3		0		1		7	3		
Folic acid		0		0	Z	7		0	0		
Folate, food	mcg	3		0		1		7	3		
Folate, DFE	mcg_DFE	3		0	NC	4		7	3		
Vitamin B-12		0.64		0		1		1.40	0.54		
Vitamin A, IU	IU	9		0		1		20	8		
Vitamin A, RAE	mcg_RAE	3		0		1		6	2		
Retinol		3		0		1		6	2		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
:											
Lipids:	~	10 000		•				24 252	0.040		
Fatty acids, total saturated		10.990	,	0		1		24.068	9.342		
4:0											
6:0	-										
8:0		0 010		10		4		0 000	2 222		
10:0		0.010		12		1		0.022	0.009		
12:0	_	0.010	,	12		1		0.022	0.009		
13:0	-	0.000		10				0.054	2 222		
14:0	-	0.390)	12		1		0.854	0.332		
15:0	-					_					
16:0	-	6.750	,	12		1		14.783	5.738		
17:0	-					_					
18:0		3.650)	12		1		7.994	3.103		
	a										
20:0 22:0	-										

		<u>Ar</u>	nount in 100 gra		ble portio	<u>n</u>	Amount in edible portion of common measures of food			
			Num		_		<u></u>	easures or 1000	•	
Nutrients and Un	its	Mean	Std. Error Poi	ata Deriv nts Code		Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated.	g	13.460		0	1		29.477	11.441		
14:1										
15:1	-				_			0.050		
16:1 undifferentiated	-	1.000		12	1		2.190	0.850		
17:1 18:1 undifferentiated		12.120		12	1		26.543	10 200		
		0.230		12 12	1			10.302		
20:1	-	0.230		12	1		0.504	0.196		
22:1 undifferentiated 24:1 c										
Fatty acids, total polyunsaturated	•	2.320		0	1		5.081	1.972		
18:2 undifferentiated	-	2.050		12	1		4.490	1.743		
18:3 undifferentiated		0.090		12	1		0.197	0.077		
18:4		0.030			-		0.137	0.077		
20:2 n-6 c,c	-									
20:3 undifferentiated										
20:4 undifferentiated		0.080		12	1		0.175	0.068		
20:5 n-3										
22:5 n-3										
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	118	4.937	12	1		258	100		
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.308		0	1		0.675	0.262		
Threonine		1.108		0	1		2.427	0.942		
Isoleucine		1.136		0	1		2.488	0.966		
Leucine		1.130		0	1		4.264	1.655		
Lysine	-	2.182		0	1		4.779	1.855		
Methionine		0.642		0	1		1.406	0.546		
Cystine		0.309		0	1		0.677	0.263		
Phenylalanine	-	0.968		0	1		2.120	0.823		
Tyrosine		0.845		0	1		1.851	0.718		
Valine		1.316		0	1		2.882	1.119		
Arginine	-	1.508		0	1		3.303	1.282		
Histidine	-	0.969		0	1		2.122	0.824		
Alanine	_	1.413		0	1		3.094	1.201		
Aspartic acid	-	2.250		0	1		4.928	1.913		
Glutamic acid		3.798		0	1		8.318	3.228		
Glycine	_	1.152		0	1		2.523	0.979		
Proline	_	0.975		0	1		2.135	0.829		
Serine	_	1.002		0	1		2.194	0.852		
Hydroxyproline	g									

Common Measures:

Measure 1 = 219g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 38% Bone

		<u>Aı</u>	mount in 100 g	rams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber	•			<u>m</u>	easures of food	_	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	59.39	0.886	12		1		16.84	269.39		
Energy	kcal	282		0	NC	4		80	1279		
Energy		1180				4		334	5352		
Protein (N x 6.25)	g	16.12		0		1		4.57	73.12		
Total lipid (fat)	g	23.58	0.950	12		1		6.68	106.96		
Ash		0.91		0		1		0.26	4.13		
Carbohydrate, by difference	g	0.00		0	z	7		0.00	0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0		
Sugars, total	g										
Starch	g										
Minerals:	ma	20	2 606	F		4		0	1.45		
Calcium, Ca	_	32 0.91	3.696 0.050	5 5		1 1		9 0.26	145 4.13		
Iron, Fe	_	16	0.050	5 5		1		0.26 5	4.13 73		
Magnesium, Mg Phosphorus, P		143	2.294	5		1		5 41	73 649		
Potassium, K	_	233	8.513	5		1		66	1057		
Sodium, Na		75	2.024	5		1		21	340		
Zinc, Zn	-	2.31	0.095	5		1		0.65	10.48		
Copper, Cu		0.062		5		1		0.018	0.281		
Manganese, Mn		0.007		0		1		0.002	0.032		
Selenium, Se		24.0	3.591	5	A	1		6.8	108.9		
ŕ	-										
Vitamins:						_					
Vitamin C, total ascorbic acid		0.2		0		1		0.1	0.9		
Thiamin		0.584		0		1 1		0.166	2.649		
Riboflavin		0.258		0		1		0.073 1.296	1.170		
Niacin		4.570 0.745		0		1		0.211	20.730 3.379		
Pantothenic acid		0.745		0		1		0.211	1.792		
Vitamin B-6.	-	4	1	0		1		0.112	1.792		
Folate, total		0		0	z	7		0	0		
Folate, food		4		0	_	1		1	18		
Folate, DFE	mca DEE	4		0	NC	4		1	18		
Vitamin B-12		0.82		0	NC	1		0.23	3.72		
Vitamin A, IU		10		0		1		3	45		
Vitamin A, RAE		3		0		1		1	14		
Retinol		3		0		1		1	14		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D	IU										
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	a	8.730	1	0		1		2.475	39.599		
4:0		0.750		·		-		2.475	33.333		
6:0											
8:0											
10:0		0.010	1	0		1		0.003	0.045		
12:0		0.010		0		1		0.003	0.045		
13:0	-										
14:0		0.300	1	0		1		0.085	1.361		
15:0	-										
16:0	-	5.340	1	0		1		1.514	24.222		
17:0	-										
18:0	_	2.920	1	0		1		0.828	13.245		
20:0											
22:0	-										
24:0	g										

		<u>Aı</u>	nount in 100 g	grams of o	edible portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Un	its	Mean		f Data De		Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated.		10.650		0	1		3.019	48.308		
14:1	-									
15:1		0.700		•	-		0.004	2 266		
16:1 undifferentiated	-	0.720		0	1		0.204	3.266		
17:1		0.660		•	-			40.040		
18:1 undifferentiated	-	9.660		0	1		2.739	43.818		
20:1		0.180		0	1		0.051	0.816		
22:1 undifferentiated										
24:1 c	•			•	_			2 225		
Fatty acids, total polyunsaturated	g	1.960		0	1		0.556	8.891		
18:2 undifferentiated		1.730		0	1		0.490	7.847		
18:3 undifferentiated		0.080		0	1		0.023	0.363		
18:4										
20:2 n-6 c,c										
20:3 undifferentiated				_	_					
20:4 undifferentiated	-	0.070		0	1		0.020	0.318		
20:5 n-3										
22:5 n-3	-									
22:6 n-3										
Fatty acids, total trans					_					
Cholesterol		81		0	1		23	367		
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.205		0	1		0.058	0.930		
Threonine		0.736		0	1		0.209	3.338		
Isoleucine	_	0.755		0	1		0.214	3.425		
Leucine		1.293		0	1		0.367	5.865		
Lysine		1.450		0	1		0.411	6.577		
Methionine	-	0.427		0	1		0.121	1.937		
Cystine	-	0.206		0	1		0.058	0.934		
-		0.643		0	1		0.182	2.917		
Phenylalanine Tyrosine		0.562		0	1		0.159	2.549		
,	-	0.362		0	1		0.139	3.969		
Valine		1.002		0	1		0.248	3.969 4.545		
Arginine	-	0.644		0	1		0.284	2.921		
Histidine	-	0.644		0	1		0.183	4.259		
Alanine	-	1.495		0	1		0.266	4.259 6.781		
Aspartic acid		2.523		0	1		0.424	11.444		
Glutamic acid	_			0	1					
Glycine	•	0.765 0.648		0	1		0.217 0.184	3.470		
Proline								2.939		
Serine	_	0.666		0	1		0.189	3.021		
Hydroxyproline	y									

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 7% Skin

		<u>A</u> :	mount in 100 g	rams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber	r			<u>m</u>	easures of food		
			of	Data	Deriv	Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	36.74	0.546	33		1		10.42	166.65		
Energy	-	518	0.540	0	NC	4		147	2350		
63		2167		0	NC	4		614	9831		
Energy			0 161			=					
Protein (N x 6.25)		9.34	0.161	33		1		2.65	42.37		
Total lipid (fat)		53.01	0.684	33		1		15.03	240.45		
Ash		0.49		0	_	1		0.14	2.22		
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00		
Fiber, total dietary		0.0		0	Z	7		0.0	0.0		
Sugars, total	-	0.00		0	Z	7		0.00	0.00		
Starch	9										
Minerals:											
Calcium, Ca	mg	5		0		1		1	23		
Iron, Fe	_	0.52		0		1		0.15	2.36		
Magnesium, Mg	_	4		0		1		1	18		
Phosphorus, P		108		0		1		31	490		
Potassium, K	_	185		0		1		52	839		
Sodium, Na		32		0		1		9	145		
Zinc, Zn		1.02		0		1		0.29	4.63		
Copper, Cu		0.052	2	0		1		0.015	0.236		
Manganese, Mn		0.006	5	0		1		0.002	0.027		
Selenium, Se		8.0		0	BFZN	4		2.3	36.3		
7.4											
Vitamins:		0.0		^				0.1			
Vitamin C, total ascorbic acid		0.3	-	0		1		0.1	1.4		
Thiamin		0.396		0		1 1		0.112	1.796		
Riboflavin		0.242						0.069	1.098		
Niacin		4.647		0		1 1		1.317	21.079		
Pantothenic acid		0.256		0		1		0.073 0.037	1.161		
Vitamin B-6	-	0.130 1	,	0					0.590		
Folate, total		0		0	BFZN Z	4 7		0 0	5 0		
Folic acid		1		0	BFZN	4		0	5		
Foliate, food	IIICY	1		0	NC NC	4		0	5		
Folate, DFE					NC	-		0.24			
Vitamin B-12		0.84 10		0		1 1		0.24 3	3.81		
Vitamin A, IU				-		1			45		
Vitamin A, RAE		3 3		0	•••	4		1 1	14		
Retinol				0	NR				14		
Vitamin E (alpha-tocopherol)		0.39			BFSN	4		0.11	1.78		
Tocopherol, beta		0.00		0	BFSN	4		0.00	0.00		
Tocopherol, gamma		0.08		0	BFSN	4		0.02	0.38		
Tocopherol, delta		0.00		U	BFSN	4		0.00	0.00		
Vitamin D Vitamin K (phylloquinone)		0.0		0	z	7		0.0	0.0		
_ipids:											
Fatty acids, total saturated	g	19.330)	0		1		5.480	87.681		
4:0		0.000		0		1		0.000	0.000		
6:0	-	0.000		0		1		0.000	0.000		
8:0	-	0.000		0		1		0.000	0.000		
10:0		0.040		7		1		0.011	0.181		
12:0		0.060		13		1		0.017	0.272		
13:0				-					- · - · -		
14:0	_	0.700)	315		1		0.198	3.175		
15:0	_			-		•			=.=.0		
16:0	-	11.920)	316		1		3.379	54.069		
	_					_		2.2.2			
1 / : 0											
17:0 18:0.	_	6.490)	318		1		1.840	29.439		
18:0	g	6.490)	318		1		1.840	29.439		
	g g	6.490)	318		1		1.840	29.439		

		<u>Ar</u>	nount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
Nutrients and Ur	nite	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Nutrients and Or	iits	Wearr	Stu. Elloi					weasure i	Wiedsure 2	Wedsule 3
Fatty acids, total monounsaturated	g	24.700		0		1		7.002	112.039	
14:1	g									
15:1	g									
16:1 undifferentiated	g	1.500		314		1		0.425	6.804	
17:1	g									
18:1 undifferentiated	g	22.770		316		1		6.455	103.285	
20:1	g	0.430		7		1		0.122	1.950	
22:1 undifferentiated	g	0.000		0		1		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturated	g	5.650		0		1		1.602	25.628	
18:2 undifferentiated	g	5.030		316		1		1.426	22.816	
18:3 undifferentiated	g	0.480		67		1		0.136	2.177	
18:4	g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.140		29		1		0.040	0.635	
20:5 n-3	g	0.000		0		1		0.000	0.000	
22:5 n-3	g	0.000		0		1		0.000	0.000	
22:6 n-3	g	0.000		0		1		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	mg	72		1		1		20	327	
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0	0.0	
Caffeine	mg	0		0	Z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta	mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha	mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta	mcg	0		0	Z	7		0.000	0.000	
Lycopene	mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 18% Bone and skin

		<u>A</u>	mount in 100 gram	s of edi	ble portic	<u>on</u>	Amount in edible portion of common			
			Numb	er			<u>m</u>	easures of food	<u> </u>	
					Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	49.83	0		1		14.13	226.03		
Energy	kcal	376	0	NC	4		107	1706		
Energy		1573			4		446	7136		
Protein (N x 6.25)	g	13.91	0		1		3.94	63.10		
Total lipid (fat)	g	35.07	0		1		9.94	159.08		
Ash	g	0.72	0		1		0.20	3.27		
Carbohydrate, by difference	g	0.00	0	Z	7		0.00	0.00		
Fiber, total dietary	g	0.0	0	Z	7		0.0	0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	19	0		1		5	86		
Iron, Fe	-	0.69	0		1		0.20	3.13		
Magnesium, Mg		13	0		1		4	59		
Phosphorus, P		155	0		1		44	703		
Potassium, K		253	0		1		72	1148		
Sodium, Na		42	0		1		12	191		
Zinc, Zn		1.59	0		1		0.45	7.21		
Copper, Cu		0.055			1		0.016	0.249		
Manganese, Mn		0.011			1		0.003	0.050		
Selenium, Se	mcg	28.4	0	BFZN	4		8.1	128.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4	0		1		0.1	1.8		
Thiamin	mg	0.595	5 0		1		0.169	2.699		
Riboflavin	mg	0.207	0		1		0.059	0.939		
Niacin	_	3.846			1		1.090	17.445		
Pantothenic acid		0.526			1		0.149	2.386		
Vitamin B-6	-	0.284			1		0.081	1.288		
Folate, total		4	0	_	1		1	18		
Folic acid		0	0	Z	7 1		0 1	0 18		
Folate, food	IIICG	4 4	0	NC	4		1	18		
Folate, DFEVitamin B-12		0.61	0	NC	1		0.17	18 2.77		
Vitamin B-12		8	0		1		2	36		
Vitamin A, RAE		2	0		1		1	11		
Retinol		2	0		1		1	11		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	=									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	12.440	0		1		3.527	56.428		
4:0	g									
6:0										
8:0										
10:0		0.030			1		0.009	0.136		
12:0	-	0.050	0		1		0.014	0.227		
13:0	-	0.444	0		1		0.125	1 006		
14:0 15:0	-	0.440	, 0		1		0.125	1.996		
16:0	-	7.650	0		1		2.169	34.700		
17:0	-	,			-		2.103	34.700		
18:0	-	4.200	0		1		1.191	19.051		
20:0	-		_							
22:0	-									
24:0	-									

	<u>A</u> 1	mount in 100 grams		<u>rtion</u>	Amount in edible portion of common measures of food		
		Number of Data		ce Confidence	<u></u>	<u>easures or 100a</u>	•
Nutrients and Units	Mean	Std. Error Points			Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	15.930	0	1		4.516	72.258	
14:1	20.000	· ·	_		4.510	72.230	
16:1 undifferentiated	0.990	0	1		0.281	4.491	
18:1 undifferentiatedg	14.660	0	1		4.156	66.498	
20:1	0.270		1		0.077	1.225	
22:1 undifferentiatedg 24:1 cg					0.0	1,110	
Fatty acids, total polyunsaturatedg	3.800	0	1		1.077	17.237	
18:2 undifferentiatedg	3.300		1		0.936	14.969	
18:3 undifferentiated	0.290		1		0.082	1.315	
18:4g	0.250		_		0.002	1.010	
20:2 n-6 c.c							
20:3 undifferentiatedg							
20:4 undifferentiatedg	0.110	0	1		0.031	0.499	
20:5 n-3g							
22:5 n-3g							
22:6 n-3g							
Fatty acids, total transg							
Cholesterolmg	74	0	1		21	336	
Phytosterolsmg	0	0	1		0	0	
Amino Acids:							
Tryptophang	0.160	0	1		0.045	0.726	
Threonineg	0.610		1		0.173	2.767	
Isoleucineg	0.616		1		0.175	2.794	
Leucineg	1.088		1		0.308	4.935	
Lysineg	1.230		1		0.349	5.579	
Methionineg	0.347		1		0.098	1.574	
Cystineg	0.169		1		0.048	0.767	
Phenylalanineg	0.547		1		0.155	2.481	
Tyrosineg	0.454		1		0.129	2.059	
Valineg	0.737		1		0.209	3.343	
Arginineg	0.911		1		0.258	4.132	
Histidineg	0.509		1		0.144	2.309	
Alanineg	0.832		1		0.236	3.774	
Aspartic acidg	1.249		1		0.354	5.665	
Glutamic acidg	2.062		1		0.585	9.353	
Glycineg	0.868		1		0.246	3.937	
Prolineg	0.672		1		0.191	3.048	
Serine	0.574	0	1		0.163	2.604	
Hydroxyprolineg							
Others:		_					
Alcohol, ethyl	0.0	0	z 7		0.0	0.0	
Caffeine mg							
Theobromine mg							

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 24% Bone and skin

		<u>A</u>	mount in 100 gram	s of edil	ole portic	<u>on</u>	Amount in edible portion of common			
			Numbe	er			<u>m</u>	easures of food	<u>[</u>	
			of Dat	a Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	64.25	0		1		18.21	291.44		
Energy	kcal	227	0	NC	4		64	1030		
Energy		950			4		269	4308		
Protein (N x 6.25)		18.25	0		1		5.17	82.78		
Total lipid (fat)		16.48	0		1		4.67	74.75		
Ash		0.91	0		1		0.26	4.13		
Carbohydrate, by difference		0.00	0	Z	7		0.00	0.00		
Fiber, total dietary		0.0	0	Z	7		0.0	0.0		
Sugars, total		0.00	0	z	7		0.00	0.00		
Starch										
Minerals:					_		_			
Calcium, Ca	_	15	0		1		4	68		
Iron, Fe		0.89	0		1		0.25	4.04		
Magnesium, Mg		20 107	0		1		6	91		
Phosphorus, P	-	197 324	0		1 1		56 92	894		
Potassium, KSodium, Na		324 54	0		1		92 15	1470 245		
Zinc, Zn		2.11	0		1		0.60	9.57		
Copper, Cu		0.068			1		0.019	0.308		
Manganese, Mn		0.015			1		0.004	0.068		
Selenium, Se		28.5	0	PAE	4		8.1	129.3		
Vitamins:										
Vitamin C, total ascorbic acid		0.6	0		1		0.2	2.7		
Thiamin		0.800			1		0.227	3.629		
Riboflavin		0.242			1		0.069	1.098		
Niacin	-	4.413			1		1.251	20.017		
Pantothenic acid		0.718			1		0.204	3.257		
Vitamin B-6	_	0.415			1		0.118	1.882		
Folate, total		6 0	0	z	1 7		2 0	27		
Folic acid		6		Z	1		2	0 27		
Folate, food	IIICG	6	0	NC	4		2			
Folate, DFE		0.67	0	NC	1		0.19	27 3.04		
Vitamin B-12 Vitamin A, IU		7	0	NC	4		2	3.04		
Vitamin A, IUVitamin A, RAE		2	0	NC NC	4		1	9		
Retinol		2	0	NR NR	4		1	9		
Vitamin E (alpha-tocopherol)		0.23	0	BFSN			0.06	1.04		
Tocopherol, beta		0.23	v	DION	-		0.00	1.01		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0	0	BFSN	4		0.0	0.0		
<u>Lipids:</u>							1 (2)	06 170		
Fatty acids, total saturated		5.770			1		1.636	26.173		
4:0		0.000			1 1		0.000	0.000		
6:0					1		0.000	0.000		
8:0 10:0		0.000			1		0.000 0.003	0.000 0.045		
12:0	_	0.010			1		0.003	0.045		
13:0	-	0.020	. 0		_		0.006	0.091		
14:0	_	0.200	0		1		0.057	0.907		
15:0	_	0.200			1		0.057	0.907		
16:0	_	3.580	0		1		1.015	16.239		
17:0		3.360			-		1.013	10.239		
18:0	_	1.900	0		1		0.539	8.618		
20:0	_	1.500	. •		-		0.555	0.010		
22:0	_									
24:0	-									

		<u>A</u>	mount in 100	grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common measures of food			
				Number of Data		Source	Confidence	<u>m</u> .	easures of food		
Nutrients and	l Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsatur	ratedg	7.320	1	0		1		2.075	33.204		
14:1	=										
15:1	-	0.460		•				0 100	0.007		
16:1 undifferentiated 17:1	=	0.460	1	0		1		0.130	2.087		
18:1 undifferentiated	-	6.720	1	0		1		1.905	30.482		
20:1	-	0.120		0		1		0.034	0.544		
22:1 undifferentiated		0.000		0		1		0.000	0.000		
24:1 c	•										
Fatty acids, total polyunsatura		1.730	1	0		1		0.490	7.847		
18:2 undifferentiated	g	1.460)	0		1		0.414	6.623		
18:3 undifferentiated	g	0.110)	0		1		0.031	0.499		
18:4	g	0.000	1	0		1		0.000	0.000		
20:2 n-6 c,c	g										
20:3 undifferentiated	-										
20:4 undifferentiated	=	0.090		0		1		0.026	0.408		
20:5 n-3	=	0.000		0		1		0.000	0.000		
22:5 n-3	-	0.000		0		1		0.000	0.000		
22:6 n-3		0.000	1	0		1		0.000	0.000		
Fatty acids, total trans		69		0		1		20	313		
CholesterolPhytosterols	-	09		U		1		20	313		
1 hytosterois											
Amino Acids:											
Tryptophan		0.223		0		1		0.063	1.012		
Threonine	-	0.820		0		1		0.232	3.720		
Isoleucine	_	0.835		0		1		0.237	3.788		
Leucine	-	1.449		0		1		0.411	6.573		
Lysine		1.630		0 0		1 1		0.462	7.394		
Methionine		0.471 0.228		0		1		0.134 0.065	2.136		
Cystine		0.724		0		1		0.205	1.034 3.284		
Phenylalanine Tyrosine		0.619		0		1		0.175	2.808		
Valine	-	0.981		0		1		0.278	4.450		
Arginine	-	1.160		0		1		0.329	5.262		
Histidine	_	0.704		0		1		0.200	3.193		
Alanine	-	1.075		0		1		0.305	4.876		
Aspartic acid		1.670	1	0		1		0.473	7.575		
Glutamic acid		2.794	l .	0		1		0.792	12.674		
Glycine	g	0.980)	0		1		0.278	4.445		
Proline	g	0.795	i	0		1		0.225	3.606		
Serine	g	0.754	ŀ	0		1		0.214	3.420		
Hydroxyproline	g										
Others:											
Alcohol, ethyl	a	0.0		0		7		0.0	0.0		
Caffeine		0		0	z	7		0.0	0.0		
Theobromine	-	0		0	Z	7		0	0		
Carotenoids:	g	-		-	_	•		-	•		
	m-~	•		^	_	-		0.000	0.000		
Carotene, beta		0		0	Z Z	7 7		0.000 0.000	0.000		
Carotene, alpha		0		0	z Z	7		0.000	0.000 0.000		
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000		
LycopeneLutein + zeaxanthin		0		0	Z	7		0.000	0.000		
Edicin - Zeaxanunili	9	U		,	4	,		0.000	0.000		

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 453.6g: 1 lb

Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

NDB No. 10093

Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked

Refuse: 31% Bone and skin 22%, separable fat 9%

	<u>A</u>	mount in 10	00 grams	of edil	Amount in edible portion of common					
			Number						easures of food	
						Cauraa	Confidence	_		
Nutrients and Units		Mean	Std. Error	of Data Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3
B										
Proximates: Water	a	60.31		0		1		139.32	51.26	
Energy	-	212		0	NC	4		490	180	
Energy		887		·	NO	4		2049	754	
Protein (N x 6.25)		29.27		0		1		67.61	24.88	
Total lipid (fat)		9.66		0		1		22.31	8.21	
Ash		1.18		0		1		2.73	1.00	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary	_	0.00		0	Z	7		0.00	0.00	
		0.00		0	Z	7		0.00	0.00	
Sugars, total		0.00		U	4	,		0.00	0.00	
Starch	9									
Minerals:										
Calcium, Ca	mg	21		0		1		49	18	
Iron, Fe	mg	1.10		0		1		2.54	0.94	
Magnesium, Mg	mg	26		0		1		60	22	
Phosphorus, P	mg	237		0		1		547	201	
Potassium, K	mg	375		0		1		866	319	
Sodium, Na	mg	59		0		1		136	50	
Zinc, Zn	<u>mg</u>	2.97		0		1		6.86	2.52	
Copper, Cu		0.061		0		1		0.141	0.052	
Manganese, Mn		0.018	3	0		1		0.042	0.015	
Selenium, Se	mcg	45.0		0	PAE	4		104.0	38.3	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.3		0		1		0.7	0.3	
Thiamin	-	0.846	5	0		1		1.954	0.719	
Riboflavin		0.345		0		1		0.797	0.293	
Niacin	-	5.172		0		1		11.947	4.396	
Pantothenic acid		0.684	Į	0		1		1.580	0.581	
Vitamin B-6		0.434	Į	0		1		1.003	0.369	
Folate, total		1	0.0	83 24	A	1		3	1	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	1	0.0	83 24	A	1		3	1	
Folate, DFE		1		0	NC	4		3	1	
Vitamin B-12		0.75		0		1		1.73	0.64	
Vitamin A, IU	IU -	7		0	PIK	4		15	6	
Vitamin A, RAE	mcg_RAE	2		0	PIK	4		5	2	
Retinol		2		0	PIK	4		5	2	
Vitamin E (alpha-tocopherol)	mg	0.18		0	PIK	4		0.41	0.15	
Tocopherol, beta	mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma	mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, delta		0.00		0	PAK	1		0.00	0.00	
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	PIK	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	a	3.410	1	0		1		7.877	2.899	
4:0	_	0.000		0		1		0.000	0.000	
6:0		0.000		0		1		0.000	0.000	
8:0	-	0.000		0		1		0.000	0.000	
10:0.	-	0.010		0		1		0.023	0.009	
12:0		0.010		0		1		0.023	0.009	
13:0		0.010	•	v		-		3.023	0.003	
14:0		0.120)	0		1		0.277	0.102	
15:0		0.120	•	Ü		-		0.277	0.102	
16:0	_	2.110)	0		1		4.874	1.794	
17:0	_	2.11(•	Ü		-		2.074	1.754	
18:0	_	1.090)	0		1		2.518	0.927	
20:0	_	1.090	•	Ü		-		2.310	0.321	
22:0	-									
24:0	_									
=										

		Amount in 100 grams of edible portion Number							Amount in edible portion of common measures of food		
Nutrients and Units	N	lean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	a	4.350		0		1		10.049	3.698		
14:1	9	1.550		·		_		10.045	3.030		
15:1 undifferentiated	-	0.310		0		1		0.716	0.264		
17:1	-	3.910		0		1		9.032	3.324		
20:1	-	0.090		0		1		0.208	0.077		
22:1 undifferentiated		0.000		0		1		0.000	0.000		
24:1 c	•										
Fatty acids, total polyunsaturated		0.750		0		1		1.733	0.638		
18:2 undifferentiated	g	0.650		0		1		1.502	0.553		
18:3 undifferentiated	g	0.020		0		1		0.046	0.017		
18:4	g	0.000		0		1		0.000	0.000		
20:2 n-6 c,c	_										
20:3 undifferentiated	-										
20:4 undifferentiated	-	0.050		0		1		0.116	0.043		
20:5 n-3		0.000		0		1		0.000	0.000		
22:5 n-3 22:6 n-3	-	0.000		0 0		1 1		0.000 0.000	0.000 0.000		
Fatty acids, total trans	_	0.000		U		-		0.000	0.000		
Cholesterol		86		0		1		199	73		
Phytosterols	5					-					
•	0										
Amino Acids:											
Tryptophan		0.372		0		1		0.859	0.316		
Threonine	-	1.337		0 0		1 1		3.088	1.136		
Isoleucine	_	1.371		0		1		3.167 5.424	1.165 1.996		
Lysine	_	2.632		0		1		6.080	2.237		
Methionine		0.775		0		1		1.790	0.659		
Cystine		0.373		0		1		0.862	0.317		
Phenylalanine		1.168		0		1		2.698	0.993		
Tyrosine		1.020		0		1		2.356	0.867		
Valine	g	1.588		0		1		3.668	1.350		
Arginine	g	1.819		0		1		4.202	1.546		
Histidine	g	1.169		0		1		2.700	0.994		
Alanine	g	1.705		0		1		3.939	1.449		
Aspartic acid		2.715		0		1		6.272	2.308		
Glutamic acid		4.582		0		1		10.584	3.895		
Glycine		1.390		0		1		3.211	1.182		
Proline	=	1.176		0		1		2.717	1.000		
Serine		1.209		0		1		2.793	1.028		
Hydroxyproline	9										
Others:											
Alcohol, ethyl	g	0.0		0		7		0.0	0.0		
Caffeine	mg	0		0	Z	7		0	0		
Theobromine	mg	0		0	Z	7		0	0		
Carotenoids:											
Carotene, beta	mcg	0		0	z	7		0.000	0.000		
Carotene, alpha		0		0	z	7		0.000	0.000		
Cryptoxanthin, beta	mcg	0		0	Z	7		0.000	0.000		
Lycopene	mcg	0		0	Z	7		0.000	0.000		
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000		

Common Measures:

Measure 1 = 231g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 30% Bone and skin 22%, separable fat 8%

		Amount in 100 grams of edible portion							Amount in edible portion of common		
			N	Number				<u>m</u>	easures of food	<u></u>	
						Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
n											
Proximates: Water	q	72.34		0		1		20.51	328.13		
Energy	-	143		0	NC	4		41	649		
Energy		598				4		170	2714		
Protein (N x 6.25)		21.07		0		1		5.97	95.57		
Total lipid (fat)	-	5.88		0		1		1.67	26.67		
Ash		1.04		0		1		0.29	4.72		
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00		
Fiber, total dietary		0.0		0	z	7		0.0	0.0		
Sugars, total		0.00		0	z	7		0.00	0.00		
Starch	=										
Minerals:	m~	1.0		^				-	7.0		
Calcium, Ca	-	16		0		1		5	73		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.91 23		0 0		1 1		0.26 7	4.13 104		
Magnesium, Mg		211		0		1		60	957		
Phosphorus, P Potassium, K		380		0		1		108	957 1724		
Sodium. Na		57		0		1		16	259		
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	2.08		0		1		0.59	9.43		
Copper, Cu		0.069	9	0		1		0.020	0.313		
Manganese, Mn		0.013		0		1		0.004	0.059		
Selenium, Se		32.3		0	PAE	4		9.2	146.5		
·	-										
Vitamins:						_					
Vitamin C, total ascorbic acid		0.7	-	0		1		0.2	3.2		
Thiamin		0.966		0 0		1 1		0.274	4.382		
Riboflavin	-	0.273 4.829		0		1		0.077 1.369	1.238 21.904		
Niacin Pantothenic acid		0.788		0		1		0.223	3.574		
Vitamin B-6		0.508		0		1		0.144	2.304		
Folate, total		5	,	0		1		1	23		
Folic acid		0		0	z	7		0	0		
Folate, food		5		0	-	1		1	23		
Folate, DFE		5		0	NC	4		1	23		
Vitamin B-12		0.67		0		1		0.19	3.04		
Vitamin A, IU		7		0	PIK	4		2	30		
Vitamin A, RAE	mcg RAE	2		0	NC	4		1	9		
Retinol		2		0	PIK	4		1	9		
Vitamin E (alpha-tocopherol)	mg	0.18		0	PIK	4		0.05	0.80		
Tocopherol, beta		0.00		0	PAK	1		0.00	0.00		
Tocopherol, gamma		0.00		0	PAK	1		0.00	0.00		
Tocopherol, delta	mg	0.00		0	PAK	1		0.00	0.00		
Vitamin D	IU										
Vitamin K (phylloquinone)	mcg	0.0		0	PIK	4		0.0	0.0		
Lipids:											
Fatty acids, total saturated	g	2.030)	0		1		0.576	9.208		
4:0	_	0.000		0		1		0.000	0.000		
6:0		0.000)	0		1		0.000	0.000		
8:0		0.000)	0		1		0.000	0.000		
10:0	g	0.010)	0		1		0.003	0.045		
12:0	g	0.010)	0		1		0.003	0.045		
13:0	g										
14:0	_	0.070)	0		1		0.020	0.318		
15:0	_										
16:0	-	1.290)	0		1		0.366	5.851		
17:0	_			_		_		_			
18:0	-	0.640)	0		1		0.181	2.903		
20:0	_										
22:0	_										
24:0	g										

		<u>A</u>	mount in 100		Amount in edible portion of common					
			o	umber of Data		Source	Confidence	<u>m</u> .	easures of food	
Nutrients and	Units	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsature	atedg	2.660		0		1		0.754	12.066	
14:1	_									
15:1 16:1 undifferentiated	_	0.190		0		1		0.054	0.862	
17:1	_	0.150		Ū		-		0.034	0.002	
18:1 undifferentiated	_	2.420		0		1		0.686	10.977	
20:1	_	0.040	ı	0		1		0.011	0.181	
22:1 undifferentiated	g	0.000	ı	0		1		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturat	tedg	0.630	1	0		1		0.179	2.858	
18:2 undifferentiated		0.510		0		1		0.145	2.313	
18:3 undifferentiated	g	0.020		0		1		0.006	0.091	
18:4	_	0.000		0		1		0.000	0.000	
20:2 n-6 c,c	_									
20:3 undifferentiated	_	0.070		•						
20:4 undifferentiated	_	0.070		0		1 1		0.020	0.318	
20:5 n-3	_	0.000		0		1		0.000 0.000	0.000 0.000	
22:5 n-3 22:6 n-3	_	0.000		0		1		0.000	0.000	
Fatty acids, total trans		0.000		U		_		0.000	0.000	
Cholesterol		61		0		1		17	277	
Phytosterols	_	01		v		-				
,										
Amino Acids:										
Tryptophan		0.268		0		1		0.076	1.216	
Threonine	_	0.962		0		1		0.273	4.364	
Isoleucine	_	0.987		0		1		0.280	4.477	
Leucine	_	1.691		0		1		0.479	7.670	
Lysine		1.895 0.558		0		1 1		0.537	8.596	
Methionine		0.35		0		1		0.158 0.076	2.531	
Cystine		0.269		0		1		0.076	1.220 3.815	
Phenylalanine Tyrosine		0.734		0		1		0.238	3.329	
Valine	_	1.143		0		1		0.324	5.185	
Arginine	_	1.310		0		1		0.371	5.942	
Histidine		0.842		0		1		0.239	3.819	
Alanine	_	1.227		0		1		0.348	5.566	
Aspartic acid		1.954		0		1		0.554	8.863	
Glutamic acid		3.298		0		1		0.935	14.960	
Glycine		1.000		0		1		0.284	4.536	
Proline	-	0.846	i	0		1		0.240	3.837	
Serine	_	0.870		0		1		0.247	3.946	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	a	0.0		0		7		0.0	0.0	
Caffeine		0.0		0	z	7		0.0	0.0	
Theobromine	-	0		0	Z	7		0	0	
Carotenoids:		ŭ		•	-	•		•	•	
		_		_	_	_				
Carotene, beta		0		0	Z	7		0.000	0.000	
Carotene, alpha		0		0	z z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	z	7		0.000	0.000	
Lycopene		0		0	z z	7 7		0.000 0.000	0.000 0.000	
Lutein + zeaxanthin	IIICY	U		<u> </u>	<u>z</u>			0.000	0.000	

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 453.6g: 1 lb

Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

NDB No. 10188

Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked

Refuse: 24% Bone and skin

		<u>A</u>	mount in 100	granis	or ear	ne portio	<u>)II</u>		edible portion o			
			N	umber				<u>m</u>	easures of food			
			0	f Data	Deriv	Source	Confidence					
Nutrients and Uni	ts	Mean	Std. Error P			Code	Code	Measure 1	Measure 2	Measure		
Proximates:	σ.	54.55		0		1		134.74	46.27			
Water	-	273		0	NC	4		134.74 674	46.37			
Energy.		1142		U	NC	4		2821	232 971			
Energy		27.57		0		1		68.10	23.43			
Protein (N x 6.25) Total lipid (fat)		17.18		0		1		42.43	23.43 14.60			
Ash		1.13		0		1		2.79	0.96			
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00			
Fiber, total dietary		0.0		0	Z	, 7		0.0	0.00			
Sugars, total		0.00		0	z	7		0.00	0.00			
Starch	=	0.00		Ū		,		0.00	0.00			
Starcii	9											
Minerals:												
Calcium, Ca		25		0		1		62	21			
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.10		0		1		2.72	0.94			
Magnesium, Mg		24		0		1		59	20			
Phosphorus, P	-	232		0		1		573	197			
Potassium, K	-	354 62		0		1 1		874 153	301 53			
Sodium, Na	-	2.90		0		1		7.16	2. 4 7			
Zinc, Zn Copper, Cu		0.067	7	0		1		0.165	0.057			
Manganese, Mn		0.010		0		1		0.025	0.009			
Selenium, Se		40.6	,	0	PAE	4		100.3	34.5			
•	9			·		-		200.5	31.0			
<u>Vitamins:</u>												
Vitamin C, total ascorbic acid		0.3		0		1		0.7	0.3			
Thiamin		0.770		0		1		1.902	0.655			
Riboflavin	-	0.328		0		1		0.810	0.279			
Niacin		4.926		0		1		12.167	4.187			
Pantothenic acid		0.665		0		1		1.643	0.565			
Vitamin B-6		0.394	l .	0		1		0.973	0.335			
Folate, total		6 0		0		1 7		15 0	5 0			
Folic acid		6		0	Z	1		15	5			
Folate, food		6		0	NC	4		15	5 5			
Vitamin B-12		0.77		0	NC	1		1.90	0.65			
Vitamin B-12 Vitamin A, IU		7		0	NC	4		16	6			
Vitamin A, RAE	mca RAF	2		0	NC	4		5	2			
Retinol		2		0	NR	4		5	2			
Vitamin E (alpha-tocopherol)		0.20		0	BFSN	4		0.50	0.17			
Tocopherol, beta						_						
Tocopherol, gamma												
Tocopherol, delta												
Vitamin D	IU											
Vitamin K (phylloquinone)	mcg	0.0		0	BFSN	4		0.0	0.0			
l inida.												
Lipids:	a	6.220	`	0		1		15.363	5.287			
Fatty acids, total saturated		0.000		0		1		0.000	0.000			
6:0		0.000		0		1		0.000	0.000			
8:0		0.000		0		1		0.000	0.000			
10:0	-	0.010		0		1		0.000	0.009			
12:0		0.010		o		1		0.025	0.009			
13:0		3.010		-		_						
14:0		0.210)	0		1		0.519	0.179			
15:0				-								
16:0		3.830)	0		1		9.460	3.256			
17:0												
18:0	-	2.040)	0		1		5.039	1.734			
20:0	-											
22:0	-											
24:0	-											

		<u>A</u>	mount in 100 gran		ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and l	Units	Mean		a Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturat	ted Q	7.640	0		1		18.871	6.494	
14:1	g								
16:1 undifferentiated	g	0.510	0		1		1.260	0.434	
17:1 18:1 undifferentiated	g	6.920			1		17.092	5.882	
20:1	-	0.150			1		0.371	0.128	
22:1 undifferentiated	•	0.000	0		1		0.000	0.000	
Fatty acids, total polyunsaturate		1.450	0		1		3.582	1.233	
18:2 undifferentiated		1.280			1		3.162	1.088	
18:3 undifferentiated		0.050			1		0.124	0.043	
18:4	=	0.000	0		1		0.000	0.000	
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated	g	0.070	0		1		0.173	0.060	
20:5 n-3	g	0.000	0		1		0.000	0.000	
22:5 n-3	-	0.000			1		0.000	0.000	
22:6 n-3	-	0.000	0		1		0.000	0.000	
Fatty acids, total trans		0.4			_				
Cholesterol	_	91	0		1		225	77	
Phytosterols	Illy								
Amino Acids:									
Tryptophan	g	0.346	0		1		0.855	0.294	
Threonine	g	1.253	0		1		3.095	1.065	
Isoleucine	g	1.283	0		1		3.169	1.091	
Leucine	-	2.206			1		5.449	1.875	
Lysine		2.475			1		6.113	2.104	
Methionine		0.725			1		1.791	0.616	
Cystine		0.350			1		0.865	0.298	
Phenylalanine		1.099			1		2.715	0.934	
Tyrosine	=	0.954			1 1		2.356	0.811	
Valine	-	1.492 1.725			1		3.685 4.261	1.268 1.466	
Arginine Histidine		1.091			1		2.695	0.927	
Alanine	-	1.611			1		3.979	1.369	
Aspartic acid		2.548			1		6.294	2.166	
Glutamic acid.		4.289			1		10.594	3.646	
Glycine		1.357			1		3.352	1.153	
Proline	-	1.134			1		2.801	0.964	
Serine	-	1.139			1		2.813	0.968	
Hydroxyproline									
Others:									
Alcohol, ethyl	a	0.0	0		7		0.0	0.0	
Caffeine		0	0	z	7		0	0.0	
Theobromine		0	0	z	7		0	0	
Carotenoids:	g	ū	v	_	•		·	· ·	
<u> </u>		_	-	_	_				
Carotene, beta		0	0	Z	7		0.000	0.000	
Carotene, alpha	_	0	0	z z	7 7		0.000	0.000	
Cryptoxanthin, beta		0	•	z z	7		0.000 0.000	0.000 0.000	
Lycopene		0	0	z z	7		0.000	0.000	
Lutein + zeaxanthin	liicg	<u> </u>		z			0.000	0.000	

Common Measures:

Measure 1 = 247g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 10188

Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

NDB No. 10187
Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw

Refuse: 25% Bone and skin

		<u>A</u>	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common			
Nutrients and Un	its	Mean			Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3	
Proximates:											
Water	-	65.11		0		1		18.46	295.34		
Energy		216		0	NC	4		61	980		
Energy		904		_		4		256	4099		
Protein (N x 6.25)		18.95		0		1		5.37	85.96		
Total lipid (fat)		14.95		0		1		4.24	67.81		
Ash		0.94		0	_	1		0.27	4.26		
Carbohydrate, by difference		0.00		0 0	z z	7 7		0.00	0.00		
Fiber, total dietary		0.0		U	Z	,		0.0	0.0		
Sugars, total											
Starch	9										
Minerals:											
Calcium, Ca	-	19		0		1		5	86		
Iron, Fe		0.86		0		1		0.24	3.90		
Magnesium, Mg		21		0		1		6	95		
Phosphorus, P		200		0		1		57	907		
Potassium, K		335		0		1		95	1520		
Sodium, Na		55		0		1		16	249		
Zinc, Zn		2.01	•	0		1		0.57	9.12		
Copper, Cu	-	0.064 0.011		0 0		1 1		0.018 0.003	0.290 0.050		
Manganese, Mn		28.4	<u>.</u>	0	PAE	4		8.1	128.8		
Selenium, Se	niog	20.4		U	FAL	-		0.1	120.0		
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.5		0		1		0.1	2.3		
Thiamin		0.841	L	0		1		0.238	3.815		
Riboflavin		0.254		0		1		0.072	1.152		
Niacin		4.504		0		1		1.277	20.430		
Pantothenic acid		0.730		0		1		0.207	3.311		
Vitamin B-6	-	0.445	5	0		1		0.126	2.019		
Folate, total		5		0	_	1		1	23		
Folic acid	_	0		0	Z	7		0	0		
Folate, food		5 5		0 0	***	1 4		1 1	23		
Folate, DFE		0.66		0	NC	1		0.19	23 2.99		
Vitamin B-12		7		0		1		0.19	2.99 32		
Vitamin A, IU Vitamin A, RAE		2		0		1		1	10		
Retinol		2		0		1		1	10		
Vitamin E (alpha-tocopherol)		2		U		_		-	10		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
T inida.											
<u>Lipids:</u>	~	5.280		0		1		1 407	22 050		
Fatty acids, total saturated		5.260	,	U		1		1.497	23.950		
4:0 6:0											
8:0	-										
10:0		0.010)	0		1		0.003	0.045		
12:0		0.010		0		1		0.003	0.045		
13:0								2			
14:0	-	0.180)	0		1		0.051	0.816		
15:0											
16:0	-	3.280)	0		1		0.930	14.878		
17:0	g										
18:0	g	1.740)	0		1		0.493	7.893		
20:0	g										
22:0	-										
24:0	g										

Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw

	<u>Aı</u>	mount in 100 gran		ble portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Numb of Da Std. Error Point	ta Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	6.630	0		1		1.880	30.074		
14:1									
15:1	0.410	0		1		0.116	1.860		
16:1 undifferentiated	0.410	•		1		0.116	1.000		
18:1 undifferentiatedg	6.090	0		1		1.727	27.624		
20:1g	0.110			1		0.031	0.499		
22:1 undifferentiatedg	0.110	•		1		0.031	0.499		
24:1 cg									
Fatty acids, total polyunsaturatedg	1.550	0		1		0.439	7.031		
18:2 undifferentiatedg	1.310			1		0.439	5.942		
18:3 undifferentiatedg	0.090			1		0.026	0.408		
18:4g	0.090	•		1		0.020	0.400		
20:2 n-6 c.cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.080	0		1		0.023	0.363		
20:5 n-3g	0.000	•		-		0.025	0.505		
22:5 n-3g									
22:6 n-3g									
Fatty acids, total trans									
Cholesterolmg	67	0		1		19	304		
Phytosterols mg									
Amino Acids:									
Tryptophang	0.234	. 0		1		0.066	1.061		
Threonineg	0.855	0		1		0.242	3.878		
Isoleucineg	0.873	0		1		0.247	3.960		
Leucine9	1.509	0		1		0.428	6.845		
Lysineg	1.696	0		1		0.481	7.693		
Methionineg	0.493	0		1		0.140	2.236		
Cystineg	0.238	0		1		0.067	1.080		
Phenylalanine	0.753	0		1		0.213	3.416		
Tyrosineg	0.648	0		1		0.184	2.939		
Valineg	1.021	. 0		1		0.289	4.631		
Arginineg	1.197	0		1		0.339	5.430		
Histidineg	0.738	0		1		0.209	3.348		
Alanineg	1.112			1		0.315	5.044		
Aspartic acidg	1.741	. 0		1		0.494	7.897		
Glutamic acidg	2.921	. 0		1		0.828	13.250		
Glycineg	0.983	0		1		0.279	4.459		
Prolineg	0.807	0		1		0.229	3.661		
Serineg	0.783	0		1		0.222	3.552		
Hydroxyproline									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

NDB No. 10227
Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked

Refuse: 22% Bone

		<u>A</u>	mount in 100 grar	ns of edi	ole portic	<u>on</u>	Amount in	edible portion	of common
			Numb	er			<u>m</u>	easures of food	<u>l</u>
			of Da	ta Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	56.68	O		1		147.93	48.18	
Energy	-	252	0	NC	4		658	214	
Energy		1054			4		2752	896	
Protein (N x 6.25)		27.78	O		1		72.51	23.61	
Total lipid (fat)		14.76	C		1		38.52	12.55	
Ash		1.14	O		1		2.98	0.97	
Carbohydrate, by difference		0.00	C	Z	7		0.00	0.00	
Fiber, total dietary		0.0	O	Z	7		0.0	0.0	
Sugars, total		0.00	O	z	7		0.00	0.00	
Starch	-								
Minerals:					_				
Calcium, Ca	_	24	0		1		63	20	
Iron, Fe	_	0.99	0		1		2.58	0.84	
Magnesium, Mg		24	0		1		63	20	
Phosphorus, P	•	227 362	0		1 1		592 945	193 308	
Potassium, K	_	362 57	0		1		945 149	308 48	
Sodium, NaZinc, Zn		2.62	0		1		6.84	2.23	
Copper, Cu		0.051			1		0.133	0.043	
Manganese, Mn		0.007			1		0.018	0.006	
Selenium, Se		41.6	0		4		108.6	35.4	
· ·									
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid		0.3	0		1		0.8	0.3	
Thiamin		0.849			1		2.216	0.722	
Riboflavin		0.324			1		0.846	0.275	
Niacin		4.960			1		12.946	4.216	
Pantothenic acid		0.667			1		1.741	0.567	
Vitamin B-6	_	0.404			1		1.054	0.343	
Folate, total		6	0		1		16	5	
Folic acid		0	0		7		0	0	
Folate, food	mcg	6	0		1		16	5	
Folate, DFE		6	0		4		16	5	
Vitamin B-12		0.7 4 7	0		1 4		1.93 17	0.63	
Vitamin A, IU Vitamin A, RAE		2	0		4		5	6 2	
Retinol		2	0		4		5	2	
Vitamin E (alpha-tocopherol)		0.24	0		4		0.62	0.20	
Tocopherol, beta		0.24	O	DEIN	-		0.02	0.20	
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)		0.0	0	BFYN	4		0.0	0.0	
<u>Lipids:</u>									
Fatty acids, total saturated		5.300			1		13.833	4.505	
4:0		0.000			1		0.000	0.000	
6:0		0.000			1		0.000	0.000	
8:0		0.000			1 1		0.000	0.000	
10:0 12:0.	-	0.010			1		0.026 0.026	0.009	
13:0		0.010	, 0		1		0.026	0.009	
13:0	-	0.180) 0		1		0.470	0 153	
	-	0.180	, 0		1		0.470	0.153	
15:0	-	3.270) 0		1		8.535	2.780	
16:0 17:0		3.270	, 0		1		0.333	2.780	
18:0	-	1.710	0		1		4.463	1.454	
20:0	-	1.710	, 0		1		4.403	1.454	
22:0	-								
66.11	y								

		<u>A</u> 1	mount in 100 gra		ible portic	<u>on</u>	Amount in edible portion of common measures of food			
			Num				<u> </u>	easures or roou		
Nutrients and L	Jnits	Mean	of D Std. Error Poi	ata Deriv nts Code		Confidence Code	Measure 1	Measure 2	Measure 3	
E w il wil		6.550		0	1		17.006	5 560		
Fatty acids, total monounsaturate	g	6.550		· ·	1		17.096	5.568		
15:1 16:1 undifferentiated 17:1	g	0.470		0	1		1.227	0.400		
18:1 undifferentiated	-	5.880		0	1		15.347	4.998		
20:1	g	0.130		0	1		0.339	0.111		
22:1 undifferentiated24:1 c	•	0.000		0	1		0.000	0.000		
Fatty acids, total polyunsaturated	dg	1.180		0	1		3.080	1.003		
18:2 undifferentiated	g	1.020		0	1		2.662	0.867		
18:3 undifferentiated	g	0.030		0	1		0.078	0.026		
18:4	g	0.000		0	1		0.000	0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.060		0	1		0.157	0.051		
20:5 n-3	g	0.000		0	1		0.000	0.000		
22:5 n-3	g	0.000		0	1		0.000	0.000		
22:6 n-3	g	0.000		0	1		0.000	0.000		
Fatty acids, total trans	g									
Cholesterol	mg	86		0	1		224	73		
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.351		0	1		0.916	0.298		
Threonine		1.266		0	1		3.304	1.076		
Isoleucine	-	1.297		0	1		3.385	1.102		
	-	2.226		0	1		5.810	1.892		
Leucine		2.496		0	1		6.515	2.122		
Lysine Methionine		0.733		0	1		1.913	0.623		
		0.753		0	1		0.921	0.300		
Cystine		1.108		0	1		2.892	0.300		
Phenylalanine		0.965		0	1		2.519			
Tyrosine				0	1		3.928	0.820 1.279		
Valine	_	1.505 1.731		0	1			1.279		
9		1.105		0	1		4.518 2.884			
Histidine	-			0	1			0.939		
Alanine		1.620 2.572		0	1		4.228 6.713	1.377		
Aspartic acid				0	1			2.186		
Glutamic acid		4.336 1.340		0	1		11.317	3.686 1.139		
Glycine				•	1		3.497			
Proline	-	1.127		0			2.941	0.958		
Serine		1.147		U	1		2.994	0.975		
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0	7		0.0	0.0		
Caffeine		0		0 z	7		0	0		
Theobromine		0		0 z	7		0	0		
Carotenoids:	······································									
	mea	^		0 -	7		0.000	0 000		
Carotene, beta		0		0 z 0 z	7 7		0.000	0.000		
Carotene, alpha		0		0 Z	7		0.000	0.000		
Cryptoxanthin, beta		0		0 Z			0.000	0.000		
Lycopene					7		0.000	0.000		
Lutein + zeaxanthin	iiica	0		0 Z	7		0.000	0.000		

Common Measures:

Measure 1 = 261g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 10227

Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

NDB No. 10226
Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw

Refuse: 22% Bone

		<u>A</u>	mount in 100) grams	of edik	ole portio	<u>n</u>	Amount in edible portion of common			
			M	Number				<u>m</u>	easures of food		
				of Data	Deriv	Source	Confidence				
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	a	66.83		0		1		18.95	303.14		
Energy		200		0	NC	4		57	907		
Energy		837		ŭ	110	4		237	3796		
Protein (N x 6.25)		19.53		0		1		5.54	88.59		
Total lipid (fat)	-	12.90		0		1		3.66	58.51		
Ash		0.96		0		1		0.27	4.35		
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00		
Fiber, total dietary		0.0		0	z	7		0.0	0.0		
Sugars, total		0.00		0	z	7		0.00	0.00		
Starch		0.00		ŭ	-	•		0.00	0.00		
Starcii	9										
Minerals:											
Calcium, Ca	_	19		0		1		5	86		
Iron, Fe	-	0.82		0		1		0.23	3.72		
Magnesium, Mg		21		0		1		6	95		
Phosphorus, P		195		0		1		55	885		
Potassium, K		352		0		1		100	1597		
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	51		0		1		14	231		
Zinc, Zn		1.87		0		1		0.53	8.48		
Copper, Cu		0.059		0		1		0.017	0.268		
Manganese, Mn		0.011	L	0		1		0.003	0.050		
Selenium, Se	mcg	28.3		0	PAE	4		8.0	128.4		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid		0.6		0		1		0.2	2.7		
Thiamin		0.892		0		1		0.253	4.046		
Riboflavin	-	0.253		0		1		0.072	1.148		
Niacin		4.492		0		1		1.273	20.376		
Pantothenic acid		0.729		0		1		0.207	3.307		
Vitamin B-6		0.456	5	0		1		0.129	2.068		
Folate, total		5		0	_	1		1	23		
Folic acid		0		0	Z	7		0	0		
Folate, food		5		0		1		1	23		
Folate, DFE		5		0	NC	4		1	23		
Vitamin B-12		0.63		0		1		0.18	2.86		
Vitamin A, IU	IU	7		0	NC	4		2	30		
Vitamin A, RAE		2		0	NC	4		1	9		
Retinol		2		0	NR	4		1	9		
Vitamin E (alpha-tocopherol)		0.18		0	PIK	4		0.05	0.80		
Tocopherol, beta		0.00		0	PAK	1		0.00	0.00		
Tocopherol, gamma		0.00		0	PAK	1		0.00	0.00		
Tocopherol, delta		0.00		0	PAK	1		0.00	0.00		
Vitamin D Vitamin K (phylloquinone)		0.0		0	PIK	4		0.0	0.0		
	9	0.0		· ·		-		0.0	0.0		
Lipids: Fatty acids, total saturated	a	4.470)	0		1		1.267	20.276		
4:0	-	0.000		0		1		0.000	0.000		
6:0		0.000		0		1		0.000	0.000		
8:0		0.000		0		1		0.000	0.000		
10:0	-	0.010		0		1		0.003	0.045		
12:0		0.010		0		1		0.003	0.045		
13:0				-				2			
14:0	-	0.160)	0		1		0.045	0.726		
15:0	-	00		•		_		0.040	0.,20		
16:0	-	2.790)	0		1		0.791	12.655		
17:0	-			•		-		2 <u>-</u>			
18:0	-	1.460)	0		1		0.414	6.623		
20:0	-			•		-		J. 414	0.023		
22:0	-										
24:0	-										

	<u>Aı</u>	mount in 100 grams	s of edil	ole portio	<u>n</u>	Amount in edible portion of common measures of food		
		Numbe	r			<u>m</u>	easures of food	
Nutrients and Units	Mean	of Data Std. Error Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	5.750	0		1		1.630	26.082	
14:1g 15:1g								
16:1 undifferentiated	0.370	0		1		0.105	1.678	
18:1 undifferentiated	5.270			1		1.494	23.905	
20:1g	0.100			1		0.028	0.454	
22:1 undifferentiatedg 24:1 cg	0.000	0		1		0.000	0.000	
Fatty acids, total polyunsaturated9	1.370	0		1		0.388	6.214	
18:2 undifferentiatedg	1.140	0		1		0.323	5.171	
18:3 undifferentiatedg	0.090	0		1		0.026	0.408	
18:4g	0.000	0		1		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.080	0		1		0.023	0.363	
20:5 n-3g	0.000	0		1		0.000	0.000	
22:5 n-3g	0.000	0		1		0.000	0.000	
22:6 n-3g	0.000	0		1		0.000	0.000	
Fatty acids, total trans9								
Cholesterol mg	64	0		1		18	290	
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.242	0		1		0.069	1.098	
Threonineg	0.882	0		1		0.250	4.001	
Isoleucineg	0.900	0		1		0.255	4.082	
Leucineg	1.556	0		1		0.441	7.058	
Lysineg	1.748	0		1		0.496	7.929	
Methionineg	0.508	0		1		0.144	2.304	
Cystineg	0.246	0		1		0.070	1.116	
Phenylalanineg	0.776	0		1		0.220	3.520	
Tyrosineg	0.668	0		1		0.189	3.030	
Valineg	1.052	0		1		0.298	4.772	
Arginineg	1.233	0		1		0.350	5.593	
Histidineg	0.761	. 0		1		0.216	3.452	
Alanineg	1.146	0		1		0.325	5.198	
Aspartic acidg	1.795	0		1		0.509	8.142	
Glutamic acidg	3.011	. 0		1		0.854	13.658	
Glycine9	1.011	. 0		1		0.287	4.586	
Prolineg	0.830			1		0.235	3.765	
Serineg	0.807	0		1		0.229	3.661	
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	
Caffeinemg	0	0	z	7		0	0	
Theobromine mg	0	0	Z	7		0	0	
Carotenoids:								
Carotene, betamcg	0	0	z	7		0.000	0.000	
Carotene, alpha mcg	0	0	Z	7		0.000	0.000	
Cryptoxanthin, betamcg	0	0	z	7		0.000	0.000	
Lycopenemcg	0	0	z	7		0.000	0.000	
Lutein + zeaxanthin mcg	0	0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 453.6g: 1 lb NDB No. 10226

Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

NDB No. 10229
Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked

Refuse: 30% Bone 22%, separable fat 8%

		<u>A</u>	mount in 100 g	rams (of edib	ole portic	<u>on</u>	Amount in	edible portion	of common
			Nu	mber				<u>m</u> .	easures of food	<u>[</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	60.30		0		1		142.31	51.26	
Energy	=	211		0	NC	4		498	179	
0.		883		U	NC	4		2083		
Energy				•					750	
Protein (N x 6.25)		29.47		0		1		69.55	25.05	
Total lipid (fat)	-	9.44		0		1		22.28	8.02	
Ash		1.19		0		1		2.81	1.01	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:						_			4.5	
Calcium, Ca	-	22		0		1		52	19	
Iron, Fe	-	1.07		0		1		2.53	0.91	
Magnesium, Mg	-	26		0		1		61	22	
Phosphorus, P		234		0		1		552	199	
Potassium, K	mg	377		0		1		890	320	
Sodium, Na	-	57		0		1		135	48	
Zinc, Zn	mg	2.87		0		1		6.77	2.44	
Copper, Cu	mg	0.053	3	0		1		0.125	0.045	
Manganese, Mn	mg	0.015	5	0		1		0.035	0.013	
Selenium, Se	mcg	45.4		0	PAE	4		107.1	38.6	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.4		0		1		0.9	0.3	
Thiamin		0.873	1	0		1		2.060	0.742	
Riboflavin	-	0.344		0		1		0.812	0.292	
Niacin.	-	5.251		0		1		12.392	4.463	
Pantothenic acid		0.692		0		1		1.633	0.588	
		0.692		0		1		1.027		
Vitamin B-6	-)						0.370	
Folate, total		6		0	_	1		14	5	
Folic acid		0		0	Z	7		0	0	
Folate, food		6		0		1		14	5	
Folate, DFE		6		0	NC	4		14	5	
Vitamin B-12		0.75		0		1		1.77	0.64	
Vitamin A, IU		7		0		1		17	6	
Vitamin A, RAE	mcg_RAE	2		0		1		5	2	
Retinol		2		0		1		5	2	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u>lipids:</u>										
Fatty acids, total saturated	а	3.340)	0		1		7.882	2.839	
4:0				-		_				
6:0	-									
8:0										
10:0	-	0.010	1	0		1		0.024	0.009	
12:0		0.010		0		1		0.024	0.009	
		0.010	,	U		_		0.024	0.009	
13:0	-	0 100	`	0		4		0.000	0 100	
14:0	_	0.120	J	0		1		0.283	0.102	
15:0	-					_				
16:0	_	2.070)	0		1		4.885	1.760	
17:0	_									
18:0	_	1.070)	0		1		2.525	0.910	
20:0	g									
22:0	g									
24:0	g									

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Number of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Measure 2 Mean Measure 1 Measure 3 4.220 0 1 Fatty acids, total monounsaturated..........g 9.959 3.587 14:1.....g 15:1.....g 16:1 undifferentiated.....g 0.310 0 1 0.732 0.264 17:1.....g 3.780 3.213 1 8.921 0.090 O 1 0.212 0.077 20:1.....g 22:1 undifferentiated.....g 24:1 c.....g Fatty acids, total polyunsaturated.....g 0.710 1 1.676 0.604 18:2 undifferentiated.....g 0.610 0 1 1.440 0.519 18:3 undifferentiated......g 0.020 0.047 0.017 18:4.....g 20:2 n-6 c,c....g 20:4 undifferentiated......g 0.050 0 1 0.118 0.043 22:6 n-3.....g Fatty acids, total trans....... 85 0 1 201 72 Cholesterol...mg Phytosterols....mg Amino Acids: Tryptophan.....g 0.374 0 1 0.883 0.318 Threonine.....g 1.346 0 1 3.177 1.144 1.380 0 3.257 Isoleucine....... 1 1.173 5.579 Leucine.....g 2.364 0 1 2.009 Lysine.....g 2.650 O 1 6.254 2.253 0.780 0 1 Methionine......g 1.841 0.663 0 Cystine.....g 0.376 1 0.887 0.320 1.176 0 1 2.775 Phenylalanine.....g 1.000 Tyrosine. 9 1.027 0 1 2.424 0.873 3.774 Valine.....g 1.599 1.359 0 1 4.324 Arginine.....g 1.832 1.557 1.177 0 1 2.778 Histidine.....g 1.000 1.717 0 1 4.052 1.459 2.733 0 6.450 2.323 0 1 4.613 10.887 3.921 Glycine.....g 1.399 0 1 3.302 1.189 1.184 0 2.794 1.006 Proline.....g 1 1.217 2.872 1.034 Hydroxyproline.....g

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 236g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

NDB No. 10228
Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw

Refuse: 30% Bone 22%, separable fat 8%

		<u>A</u> 1	mount in 100			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Un	iits	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:	a	72.23		0		1		20.48	327.64	
Water Energy		144		0	NC	4		41	527.64 653	
Energy		602		U	NC	4		171	2733	
Protein (N x 6.25)		21.23		0		1		6.02	96.30	
Total lipid (fat)		5.88		0		1		1.67	26.67	
Ash	-	1.05		0		1		0.30	4.76	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total		0.0		·	_	•		0.0	0.0	
Starch										
Starcii	9									
Minerals:										
Calcium, Ca	-	17		0		1		5	77	
Iron, Fe	-	0.88		0		1		0.25	3.99	
Magnesium, Mg		23		0		1		7	104	
Phosphorus, P		209		0		1		59	948	
Potassium, K		384		0		1		109	1742	
Sodium, Na		54		0		1		15	245	
Zinc, Zn	-	1.99		0		1		0.56	9.03	
Copper, Cu		0.065		0		1		0.018	0.295	
Manganese, Mn		0.012	2	0 0	D3.0	1 4		0.003	0.054	
Selenium, Se	Tricg	32.4		U	PAE	4		9.2	147.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6		0		1		0.2	2.7	
Thiamin	mg	0.980)	0		1		0.278	4.445	
Riboflavin	mg	0.272	2	0		1		0.077	1.234	
Niacin		4.825	5	0		1		1.368	21.886	
Pantothenic acid	mg	0.789	•	0		1		0.224	3.579	
Vitamin B-6	mg	0.510)	0		1		0.145	2.313	
Folate, total	mcg	5		0		1		1	23	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food		5		0		1		1	23	
Folate, DFE		5		0	NC	4		1	23	
Vitamin B-12		0.66		0		1		0.19	2.99	
Vitamin A, IU		7		0		1		2	32	
Vitamin A, RAE		2		0		1		1	10	
Retinol		2		0		1		1	10	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin D Vitamin K (phylloquinone)										
v namni K (pnynoquinone)	110g									
Lipids:										
Fatty acids, total saturated	g	2.030)	0		1		0.576	9.208	
4:0										
6:0										
8:0	-									
10:0	-	0.010		0		1		0.003	0.045	
12:0	-	0.010)	0		1		0.003	0.045	
13:0	-									
14:0		0.070)	0		1		0.020	0.318	
15:0										
16:0		1.290)	0		1		0.366	5.851	
17:0	-									
18:0	-	0.640)	0		1		0.181	2.903	
20:0	-									
22:0	-									
24:0	g									

Nutrients and Units			<u>Aı</u>	mount in 10	<u>0 grams</u> Number		ole portio	<u>on</u>	Amount in edible portion of common measures of food			
14-1,	Nutrients and Ur	nits	Mean		of Data	Deriv					Measure 3	
14-1,												
15-1	2 /	-	2.660		0		1		0.754	12.066		
161 undifferentiated. 9												
17-1		-										
181 undrifferentiated. 9 2.410 0 1 0.683 10.932 20-1 c. 9 0.040 0 1 0.011 0.181 22-1 undrifferentiated. 9 0.630 0 1 0.179 2.858 182 undrifferentiated. 9 0.510 0 1 0.066 0.091 183- undrifferentiated. 9 0.020 0 1 0.006 0.091 184- 9 0.070 0 1 0.020 0.318 202- n-6 c. 9 20.3 undrifferentiated. 9 0.070 0 1 0.020 0.318 205-n-3. 9 225-n-3. 9 225-n-3. 9 225-n-3. 9 225-n-3. 9 225-n-3. 9 272 0.020 1 17 272 272 273 272 17 272 272 17 272 272 17 272 272 17 272 272 17 272<		-	0.190		0		1		0.054	0.862		
20:1												
22-1 undifferentiated												
Patty acids, total polyunsaturated		-	0.040		0		1		0.011	0.181		
Fatty acids, total polyunsaturated		•										
182 undifferentiated 9 0.510 0 1 0.145 2.313 183 undifferentiated 9 0.020 0 1 0.006 0.091 184- 9 0.020 0 1 0.020 0.318 20-3 undifferentiated 9 0 1 0.020 0.318 20-5 n-3 9 225 n-3 9 9 225 n-3 9 9 0 1 17 272 Phytosterols mg 6 0 1 17 272 Phytosterols mg 6 0 1 17 272 Phytosterols mg 6 0 1 17 272 Phytosterols mg 8 0 1 0 0.077 1 225 Tryptophan 9 0 0 1 0 0.077 1 225 Tryptophan 9 0 2 1 0 0.07		•	_									
18.3 undifferentiated		-					_					
18.4. 9 20.2 n-6 c,c. 9 20.3 undifferentiated. 9 20.4 undifferentiated. 9 20.5 n-3. 9 22.5 n-3. 9 22.5 n-3. 9 Extry acids, tola trans. 9 Cholesterol. mg 60 0 1 17 272 Physicstrols. mg 8 0 1 0.077 1.225 Amino Acids: Tryptophan 9 0.270 0 1 0.077 1.225 Threonine. 9 0.970 0 1 0.275 4.400 Isoleucine. 9 1.704 0 1 0.282 4.509 Leucine. 9 1.909 0 1 0.483 7.729 Lysine. 9 1.909 0 1 0.541 8.659 Wethionine. 9 0.271 0 1 0.077 1.229 Phenylalarine. 9 0.740 0 1 0.077 1.229 Phenylalarine.		-										
20:2 n-6 c.c.			0.020		0		1		0.006	0.091		
20:3 undifferentiated		-										
20.4 undifferentiated	,	-										
20.5 n-3		-										
22:5 n-3 9 22:6 n-3 9 Fatty acids, total trans 9 Cholesterol mg 60 0 1 17 272 Phytosterols Manino Acids: Tryptophan 9 0.270 0 1 0.077 1.225 Threonine 9 0.970 0 1 0.275 4.400 Isoleucine 9 0.994 0 1 0.282 4.509 Leucine 9 1.704 0 1 0.282 4.509 Leucine 9 1.704 0 1 0.282 4.509 Leucine 9 1.704 0 1 0.541 8.659 Methionine 9 0.562 0 1 0.159 2.549 Cystine 9 0.271 0 1 0.159 2.549 Cystine 9 0.848 0 1 0.240 3.847			0.070		0		1		0.020	0.318		
Patty acids, total trans 9		-										
Fatty acids, total trans 9 Cholesterol. mg 60 0 1 17 272 Phytosterols Mamion Acids: Tryptophan. 9 0.270 0 1 0.077 1.225 Threonine 9 0.970 0 1 0.275 4.400 Isoleucine 9 0.994 0 1 0.282 4.509 Leucine 9 1.704 0 1 0.282 4.509 Leucine 9 1.704 0 1 0.282 4.509 Leucine 9 1.704 0 1 0.483 7.729 Lysine 9 1.909 0 1 0.541 8.659 Methionine 9 0.562 0 1 0.159 2.549 Cystine 9 0.271 0 1 0.240 3.847 Phenylalanine 9 0.740 0 1		-										
Cholesterol. mg 60 0 1 17 272 Phytosterols. mg Amino Acids: Trypophan. 9 0.270 0 1 0.077 1.225 Threonine. 9 0.970 0 1 0.275 4.400 Isoleucine. 9 0.994 0 1 0.282 4.509 Leucine. 9 1.704 0 1 0.483 7.729 Lysine. 9 1.909 0 1 0.541 8.659 Methionine. 9 0.562 0 1 0.159 2.549 Cystine. 9 0.562 0 1 0.077 1.229 Phenylalanine. 9 0.848 0 1 0.240 3.847 Tyrosine. 9 1.152 0 1 0.220 3.847 Valine. 9 1.320 0 1 0.374 5.988		-										
Phytosterols mg Mg Phytosterols mg Phytosterols mg Phytosterols Phytosterols	,	-			•				4.5	0.00		
Amino Acids: Tryptophan g 0.270 0 1 0.077 1.225 Threonine g 0.970 0 1 0.275 4.400 Isoleucine g 0.994 0 1 0.282 4.509 Leucine g 1.704 0 1 0.483 7.729 Lysine g 1.909 0 1 0.541 8.659 Methionine g 0.562 0 1 0.159 2.549 Cystine g 0.271 0 1 0.077 1.229 Phenylalanine g 0.848 0 1 0.240 3.847 Tyrosine g 0.740 0 1 0.220 3.847 Valine g 1.320 0 1 0.374 5.988 Histidine g 0.848 0 1 0.374 5.988 Alanine g 1.237 0 1		-	60		0		1		17	272		
Tryptophan g 0.270 0 1 0.077 1.225 Threonine .g 0.970 0 1 0.275 4.400 Isoleucine .g 0.994 0 1 0.282 4.509 Leucine .g 1.704 0 1 0.483 7.729 Lysine .g 1.909 0 1 0.541 8.659 Methionine .g 0.562 0 1 0.159 2.549 Cystine .g 0.271 0 1 0.077 1.229 Phenylalanine .g 0.848 0 1 0.240 3.847 Tyrosine .g 0.740 0 1 0.210 3.357 Valine .g 1.320 0 1 0.327 5.225 Arginine .g 0.848 0 1 0.374 5.988 Histidine .g 0.848 0 1 0.351	Phytosterols	nig										
Threonine. 9 0.970 0 1 0.275 4.400 Isoleucine. 9 0.994 0 1 0.282 4.509 Leucine. 9 1.704 0 1 0.483 7.729 Lysine. 9 1.909 0 1 0.541 8.659 Methionine. 9 0.562 0 1 0.159 2.549 Cystine. 9 0.271 0 1 0.077 1.229 Phenylalanine. 9 0.848 0 1 0.240 3.847 Tyrosine 9 0.740 0 1 0.210 3.357 Valine. 9 1.152 0 1 0.327 5.225 Arginine. 9 1.320 0 1 0.374 5.988 Histidine. 9 0.848 0 1 0.374 5.988 Histidine. 9 0.848 0 1 0.374 5.988 Histidine. 9 0.848 0 1 0.374 5.988 Glamine. 9 0.848 0 1 0.374 5.988 Histidine. 9 0.848 0 1 0.374 5.988 Glamine. 9 0.848 0 1 0.374 5.988 Histidine. 9 0.848 0 1 0.374 5.988 Glamine. 9 0.848 0 1 0.351 5.611 Aspartic acid. 9 1.969 0 1 0.558 8.931 Glutamic acid. 9 3.324 0 1 0.558 8.931 Glutamic acid. 9 1.008 0 1 0.286 4.572 Proline. 9 0.853 0 1 0.242 3.869 Serine. 9 0.877 0 1 0.249 3.978	Amino Acids:											
Threonine 9 0.970 0 1 0.275 4.400 Isoleucine 9 0.994 0 1 0.282 4.509 Leucine 9 1.704 0 1 0.483 7.729 Lysine 9 1.909 0 1 0.541 8.659 Methionine 9 0.562 0 1 0.159 2.549 Cystine 9 0.271 0 1 0.077 1.229 Phenylalanine 9 0.848 0 1 0.240 3.847 Tyrosine 9 0.740 0 1 0.210 3.357 Valine 9 1.152 0 1 0.327 5.285 Arginine 9 1.320 0 1 0.374 5.988 Histidine 9 0.848 0 1 0.240 3.847 Alanine 9 1.237 0 1 0.351 5.611 <td>Tryptophan</td> <td>g</td> <td>0.270</td> <td></td> <td>0</td> <td></td> <td>1</td> <td></td> <td>0.077</td> <td>1.225</td> <td></td>	Tryptophan	g	0.270		0		1		0.077	1.225		
Leucine 9 1.704 0 1 0.483 7.729 Lysine 9 1.909 0 1 0.541 8.659 Methionine 9 0.562 0 1 0.159 2.549 Cystine 9 0.271 0 1 0.077 1.229 Phenylalanine 9 0.848 0 1 0.240 3.847 Tyrosine 9 0.740 0 1 0.210 3.357 Valine 9 1.152 0 1 0.327 5.225 Arginine 9 1.320 0 1 0.374 5.988 Histidine 9 0.848 0 1 0.374 5.988 Histidine 9 0.848 0 1 0.240 3.847 Alanine 9 1.237 0 1 0.351 5.611 Aspartic acid 9 3.324 0 1 0.558 8.931 Glycine 9 1.008 0 1 0.242 3.869 <td></td> <td></td> <td>0.970</td> <td></td> <td>0</td> <td></td> <td>1</td> <td></td> <td>0.275</td> <td>4.400</td> <td></td>			0.970		0		1		0.275	4.400		
Leucine 9 1.704 0 1 0.483 7.729 Lysine 9 1.909 0 1 0.541 8.659 Methionine 9 0.562 0 1 0.159 2.549 Cystine 9 0.271 0 1 0.077 1.229 Phenylalanine 9 0.848 0 1 0.240 3.847 Tyrosine 9 0.740 0 1 0.210 3.357 Valine 9 1.152 0 1 0.327 5.225 Arginine 9 1.320 0 1 0.374 5.988 Histidine 9 0.848 0 1 0.374 5.988 Histidine 9 0.848 0 1 0.240 3.847 Alanine 9 1.237 0 1 0.351 5.611 Aspartic acid 9 1.969 0 1 0.558 8.931 Glycine 9 1.008 0 1 0.242 3.869 <td>Isoleucine</td> <td>g</td> <td>0.994</td> <td></td> <td>0</td> <td></td> <td>1</td> <td></td> <td>0.282</td> <td>4.509</td> <td></td>	Isoleucine	g	0.994		0		1		0.282	4.509		
Lysine 9 1.909 0 1 0.541 8.659 Methionine 9 0.562 0 1 0.159 2.549 Cystine 9 0.271 0 1 0.077 1.229 Phenylalanine 9 0.848 0 1 0.240 3.847 Tyrosine 9 0.740 0 1 0.210 3.357 Valine 9 1.152 0 1 0.327 5.225 Arginine 9 1.320 0 1 0.374 5.988 Histidine 9 0.848 0 1 0.240 3.847 Alanine 9 0.848 0 1 0.240 3.847 Aspartic acid 9 1.969 0 1 0.558 8.931 Glutamic acid 9 3.324 0 1 0.942 15.078 Glycine 9 1.008 0 1 0.286 4.572 Proline 9 0.853 0 1 0.242 3.8	Leucine	g	1.704		0		1		0.483	7.729		
Methionine 9 0.562 0 1 0.159 2.549 Cystine 9 0.271 0 1 0.077 1.229 Phenylalanine 9 0.848 0 1 0.240 3.847 Tyrosine 9 0.740 0 1 0.210 3.357 Valine 9 1.152 0 1 0.327 5.225 Arginine 9 1.320 0 1 0.374 5.988 Histidine 9 0.848 0 1 0.240 3.847 Alanine 9 1.237 0 1 0.351 5.611 Aspartic acid 9 1.969 0 1 0.558 8.931 Glutamic acid 9 3.324 0 1 0.942 15.078 Glycine 9 1.008 0 1 0.286 4.572 Proline 9 0.853 0 1 0.242 3.869 Serine 9 0.877 0 1 0.249 3.9			1.909		0		1		0.541	8.659		
Cystine 9 0.271 0 1 0.077 1.229 Phenylalanine 9 0.848 0 1 0.240 3.847 Tyrosine 9 0.740 0 1 0.210 3.357 Valine 9 1.152 0 1 0.327 5.225 Arginine 9 1.320 0 1 0.374 5.988 Histidine 9 0.848 0 1 0.240 3.847 Alanine 9 1.237 0 1 0.351 5.611 Aspartic acid 9 1.969 0 1 0.558 8.931 Glutamic acid 9 3.324 0 1 0.942 15.078 Glycine 9 1.008 0 1 0.286 4.572 Proline 9 0.853 0 1 0.242 3.869 Serine 9 0.877 0 1 0.249 3.97	Methionine	g	0.562		0		1		0.159	2.549		
Phenylalanine g 0.848 0 1 0.240 3.847 Tyrosine g 0.740 0 1 0.210 3.357 Valine g 1.152 0 1 0.327 5.225 Arginine g 1.320 0 1 0.374 5.988 Histidine g 0.848 0 1 0.240 3.847 Alanine g 1.237 0 1 0.351 5.611 Aspartic acid g 1.969 0 1 0.558 8.931 Glutamic acid g 3.324 0 1 0.942 15.078 Glycine g 1.008 0 1 0.286 4.572 Proline g 0.853 0 1 0.242 3.869 Serine g 0.877 0 1 0.249 3.978			0.271		0		1		0.077	1.229		
Tyrosine. 9 0.740 0 1 0.210 3.357 Valine. 9 1.152 0 1 0.327 5.225 Arginine. 9 1.320 0 1 0.374 5.988 Histidine. 9 0.848 0 1 0.240 3.847 Alanine. 9 1.237 0 1 0.351 5.611 Aspartic acid. 9 1.969 0 1 0.558 8.931 Glutamic acid. 9 3.324 0 1 0.942 15.078 Glycine. 9 1.008 0 1 0.286 4.572 Proline. 9 0.853 0 1 0.242 3.869 Serine. 9 0.877 0 1 0.249 3.978	2		0.848		0		1		0.240			
Valine g 1.152 0 1 0.327 5.225 Arginine g 1.320 0 1 0.374 5.988 Histidine g 0.848 0 1 0.240 3.847 Alanine g 1.237 0 1 0.351 5.611 Aspartic acid g 1.969 0 1 0.558 8.931 Glutamic acid g 3.324 0 1 0.942 15.078 Glycine g 1.008 0 1 0.286 4.572 Proline g 0.853 0 1 0.242 3.869 Serine g 0.877 0 1 0.249 3.978	2	-	0.740		0		1		0.210	3.357		
Arginine 9 1.320 0 1 0.374 5.988 Histidine 9 0.848 0 1 0.240 3.847 Alanine 9 1.237 0 1 0.351 5.611 Aspartic acid 9 1.969 0 1 0.558 8.931 Glutamic acid 9 3.324 0 1 0.942 15.078 Glycine 9 1.008 0 1 0.286 4.572 Proline 9 0.853 0 1 0.242 3.869 Serine 9 0.877 0 1 0.249 3.978	-		1.152		0		1		0.327	5.225		
Histidine g 0.848 0 1 0.240 3.847 Alanine g 1.237 0 1 0.351 5.611 Aspartic acid g 1.969 0 1 0.558 8.931 Glutamic acid g 3.324 0 1 0.942 15.078 Glycine g 1.008 0 1 0.286 4.572 Proline g 0.853 0 1 0.242 3.869 Serine g 0.877 0 1 0.249 3.978			1.320		0		1		0.374			
Alanine g 1.237 0 1 0.351 5.611 Aspartic acid g 1.969 0 1 0.558 8.931 Glutamic acid g 3.324 0 1 0.942 15.078 Glycine g 1.008 0 1 0.286 4.572 Proline g 0.853 0 1 0.242 3.869 Serine g 0.877 0 1 0.249 3.978	0	•	0.848		0		1		0.240	3.847		
Aspartic acid 9 1.969 0 1 0.558 8.931 Glutamic acid 9 3.324 0 1 0.942 15.078 Glycine 9 1.008 0 1 0.286 4.572 Proline 9 0.853 0 1 0.242 3.869 Serine 9 0.877 0 1 0.249 3.978		_	1.237		0		1		0.351	5.611		
Glutamic acid. 9 3.324 0 1 0.942 15.078 Glycine. 9 1.008 0 1 0.286 4.572 Proline. 9 0.853 0 1 0.242 3.869 Serine. 9 0.877 0 1 0.249 3.978			1.969		0		1		0.558	8.931		
Glycine g 1.008 0 1 0.286 4.572 Proline g 0.853 0 1 0.242 3.869 Serine g 0.877 0 1 0.249 3.978	-		3.324		0		1		0.942	15.078		
Proline		-	1.008		0		1		0.286			
Serine	-	-	0.853		0		1		0.242	3.869		
•			0.877		0		1		0.249	3.978		
		-										

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 0%

		<u> </u>	mount in 100 g	Iaiiis	or ear	ne portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber				<u>m</u>	easures of food	<u> </u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	52.75	0.678	13		1		165.11	44.84		
Energy	kcal	297		0	NC	4		930	252		
Energy		1243				4		3889	1056		
Protein (N x 6.25)	g	25.69	0.484	13		1		80.41	21.84		
Total lipid (fat)	g	20.77	0.975	13		1		65.01	17.65		
Ash	g	1.29	0.153	13		1		4.04	1.10		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0		
Sugars, total	g	0.00		0	z	7		0.00	0.00		
Starch	g										
N. 1											
Minerals:	ma	22	4 000	_		4		60	10		
Calcium, Ca	-	22 1.29	4.083	5 5		1 1		69 4.04	19 1.10		
Iron, Fe	-	24	0.034 0.542	5		1		4.04 75	20		
Magnesium, Mg Phosphorus, P		24	5.513	5		1		75 707	20 192		
Potassium, K	•	362	8.274	5		1		1133	308		
Sodium, Na	_	73	2.225	4		1		228	62		
Zinc, Zn	-	3.21	0.209	5		1		10.05	2.73		
Copper, Cu		0.044		5		1		0.138	0.037		
Manganese, Mn		0.011		0		1		0.034	0.009		
Selenium, Se		35.4	5.085	5	A	1		110.8	30.1		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	-	0.7		0		1		2.2	0.6		
Thiamin	-	0.706		0		1		2.210	0.600		
Riboflavin	_	0.220		0		1		0.689	0.187		
Niacin	-	4.206		0		1		13.165	3.575		
Pantothenic acid	_	0.520		0		1		1.628	0.442		
Vitamin B-6	_	0.391		0		1		1.224	0.332		
Folate, total		6		0		1		19	5		
Folic acid		0		0	Z	7		0	0		
Folate, food		6		0		1		19	5		
Folate, DFE		6		0	NC	4		19	5		
Vitamin B-12		0.54		0		1		1.69	0.46		
Vitamin A, IU		7		0	NC	4		21	6		
Vitamin A, RAE		2		0	NC	4		6	2		
Retinol		2		0	NR	4		6	2		
Vitamin E (alpha-tocopherol)		0.21		0	BFSN	4		0.66	0.18		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta Vitamin D											
Vitamin K (phylloquinone)		0.0		0	BFSN	4		0.0	0.0		
vitamini K (phynoquinone)	9	0.0		·	22 021	-		0.0	0.0		
<u>Lipids:</u>											
Fatty acids, total saturated	g	7.720		0		1		24.164	6.562		
4:0		0.000		0		1		0.000	0.000		
6:0		0.000		0		1		0.000	0.000		
8:0	_	0.000		0		1		0.000	0.000		
10:0	-	0.010		13		1		0.031	0.009		
12:0		0.010		13		1		0.031	0.009		
13:0						_			_		
14:0		0.330		13		1		1.033	0.281		
15:0						_		م			
16:0	_	4.670		13		1		14.617	3.970		
17:0	_					_					
18:0	_	2.500		13		1		7.825	2.125		
20:0	_										
22:0											

		<u>A</u> 1	mount in 10	0 grams		ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units		Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	9.250	ı	0		1		28.953	7.863	
14:1	g	3.230		v		-		20.555	7.005	
15:1	g	0.630	ı	13		1		1.972	0.536	
17:1	g	8.330		13		1		26.073	7.081	
20:1 22:1 undifferentiated	-	0.150		13 0		1 1		0.470 0.000	0.128 0.000	
24:1 c	g									
Fatty acids, total polyunsaturated		1.870 1.640		0 13		1 1		5.853 5.133	1.590 1.394	
18:2 undifferentiated		0.070		13		1		0.219	0.060	
18:4	_	0.000		0		1		0.000	0.000	
20:2 n-6 c,c	-									
20:3 undifferentiated	g									
20:4 undifferentiated	-	0.080		13		1		0.250	0.068	
20:5 n-3	-	0.000		0		1		0.000	0.000	
22:5 n-3	_	0.000		0		1		0.000	0.000	
22:6 n-3Fatty acids, total trans		0.000		U		1		0.000	0.000	
Cholesterol		94	1.9	21 13		1		294	80	
Phytosterols	-									
Amino Asidos										
Amino Acids: Tryptophan	a	0.326	:	0		1		1.020	0.277	
Threonine		1.173		0		1		3.671	0.997	
Isoleucine	_	1.203		0		1		3.765	1.023	
Leucine	-	2.061		0		1		6.451	1.752	
Lysine	g	2.310	1	0		1		7.230	1.964	
Methionine	g	0.680	1	0		1		2.128	0.578	
Cystine	g	0.328		0		1		1.027	0.279	
Phenylalanine	g	1.025		0		1		3.208	0.871	
Tyrosine	_	0.895		0		1		2.801	0.761	
Valine	-	1.394		0		1		4.363	1.185	
Arginine		1.597		0		1		4.999	1.357	
Histidine	-	1.026 1.497		0		1 1		3.211 4.686	0.872 1.272	
AlanineAspartic acid		2.383		0		1		7.459	2.026	
Glutamic acid		4.022		0		1		12.589	3.419	
Glycine	_	1.220		0		1		3.819	1.037	
Proline		1.032		0		1		3.230	0.877	
Serine	-	1.061		0		1		3.321	0.902	
Hydroxyproline										
Others:										
Alcohol, ethyl	q	0.0		0		7		0.0	0.0	
Caffeine		0		0	z	7		0	0	
Theobromine		0		0	z	7		0	0	
Carotenoids:										
Carotene, beta	mcq	0		0	z	7		0.000	0.000	
Carotene, alpha		0		0	z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	z	7		0.000	0.000	
Lycopene		0		0	z	7		0.000	0.000	
Lutein + zeaxanthin		0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 313g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

NDB No. 10220

Pork, fresh, ground, cooked

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 0%

Nutrients and Units Proximates: Water	s			mber				<u>m</u> e	easures of food	<u>l</u>
Proximates: Water	s		~ £							=
Proximates: Water	s		OT	Data	Deriv	Source	Confidence			
Water		Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
	g	61.06	1.176	12		1		17.31	69.00	
Energy	kcal	263		0	NC	4		75	297	
Energy	kj	1100				4		312	1243	
Protein (N x 6.25)	g	16.88		0		1		4.79	19.07	
Total lipid (fat)	g	21.19	1.549	12		1		6.01	23.94	
Ash	g	0.87		1		1		0.25	0.98	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Ainerals:										
Calcium, Ca	ma	14	2.550	5		1		4	16	
Iron. Fe.	_	0.88	0.026	5		1		0.25	0.99	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	19	0.771	5		1		5	21	
Phosphorus, P		175	6.266	5		1		50	198	
Potassium, K	•	287	9.740	5		1		81	324	
Sodium, Na	_	56	0.553	5		1		16	63	
Zinc, Zn	-	2.20	0.067	5		1		0.62	2.49	
Copper, Cu		0.045	0.004	5		1		0.013	0.051	
Manganese, Mn	mg	0.010)	1		1		0.003	0.011	
Selenium, Se	mcg	24.6	4.548	5	A	1		7.0	27.8	
vitamins:										
Vitamin C, total ascorbic acid	ma	0.7		1		1		0.2	0.8	
Thiamin	-	0.7	•	1		1		0.208	0.827	
Riboflavin		0.732		1		1		0.067	0.266	
Niacin		4.338		1		1		1.230	4.902	
Pantothenic acid		0.668		1		1		0.189	0.755	
Vitamin B-6	_	0.383		1		1		0.109	0.433	
Folate, total.	_	5		1		1		1	6	
Folic acid		0		0	z	7		0	0	
Folate, food		5		1		1		1	6	
Folate, DFE		5		0	NC	4		1	6	
Vitamin B-12		0.70		1		1		0.20	0.79	
Vitamin A, IU		7		1		1		2	8	
Vitamin A, RAE		2		1		1		1	2	
Retinol		2		1		1		1	2	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u> ipids:</u>										
Fatty acids, total saturated	g	7.870)	0		1		2.231	8.893	
4:0										
6:0										
8:0	_									
10:0		0.010)	13		1		0.003	0.011	
12:0	g	0.020	1	13		1		0.006	0.023	
13:0	g									
14:0	g	0.330)	13		1		0.094	0.373	
15:0	g									
16:0	g	4.770)	13		1		1.352	5.390	
17:0	g									
18:0	g	2.550	1	13		1		0.723	2.882	
20:0	g									
22:0	g									

		<u>Aı</u>	mount in 100		Amount in edible portion of common measures of food				
Nutrients and U	nits	Mean	-		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	ig	9.440	ı	0	1		2.676	10.667	
14:1									
15:1		0.650			_				
16:1 undifferentiated		0.650		13	1		0.184	0.735	
17:1	-	0 500		10	1				
18:1 undifferentiated		8.500 0.160		13 13	1		2.410	9.605	
20:1 22:1 undifferentiated	_	0.160		13	_		0.045	0.181	
24:1 c	•								
Fatty acids, total polyunsaturated.	•	1.910	ı	0	1		0.541	2.158	
18:2 undifferentiated	_	1.670		13	1		0.473	1.887	
18:3 undifferentiated	-	0.070		13	1		0.473	0.079	
18:4	-	0.070		13	_		0.020	0.079	
20:2 n-6 c,c	-								
20:3 undifferentiated									
20:4 undifferentiated		0.080	ı	13	1		0.023	0.090	
20:5 n-3	-						0.025	0.050	
22:5 n-3	-								
22:6 n-3									
Fatty acids, total trans	-								
Cholesterol		72		1	1		20	81	
Phytosterols	mg								
Amino Acids:									
Tryptophan	g	0.214		0	1		0.061	0.242	
Threonine		0.771		0	1		0.219	0.871	
Isoleucine	-	0.790	1	0	1		0.224	0.893	
Leucine	-	1.354		0	1		0.384	1.530	
Lysine	g	1.518		0	1		0.430	1.715	
Methionine	g	0.447		0	1		0.127	0.505	
Cystine	g	0.215	i	0	1		0.061	0.243	
Phenylalanine		0.674		0	1		0.191	0.762	
Tyrosine	g	0.588		0	1		0.167	0.664	
Valine	g	0.916	i	0	1		0.260	1.035	
Arginine	g	1.049	1	0	1		0.297	1.185	
Histidine	g	0.674		0	1		0.191	0.762	
Alanine	g	0.983		0	1		0.279	1.111	
Aspartic acid	g	1.566	i	0	1		0.444	1.770	
Glutamic acid	g	2.642		0	1		0.749	2.985	
Glycine	g	0.802		0	1		0.227	0.906	
Proline	g	0.678		0	1		0.192	0.766	
Serine	g	0.697		0	1		0.198	0.788	
Hydroxyproline	g								

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 18% Bone and skin

		<u>A</u>	mount in 100	0 grams	of edik	ole portic	<u>n</u>	Amount in edible portion of common			
			ı	Number					easures of food		
						Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
Durationatory											
Proximates: Water	q	56.80		0		1		76.68	48.28		
Energy		252		0	NC	4		340	214		
Energy		1054				4		1423	896		
Protein (N x 6.25)		28.88		0		1		38.99	24.55		
Total lipid (fat)	-	14.28		0		1		19.28	12.14		
Ash		1.10		0		1		1.49	0.94		
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00		
Fiber, total dietary		0.0		0	z	7		0.0	0.0		
Sugars, total		0.00		0	z	7		0.00	0.00		
Starch											
Minerals:				_		_					
Calcium, Ca	-	12		0		1		16	10		
Iron, Fe.	-	1.05		0		1		1.42	0.89		
Magnesium, Mg		27 272		0		1 1		36 367	23 231		
Phosphorus, P	-	272 374		0		1		367 505	231 318		
Potassium, KSodium, Na	-	374 62		0		1		505 84	318 53		
Zinc, Zn	-	2.82		0		1		3.81	2.40		
Copper, Cu		0.103	2	0		1		0.139	0.088		
Manganese, Mn		0.023		0		1		0.031	0.020		
Selenium, Se		46.8		0	PIE	4		63.2	39.8		
·											
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid		0.2		0		1		0.3	0.2		
Thiamin		0.750		0		1		1.013	0.638		
Riboflavin	-	0.329		0		1		0.444	0.280		
Niacin		4.655		0		1		6.284	3.957		
Pantothenic acid		0.623		0		1		0.841	0.530		
Vitamin B-6		0.316 3	•	0		1		0.427	0.269		
Foliate, total		0		0 0	z	1 7		4 0	3 0		
Folic acid		3		0	4	1		4	3		
Folate, foodFolate, DFE		3		0	NC	4		4	3		
Vitamin B-12		0.72		0	МС	1		0.97	0.61		
Vitamin A, IU		10		0	NC	4		14	9		
Vitamin A, RAE	mca RAF	3		0	NC	4		4	3		
Retinol		3		0	NR	4		4	3		
Vitamin E (alpha-tocopherol)		0.22		0	BFYN	4		0.30	0.19		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta	mg										
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.0		0	BFYN	4		0.0	0.0		
Lipids:											
	a	5.250	`	0		1		7.088	4.463		
Fatty acids, total saturated		0.000		0		1		0.000	0.000		
6:0	-	0.000		0		1		0.000	0.000		
8:0	-	0.000		0		1		0.000	0.000		
10:0	-	0.020		0		1		0.027	0.017		
12:0	-	0.010		0		1		0.014	0.009		
13:0				-		-		,			
14:0		0.180)	0		1		0.243	0.153		
15:0											
16:0		3.250)	0		1		4.388	2.763		
17:0											
18:0	-	1.700)	0		1		2.295	1.445		
20:0	-										
22:0	g										
24:0	g										

Nutrients and Units Mean Std. Error Points Code Code Code Measure 1 Measure		<u>Amount</u>	in 100 grams of ec	lible portion		Amount in edible portion of common measures of food			
Fatty acids, total monounsaturated									
14-1	Nutrients and Units	Mean Std. E	Error Points Code	e Code Code	Measure 1	Measure 2	Measure 3		
15-1	Fatty acids, total monounsaturatedg	6.370	0	1	8.600	5.415			
16.1 undifferentiated.									
17-1	_								
18.1 undifferentiated. 9 5.840 0 1 0.122 0.0 20-1 9 0.090 0 1 0.122 0.0 22-1 undifferentiated. 9 0.000 0 1 0.000 0.00 24-1 c. 9 1.380 0 1 1.863 1.1 18.2 undifferentiated. 9 1.250 0 1 0.054 0.0 18.4 d. 9 0.040 0 1 0.054 0.0 18.4 d. 9 0.000 0 1 0.000 0.0 18.4 d. 9 0.000 0 1 0.001 0.0 18.4 d. 9 0.000 0 1 0.081 0.0 18.4 d. 9 0.060 0 1 0.081 0.0 20.5 n.3. 9 0.000 0 1 0.000 0.0 22.5 n.3. 9 0.000 0 1 0.000 0.0 Paty acids, total trans. 9 0.000 0 1 0.0	_	0.410	0	1	0.554	0.349			
201	_	F 040	•	1	7.004	4 064			
221 undifferentiated. 9									
241 c	_					0.000			
Fatty acids, total polyunsaturated. 9 1.380 0 1 1.863 1.1 18.2 undifferentiated. 9 1.250 0 1 1.688 1.0 8.3 undifferentiated. 9 0.040 0 1 0.054 0.0 18.4 9 0.000 0 1 0.000 0.0 18.4 9 0.000 0 1 0.000 0.0 18.4 9 0.000 0 1 0.000 0.0 18.4 9 0.000 0 1 0.000 0.0 18.4 9 0.000 0 1 0.000 0.0 18.4 9 0.000 0 0 1 0.000 0.000 0.0000 0.0000 0.0000 0.000 0.000 0.000 0.0000 0.0000 0.000 0.0000 0.0000 0.0000 0.0000 0.0000 0.0000	<u> </u>	0.000	U	1	0.000	0.000			
18.2 undifferentiated 9 1.250 0 1 1.688 1.0 18.3 undifferentiated 9 0.040 0 1 0.054 0.0 18.4 9 0.000 0 1 0.050 0.0 20.2 undifferentiated 9 0.060 0 1 0.081 0.0 20.5 n-3 9 0.000 0 1 0.000 0.0 22.5 n-3 9 0.000 0 1 0.000 0.0 22.5 n-3 9 0.000 0 1 0.000 0.0 22.5 n-3 9 0.000 0 1 130 82 Phytosterols mg 96 0 1 130 82 Phytosterols mg 96 0 1 130 82 Phytosterols Taty and a colspan="2">A col		1.380	0	1	1.863	1.173			
18.3 andifferentiated. 9 0.040 0 1 0.054 0.0 184 9 0.000 0.0 184 9 0.000 0.0 184 9 0.000 0.0 184 9 0.000 0.0 184 9 0.000 0.0 184 0.000 0.0 184 0.000 0.0 184 0						1.063			
184			0	1		0.034			
20:3 undifferentiated. 9 20:4 undifferentiated. 9 20:5 n-3. 9 20:000 0 22:5 n-3. 9 20:000 0 22:5 n-3. 9 20:000 0 22:5 n-3. 9 20:000 0 22:6 n-3. 9 20:000 0 20:0000 0 20:000 0 20:000 0 20:000 0 20:000 0 20:000 0 20:000 0 20:0000 0 20:000 0 20:000 0 20:000 0 20:000 0 20:000 0 20:000 0 20:0000 0 20:000 0 20:000 0 20:000 0 20:000 0 20:00000 0 20:0000 0 20:0000 0 20:0000 0 20:0000 0 20:0000 0 20:0000 0 20:0000 0 20:0000 0 20:0000 0 20:0000 0 20:0000 0 20:0000 0 20:0000 0 20:0000 0 20:0000 0 20:0000 0 20:0000 0 20:0000 0 20:00000 0 20:0000 0		0.000	0	1		0.000			
20.4 undifferentiated									
20.5 n.3	20:3 undifferentiatedg								
22:5 n-3 g 0.000 0 1 0.000 0.0 22:6 n-3 g 0.000 0 1 0.000 0.0 Fatty acids, total rans. g Cholesterol. mg 96 0 1 130 82 Phytosterols. Tryptophan. g 0.354 0 1 0.478 0.3 Threonine. g 1.299 0 1 1.754 1.1 Isoleucine. g 1.324 0 1 1.787 1.1 Leucine. g 2.295 0 1 3.098 1.9 Lysine. g 2.581 0 1 3.484 2.1 Methionine. g 0.748 0 1 1.010 0.6 Cystine. g 0.362 0 1 1.348 0.9 Tyrosine. g 1.147 0 1 1.548 0.9 Yaline. g	20:4 undifferentiatedg	0.060	0	1	0.081	0.051			
22.6 n-3 9 0.000 0 1 0.000 0.0 Fatty acids, total trans 9 0 1 130 82 Cholesterol. mg 9 0 1 130 82 Amino Acids: Tryptophan 9 0.354 0 1 0.478 0.3 Threonine 9 1.299 0 1 1.754 1.1 Isoleucine 9 1.324 0 1 1.787 1.1 Leucine 9 2.295 0 1 3.098 1.9 Lysine 9 2.581 0 1 3.098 1.9 Lysine 9 2.581 0 1 3.098 1.9 Lysine 9 0.362 0 1 0.489 0.3 Pebnylalanine 9 1.147 0 1 1.548 0.9 Yosine 9 1.553 0 1	20:5 n-3g	0.000	0	1	0.000	0.000			
Fatty acids, total trans. 9	22:5 n-3g	0.000	0	1	0.000	0.000			
Cholesterol. mg 96 0 1 130 82	22:6 n-3g	0.000	0	1	0.000	0.000			
Phytosterols mg Maino Acids:	Fatty acids, total trans								
Amino Acids: Tryptophan 9 0.354 0 1 0.478 0.3 Threonine 9 1.299 0 1 1.754 1.1 Isoleucine 9 1.324 0 1 1.787 1.1 Isoleucine 9 2.295 0 1 3.098 1.9 Lysine 9 2.581 0 1 3.484 2.1 Methionine 9 0.748 0 1 1.010 0.6 Cystine 9 0.362 0 1 0.489 0.3 Phenylalanine 9 1.147 0 1 1.548 0.9 Tyrosine 9 0.983 0 1 1.548 0.9 Tyrosine 9 1.553 0 1 1.327 0.8 Valine 9 1.831 0 1 2.472 1.5 Histidine 9 1.699 0 1 1.508 0.9 Alanine 9 2.647 0 1		96	0	1	130	82			
Tryptophan g 0.354 0 1 0.478 0.3 Threonine g 1.299 0 1 1.754 1.1 Isoleucine g 1.324 0 1 1.787 1.1 Leucine g 2.295 0 1 3.098 1.9 Lysine g 2.581 0 1 3.484 2.1 Methionine g 0.748 0 1 1.010 0.6 Cystine g 0.362 0 1 0.489 0.3 Phenylalanine g 1.147 0 1 1.548 0.9 Tyrosine g 0.983 0 1 1.327 0.8 Valine g 1.553 0 1 2.097 1.3 Arginine g 1.831 0 1 2.472 1.5 Histidne g 1.699 0 1 2.594 1.4	Phytosterolsmg								
Tryptophan 9 0.354 0 1 0.478 0.3 Threonine 9 1.299 0 1 1.754 1.1 Isoleucine 9 1.324 0 1 1.787 1.1 Leucine 9 2.295 0 1 3.098 1.9 Lysine 9 2.581 0 1 3.484 2.1 Methionine 9 0.748 0 1 1.010 0.6 Cystine 9 0.362 0 1 0.489 0.3 Phenylalanine 9 1.147 0 1 1.548 0.9 Tyrosine 9 0.983 0 1 1.327 0.8 Valine 9 1.553 0 1 2.097 1.3 Arginine 9 1.831 0 1 2.472 1.5 Histidine 9 1.699 0 1 2.594 1.4	nino Acids:								
Threonine		0.354	0	1	0.478	0.301			
Isoleucine				1		1.104			
Lysine 9 2.581 0 1 3.484 2.1 Methionine .9 0.748 0 1 1.010 0.6 Cystine .9 0.362 0 1 0.489 0.3 Phenylalanine .9 1.147 0 1 1.548 0.9 Phenylalanine .9 0.983 0 1 1.548 0.9 Valine .9 0.983 0 1 1.327 0.8 Valine .9 1.553 0 1 2.097 1.3 Arginine .9 1.831 0 1 2.472 1.5 Histidine .9 1.117 0 1 1.508 0.9 Alanine .9 1.699 0 1 2.294 1.4 Aspartic acid .9 2.647 0 1 3.573 2.2 Glutamic acid .9 4.431 0 1 2.068 1.3 Proline .9 1.248 0 1 1.685 1.0			0	1	1.787	1.125			
Methionine. 9 0.748 0 1 1.010 0.6 Cystine. 9 0.362 0 1 0.489 0.3 Phenylalanine. 9 1.147 0 1 1.548 0.9 Tyrosine. 9 0.983 0 1 1.327 0.8 Valine. 9 1.553 0 1 2.097 1.3 Arginine. 9 1.831 0 1 2.097 1.3 Arginine. 9 1.117 0 1 1.508 0.9 Alanine. 9 1.699 0 1 1.508 0.9 Aspartic acid. 9 2.647 0 1 3.573 2.2 Glutamic acid. 9 4.431 0 1 5.982 3.7 Glycine. 9 1.532 0 1 1.685 1.0 Serine. 9 1.193 0 1 1.685 1.0 Hydroxyproline. 9 0 0 7 0.0 0 <td>_eucineg</td> <td>2.295</td> <td>0</td> <td>1</td> <td>3.098</td> <td>1.951</td> <td></td>	_eucineg	2.295	0	1	3.098	1.951			
Cystine 9 0.362 0 1 0.489 0.3 Phenylalanine 9 1.147 0 1 1.548 0.9 Tyrosine 9 0.983 0 1 1.327 0.8 Valine 9 1.553 0 1 2.097 1.3 Arginine 9 1.831 0 1 2.472 1.5 Histidine 9 1.117 0 1 1.508 0.9 Alanine 9 1.699 0 1 2.294 1.4 Aspartic acid 9 2.647 0 1 3.573 2.2 Glutamic acid 9 4.431 0 1 5.982 3.7 Glycine 9 1.532 0 1 2.068 1.3 Proline 9 1.248 0 1 1.685 1.0 Serine 9 1.193 0 1 1.611 1.0 Hydroxyproline 9 0 0 7 0 0 0 <td>_ysineg</td> <td>2.581</td> <td>0</td> <td>1</td> <td>3.484</td> <td>2.194</td> <td></td>	_ysineg	2.581	0	1	3.484	2.194			
Phenylalanine g 1.147 0 1 1.548 0.9 Tyrosine g 0.983 0 1 1.327 0.8 Valine g 1.553 0 1 2.097 1.3 Arginine g 1.831 0 1 2.472 1.5 Histidine g 1.117 0 1 1.508 0.9 Alanine g 1.699 0 1 2.294 1.4 Aspartic acid g 2.647 0 1 3.573 2.2 Glycine g 4.431 0 1 5.982 3.7 Glycine g 1.532 0 1 2.068 1.3 Proline g 1.248 0 1 1.685 1.0 Serine g 1.193 0 1 1.611 1.0 Hydroxyproline g 0 0 7 0.0 0 0 Alcohol, ethyl g 0 0 2 7 0 0 <td>Methionineg</td> <td>0.748</td> <td>0</td> <td>1</td> <td>1.010</td> <td>0.636</td> <td></td>	Methionineg	0.748	0	1	1.010	0.636			
Tyrosine 9 0.983 0 1 1.327 0.8 Valine 9 1.553 0 1 2.097 1.3 Arginine 9 1.831 0 1 2.472 1.5 Histidine 9 1.117 0 1 1.508 0.9 Alanine 9 1.699 0 1 2.294 1.4 Aspartic acid 9 2.647 0 1 3.573 2.2 Glutamic acid 9 4.431 0 1 5.982 3.7 Glycine 9 1.532 0 1 2.068 1.3 Proline 9 1.248 0 1 1.685 1.0 Serine 9 1.193 0 1 1.611 1.0 Hydroxyproline 9 0.0 0 7 0.0 0 0 Caffeine mg 0 0 2 7 0 0 0 Theobromine mg 0 0 2 7	Cystineg	0.362	0	1	0.489	0.308			
Valine g 1.553 0 1 2.097 1.3 Arginine g 1.831 0 1 2.472 1.5 Histidine g 1.117 0 1 1.508 0.9 Alanine g 1.699 0 1 2.294 1.4 Aspartic acid g 2.647 0 1 3.573 2.2 Glutamic acid g 4.431 0 1 5.982 3.7 Glycine g 1.532 0 1 2.068 1.3 Proline g 1.248 0 1 1.685 1.0 Serine g 1.193 0 1 1.611 1.0 Hydroxyproline g 0 7 0.0 0.0 Caffeine mg 0 7 0 0 Theobromine mg 0 2 7 0 0 Carotenoids: 0 0 2 7 0 0	Phenylalanineg	1.147	0	1	1.548	0.975			
Arginine 9 1.831 0 1 2.472 1.5 Histidine 9 1.117 0 1 1.508 0.9 Alanine 9 1.699 0 1 2.294 1.4 Aspartic acid 9 2.647 0 1 3.573 2.2 Glutamic acid 9 4.431 0 1 5.982 3.7 Glycine 9 1.532 0 1 2.068 1.3 Proline 9 1.248 0 1 1.685 1.0 Serine 9 1.193 0 1 1.611 1.0 Hydroxyproline 9 0 0 7 0.0 0.0 Others: Alcohol, ethyl 9 0.0 0 7 0 0 Caffeine mg 0 0 2 7 0 0 Theobromine mg 0 0 2 7 0 0	Tyrosineg	0.983	0	1	1.327	0.836			
Histidine	/alineg	1.553	0		2.097	1.320			
Alanine g 1.699 0 1 2.294 1.4 Aspartic acid g 2.647 0 1 3.573 2.2 Glutamic acid g 4.431 0 1 5.982 3.7 Glycine g 1.532 0 1 2.068 1.3 Proline g 1.248 0 1 1.685 1.0 Serine g 1.193 0 1 1.611 1.0 Hydroxyproline g 0 0 7 0.0 0.0 Others: Alcohol, ethyl g 0.0 0 7 0.0 0.0 Caffeine mg 0 0 z 7 0 0 Theobromine mg 0 0 z 7 0 0 Carotenoids: 0 0 z 7 0 0	Arginineg	1.831				1.556			
Aspartic acid. 9 2.647 0 1 3.573 2.2 Glutamic acid. 9 4.431 0 1 5.982 3.7 Glycine 9 1.532 0 1 2.068 1.3 Proline 9 1.248 0 1 1.685 1.0 Serine 9 1.193 0 1 1.611 1.0 Hydroxyproline 9 Others: Alcohol, ethyl 9 0.0 7 0.0 0.0 Caffeine mg 0 0 0 z 7 0 0.0 0 Theobromine mg 0 0 z 7 0 0 0 Carotenoids:		1.117	0		1.508	0.949			
Glutamic acid	Alanineg					1.444			
Glycine	•					2.250			
Proline g 1.248 0 1 1.685 1.0 Serine g 1.193 0 1 1.611 1.0 Hydroxyproline g 0 0 7 0.0 0.0 Alcohol, ethyl g 0.0 0 7 0.0 0.0 Caffeine mg 0 0 z 7 0 0 Theobromine mg 0 0 z 7 0 0 Carotenoids: 0 0 z 7 0 0 0					5.982	3.766			
Serine						1.302			
Hydroxyproline G Others: Alcohol, ethyl g 0.0 0 7 0.0 0.0 Caffeine mg 0 0 z 7 0 0 Theobromine mg 0 0 z 7 0 0 Carotenoids: 0 0 0 0 0 0 0						1.061			
Others: Alcohol, ethyl.		1.193	0	1	1.611	1.014			
Alcohol, ethyl. g 0.0 0 7 0.0 0.0 Caffeine. mg 0 0 z 7 0 0 Theobromine. mg 0 0 z 7 0 0 Carotenoids:	Hydroxyproline9								
Alcohol, ethyl. g 0.0 0 7 0.0 0.0 Caffeine. mg 0 0 z 7 0 0 Theobromine. mg 0 0 z 7 0 0 Carotenoids: mg 0 0 z 7 0 0	thers:								
Caffeine		0.0	0	7	0.0	0.0			
Theobromine	the state of the s		0 z	7	0				
		0	0 z	7	0	0			
Carotene beta mcg 0 0 z 7 0.000 0.00		0	0 7	7	0 000	0.000			
· · · · · · · · · · · · · · · · · · ·						0.000			
Call other, angular control of	•	-				0.000			
or, providing, over	-					0.000			
						0.000			

Common Measures:

Measure 1 = 135g: 1 cup, diced

Measure 2 = 85g: 3 oz

NDB No. 10013

Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 17% Bone and skin

		<u>A</u>	mount in 100 gram	s of edi	ole portic	<u>on</u>	Amount in edible portion of common			
			Numbe	er			<u>m</u>	easures of food	Ĺ	
					Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	64.73	0		1		18.35	293.62		
Energy	kcal	222	0	NC	4		63	1007		
Energy		929			4		263	4213		
Protein (N x 6.25)	g	18.74	0		1		5.31	85.00		
Total lipid (fat)	g	15.69	0		1		4.45	71.17		
Ash	g	0.94	0		1		0.27	4.26		
Carbohydrate, by difference	g	0.00	0	Z	7		0.00	0.00		
Fiber, total dietary	g	0.0	0	Z	7		0.0	0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mq	5	0		1		1	23		
Iron, Fe	-	0.77	0		1		0.22	3.49		
Magnesium, Mg		21	0		1		6	95		
Phosphorus, P		207	0		1		59	939		
Potassium, K	mg	333	0		1		94	1510		
Sodium, Na		61	0		1		17	277		
Zinc, Zn		1.75	0		1		0.50	7.94		
Copper, Cu		0.069			1		0.020	0.313		
Manganese, Mn		0.009			1		0.003	0.041		
Selenium, Se	mcg	30.8	0	PIE	4		8.7	139.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.1	0		1		0.3	5.0		
Thiamin	mg	0.931	L 0		1		0.264	4.223		
Riboflavin	mg	0.253	0		1		0.072	1.148		
Niacin	_	4.345	5 0		1		1.232	19.709		
Pantothenic acid		0.598			1		0.170	2.713		
Vitamin B-6	-	0.392			1		0.111	1.778		
Folate, total		3	0		1		1	14		
Folic acid		0	0	Z	7		0	0		
Folate, food	mcg	3 3	0	***	1 4		1 1	14		
Folate, DFE		0.64	0	NC	1		0.18	1 4 2.90		
Vitamin B-12 Vitamin A, IU		7	0		1		2	32		
Vitamin A, RAE		2	0		1		1	10		
Retinol		2	0		1		1	10		
Vitamin E (alpha-tocopherol)		_	·		_		_			
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	a	5.440	0		1		1.542	24.676		
4:0										
6:0	g									
8:0	g									
10:0	g	0.010			1		0.003	0.045		
12:0		0.020	0		1		0.006	0.091		
13:0	-									
14:0	-	0.200	0		1		0.057	0.907		
15:0	-				_			4		
16:0	-	3.380	0		1		0.958	15.332		
17:0	-	1 700	^		4		0 507	0 110		
18:0 20:0	-	1.790	0		1		0.507	8.119		
22:0	-									
24:0	-									

	<u>Ar</u>	nount in 100 grams Numbe		<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	of Data Std. Error Points	Deriv Source Code Code		Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	6.980	0	1		1.979	31.661		
14:1								
15:1g 16:1 undifferentiatedg	0.440	0	1		0.125	1.996		
17:1g	0.440	· ·	-		0.125	1.330		
18:1 undifferentiated	6.410	0	1		1.817	29.076		
20:1g	0.120	0	1		0.034	0.544		
22:1 undifferentiatedg	0.220	·	_		0.034	0.544		
24:1 cg								
Fatty acids, total polyunsaturatedg	1.680	0	1		0.476	7.620		
18:2 undifferentiated	1.400	0	1		0.397	6.350		
18:3 undifferentiated	0.120	0	1		0.034	0.544		
18:4g	***=*	•	_					
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.080	0	1		0.023	0.363		
20:5 n-3g								
22:5 n-3g								
22:6 n-3g								
Fatty acids, total trans9								
Cholesterol mg	66	0	1		19	299		
Phytosterolsmg								
amino Acids:								
Tryptophang	0.228	0	1		0.065	1.034		
Threonineg	0.840	0	1		0.238	3.810		
Isoleucineg	0.855	0	1		0.242	3.878		
Leucineg	1.486	0	1		0.421	6.740		
Lysineg	1.672	0	1		0.474	7.584		
Methionineg	0.483	0	1		0.137	2.191		
Cystineg	0.234	0	1		0.066	1.061		
Phenylalanineg	0.743	0	1		0.211	3.370		
Tyrosineg	0.634	0	1		0.180	2.876		
Valineg	1.006	0	1		0.285	4.563		
Arginineg	1.194	0	1		0.338	5.416		
Histidineg	0.720	0	1		0.204	3.266		
Alanineg	1.105	0	1		0.313	5.012		
Aspartic acidg	1.713	0	1		0.486	7.770		
Glutamic acid9	2.862	0	1		0.811	12.982		
Glycineg	1.018	0	1		0.289	4.618		
Prolineg	0.823	0	1		0.233	3.733		
Serineg	0.774	0	1		0.219	3.511		
Hydroxyproline9								
thers:								
Alcohol, ethylg	0.0	0	z 7		0.0	0.0		
Caffeine mg								
Theobromine mg								

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 27% Bone and skin 18%, separable fat 9%

		<u>Aı</u>	mount in 100 g			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Un	its	Mean			Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	Measure 2	Measure 3	
Proximates:	a	60.95	0.643	10		1		82.28	51.81		
Water Energy		206	0.043	0	NC	4		278	175		
Energy		862		U	NC	4		1164	733		
		30.94	0.491	10		1		41.77	26.30		
Protein (N x 6.25) Total lipid (fat)		8.14	0.491	10		1		10.99	6.92		
		1.15	0.743	16		1		1.55	0.98		
Ash		0.00	0.022	0	Z	7		0.00	0.98		
Carbohydrate, by difference		0.00		0	Z	7		0.00			
Fiber, total dietary		0.0		U	Z	,		0.0	0.0		
Sugars, total											
Starch	9										
Minerals:											
Calcium, Ca	mg	7		2		1		9	6		
Iron, Fe	mg	1.14	0.038	12		1		1.54	0.97		
Magnesium, Mg	mg	29		2		1		39	25		
Phosphorus, P	mg	285		1		1		385	242		
Potassium, K	mg	391	11.901	12		1		528	332		
Sodium, Na	mg	65	1.282	12		1		88	55		
Zinc, Zn	<u>mg</u>	3.01	0.135	12		1		4.06	2.56		
Copper, Cu		0.109		12		1		0.147	0.093		
Manganese, Mn		0.026	i	2		1		0.035	0.022		
Selenium, Se	mcg	49.2		0	BFYN	4		66.4	41.8		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.2	0.112	3		1		0.3	0.2		
Thiamin	-	0.803		16		1		1.084	0.683		
Riboflavin		0.356		16		1		0.481	0.303		
Niacin		4.917		16		1		6.638	4.179		
Pantothenic acid		0.660		7		1		0.891	0.561		
Vitamin B-6		0.339	0.025	6		1		0.458	0.288		
Folate, total		3	0.650	4		1		4	3		
Folic acid	-	0		0	z	7		0	0		
Folate, food		3	0.650	4		1		4	3		
Folate, DFE		3		0	NC	4		4	3		
Vitamin B-12		0.75	0.033	16		1		1.01	0.64		
Vitamin A, IU		9		2		1		12	8		
Vitamin A, RAE	mcg_RAE	3		2		1		4	2		
Retinol		3		2		1		4	2		
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	а	2.870)	0		1		3.875	2.440		
4:0				-		_					
6:0											
8:0	-										
10:0		0.010	1	6		1		0.014	0.009		
12:0		0.010		6		1		0.014	0.009		
13:0											
14:0		0.100	1	17		1		0.135	0.085		
15:0											
16:0		1.810	1	17		1		2.444	1.539		
17:0											
18:0	-	0.900	1	17		1		1.215	0.765		
20:0	-										
22:0	-										
24:0	-										

	<u>Aı</u>	mount in 100 gram	Amount in edible portion of common					
		Numbe	r			<u>me</u>	easures of food	
Nutrients and Units	Mean	of Data Std. Error Points		ource Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	3.770	0		1		5.090	3.205	
14:1g	3.770	•		-		3.030	3.203	
15·1 q								
16:1 undifferentiatedg	0.250	17		1		0.338	0.213	
17:1g								
18:1 undifferentiated	3.470	17		1		4.685	2.950	
20:1g	0.050	17		1		0.068	0.043	
22:1 undifferentiatedg								
24:1 cg								
Fatty acids, total polyunsaturatedg	0.760	0		1		1.026	0.646	
18:2 undifferentiatedg	0.690	17		1		0.932	0.587	
18:3 undifferentiatedg	0.020	17		1		0.027	0.017	
18:4g								
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.050	17		1		0.068	0.043	
20:5 n-3g								
22:5 n-3g								
22:6 n-3g								
Fatty acids, total transg								
Cholesterolmg	96	2.312 11		1		130	82	
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.393	0		1		0.531	0.334	
Threonineg	1.413			1		1.908	1.201	
Isoleucine	1.449			1		1.956	1.232	
Leucine	2.482			1		3.351	2.110	
Lysineg	2.782			1		3.756	2.365	
Methionineg	0.819			1		1.106	0.696	
Cystineg	0.395			1		0.533	0.336	
Phenylalanineg	1.235			1		1.667	1.050	
Tyrosineg	1.078			1		1.455	0.916	
Valine 9	1.678			1		2.265	1.426	
Arginineg	1.923			1		2.596	1.635	
Histidine	1.236			1		1.669	1.051	
Alanineg	1.802			1		2.433	1.532	
Aspartic acidg	2.870	0		1		3.875	2.440	
Glutamic acid	4.843			1		6.538	4.117	
Glycineg	1.469			1		1.983	1.249	
Prolineg	1.243			1		1.678	1.057	
Serine	1.278			1		1.725	1.086	
Hydroxyprolineg								

Common Measures:

Measure 1 = 135g: 1 cup, diced

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 31% Bone and skin 17%, separable fat 14%

		<u>Aı</u>	mount in 100 gi	rams	of edik	ole portio	<u>n</u>	Amount in edible portion of common			
			Nur	mber				measures of food			
					Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	72.83	0.189	27		1		20.65	330.36		
Energy	kcal	137		0	NC	4		39	621		
Energy	kj	573				4		163	2600		
Protein (N x 6.25)	g	21.24	0.231	27		1		6.02	96.34		
Total lipid (fat)	g	5.19	0.279	27		1		1.47	23.54		
Ash	g	1.08	0.010	27		1		0.31	4.90		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0		
Sugars, total	g										
Starch	g										
Minerals:											
Calcium, Ca	mg	6	0.217	13		1		2	27		
Iron, Fe	-	0.87	0.027	23		1		0.25	3.95		
Magnesium, Mg	mg	25	0.658	13		1		7	113		
Phosphorus, P	-	230		0		1		65	1043		
Potassium, K	• • • • • • • • • • • • • • • • • • • •	376	10.015	11		1		107	1706		
Sodium, Na		69	2.249	23		1		20	313		
Zinc, Zn		1.96	0.064	11		1		0.56	8.89		
Copper, Cu		0.077		23		1		0.022	0.349		
Manganese, Mn		0.010)	1		1		0.003	0.045		
Selenium, Se	mcg	35.9		0	BFNN	4		10.2	162.8		
Vitamins:											
Vitamin C, total ascorbic acid	mg	1.3	0.297	3		1		0.4	5.9		
Thiamin		1.073	0.054	27		1		0.304	4.867		
Riboflavin	-	0.284	0.009	27		1		0.081	1.288		
Niacin		4.859		15		1		1.378	22.040		
Pantothenic acid		0.668		7		1		0.189	3.030		
Vitamin B-6		0.464		5		1		0.132	2.105		
Folate, total		3	0.155	4	_	1		1 0	14		
Folic acid		0 3	0 155	0	Z	7 1		1	0 14		
Folate, foodFolate, DFE		3	0.155	4 0	NC	4		1	14		
Vitamin B-12		0.71	0.051	15	NC	1		0.20	3.22		
Vitamin A, IU		6	0.031	2		1		2	27		
Vitamin A, RAE	mca RAF	2		2		1		1	8		
Retinol		2		2		1		1	8		
Vitamin E (alpha-tocopherol)	-										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	g	1.790)	0		1		0.507	8.119		
4:0	g										
6:0	g										
8:0	-										
10:0	-	0.000		73		1		0.000	0.000		
12:0		0.010)	75		1		0.003	0.045		
13:0	-	2 222		270				0 017	0.070		
14:0	-	0.060	,	378		1		0.017	0.272		
15:0 16:0	-	1.140)	378		1		0.323	5.171		
17:0	-	1.140	•	5,0		1		0.323	5.1/1		
18:0	-	0.560)	378		1		0.159	2.540		
20:0	-	0.500	•	J. J		-		3.133	2.540		
22:0	-										
24:0	-										
	-										

		<u>Ar</u>	nount in 100 grams Numbe		<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Un	its	Mean		Deriv Source		Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	2.340	0	1		0.663	10.614		
14:1									
15:1	_								
16:1 undifferentiated	g	0.160	378	1		0.045	0.726		
17:1	g								
18:1 undifferentiated	g	2.130	378	1		0.604	9.662		
20:1	g	0.040	71	1		0.011	0.181		
22:1 undifferentiated									
24:1 c									
Fatty acids, total polyunsaturated	•	0.560	0	1		0.159	2.540		
18:2 undifferentiated	g	0.450	378	1		0.128	2.041		
18:3 undifferentiated		0.020	190	1		0.006	0.091		
18:4									
20:2 n-6 c,c									
20:3 undifferentiated									
20:4 undifferentiated	g	0.060	315	1		0.017	0.272		
20:5 n-3	g								
22:5 n-3									
22:6 n-3	_								
Fatty acids, total trans									
Cholesterol		61	1.006 11	1		17	277		
Phytosterols	mg								
-									
Amino Acids:									
Tryptophan		0.270	0	1		0.077	1.225		
Threonine	-	0.970	0	1		0.275	4.400		
Isoleucine		0.995		1		0.282	4.513		
Leucine		1.705		1		0.483	7.734		
Lysine	_	1.910		1		0.541	8.664		
Methionine	_	0.562	0	1		0.159	2.549		
Cystine	g	0.271	0	1		0.077	1.229		
Phenylalanine	g	0.848		1		0.240	3.847		
Tyrosine	g	0.740	0	1		0.210	3.357		
Valine	g	1.153		1		0.327	5.230		
Arginine	g	1.321	0	1		0.375	5.992		
Histidine	g	0.849		1		0.241	3.851		
Alanine	g	1.238		1		0.351	5.616		
Aspartic acid	g	1.970		1		0.558	8.936		
Glutamic acid	g	3.326	0	1		0.943	15.087		
Glycine	•	1.009		1		0.286	4.577		
Proline	g	0.853	0	1		0.242	3.869		
Serine	g	0.878	0	1		0.249	3.983		
Hydroxyproline	g								

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 22% Bone and skin

		<u>A</u>	mount in 100	grams)	of edil	ole portic	<u>on</u>	Amount in edible portion of common			
			N	Number	,			<u>m</u>	easures of food		
			=			Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	53.77		0		1		72.59	45.70		
Energy	kcal	289		0	NC	4		390	246		
Energy	kj	1209				4		1632	1028		
Protein (N x 6.25)	g	25.34		0		1		34.21	21.54		
Total lipid (fat)	g	20.06		0		1		27.08	17.05		
Ash	g	1.00		0		1		1.35	0.85		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0		
Sugars, total	g										
Starch	g										
X.C. 1											
Minerals:	ma.	15		^		-1		20	13		
Calcium, Ca	-	15 0.98		0 0		1 1		20 1.32	13 0.83		
Iron, FeMagnesium, Mg	_	22		0		1		30	19		
Phosphorus, P		257		0		1		347	218		
Potassium, K		338		0		1		456	287		
Sodium, Na		59		0		1		80	50		
Zinc, Zn		3.06		0		1		4.13	2.60		
Copper, Cu		0.098	3	0		1		0.132	0.083		
Manganese, Mn		0.028	3	0		1		0.038	0.024		
Selenium, Se		43.3		0	PIE	4		58.5	36.8		
¥7:4											
Vitamins:						_					
Vitamin C, total ascorbic acid		0.3		0		1		0.4	0.3		
Thiamin		0.578		0 0		1 1		0.780	0.491		
Riboflavin	_	0.302 4.460		0		1		0.408 6.021	0.257 3.791		
Niacin Pantothenic acid		0.620		0		1		0.837	0.527		
Vitamin B-6		0.401		0		1		0.541	0.341		
Folate, total		5	-	0		1		7	4		
Folic acid		0		0	z	7		0	0		
Folate, food		5		0	-	1		7	4		
Folate, DFE		5		0	NC	4		7	4		
Vitamin B-12		0.66		0		1		0.89	0.56		
Vitamin A, IU		9		0		1		12	8		
Vitamin A, RAE	mcg RAE	3		0		1		4	2		
Retinol		3		0		1		4	2		
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	g	7.360)	0		1		9.936	6.256		
4:0											
6:0	g										
8:0	g										
10:0		0.020)	0		1		0.027	0.017		
12:0	_	0.020)	0		1		0.027	0.017		
13:0											
14:0	_	0.250)	0		1		0.338	0.213		
15:0	_		_								
16:0	_	4.560)	0		1		6.156	3.876		
17:0	_			-		_					
18:0	-	2.400)	0		1		3.240	2.040		
20:0											
22:0	_										
24:0	g										

	<u>Ar</u>	nt in 100 grams of edible portion Amount in edible po Mumber measures o						f common	
Nutrients and Units	;	Mean	of Data I		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		9.020	0		1		12.177	7.667	
14:1	-								
15:1					_				
16:1 undifferentiated	-	0.570	0		1		0.770	0.485	
17:1									
18:1 undifferentiated		8.270	0		1		11.165	7.030	
20:1		0.130	0		1		0.176	0.111	
22:1 undifferentiated	•								
24:1 c	•								
Fatty acids, total polyunsaturated		1.890	0		1		2.552	1.607	
18:2 undifferentiated		1.710	0		1		2.309	1.454	
18:3 undifferentiated	g	0.060	0		1		0.081	0.051	
18:4									
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated	g	0.080	0		1		0.108	0.068	
20:5 n-3	g								
22:5 n-3	g								
22:6 n-3	g								
Fatty acids, total trans	g								
Cholesterol	mg	92	0		1		124	78	
Phytosterols	mg								
Amino Acids:									
Tryptophan	g	0.301	0		1		0.406	0.256	
Threonine		1.125	0		1		1.519	0.956	
Isoleucine	-	1.141	0		1		1.540	0.970	
Leucine		1.997	0		1		2.696	1.697	
Lysine		2.253	0		1		3.042	1.915	
Methionine	-	0.644	0		1		0.869	0.547	
Cystine	-	0.313	0		1		0.423	0.266	
Phenylalanine		1.001	0		1		1.351	0.851	
Tyrosine		0.845	0		1		1.141	0.331	
Valine	_	1.353	0		1		1.827	1.150	
Arginine		1.634	0		1		2.206	1.389	
	-	0.954	0		1		1.288	0.811	
Histidine	-	1.503	0		1		2.029	1.278	
Alanine		2.299	0		1		2.029 3.104		
Aspartic acid			0		1			1.954	
Glutamic acid	-	3.821			_		5.158	3.248	
Glycine	-	1.465	0		1		1.978	1.245	
Proline		1.161	0		1		1.567	0.987	
Serine	-	1.046	0		1		1.412	0.889	
Hydroxyproline	g								

Common Measures:

Measure 1 = 135g: 1 cup, diced

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 18% Bone and skin

		<u>A</u>	Amount in 100 grams of edible portion						Amount in edible portion of common		
				Number				<u>m</u>	easures of food		
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	60.87		0		1		17.26	276.11		
Energy	kcal	263		0	NC	4		75	1193		
Energy		1100				4		312	4991		
Protein (N x 6.25)	-	17.08		0		1		4.84	77.47		
Total lipid (fat)	-	21.02		0		1		5.96	95.35		
Ash		0.84		0		1		0.24	3.81		
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00		
Fiber, total dietary		0.0		0	Z	7		0.0	0.0		
Sugars, total	-										
Starch	9										
Minerals:											
Calcium, Ca	mg	6		0		1		2	27		
Iron, Fe	-	0.78		0		1		0.22	3.54		
Magnesium, Mg	-	19		0		1		5	86		
Phosphorus, P		192		0		1		54	871		
Potassium, K	mg	285		0		1		81	1293		
Sodium, Na	-	55		0		1		16	249		
Zinc, Zn	mg	1.91		0		1		0.54	8.66		
Copper, Cu		0.063		0		1		0.018	0.286		
Manganese, Mn		0.011	L	0		1		0.003	0.050		
Selenium, Se	mcg	28.7		0	PIE	4		8.1	130.2		
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.7		0		1		0.2	3.2		
Thiamin		0.726	6	0		1		0.206	3.293		
Riboflavin		0.233	3	0		1		0.066	1.057		
Niacin	mg	3.909	9	0		1		1.108	17.731		
Pantothenic acid	<u>mg</u>	0.672	2	0		1		0.191	3.048		
Vitamin B-6	mg	0.393	3	0		1		0.111	1.783		
Folate, total	mcg	4		0		1		1	18		
Folic acid	mcg	0		0	Z	7		0	0		
Folate, food		4		0		1		1	18		
Folate, DFE		4		0	NC	4		1	18		
Vitamin B-12		0.60		0		1		0.17	2.72		
Vitamin A, IU	IU	7		0		1		2	32		
Vitamin A, RAE		2		0		1		1	10		
Retinol	-	2		0		1		1	10		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
	············										
<u>Lipids:</u>	_					_		0.065	22.25		
Fatty acids, total saturated		7.290	,	0		1		2.067	33.067		
4:0 6:0											
8:0	-										
10:0	-	0.020)	0		1		0.006	0.091		
12:0	-	0.020		0		1		0.006	0.091		
13:0		5.02		•		-		0.000	0.031		
14:0	-	0.260)	0		1		0.074	1.179		
15:0	-			-							
16:0	-	4.520)	0		1		1.281	20.503		
17:0	-										
18:0	-	2.410)	0		1		0.683	10.932		
20:0	g										
22:0	g										
24:0	g										

	<u>Ar</u>	mount in 100 grams		<u>on</u>	Amount in edible portion of commo			
		Numbe	r		<u>m</u>	easures of food		
Nutrients and Units	Mean	of Data Std. Error Points	Deriv Source Code Code	Confidence Code	Measure 1	Measure 2	Measure 3	
			_					
Fatty acids, total monounsaturated9	9.340	0	1		2.648	42.366		
14:1g 15:1g								
	0.580	0	1		0.164	2.631		
16:1 undifferentiated	0.560	U	1		0.164	2.631		
18:1 undifferentiated	8.580	0	1		2.432	38.919		
20:1	0.160		1		0.045	0.726		
22:1 undifferentiated	0.100	v	-		0.043	0.720		
24:1 c								
Fatty acids, total polyunsaturatedg	2.240	0	1		0.635	10.161		
18:2 undifferentiated	1.880		1		0.533	8.528		
18:3 undifferentiated	0.160		1		0.045	0.726		
18:4	***	•	_		*****	****		
20:2 n-6 c,cg								
20:3 undifferentiated.								
20:4 undifferentiated	0.090	0	1		0.026	0.408		
20:5 n-3g								
22:5 n-3								
22:6 n-3								
Fatty acids, total trans								
Cholesterol mg	g 68	0	1		19	308		
Phytosterolsmg	g							
Amino Acids:								
Tryptophang	0.202	0	1		0.057	0.916		
Threonineg	0.757	0	1		0.215	3.434		
Isoleucineg	0.767	0	1		0.217	3.479		
Leucineg	1.344	0	1		0.381	6.096		
Lysineg	1.517	0	1		0.430	6.881		
Methionineg	0.432	0	1		0.122	1.960		
Cystineg	0.210	0	1		0.060	0.953		
Phenylalanineg	0.674	0	1		0.191	3.057		
Tyrosine9	0.567	0	1		0.161	2.572		
Valineg	0.911	0	1		0.258	4.132		
Arginineg	1.104	0	1		0.313	5.008		
Histidineg	0.640		1		0.181	2.903		
Alanineg	1.014		1		0.287	4.600		
Aspartic acidg	1.547		1		0.439	7.017		
Glutamic acid	2.568		1		0.728	11.648		
Glycineg	0.999		1		0.283	4.531		
Prolineg	0.789		1		0.224	3.579		
Serineg	0.705	0	1		0.200	3.198		
Hydroxyprolineg								

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 36% Bone and skin 22%, separable fat 14%

		<u>Aı</u>	mount in 100 gr	ams of	t edib	le portio	<u>n</u>	Amount in edible portion of com				
			Nun	nber				m	easures of food	<u>.</u>		
					eriv	Source	Confidence					
Nutrients and Un	its	Mean	Std. Error Poi			Code	Code	Measure 1	Measure 2	Measure 3		
~												
Proximates: Water	a	60.43	0.578	11		1		81.58	51.37			
Energy		215	0.070	0	NC	4		290	183			
Energy		900		Ü	110	4		1214	765			
Protein (N x 6.25)		28.21	0.607	12		1		38.08	23.98			
Total lipid (fat)		10.50	0.760	12		1		14.18	8.93			
Ash		1.05		11		1		1.42	0.89			
Carbohydrate, by difference		0.00	0.032	0	z	7		0.00	0.00			
Fiber, total dietary		0.00		0	Z	, 7		0.0	0.00			
Sugars, total		0.0		Ü		,		0.0	0.0			
Starch												
Starcn	9											
Minerals:												
Calcium, Ca	_	7		1		1		9	6			
Iron, Fe	mg	1.11	0.043	12		1		1.50	0.94			
Magnesium, Mg	mg	25		1		1		34	21			
Phosphorus, P		278		1		1		375	236			
Potassium, K		360		12		1		486	306			
Sodium, Na	_	64		12		1		86	54			
Zinc, Zn		3.45		12		1		4.66	2.93			
Copper, Cu		0.108		12		1		0.146	0.092			
Manganese, Mn		0.034		1		1		0.046	0.029			
Selenium, Se	mcg	49.8		0 1	BFYN	4		67.2	42.3			
Vitamins:												
Vitamin C, total ascorbic acid	ma	0.4		0		1		0.5	0.3			
Thiamin		0.633	0.049	12		1		0.855	0.538			
Riboflavin		0.344		12		1		0.464	0.292			
Niacin	-	4.881		12		1		6.589	4.149			
Pantothenic acid		0.685		0		1		0.925	0.582			
Vitamin B-6		0.460		0		1		0.621	0.391			
Folate, total	-	6		0		1		8	5			
Folic acid		0		0	Z	7		0	0			
Folate, food		6		0		1		8	5			
Folate, DFE		6		0	NC	4		8	5			
Vitamin B-12		0.71	0.048	12		1		0.96	0.60			
Vitamin A, IU		8		0		1		11	7			
Vitamin A, RAE		2		0		1		3	2			
Retinol		2		0		1		3	2			
Vitamin E (alpha-tocopherol)												
Tocopherol, beta												
Tocopherol, gamma												
Tocopherol, delta												
Vitamin D												
Vitamin K (phylloquinone)	mcg											
Lipids:												
Fatty acids, total saturated	a	3.630		0		1		4.901	3.086			
4:0		3.030		Ü		-		4.501	3.000			
6:0												
8:0	-											
10:0	-	0.020		6		1		0.027	0.017			
12:0		0.010		6		1		0.014	0.009			
13:0		5.010		-		-		0.014	0.009			
14:0	-	0.120		17		1		0.162	0.102			
15:0	-	0.120				1		0.102	0.102			
16:0	-	2.300		17		1		3.105	1.955			
17:0	-	2.500				-		3.103	1.933			
18:0	-	1.140		17		1		1.539	0.969			
20:0	-	1.140				-		1.339	0.909			
22:0	-											
24:0	-											
24.0	9											

	<u>Am</u>	ount in 100 grams Number	of edible porti	<u>on</u>	Amount in edible portion of com measures of food			
Nutrients and Units	Mean S	of Data Std. Error Points	Deriv Source Code Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated9	5.020	0	1		6.777	4.267		
14:1g 15:1g								
16:1 undifferentiatedg	0.330	17	1		0.446	0.281		
17:1g	0.550		-		0.440	0.201		
18:1 undifferentiatedg	4.630	17	1		6.251	3.936		
20:1g	0.060	17	1		0.081	0.051		
22:1 undifferentiated					0.002	0.002		
24:1 cg								
Fatty acids, total polyunsaturatedg	0.910	0	1		1.229	0.774		
18:2 undifferentiatedg	0.820	17	1		1.107	0.697		
18:3 undifferentiated	0.020	17	1		0.027	0.017		
18:4g								
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.070	17	1		0.095	0.060		
20:5 n-3g								
22:5 n-3g								
22:6 n-3g								
Fatty acids, total transg								
Cholesterol mg	92	2.506 11	1		124	78		
Phytosterolsmg								
amino Acids:								
Tryptophang	0.358	0	1		0.483	0.304		
Threonineg	1.288	0	1		1.739	1.095		
Isoleucineg	1.321	0	1		1.783	1.123		
Leucineg	2.263	0	1		3.055	1.924		
Lysineg	2.537	0	1		3.425	2.156		
Methionineg	0.747	0	1		1.008	0.635		
Cystineg	0.360	0	1		0.486	0.306		
Phenylalanineg	1.126	0	1		1.520	0.957		
Tyrosineg	0.983	0	1		1.327	0.836		
Valineg	1.530	0	1		2.066	1.301		
Arginineg	1.754	0	1		2.368	1.491		
Histidineg	1.127	0	1		1.521	0.958		
Alanineg	1.643	0	1		2.218	1.397		
Aspartic acidg	2.617	0	1		3.533	2.224		
Glutamic acid9	4.416	0	1		5.962	3.754		
Glycineg	1.339	0	1		1.808	1.138		
Proline	1.133	0	1		1.530	0.963		
Serine	1.165	0	1		1.573	0.990		
Hydroxyprolineg								
thers:								
Alcohol, ethylg	0.0	0	z 7		0.0	0.0		
Caffeinemg								
Theobromine mg								

Common Measures:

Measure 1 = 135g: 1 cup, diced

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 38% Bone and skin 18%, separable fat 20%

		<u>Aı</u>	mount in 100 gra	ms of edi	ble portic	<u>on</u>	Amount in edible portion of com				
			Num	ber			<u>m</u>	easures of food	<u>l</u>		
					Source	Confidence					
Nutrients and Un	its	Mean	Std. Error Poir		Code	Code	Measure 1	Measure 2	Measure 3		
Proximates: Water	q	72.83	0.241	23	1		20.65	330.36			
Energy		139		0 NC	4		39	631			
Energy		582			4		165	2638			
Protein (N x 6.25)		20.62	0.206	23	1		5.85	93.53			
Total lipid (fat)		5.63		23	1		1.60	25.54			
Ash		1.03		23	1		0.29	4.67			
Carbohydrate, by difference		0.00		0 z	7		0.00	0.00			
Fiber, total dietary		0.0		0 Z	7		0.0	0.0			
Sugars, total								0.0			
Starch											
Starch	9										
Minerals:											
Calcium, Ca		7		.2	1		2	32			
Iron, Fe	-	0.94		23	1		0.27	4.26			
Magnesium, Mg		25		.2	1		7	113			
Phosphorus, P		226		0	1		64	1025			
Potassium, K		340		10	1		96	1542			
Sodium, Na		67		23	1		19	304			
Zinc, Zn		2.31		11	1		0.65	10.48			
Copper, Cu		0.075		23	1 1		0.021	0.340			
Manganese, Mn		0.014 35.2		0 O BFNN			0.004 10.0	0.064 159.7			
Selenium, Se	nicg	35.2		O BENN	4		10.0	159.7			
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.9		0	1		0.3	4.1			
Thiamin	mg	0.890	0.046 2	20	1		0.252	4.037			
Riboflavin	mg	0.277	0.013 2	26	1		0.079	1.256			
Niacin		4.605		.1	1		1.306	20.888			
Pantothenic acid	mg	0.811		0	1		0.230	3.679			
Vitamin B-6	-	0.510		0	1		0.145	2.313			
Folate, total		5		0	1		1	23			
Folic acid		0		0 z	7		0	0			
Folate, food		5		0	1		1	23			
Folate, DFE		5		0 NC	4		1	23			
Vitamin B-12		0.69		.1	1		0.20	3.13			
Vitamin A, IU		6		0	1		2	27			
Vitamin A, RAE		2		0	1		1	8			
Retinol		2		0	1		1	8			
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, deltaVitamin D											
Vitamin D Vitamin K (phylloquinone)											
Lipids:	-										
Fatty acids, total saturated	a	1.940		0	1		0.550	8.800			
4:0					-		,,,,,				
6:0	-										
8:0	-										
10:0	-	0.010	-	13	1		0.003	0.045			
12:0		0.010		75	1		0.003	0.045			
13:0											
14:0		0.070	3	78	1		0.020	0.318			
15:0	-										
16:0	-	1.240	3	78	1		0.352	5.625			
17:0	-										
18:0	-	0.610	3	78	1		0.173	2.767			
20:0	-										
22:0	-										
24:0	-										
	-										

	<u>Aı</u>	mount in 100 grams		rtion	Amount in edible portion of common measures of food		
		Number		rce Confidence	<u></u>	<u>easures or 1000</u>	<u>.</u>
Nutrients and Units	Mean	Std. Error Points			Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	2.540	0	1		0.720	11.521	
14:1g	2.510	· ·	-		0.720	11.321	
15:1	0.180	378	1		0.051	0.816	
18:1 undifferentiated	2.310	378	1		0.655	10.478	
20:1 g	0.040		1		0.011	0.181	
22:1 undifferentiated	0.010	,-	_		0.011	0.101	
Fatty acids, total polyunsaturatedg	0.610	0	1		0.173	2.767	
18:2 undifferentiatedg	0.490		1		0.173	2.223	
18:3 undifferentiated	0.020		1		0.006	0.091	
18:4g	3.020	130	-		2.230	0.001	
20:2 n-6 c.c							
20:3 undifferentiatedg							
20:4 undifferentiatedg	0.070	315	1		0.020	0.318	
20:5 n-3g							
22:5 n-3g							
22:6 n-3g							
Fatty acids, total trans							
Cholesterol mg	60	1.280 11	1		17	272	
Phytosterolsmg							
mino Acids:							
Tryptophang	0.262		1		0.074	1.188	
Threonineg	0.942		1		0.267	4.273	
Isoleucineg	0.966		1		0.274	4.382	
Leucineg	1.654		1		0.469	7.503	
Lysineg	1.854		1		0.526	8.410	
Methionineg	0.546		1		0.155	2.477	
Cystineg	0.263		1		0.075	1.193	
Phenylalanineg	0.823		1		0.233	3.733	
Tyrosineg	0.718		1		0.204	3.257	
Valineg	1.119		1		0.317	5.076	
Arginineg	1.282		1		0.363	5.815	
Histidineg	0.824		1		0.234	3.738	
Alanineg	1.201		1		0.340	5.448	
Aspartic acidg	1.913		1		0.542	8.677	
Glutamic acidg	3.228		1		0.915	14.642	
Glycineg	0.979		1		0.278	4.441	
Prolineg	0.828		1		0.235	3.756	
Serineg	0.852	0	1		0.242	3.865	
Hydroxyproline9							
thers:							
Alcohol, ethylg	0.0	0	z 7		0.0	0.0	
Caffeine mg							
Theobromine mg							

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 20% Bone and skin

		<u>A</u>	mount in 100 gram	s of edil	ole portio	<u>on</u>	Amount in edible portion of common		
			Numbe	er			m	easures of food	
			of Data	a Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	55.04	0		1		74.30	46.78	
Energy	kcal	273	0	NC	4		369	232	
Energy		1142			4		1542	971	
Protein (N x 6.25)	g	26.83	0		1		36.22	22.81	
Total lipid (fat)		17.61	0		1		23.77	14.97	
Ash		1.06	0		1		1.43	0.90	
Carbohydrate, by difference		0.00	0	Z	7		0.00	0.00	
Fiber, total dietary		0.0	0	Z	7		0.0	0.0	
Sugars, total		0.00	0	Z	7		0.00	0.00	
Starch									
Minerals:					_				
Calcium, Ca	_	14	0		1		19	12	
Iron, Fe.		1.01 22	0		1		1.36	0.86	
Magnesium, Mg			•		1		30	19	
Phosphorus, P	-	263 352	0		1 1		355 475	22 4 299	
Potassium, K		352 60	0		1		4/5 81	299 51	
Sodium, NaZinc, Zn		2.96	0		1		4.00	2.52	
Copper, Cu		0.100			1		0.135	0.085	
Manganese, Mn		0.032			1		0.133	0.027	
Selenium, Se		45.3	. 0	PIE	4		61.2	38.5	
			-		_				
Vitamins:									
Vitamin C, total ascorbic acid		0.3	0		1		0.4	0.3	
Thiamin		0.635			1		0.857	0.540	
Riboflavin		0.313			1		0.423	0.266	
Niacin	-	4.574			1		6.175	3.888	
Pantothenic acid		0.617			1		0.833	0.524	
Vitamin B-6	_	0.402			1		0.543	0.342	
Folate, total		10	0	_	1		14	9	
Folic acid		0	0	Z	7		0	0 9	
Folate, food	Ilicg	10 10	0	NC	1 4		14 14	9	
Folate, DFE		0.68	0	NC	1		0.92	0.58	
Vitamin B-12 Vitamin A, IU		10	0		1		14	9	
Vitamin A, IU Vitamin A, RAE		3	0	NC	4		4	3	
Retinol		3	0	NR NR	4		4	3	
Vitamin E (alpha-tocopherol)		0.22	0	BFYN	4		0.30	0.19	
Tocopherol, beta		0.22	v	2111	•		0.50	0.13	
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)		0.0	0	BFYN	4		0.0	0.0	
Tinia									
Lipids:	0	6.470			1		8.735	5.500	
Fatty acids, total saturated					1				
4:0		0.000			1		0.000	0.000	
6:0		0.000			1		0.000	0.000	
8:0 10:0	-	0.000			1		0.000 0.027	0.000 0.017	
12:0	_	0.020			1		0.027	0.017	
13:0	-	0.010	. 0		_		0.014	0.009	
14:0	_	0.220	0		1		0.297	0.187	
15:0	_	0.220			-		0.291	0.10/	
16:0	_	4.010	0		1		5.414	3.409	
17:0		4.010	•		-		J. 111	3.409	
18:0	_	2.110	0		1		2.849	1.794	
20:0	_	11	•		-		2.049	1.754	
22:0	_								
	g								

	<u>Ar</u>	nount in 100 gram		ole portio	<u>on</u>	Amount in edible portion of common measures of food			
			Deriv		Confidence	<u>111'</u>	easures or roou		
Nutrients and Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	7.880	0		1		10.638	6.698		
14:1g									
15:1g									
16:1 undifferentiatedg	0.500	0		1		0.675	0.425		
17:1	7.230	0		1		0.761	6 146		
18:1 undifferentiated	0.120	0		1		9.761 0.162	6.146 0.102		
20:1	0.120	0		1		0.162	0.102		
22:1 thidifferentiated	0.000	O .		_		0.000	0.000		
Fatty acids, total polyunsaturated9	1.680	0		1		2.268	1.428		
18:2 undifferentiated	1.520	0		1		2.052	1.292		
18:3 undifferentiated	0.050	0		1		0.068	0.043		
18:4g	0.000	0		1		0.000	0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.070	0		1		0.095	0.060		
20:5 n-3g	0.000	0		1		0.000	0.000		
22:5 n-3g	0.000	0		1		0.000	0.000		
22:6 n-3g	0.000	0		1		0.000	0.000		
Fatty acids, total transg									
Cholesterol me		0		1		127	80		
Phytosterols me	g								
Amino Acids:									
Tryptophan	0.324	0		1		0.437	0.275		
Threonine	1.198	0		1		1.617	1.018		
Isoleucine	1.218	0		1		1.644	1.035		
Leucineg	2.122	0		1		2.865	1.804		
Lysineg	2.390	0		1		3.227	2.032		
Methionineg	0.687	0		1		0.927	0.584		
Cystineg	0.333	0		1		0.450	0.283		
Phenylalanineg	1.062	0		1		1.434	0.903		
Tyrosineg	0.903			1		1.219	0.768		
Valineg	1.437	0		1		1.940	1.221		
Arginineg	1.717	0		1		2.318	1.459		
Histidine9	1.022	0		1		1.380	0.869		
Alanineg	1.585	0		1		2.140	1.347		
Aspartic acid	2.445	0		1		3.301	2.078		
Glutamic acid	4.077	0		1		5.504	3.465		
Glycine	1.493			1		2.016	1.269		
Proline	1.198	0		1 1		1.617	1.018		
Serine	1.108	U		1		1.496	0.942		
Hydroxypronneg									
Others:									
Alcohol, ethylg	0.0	0		7		0.0	0.0		
Caffeinemg	0	0	Z	7		0	0		
Theobromine mg	0	0	Z	7		0	0		
Carotenoids:									
Carotene, betamcc	0	0	z	7		0.000	0.000		
Carotene, alpha mcc	•	0	z	7		0.000	0.000		
Cryptoxanthin, beta mcg		0	z	7		0.000	0.000		
Lycopene mcc		0	z	7		0.000	0.000		
Lutein + zeaxanthin mcg		0	Z	7		0.000	0.000		

Common Measures:

Measure 1 = 135g: 1 cup, diced

Measure 2 = 85g: 3 oz

NDB No. 10009

Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 17% Bone and skin

		<u>A</u>	mount in 100	0 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
			1	Number	•			<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.47		0		1		17.71	283.36	
Energy	kcal	245		0	NC	4		69	1111	
Energy	kj	1025				4		291	4650	
Protein (N x 6.25)	g	17.43		0		1		4.94	79.06	
Total lipid (fat)	g	18.87		0		1		5.35	85.59	
Ash	g	0.88		0		1		0.25	3.99	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Mr. I										
Minerals:	ma	5		0		1		1	23	
Calcium, CaIron, Fe	-	0.85		0		1		0.24	3.86	
Magnesium, Mg	-	20		0		1		6	91	
Phosphorus, P		199		0		1		56	903	
Potassium, K	-	315		0		1		89	1429	
Sodium, Na	-	47		0		1		13	213	
Zinc, Zn	-	1.93		0		1		0.55	8.75	
Copper, Cu		0.065	5	0		1		0.018	0.295	
Manganese, Mn		0.023		0		1		0.007	0.104	
Selenium, Se		29.4		0	PIE	4		8.3	133.4	
¥7:4										
Vitamins:						_				
Vitamin C, total ascorbic acid		0.7	_	0		1		0.2	3.2	
Thiamin		0.736		0		1 1		0.209	3.338	
Riboflavin	-	0.200		0		1		0.057	0.907	
Niacin		4.574 0.685		0		1		1.297	20.748	
Pantothenic acid		0.401		0		1		0.194 0.114	3.107 1.819	
Vitamin B-6		7	L	0		1		2	32	
Folate, totalFolic acid		0		0	z	7		0	0	
Folate, food		7		0	2	1		2	32	
Folate, DFE		7		0	NC	4		2	32	
Vitamin B-12		0.63		0	140	1		0.18	2.86	
Vitamin A, IU		7		0		1		2	32	
Vitamin A, RAE	mca RAF	2		0		1		1	10	
Retinol		2		0		1		1	10	
Vitamin E (alpha-tocopherol)	•	_				_		_		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	a	6.540)	0		1		1.854	29.665	
4:0		0.01		·		_		2.001	25.000	
6:0										
8:0	g									
10:0	• • • • • • • • • • • • • • • • • • • •	0.010)	0		1		0.003	0.045	
12:0	g	0.020)	0		1		0.006	0.091	
13:0										
14:0	-	0.240)	0		1		0.068	1.089	
15:0	g									
16:0	-	4.060)	0		1		1.151	18.416	
17:0	g									
18:0	g	2.160)	0		1		0.612	9.798	
20:0	g									
22:0	g									
24:0	g									

		<u>Aı</u>	mount in 100 gra		ble portic	<u>on</u>	Amount in edible portion of common measures of food			
			Num				<u> </u>	easures or roou		
Nutrients and U	nits	Mean	of Da Std. Error Poin	ata Deriv ts Code		Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturate 14:1	g	8.380)	1		2.376	38.012		
15:1 16:1 undifferentiated	g	0.530)	1		0.150	2.404		
17:1		7.700)	1		2.183	34.927		
18:1 undifferentiated 20:1	-	0.140)	1		0.040	0.635		
20:1	g	0.140		,	1		0.040	0.635		
Fatty acids, total polyunsaturated	-	2.010)	1		0.570	9.117		
18:2 undifferentiated		1.690)	1		0.479	7.666		
18:3 undifferentiated	-	0.140)	1		0.479	0.635		
18:4	g	0.140		,	-		0.040	0.033		
20:2 n-6 c,c	-									
20:3 undifferentiated 20:4 undifferentiated		0.090)	1		0.026	0.408		
20:5 n-3		0.090		,	1		0.026	0.406		
20.5 n-3	-									
22:6 n-3										
Fatty acids, total trans										
Cholesterol		73)	1		21	331		
Phytosterols										
Amino Acids:										
Tryptophan	q	0.208)	1		0.059	0.943		
Threonine		0.776)	1		0.220	3.520		
Isoleucine	-	0.787)	1		0.223	3.570		
Leucine	-	1.376)	1		0.390	6.242		
Lysine		1.550)	1		0.439	7.031		
Methionine		0.444)	1		0.126	2.014		
Cystine		0.216)	1		0.061	0.980		
Phenylalanine		0.689)	1		0.195	3.125		
Tyrosine		0.583)	1		0.165	2.644		
Valine	g	0.931)	1		0.264	4.223		
Arginine	g	1.120)	1		0.318	5.080		
Histidine	g	0.659)	1		0.187	2.989		
Alanine	g	1.032)	1		0.293	4.681		
Aspartic acid	g	1.584)	1		0.449	7.185		
Glutamic acid	g	2.636)	1		0.747	11.957		
Glycine	g	0.992)	1		0.281	4.500		
Proline	g	0.790)	1		0.224	3.583		
Serine		0.720)	1		0.204	3.266		
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0) z	7		0.0	0.0		
Caffeine										
Theobromine										

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 32% Bone and skin 20%, separable fat 12%

		<u>Aı</u>	mount in 100 grai		ble portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Un	its	Mean	Numb of Da Std. Error Point	ta Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	Measure 2	<u>l</u> Measure 3
Proximates:									
Water		60.66	(1		81.89	51.56	
Energy		211	(NC	4		285	179	
Energy		883			4		1192	750	
Protein (N x 6.25)		29.41	(1		39.70	25.00	
Total lipid (fat)		9.44	(1		12.74	8.02	
Ash		1.11	0.036 1		1		1.50	0.94	
Carbohydrate, by difference		0.00	(7		0.00	0.00	
Fiber, total dietary		0.0	(7		0.0	0.0	
Sugars, total		0.00	(Z	7		0.00	0.00	
Starch	9								
Minerals:									
Calcium, Ca	mg	7	1		1		9	6	
Iron, Fe		1.12	0.040 1		1		1.51	0.95	
Magnesium, Mg		25	1		1		34	21	
Phosphorus, P		281	1		1		379	239	
Potassium, K	_	373	13.935 1		1		504	317	
Sodium, Na		64	1.441 1:		1		86	54	
Zinc, Zn		3.26	0.143 1		1		4.40	2.77	
Copper, Cu		0.108			1 1		0.146	0.092	
Manganese, Mn		0.037 4 9.9	' 1 C				0.050 67.4	0.031 42.4	
Selenium, Se	nicg	49.9		DFIN	4		67.4	42.4	
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid	mg	0.4	C		1		0.5	0.3	
Thiamin		0.690	0.056 1	2	1		0.932	0.587	
Riboflavin	mg	0.349	0.019 1	2	1		0.471	0.297	
Niacin		4.935			1		6.662	4.195	
Pantothenic acid		0.670			1		0.905	0.570	
Vitamin B-6	-	0.450			1		0.608	0.383	
Folate, total		12	С		1		16	10	
Folic acid		0	C		7		0	0	
Folate, food		12	C		1		16	10	
Folate, DFE		12	0		4		16	10	
Vitamin B-12		0.72	0.043 1		1		0.97	0.61	
Vitamin A, IU	IU	10	C		4		14	9	
Vitamin A, RAE		3 3	0		4 4		4 4	3	
Retinol		0.26	0				0.34	3 0.22	
Vitamin E (alpha-tocopherol) Tocopherol, beta		0.26	·	Brin	4		0.34	0.22	
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)		0.0	C	BFYN	4		0.0	0.0	
Lipids:	_				_				
Fatty acids, total saturated		3.300			1		4.455	2.805	
4:0		0.000			1		0.000	0.000	
6:0	-	0.000			1 1		0.000	0.000	
8:0 10:0	-	0.000			1		0.000	0.000	
10:0	-	0.020			1		0.027 0.014	0.017 0.009	
13:0		0.010	. 2	•	_		0.014	0.009	
14:0		0.110	2	3	1		0.149	0.094	
15:0	-	0.110	. 2	•	1		0.149	0.094	
16:0		2.080	2	3	1		2.808	1.768	
17:0		2.000		•	-		2.000	1.700	
18:0	-	1.040	2	3	1		1.404	0.884	
20:0	-	1.040		•	-		1.101	0.004	
22:0	-								
24:0	-								

		<u>Ar</u>	nount in 10	0 grams	Amount in edible portion of common					
				Number					easures of food	
Nutrients and	Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturat	tod (I	4.450		0		1		6.008	3.783	
14:1		4.450		ŭ		-		0.000	3.703	
15:1	g									
16:1 undifferentiated	g	0.300		28		1		0.405	0.255	
17:1	-									
18:1 undifferentiated	-	4.090		28		1		5.522	3.477	
20:1	-	0.060		28		1		0.081	0.051	
22:1 undifferentiated	•	0.000		0		1		0.000	0.000	
24:1 c				_		_				
Fatty acids, total polyunsaturate		0.850		0		1		1.148	0.723	
18:2 undifferentiated		0.770		28		1		1.040	0.655	
18:3 undifferentiated		0.020		28		1		0.027	0.017	
18:4	-	0.000		0		1		0.000	0.000	
20:2 n-6 c,c	-									
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.060		28		1		0.081	0.051	
20:5 n-3	-	0.000		0		1		0.000	0.000	
22:5 n-3	-	0.000		0		1		0.000	0.000	
22:6 n-3		0.000		0		1		0.000	0.000	
Fatty acids, total trans	-	•						400		
Cholesterol	_	94	2.4	84 11		1		127	80	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.374		0		1		0.505	0.318	
Threonine		1.343		0		1		1.813	1.142	
Isoleucine	g	1.377		0		1		1.859	1.170	
Leucine	g	2.360		0		1		3.186	2.006	
Lysine	g	2.645		0		1		3.571	2.248	
Methionine	g	0.779		0		1		1.052	0.662	
Cystine	g	0.375		0		1		0.506	0.319	
Phenylalanine	g	1.174		0		1		1.585	0.998	
Tyrosine		1.025		0		1		1.384	0.871	
Valine	g	1.595		0		1		2.153	1.356	
Arginine	g	1.828		0		1		2.468	1.554	
Histidine		1.175		0		1		1.586	0.999	
Alanine	-	1.713		0		1		2.313	1.456	
Aspartic acid	-	2.728		0		1		3.683	2.319	
Glutamic acid	-	4.604		0		1		6.215	3.913	
Glycine	-	1.396		0		1		1.885	1.187	
Proline		1.181		0		1		1.594	1.004	
Serine		1.215		0		1		1.640	1.033	
Hydroxyproline										
Others:										
Alcohol, ethyl		0.0		0		7		0.0	0.0	
Caffeine		0		0	Z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta	mca	0		0	z	7		0.000	0.000	
Carotene, alpha	• • • • • • • • • • • • • • • • • • • •	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	z	7		0.000	0.000	
Lycopene		0		0	z	7		0.000	0.000	
					_					

Common Measures:

Measure 1 = 135g: 1 cup, diced

Measure 2 = 85g: 3 oz

NDB No. 10011

Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 35% Bone and skin 17%, separable fat 18%

		<u>Aı</u>	mount in 100 gı	rams o	of edik	ole portio	<u>on</u>	Amount in edible portion of common		
			Nur	mber				m	easures of food	
			of I	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Duovimatos										
Proximates: Water	g	72.90	0.177	51		1		20.67	330.67	
Energy	-	136		0	NC	4		39	617	
Energy		569				4		161	2581	
Protein (N x 6.25)		20.48	0.139	53		1		5.81	92.90	
Total lipid (fat)	-	5.41	0.190	51		1		1.53	24.54	
Ash		1.05	0.009	37		1		0.30	4.76	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total		0.00		0	z	7		0.00	0.00	
Starch	-									
	5									
Minerals:								_		
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	6	0.339	38		1		2	27	
Iron, Fe	-	1.01		167		1		0.29	4.58	
Magnesium, Mg		25	0.431	25		1		7	113	
Phosphorus, P		229	3.895	11		1		65	1039	
Potassium, K		369		149		1 1		105	1674	
Sodium, Na		55		123		1		16	249	
Zinc, Zn		2.27	0.105	27		1		0.64	10.30	
Copper, Cu		0.075 0.029		51 0		1		0.021 0.008	0.340 0.132	
Manganese, Mn Selenium, Se		35.4		0	BFNN	4		10.0	160.6	
Selenium, Se	nog	33.4		Ü	DIMM	-		10.0	100.0	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	<u>mg</u>	0.9		0		1		0.3	4.1	
Thiamin	mg	0.875	0.027	47		1		0.248	3.969	
Riboflavin	mg	0.228	0.010	46		1		0.065	1.034	
Niacin	mg	5.338	0.140	34		1		1.513	24.213	
Pantothenic acid	mg	0.805		0		1		0.228	3.651	
Vitamin B-6	-	0.500		0		1		0.142	2.268	
Folate, total	mcg	9	3.150	4		1		3	41	
Folic acid		0		0	Z	7		0	0	
Folate, food		9	3.150	4		1		3	41	
Folate, DFE		9		0	NC	4		3	41	
Vitamin B-12		0.71	0.056	11		1		0.20	3.22	
Vitamin A, IU		7		0	NC	4		2	30	
Vitamin A, RAE		2		0	NC	4		1	9	
Retinol		2		0	NR	4		1	9	
Vitamin E (alpha-tocopherol)	mg	0.17		0	BFSN	4		0.05	0.79	
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0	BFSN	4		0.0	0.0	
vitamin ix (phynodumone)	9	0.0		ŭ		-		0.0	0.0	
<u>Lipids:</u>										
Fatty acids, total saturated	g	1.870		0		1		0.530	8.482	
4:0	g	0.000		0		1		0.000	0.000	
6:0	-	0.000		0		1		0.000	0.000	
8:0	-	0.000		0		1		0.000	0.000	
10:0	-	0.010		73		1		0.003	0.045	
12:0		0.010		75		1		0.003	0.045	
13:0						_		_		
14:0		0.070		378		1		0.020	0.318	
15:0										
16:0		1.190		378		1		0.337	5.398	
17:0	-							_		
18:0	-	0.580		378		1		0.164	2.631	
20:0	-									
22:0	-									
24:0	g									

		<u>A</u> 1	mount in 100 grams		e portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and	Unite	Mean	Number of Data Std. Error Points	Deriv S	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Nutrients and	Onits	Wearr	Stu. Ellor 1 omto				Weasure i	Measure 2	Weasure 5
Fatty acids, total monounsatur	atedg	2.440	0		1		0.692	11.068	
14:1	g								
15:1 16:1 undifferentiated	_	0.170	378		1		0.048	0.771	
17:1	_	0.170	370		-		0.040	0.771	
18:1 undifferentiated	_	2.220	378		1		0.629	10.070	
20:1	_	0.040	71		1		0.011	0.181	
22:1 undifferentiated	g	0.000	0		1		0.000	0.000	
24:1 c	g								
Fatty acids, total polyunsaturat	tedg	0.580	0		1		0.164	2.631	
18:2 undifferentiated	g	0.470	378		1		0.133	2.132	
18:3 undifferentiated	g	0.020			1		0.006	0.091	
18:4	_	0.000	0		1		0.000	0.000	
20:2 n-6 c,c	_								
20:3 undifferentiated	_								
20:4 undifferentiated	_	0.070			1		0.020	0.318	
20:5 n-3	_	0.000			1		0.000	0.000	
22:5 n-3	_	0.000			1		0.000	0.000	
22:6 n-3		0.000	0		1		0.000	0.000	
Fatty acids, total trans					_				
Cholesterol	-	68	3.212 25		1		19	308	
Phytosterols	mg								
Amino Acids:									
Tryptophan	g	0.260	0		1		0.074	1.179	
Threonine	g	0.935	0		1		0.265	4.241	
Isoleucine	g	0.959	0		1		0.272	4.350	
Leucine	g	1.643	0		1		0.466	7.453	
Lysine	g	1.842	0		1		0.522	8.355	
Methionine	g	0.542	0		1		0.154	2.459	
Cystine	g	0.261	0		1		0.074	1.184	
Phenylalanine	g	0.818	0		1		0.232	3.710	
Tyrosine	g	0.714	0		1		0.202	3.239	
Valine	g	1.111	. 0		1		0.315	5.039	
Arginine	g	1.273	0		1		0.361	5.774	
Histidine		0.818	0		1		0.232	3.710	
Alanine		1.193			1		0.338	5.411	
Aspartic acid		1.900			1		0.539	8.618	
Glutamic acid	_	3.206			1		0.909	14.542	
Glycine		0.972			1		0.276	4.409	
Proline	_	0.823			1		0.233	3.733	
Serine		0.846	0		1		0.240	3.837	
Hydroxyproline	g								
Others:									
Alcohol, ethyl	a	0.0	0		7		0.0	0.0	
Caffeine		0	0	Z	7		0	0	
Theobromine	-	0	0	z	7		0	0	
Carotenoids:	J	-	-				-	•	
		_	-	_	_				
Carotene, beta		0	0	Z	7		0.000	0.000	
Carotene, alpha		0	0	Z	7		0.000	0.000	
Cryptoxanthin, beta		0	0	Z	7		0.000	0.000	
Lycopene		0	0	Z	7		0.000	0.000	
Lutein + zeaxanthin	iica	0	0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 453.6g: 1 lb NDB No. 10010

Pork, fresh, leg (ham), whole, separable lean only, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 27% Bone

		<u>A</u>	mount in 100 gra	ıms of edi	ble portion	<u>on</u>	Amount in edible portion of common		
			Num	ber			<u>m</u>	easures of food	<u>l</u>
			of D	ata Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Poi	nts Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	59.20		0	1		268.53	65.12	
Energy	_	285		0 NC			1293	314	
Energy		1192		0 NC	4		5409	1312	
Protein (N x 6.25)	=	15.82		0	1		71.76	17.40	
Total lipid (fat)		24.12		0	1		109.41	26.53	
		0.80		0	1		3.63	0.88	
Ash		0.00		0 z	7		0.00	0.00	
Carbohydrate, by difference		0.00		0 Z	7		0.00	0.00	
Fiber, total dietary		0.0		0 2	,		0.0	0.0	
Sugars, total	_								
Starch	9								
Minerals:									
Calcium, Ca	mg	29		0	1		132	32	
Iron, Fe	mg	0.83		0	1		3.76	0.91	
Magnesium, Mg	mg	16		0	1		73	18	
Phosphorus, P	mg	164		0	1		744	180	
Potassium, K		281		0	1		1275	309	
Sodium, Na	mg	54		0	1		245	59	
Zinc, Zn	mg	2.35		0	1		10.66	2.59	
Copper, Cu		0.062		0	1		0.281	0.068	
Manganese, Mn		0.010)	0	1		0.045	0.011	
Selenium, Se	mcg	26.2		0 PAK	1		118.8	28.8	
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.6		0	1		2.7	0.7	
Thiamin		0.654	1	0	1		2.967	0.719	
Riboflavin	_	0.231		0	1		1.048	0.254	
Niacin	-	3.650		0	1		16.556	4.015	
Pantothenic acid		0.622		0	1		2.821	0.684	
Vitamin B-6		0.370		0	1		1.678	0.407	
Folate, total	-	3		0	1		14	3	
Folic acid		0		0 z	7		0	0	
Folate, food		3		0	1		14	3	
Folate, DFE		3		0 NC	4		14	3	
Vitamin B-12		0.09		0	1		0.41	0.10	
Vitamin A, IU		8		0	1		36	9	
Vitamin A, RAE		2		0	1		11	3	
Retinol		2		0	1		11	3	
Vitamin E (alpha-tocopherol)		_		•	_			3	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)									
Lipids:									
Fatty acids, total saturated	g	8.370)	0	1		37.966	9.207	
4:0	g								
6:0	-								
8:0	-								
10:0		0.020		0	1		0.091	0.022	
12:0	g	0.030)	0	1		0.136	0.033	
13:0	g								
14:0	g	0.300)	0	1		1.361	0.330	
15:0	g								
16:0	-	5.190)	0	1		23.542	5.709	
17:0	g								
18:0	g	2.750)	0	1		12.474	3.025	
20:0	g								
22:0	g								
24:0	g								

	<u>Ar</u>	nount in 100 grams		<u>on</u>	Amount in edible portion of common measures of food		
		Number			m	easures of 1000	
Nutrients and Units	Mean	of Data Std. Error Points	Deriv Source Code Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fu il del a	10.720	0	1		40 671	11 000	
Fatty acids, total monounsaturated	10.730	U	1		48.671	11.803	
16:1 undifferentiated	0.680	0	1		3.084	0.748	
18:1 undifferentiatedg	9.850	0	1		44.680	10.835	
20:1g	0.180	0	1		0.816	0.198	
22:1 undifferentiatedg							
24:1 cg							
Fatty acids, total polyunsaturatedg	2.580	0	1		11.703	2.838	
18:2 undifferentiatedg	2.160	0	1		9.798	2.376	
18:3 undifferentiatedg	0.180	0	1		0.816	0.198	
18:4g							
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg	0.120	0	1		0.544	0.132	
20:5 n-3g							
22:5 n-3g							
22:6 n-3g							
Fatty acids, total trans9							
Cholesterol mg	72	0	1		327	79	
Phytosterols mg							
Amino Acids:							
Tryptophan	0.185	0	1		0.839	0.204	
Threonine	0.698	0	1		3.166	0.768	
Isoleucine	0.705	0	1		3.198	0.776	
Leucineg	1.241	0	1		5.629	1.365	
Lysineg	1.402	0	1		6.359	1.542	
Methionineg	0.398	0	1		1.805	0.438	
Cystineg	0.194	0	1		0.880	0.213	
Phenylalanineg	0.624	0	1		2.830	0.686	
Tyrosineg	0.521	0	1		2.363	0.573	
Valineg	0.841	0	1		3.815	0.925	
Arginineg	1.029	0	1		4.668	1.132	
Histidineg	0.586	0	1		2.658	0.645	
Alanineg	0.942	0	1		4.273	1.036	
Aspartic acidg	1.427	0	1		6.473	1.570	
Glutamic acid9	2.363	0	1		10.719	2.599	
Glycineg	0.954	0	1		4.327	1.049	
Prolineg	0.746		1		3.384	0.821	
Serineg	0.653	0	1		2.962	0.718	
Hydroxyprolineg							
Others:							
Alcohol, ethylg	0.0	0	z 7		0.0	0.0	
Caffeine mg	0.0	· ·	_ /		0.0	5.0	
Theobromine mg							

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 110g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 46% Bone 27%, separable fat 19%

		<u>Aı</u>	mount in 100 gra	ms of edi	ble portic	<u>on</u>	Amount in edible portion of common		
			Num	ber			<u>m</u>	easures of food	<u>l</u>
					Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Poir		Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	q	71.80	0.337	15	1		325.68	58.88	
Energy		157		0 NC	4		712	129	
Energy		657		-	4		2980	539	
Protein (N x 6.25)		19.27	0.344	17	1		87.41	15.80	
Total lipid (fat)		8.25		15	1		37.42	6.77	
Ash	-	1.00		13	1		4.54	0.82	
Carbohydrate, by difference		0.00	0.020	0 z	7		0.00	0.00	
Fiber, total dietary		0.0		0 Z	7		0.0	0.0	
Sugars, total		0.0		-	•		• • • • • • • • • • • • • • • • • • • •	0.0	
Starch									
Starcii	9								
Minerals:									
Calcium, Ca	-	23		5	1		104	19	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.02		17	1		4.63	0.84	
Magnesium, Mg	mg	21		5	1		95	17	
Phosphorus, P		191		5	1		866	157	
Potassium, K		340	6.602	16	1		1542	279	
Sodium, Na	mg	67	1.173	16	1		304	55	
Zinc, Zn	<u>mg</u>	2.95	0.078	16	1		13.38	2.42	
Copper, Cu		0.075		16	1		0.340	0.062	
Manganese, Mn		0.013		0	1		0.059	0.011	
Selenium, Se	mcg	32.6	3.054	5 A	1		147.9	26.7	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.8		0	1		3.6	0.7	
Thiamin	mg	0.808	0.046	12	1		3.665	0.663	
Riboflavin	mg	0.279	0.009	13	1		1.266	0.229	
Niacin	mg	4.324	0.259	13	1		19.614	3.546	
Pantothenic acid	mg	0.757		0	1		3.434	0.621	
Vitamin B-6	mg	0.490		1	1		2.223	0.402	
Folate, total	mcg	4		0	1		18	3	
Folic acid		0		0 z	7		0	0	
Folate, food	mcg	4		0	1		18	3	
Folate, DFE		4		0 NC	4		18	3	
Vitamin B-12		0.84	0.055	11	1		3.81	0.69	
Vitamin A, IU		7		0	1		32	6	
Vitamin A, RAE		2		0	1		10	2	
Retinol		2		0	1		10	2	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	mcg								
Lipids:									
Fatty acids, total saturated	g	2.850		0	1		12.928	2.337	
4:0									
6:0	g								
8:0	g								
10:0	g	0.010	•	73	1		0.045	0.008	
12:0		0.010	•	75	1		0.045	0.008	
13:0									
14:0		0.100	3	78	1		0.454	0.082	
15:0	-								
16:0	-	1.820	3	78	1		8.256	1.492	
17:0	-								
18:0	-	0.890	3	78	1		4.037	0.730	
20:0	-								
22:0	-								
24:0	-								
=									

	<u>Am</u>	ount in 100 grams Number		e portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean S	of Data Std. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Father and the total management of the	3.730	0		1		16.919	3.059	
Fatty acids, total monounsaturated9 14:1	3.730	O O		1		16.919	3.059	
16:1 undifferentiated	0.260	378		1		1.179	0.213	
18:1 undifferentiatedg	3.390	378		1		15.377	2.780	
20:1	0.060	71		1		0.272	0.049	
22:1 undifferentiatedg						**		
24:1 cg								
Fatty acids, total polyunsaturatedg	0.890	0		1		4.037	0.730	
18:2 undifferentiatedg	0.720	378		1		3.266	0.590	
18:3 undifferentiatedg	0.030	190		1		0.136	0.025	
18:4g								
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.100	315		1		0.454	0.082	
20:5 n-3g								
22:5 n-3g								
22:6 n-3g								
Fatty acids, total transg								
Cholesterol mg	64	1.290 11		1		290	52	
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.245	0		1		1.111	0.201	
Threonineg	0.880	0		1		3.992	0.722	
Isoleucineg	0.902	0		1		4.091	0.740	
Leucineg	1.546	0		1		7.013	1.268	
Lysineg	1.733	0		1		7.861	1.421	
Methionineg	0.510	0		1		2.313	0.418	
Cystineg	0.246	0		1		1.116	0.202	
Phenylalanineg	0.769	0		1		3.488	0.631	
Tyrosineg	0.671	0		1		3.044	0.550	
Valineg	1.045	0		1		4.740	0.857	
Arginineg	1.198	0		1		5.434	0.982	
Histidineg	0.770	0		1		3.493	0.631	
Alanineg	1.123	0		1		5.094	0.921	
Aspartic acidg	1.787	0		1		8.106	1.465	
Glutamic acidg	3.017	0		1		13.685	2.474	
Glycineg	0.915	0		1		4.150	0.750	
Prolineg	0.774	0		1		3.511	0.635	
Serineg	0.796	0		1		3.611	0.653	
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0	Z	7		0.0	0.0	
Caffeinemg								
Theobromine mg								

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 82g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 26% Bone

		<u>A</u>	mount in 100 gram	s of edil	ole portio	<u>on</u>	Amount in edible portion of common		
			Numbe	r			<u>m</u>	easures of food	<u>l</u>
			of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	51.83	0		1		44.06	43.02	
Energy	kcal	323	0	NC	4		275	268	
Energy		1351			4		1149	1122	
Protein (N x 6.25)		21.91	0		1		18.62	18.19	
Total lipid (fat)		25.43	0		1		21.62	21.11	
Ash		1.16	0		1		0.99	0.96	
Carbohydrate, by difference		0.00	0	Z	7		0.00	0.00	
Fiber, total dietary		0.0	0	Z	7		0.0	0.0	
Sugars, total		0.00	0	Z	7		0.00	0.00	
Starch									
Minerals:					_		•		
Calcium, Ca	_	31	0		1		26	26	
Iron, Fe.		1.11	0		1		0.94	0.92	
Magnesium, Mg		15	0		1		13	12	
Phosphorus, P	-	162 304	0		1 1		138 258	13 4 252	
Potassium, K		304 55	0		1		258 47	252 46	
Sodium, NaZinc, Zn		3.27	0		1		2.78	2.71	
Copper, Cu		0.085			1		0.072	0.071	
Manganese, Mn		0.011			1		0.009	0.009	
Selenium, Se		36.0	. 0	PIE	4		30.6	29.9	
Vitamins:									
Vitamin C, total ascorbic acid		0.6	0		1		0.5	0.5	
Thiamin		0.476			1		0.405	0.395	
Riboflavin		0.232			1		0.197	0.193	
Niacin	-	3.590			1		3.052	2.980	
Pantothenic acid		0.562			1		0.478	0.466	
Vitamin B-6	_	0.297			1		0.252	0.247	
Folate, total		2 0	0	z	1 7		2 0	2	
Folic acid		2		z	1		2	0 2	
Folate, food	Ilicg	2	0	NC	4		2		
Folate, DFE		0.65	0	NC	1		0.55	2 0.54	
Vitamin B-12 Vitamin A, IU		7	0	NC	4		6	6	
Vitamin A, IU Vitamin A, RAE		2	0	NC NC	4		2	2	
Retinol		2	0	NR NR	4		2	2	
Vitamin E (alpha-tocopherol)		0.27	0	BFSN	4		0.23	0.23	
Tocopherol, beta		0.27	· ·	21011	•		0.23	0.23	
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)		0.0	0	BFSN	4		0.0	0.0	
<u>Lipids:</u>	~	0.540					0.100	7 010	
Fatty acids, total saturated		9.540			1 1		8.109	7.918	
4:0		0.000			1		0.000	0.000	
6:0		0.000			1		0.000 0.000	0.000 0.000	
8:0 10:0	-	0.000			1		0.000	0.000	
12:0	_	0.020			1		0.017	0.017	
13:0	-	0.020	. 0		_		0.017	0.017	
14:0	_	0.330	0		1		0.281	0.274	
15:0	_	0.550	. 0		-		0.201	0.2/4	
16:0	_	5.800	0		1		4.930	4.814	
17:0		3.500	•		-		4.550	4.014	
18:0	_	3.190	0		1		2.712	2.648	
20:0	_	3.130	•		-			2.040	
22:0	_								
24:0	-								

				ams of ed	ible portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and U	Inits	Mean		ata Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate	d a	10.950		0	1		9.308	9.089	
14:1	g	10.330		· ·	-		9.300	9.009	
15:1 undifferentiated	g	0.690		0	1		0.587	0.573	
17:1 18:1 undifferentiated	g	9.960		0	1		8.466	8.267	
20:122:1 undifferentiated		0.200		0	1 1		0.170 0.000	0.166 0.000	
24:1 cFatty acids, total polyunsaturated		2.330		0	1		1.981	1.934	
18:2 undifferentiated	g	2.090		0	1		1.777	1.735	
18:3 undifferentiated	=	0.070 0.000		0	1 1		0.060 0.000	0.058 0.000	
20:2 n-6 c,c 20:3 undifferentiated	-								
20:4 undifferentiated	g	0.060		0	1		0.051	0.050	
20:5 n-3		0.000		0	1 1		0.000 0.000	0.000 0.000	
22:6 n-3Fatty acids, total trans		0.000		0	1		0.000	0.000	
Cholesterol	mg	85		0	1		72	71	
Phytosterols	mg								
Amino Acids: Tryptophan	a	0.250		0	1		0.213	0.208	
Threonine		0.957		0	1		0.813	0.794	
Isoleucine	_	0.964		0	1		0.819	0.800	
Leucine	_	1.709		0	1 1		1.453	1.418	
Lysine		1.934 0.543		0	1		1.644 0.462	1.605 0.451	
Methionine		0.343		0	1		0.462	0.431	
CystinePhenylalanine		0.861		0	1		0.732	0.715	
Tyrosine		0.711		0	1		0.604	0.590	
Valine	-	1.159		0	1		0.985	0.962	
Arginine	_	1.441		0	1		1.225	1.196	
Histidine		0.795		0	1		0.676	0.660	
Alanine	_	1.312		0	1		1.115	1.089	
Aspartic acid		1.962		0	1		1.668	1.628	
Glutamic acid		3.231		0	1		2.746	2.682	
Glycine	g	1.396		0	1		1.187	1.159	
Proline	g	1.075		0	1		0.914	0.892	
Serine	g	0.904		0	1		0.768	0.750	
Hydroxyproline									
Others:					_				
Alcohol, ethyl		0.0		0	7		0.0	0.0	
Caffeine		0		0 Z	7		0	0	
Theobromine	mg	0		0 z	7		0	0	
Carotenoids:									
Carotene, beta		0		0 z	7		0.000	0.000	
Carotene, alpha		0		0 z	7		0.000	0.000	
Cryptoxanthin, beta		0		0 z	7		0.000	0.000	
Lycopene		0		0 Z	7		0.000	0.000	
Lutein + zeaxanthin	mcg	0		0 z	7		0.000	0.000	

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 83g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

NDB No. 10029

Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 27% Bone

		<u>A</u>	mount in 100 gra	ns of edi	ble portic	<u>on</u>	Amount in	edible portion	of common
			Numi	er			<u>m</u>	easures of food	<u>l</u>
			of Da	ta Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Poin	ts Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	51.83)	1		44.06	41.46	
Energy	kcal	320) NC	4		272	256	
Energy	kj	1339			4		1138	1071	
Protein (N x 6.25)	g	22.47)	1		19.10	17.98	
Total lipid (fat)	g	24.85)	1		21.12	19.88	
Ash	g	1.19)	1		1.01	0.95	
Carbohydrate, by difference	g	0.00) z	7		0.00	0.00	
Fiber, total dietary	g	0.0) z	7		0.0	0.0	
Sugars, total	g								
Starch	g								
N. 61									
Minerals:	ma.	20			•		25	00	
Calcium, Ca	-	29 0.93	(1 1		25 0.79	23 0.74	
Iron, Fe	-	0.93 22	(1		0.79 19		
Magnesium, Mg Phosphorus, P		212)	1		19 180	18 170	
1 /	•	344		,)	1		292	170 275	
Potassium, K		70	,		1		60	56	
Zinc, Zn	_	3.37		,)	1		2.86	2.70	
Copper, Cu		0.083			1		0.071	0.066	
Manganese, Mn		0.008			1		0.007	0.006	
Selenium, Se		37.1	,		4		31.5	29.7	
Scientini, Sc	9	07.12			-		02.0		
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid	mg	0.7	()	1		0.6	0.6	
Thiamin	mg	0.652	2 ()	1		0.554	0.522	
Riboflavin	mg	0.296	6 ()	1		0.252	0.237	
Niacin	<u>mg</u>	4.109	9 ()	1		3.493	3.287	
Pantothenic acid	mg	0.615	5 ()	1		0.523	0.492	
Vitamin B-6	mg	0.381	L ()	1		0.324	0.305	
Folate, total	mcg	4	()	1		3	3	
Folic acid		0		Z	7		0	0	
Folate, food	mcg	4	(1		3	3	
Folate, DFE		4	(NC NC	4		3	3	
Vitamin B-12		0.83	()	1		0.71	0.66	
Vitamin A, IU		8	()	1		7	6	
Vitamin A, RAE		2	(1		2	2	
Retinol	mcg	2	()	1		2	2	
Vitamin E (alpha-tocopherol)	mg								
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	mcg								
Lipids:									
Fatty acids, total saturated	g	9.310) ()	1		7.914	7.448	
4:0									
6:0	g								
8:0									
10:0	g	0.020) ()	1		0.017	0.016	
12:0	g	0.020) ()	1		0.017	0.016	
13:0	g								
14:0	g	0.330) ()	1		0.281	0.264	
15:0	g								
16:0	g	5.660) ()	1		4.811	4.528	
17:0	g								
18:0	g	3.110) ()	1		2.644	2.488	
20:0	g								
22:0	g								
24:0	a								

		<u>Ar</u>	mount in 100		o <u>n</u>	Amount in edible portion of common measures of food				
				Number of Data	Deriv	Source	Confidence	<u></u>	<u> </u>	
Nutrients and Unit	s	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	10.700		0		1		9.095	8.560	
14:1	g									
15:1										
16:1 undifferentiated	_	0.680		0		1		0.578	0.544	
17:1										
18:1 undifferentiated		9.730		0		1		8.271	7.784	
20:1		0.190		0		1		0.162	0.152	
22:1 undifferentiated	•									
24:1 c	•									
Fatty acids, total polyunsaturated		2.260		0		1		1.921	1.808	
18:2 undifferentiated		2.030		0		1		1.726	1.624	
18:3 undifferentiated		0.070		0		1		0.060	0.056	
18:4										
20:2 n-6 c,c										
20:3 undifferentiated				_		_				
20:4 undifferentiated	-	0.060		0		1		0.051	0.048	
20:5 n-3										
22:5 n-3	-									
22:6 n-3										
Fatty acids, total trans		86		•		1		73	69	
Cholesterol	• • • • • • • • • • • • • • • • • • • •	86		0		1		73	69	
Phytosterols	<u>i</u> iig									
Amino Acids:										
Tryptophan	g	0.260		0		1		0.221	0.208	
Threonine	g	0.987		0		1		0.839	0.790	
Isoleucine	g	0.997		0		1		0.847	0.798	
Leucine	g	1.759		0		1		1.495	1.407	
Lysine	g	1.989		0		1		1.691	1.591	
Methionine	g	0.562		0		1		0.478	0.450	
Cystine	g	0.274		0		1		0.233	0.219	
Phenylalanine	g	0.885		0		1		0.752	0.708	
Tyrosine		0.736		0		1		0.626	0.589	
Valine	g	1.192		0		1		1.013	0.954	
Arginine	g	1.469		0		1		1.249	1.175	
Histidine	g	0.826		0		1		0.702	0.661	
Alanine	g	1.342		0		1		1.141	1.074	
Aspartic acid	g	2.021		0		1		1.718	1.617	
Glutamic acid	g	3.339		0		1		2.838	2.671	
Glycine	g	1.387		0		1		1.179	1.110	
Proline	g	1.078		0		1		0.916	0.862	
Serine	g	0.928		0		1		0.789	0.742	
Hydroxyproline	g									

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 80g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 31% Bone

		<u>A</u>	mount in 100 gram	s of edil	ole portio	<u>on</u>	Amount in edible portion of common		
			Numbe	r			<u>m</u>	easures of food	<u>[</u>
			of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	49.95	0		1		42.46	41.46	
Energy	kcal	342	0	NC	4		291	284	
Energy		1431			4		1216	1188	
Protein (N x 6.25)	g	21.49	0		1		18.27	17.84	
Total lipid (fat)		27.74	0		1		23.58	23.02	
Ash		1.14	0		1		0.97	0.95	
Carbohydrate, by difference		0.00	0	Z	7		0.00	0.00	
Fiber, total dietary		0.0	0	Z	7		0.0	0.0	
Sugars, total		0.00	0	Z	7		0.00	0.00	
Starch									
Minerals:					_				
Calcium, Ca	_	30	0		1		26	25	
Iron, Fe		0.88 21	0		1		0.75	0.73	
Magnesium, Mg			-		1		18	17	
Phosphorus, P	-	206 332	0		1 1		175 282	171 276	
Potassium, K		332 67	0		1		282 57	276 56	
Sodium, NaZinc, Zn		3.19	0		1		2.71	2.65	
Copper, Cu		0.080			1		0.068	0.066	
Manganese, Mn		0.008			1		0.007	0.007	
Selenium, Se		34.9	0	BFYN	4		29.7	29.0	
Vitamins:									
Vitamin C, total ascorbic acid		0.6	0		1		0.5	0.5	
Thiamin		0.622			1		0.529	0.516	
Riboflavin		0.294			1		0.250	0.244	
Niacin	-	3.946			1		3.354	3.275	
Pantothenic acid		0.659			1		0.560	0.547	
Vitamin B-6	_	0.337			1		0.286	0.280	
Folate, total		4 0	0	z	1 7		3 0	3	
Folic acid				z	1		3	0 3	
Folate, food	Ilicg	4 4	0	NC	4		3		
Folate, DFE		0.84	0	NC	1		0.71	3 0.70	
Vitamin B-12 Vitamin A, IU		10	0	NC	4		9	8	
Vitamin A, RAE		3	0	NC	4		3	2	
Retinol		3	0	NR NR	4		3	2	
Vitamin E (alpha-tocopherol)		0.20	0	BFYN	4		0.17	0.17	
Tocopherol, beta		3.20	O .	L: IN	-		U.11	V.11	
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)		0.0	0	BFYN	4		0.0	0.0	
<u>Lipids:</u>	~	10 15					0.645	0 445	
Fatty acids, total saturated		10.170			1		8.645	8.441	
4:0		0.000			1 1		0.000	0.000	
6:0		0.000			1		0.000	0.000	
8:0 10:0		0.000			1		0.000	0.000 0.017	
12:0	_	0.020			1		0.017 0.017	0.017	
13:0	-	0.020	. 0		-		0.017	0.017	
14:0	_	0.350	0		1		0.298	0.291	
15:0	_	0.330	. 0		-		0.290	0.291	
16:0	_	6.200	0		1		5.270	5.146	
17:0		0.200			-		3.270	3.140	
18:0	_	3.390	0		1		2.882	2.814	
20:0	_	3.390	•		-		2.002	2.014	
22:0	_								
24:0	-								

		<u>A</u> 1	mount in 100 gra		ble portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and U	nits	Mean	Num of Da Std. Error Poin	ata Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Par il della		11.720		0	1		0.000	0.700	
Fatty acids, total monounsaturated	g	11.720		,	1		9.962	9.728	
15:1	g	0.720		0	1		0.612	0.598	
17:1 18:1 undifferentiated	g	10.690		0	1		9.087	8.873	
20:1 undifferentiated	-	0.210 0.000		0 0	1 1		0.179 0.000	0.17 4 0.000	
24:1 c Fatty acids, total polyunsaturated.		3.100		0	1		2.635	2.573	
18:2 undifferentiated		2.770 0.150		0 0	1 1		2.355 0.128	2.299 0.125	
18:4 20:2 n-6 c.c		0.000	1	0	1		0.000	0.000	
20:3 undifferentiated	_	0.060		0	1		0.051	0.050	
20:5 n-3	_	0.000		0 0	1 1		0.000	0.000	
22:6 n-3Fatty acids, total trans	g	0.000		0	1		0.000	0.000	
CholesterolPhytosterols	mg	85 3		0 0	1 1		72 3	71 2	
Amino Acids:									
TryptophanThreonine		0.243 0.935		0 0	1 1		0.207 0.795	0.202 0.776	
Isoleucine	-	0.940 1.672		0 0	1 1		0.799 1.421	0.780 1.388	
Lysine Methionine	g	1.894 0.529		0 0	1 1		1.610 0.450	1.572 0.439	
CystinePhenylalanine	g	0.259 0.843		0	1 1		0.220 0.717	0.215 0.700	
TyrosineValine	g	0.693 1.134		0	1 1		0.589	0.575 0.941	
Arginine	g	1.421		0	1		1.208	1.179	
HistidineAlanine	g	0.773 1.290		0	1		0.657 1.097	0.642 1.071	
Aspartic acidGlutamic acid	g	1.918 3.152		0	1		1.630 2.679	1.592	
Glycine	g	1.400		0	1		1.190	1.162	
Serine Hydroxyproline		0.887		0	1		0.754	0.736	
Others: Alcohol, ethyl	a	0.0		0	7		0.0	0.0	
CaffeineTheobromine	mg	0		0 z 0 z	, 7 7		0	0	
<u>Carotenoids:</u>	9	v		, 4	,		v	J	
Carotene, beta		0		0 z 0 z	7 7		0.000 0.000	0.000	
Cryptoxanthin, beta		0		0 z 0 z	7 7		0.000 0.000	0.000	
Lutein + zeaxanthin		0		0 z	7		0.000	0.000	

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 83g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

NDB No. 10178

Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 44% Bone 26%, separable fat 18%

		<u>A</u>	mount in 100	grams	of edit	ole portio	<u>n</u>	Amount in edible portion of common		
			N	lumber	,				easures of food	
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
D										
Proximates: Water	a	61.02		0		1		51.87	38.44	
Energy	-	225		0	NC	4		191	142	
Energy		941				4		800	593	
Protein (N x 6.25)		25.03		0		1		21.28	15.77	
Total lipid (fat)	-	13.07		0		1		11.11	8.23	
Ash		1.30		0		1		1.11	0.82	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total		0.00		0	z	7		0.00	0.00	
Starch	_				_	•			0.00	
Staren	9									
Minerals:										
Calcium, Ca		24		0		1		20	15	
Iron, Fe	-	1.35		0		1		1.15	0.85	
Magnesium, Mg		18		0		1		15	11	
Phosphorus, P	-	161		0		1		137	101	
Potassium, K	-	326		0		1		277	205	
Sodium, Na	-	62		0 0		1 1		53	39	
Zinc, Zn		3.91	-	0		1		3.32	2.46	
Copper, Cu		0.096		0		1		0.082 0.012	0.060 0.009	
Selenium, Se		42.3	•	0	BFYN	4		36.0	26.6	
Scienium, Se	1110g	42.3		Ü	DIIM	-		30.0	20.0	
Vitamins:										
Vitamin C, total ascorbic acid		0.8		0		1		0.7	0.5	
Thiamin		0.525	5	0		1		0.446	0.331	
Riboflavin	mg	0.272	2	0		1		0.231	0.171	
Niacin		3.931	L	0		1		3.341	2.477	
Pantothenic acid		0.639		0		1		0.543	0.403	
Vitamin B-6		0.350)	0		1		0.298	0.221	
Folate, total		3		0		1		3	2	
Folic acid		0		0	Z	7		0	0	
Folate, food		3		0		1		3	2	
Folate, DFE		3		0	NC	4		3	2	
Vitamin B-12		0.71		0		1		0.60	0.45	
Vitamin A, IU	IU	7		0	NC	4		6	4	
Vitamin A, RAE		2		0	NC	4		2	1	
Retinol		2		0	NR	4		2	1	
Vitamin E (alpha-tocopherol)		0.21		0	BFSN	4		0.18	0.14	
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0	BFSN	4		0.0	0.0	
vitanini K (phynodunione)	g	0.0		·	DION	•		0.0	0.0	
<u>Lipids:</u>										
Fatty acids, total saturated	g	4.740)	0		1		4.029	2.986	
4:0	g	0.000)	0		1		0.000	0.000	
6:0	g	0.000)	0		1		0.000	0.000	
8:0		0.000		0		1		0.000	0.000	
10:0	-	0.010		0		1		0.009	0.006	
12:0		0.010)	0		1		0.009	0.006	
13:0			_							
14:0		0.170)	0		1		0.145	0.107	
15:0			_							
16:0		2.870)	0		1		2.440	1.808	
17:0	-			_		_		<u>.</u>		
18:0	-	1.590)	0		1		1.352	1.002	
20:0	-									
22:0	-									
24:0	g									

		<u>Aı</u>	mount in 10			ble portic	<u>on</u>	Amount in edible portion of common measures of food		
				Number of Data	Deriv	Source	Confidence	<u></u>	<u>easures or 1000</u>	
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	5.680		0		1		4.828	3.578	
14:1	_									
15:1	-					_				
16:1 undifferentiated	-	0.380		0		1		0.323	0.239	
17:1 18:1 undifferentiated	-	5.130		0		1		4.361	3.232	
20:1	_	0.120		0		1		0.102	0.076	
22:1 undifferentiated	-	0.000		0		1		0.000	0.000	
24:1 c	•	0.000		·		-		0.000	0.000	
Fatty acids, total polyunsaturated		1.030		0		1		0.876	0.649	
18:2 undifferentiated		0.910		0		1		0.774	0.573	
18:3 undifferentiated		0.030		0		1		0.026	0.019	
18:4		0.000		0		1		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.040		0		1		0.034	0.025	
20:5 n-3	g	0.000		0		1		0.000	0.000	
22:5 n-3	g	0.000		0		1		0.000	0.000	
22:6 n-3	g	0.000		0		1		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	mg	83		0		1		71	52	
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.318		0		1		0.270	0.200	
Threonine		1.143		0		1		0.972	0.720	
Isoleucine	_	1.172		0		1		0.996	0.728	
Leucine		2.008		0		1		1.707	1.265	
Lysine	_	2.250		0		1		1.913	1.418	
Methionine		0.663		0		1		0.564	0.418	
Cystine		0.319		0		1		0.271	0.201	
Phenylalanine		0.999		0		1		0.849	0.629	
Tyrosine		0.872		0		1		0.741	0.549	
Valine	g	1.358		0		1		1.154	0.856	
Arginine	g	1.556		0		1		1.323	0.980	
Histidine	g	1.000		0		1		0.850	0.630	
Alanine	g	1.458		0		1		1.239	0.919	
Aspartic acid	g	2.321		0		1		1.973	1.462	
Glutamic acid		3.918		0		1		3.330	2.468	
Glycine	g	1.188		0		1		1.010	0.748	
Proline	g	1.005		0		1		0.854	0.633	
Serine	g	1.034		0		1		0.879	0.651	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	а	0.0		0		7		0.0	0.0	
Caffeine		0		0	z	7		0	0.0	
Theobromine		0		0	z	7		0	0	
Carotenoids:	5	-		-	-	•		-	•	
		_		_	_	_				
Carotene, beta		0		0	Z	7		0.000	0.000	
Carotene, alpha		0		0	z z	7 7		0.000	0.000	
Cryptoxanthin, beta		0		0	z z	7		0.000	0.000	
Lycopene		0		0	z Z	7		0.000 0.000	0.000 0.000	
Lutein + zeaxanthin	.iiicā	U		U	Z	,		0.000	0.000	

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 63g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

NDB No. 10033

Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 43% Bone 27%, separable fat 16%

		<u>A</u> 1	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	its	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	Measure 2	<u>l</u> Measure :	
Proximates:											
Water	g	59.86		0		1		50.88	37.71		
Energy	kcal	234		0	NC	4		199	147		
Energy	kj	979				4		832	617		
Protein (N x 6.25)	g	25.36		0		1		21.56	15.98		
Total lipid (fat)	g	13.89		0		1		11.81	8.75		
Ash	g	1.32		0		1		1.12	0.83		
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00		
Fiber, total dietary		0.0		0	Z	7		0.0	0.0		
Sugars, total											
Starch											
Surci											
<u>Minerals:</u>											
Calcium, Ca	-	23		0		1		20	14		
Iron, Fe	mg	1.09		0		1		0.93	0.69		
Magnesium, Mg	mg	26		0		1		22	16		
Phosphorus, P		226		0		1		192	142		
Potassium, K		374		0		1		318	236		
Sodium, Na	mg	80		0		1		68	50		
Zinc, Zn	mg	3.97		0		1		3.37	2.50		
Copper, Cu	mg	0.092	?	0		1		0.078	0.058		
Manganese, Mn	mg	0.009)	0		1		0.008	0.006		
Selenium, Se	mcg	42.9		0	BFYN	4		36.5	27.0		
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.8		0		1		0.7	0.5		
Thiamin	mg	0.744	ļ	0		1		0.632	0.469		
Riboflavin	mg	0.349)	0		1		0.297	0.220		
Niacin	mg	4.552	<u> </u>	0		1		3.869	2.868		
Pantothenic acid	mg	0.697	,	0		1		0.592	0.439		
Vitamin B-6	mg	0.451	=	0		1		0.383	0.284		
Folate, total	mcg	4		0		1		3	3		
Folic acid	mcg	0		0	Z	7		0	0		
Folate, food	mcg	4		0		1		3	3		
Folate, DFE	mcg_DFE	4		0	NC	4		3	3		
Vitamin B-12		0.94		0		1		0.80	0.59		
Vitamin A, IU	IU	7		0		1		6	4		
Vitamin A, RAE	mcg_RAE	2		0		1		2	1		
Retinol		2		0		1		2	1		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	g	5.060)	0		1		4.301	3.188		
4:0											
6:0	_										
8:0	-										
10:0		0.010)	0		1		0.009	0.006		
12:0		0.010)	0		1		0.009	0.006		
13:0											
14:0	-	0.180)	0		1		0.153	0.113		
15:0	-										
16:0	-	3.060)	0		1		2.601	1.928		
17:0	-			-							
18:0	-	1.690)	0		1		1.437	1.065		
20:0	-			•		_			2.000		
22:0	-										
24:0	-										

	Ar	nount in 100 g		edible portio	o <u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Units	•	Mean				Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	6.040		0	1		5.134	3.805	
14:1	g								
15:1									
16:1 undifferentiated	-	0.400		0	1		0.340	0.252	
17:1									
18:1 undifferentiated		5.450		0	1		4.633	3.434	
20:1	g	0.120		0	1		0.102	0.076	
22:1 undifferentiated	•								
24:1 c	•								
Fatty acids, total polyunsaturated		1.110		0	1		0.944	0.699	
18:2 undifferentiated	g	0.980		0	1		0.833	0.617	
18:3 undifferentiated	g	0.030		0	1		0.026	0.019	
18:4									
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated	g	0.040		0	1		0.034	0.025	
20:5 n-3	g								
22:5 n-3	g								
22:6 n-3	g								
Fatty acids, total trans									
Cholesterol		84		0	1		71	53	
Phytosterols	mg								
Amino Acids:									
Tryptophan	а	0.322		0	1		0.274	0.203	
Threonine		1.158		0	1		0.984	0.730	
Isoleucine	-	1.187		0	1		1.009	0.748	
Leucine		2.034		0	1		1.729	1.281	
Lysine		2.280		0	1		1.938	1.436	
Methionine	_	0.671		0	1		0.570	0.423	
Cystine	_	0.323		0	1		0.275	0.203	
Phenylalanine		1.012		0	1		0.860	0.638	
Tyrosine		0.883		0	1		0.751	0.556	
Valine	-	1.376		0	1		1.170	0.867	
Arginine		1.576		0	1		1.340	0.993	
Histidine	_	1.013		0	1		0.861	0.638	
Alanine	_	1.477		0	1		1.255	0.931	
Aspartic acid		2.352		0	1		1.999	1.482	
Glutamic acid		3.969		0	1		3.374	2.500	
Glycine	-	1.204		0	1		1.023	0.759	
Proline	-	1.019		0	1		0.866	0.739	
Serine		1.019		0	1		0.890	0.642	
Hydroxyproline	-	1.04/		U	_		0.030	0.000	
11yuroxypromic	9								

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 63g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 48% Bone 31%, separable fat 17%

		<u>A</u>	mount in 100) grams	of edik	ole portio	<u>on</u>	Amount in	edible portion of	of common
			ı	Number	•			<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.31		0		1		50.41	37.37	
Energy	kcal	241		0	NC	4		205	152	
Energy	kj	1008				4		857	635	
Protein (N x 6.25)	g	24.74		0		1		21.03	15.59	
Total lipid (fat)	g	15.08		0		1		12.82	9.50	
Ash	g	1.28		0		1		1.09	0.81	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total		0.00		0	Z	7		0.00	0.00	
Starch	_									
	······································									
Minerals:						_				
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	22		0		1		19	14	
Iron, Fe.	• • • • • • • • • • • • • • • • • • • •	1.07		0		1		0.91	0.67	
Magnesium, Mg		26		0		1		22	16	
Phosphorus, P	-	221		0		1		188	139	
Potassium, K	-	365		0		1		310	230	
Sodium, Na	-	78		0		1		66	49	
Zinc, Zn		3.87		0		1		3.29	2.44	
Copper, Cu		0.090		0		1		0.077	0.057	
Manganese, Mn		0.009	•	0		1		0.008	0.006	
Selenium, Se	rncg	42.3		0	BFYN	4		36.0	26.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		0		1		0.7	0.5	
Thiamin		0.726	5	0		1		0.617	0.457	
Riboflavin		0.358		0		1		0.304	0.226	
Niacin	-	4.441	L	0		1		3.775	2.798	
Pantothenic acid		0.778	3	0		1		0.661	0.490	
Vitamin B-6		0.409	9	0		1		0.348	0.258	
Folate, total		4		0		1		3	3	
Folic acid		0		0	z	7		0	0	
Folate, food		4		0		1		3	3	
Folate, DFE		4		0	NC	4		3	3	
Vitamin B-12		0.97		0		1		0.82	0.61	
Vitamin A, IU		7		0	NC	4		6	4	
Vitamin A, RAE	mcq RAE	2		0	NC	4		2	1	
Retinol		2		0	NR	4		2	1	
Vitamin E (alpha-tocopherol)		0.22		0	BFYN	4		0.19	0.14	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0		0	BFYN	4		0.0	0.0	
T :: J										
<u>Lipids:</u>	~	F 166		•				4 206	2 051	
Fatty acids, total saturated		5.160		0 0		1 1		4.386	3.251	
4:0	-	0.000		-				0.000	0.000	
6:0	-	0.000		0		1 1		0.000	0.000	
8:0	_	0.000		0		1		0.000	0.000	
10:0		0.010		0		1		0.009	0.006	
12:0		0.010	,	U		1		0.009	0.006	
13:0		0 100	1	0		1		0 150	0 110	
14:0		0.180	,	U		1		0.153	0.113	
15:0		3.150	1	0		1		2 670	1 005	
16:0		3.150	,	U		1		2.678	1.985	
17:0	-	1 71	1	0		1		1 454	1 077	
18:0	-	1.710	,	U		1		1.454	1.077	
20:0	-									
22:0	-									
24:0	y									

	<u>A</u> ı	mount in 100 grams		Amount in edible portion of common measures of food					
			Numbe	r			<u>m</u>	easures of food	
					Source	Confidence			
Nutrients and L	Jnits	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Ew il del		6.250			1		5 212	2 020	
Fatty acids, total monounsaturate	g	6.250	0		1		5.313	3.938	
15:1 16:1 undifferentiated	g	0.390	0		1		0.332	0.246	
17:1 18:1 undifferentiated		5.670	0		1		4.820	3.572	
20:1	g	0.120	0		1		0.102	0.076	
22:1 undifferentiated	•	0.000	0		1		0.000	0.000	
24:1 c									
Fatty acids, total polyunsaturated		1.950			1		1.658	1.229	
18:2 undifferentiated		1.720			1		1.462	1.084	
18:3 undifferentiated	=	0.130			1 1		0.111 0.000	0.082	
18:4	-	0.000	U		1		0.000	0.000	
20:2 n-6 c,c 20:3 undifferentiated	-								
20:4 undifferentiated	-	0.040	0		1		0.034	0.025	
20:5 n-3	-	0.000			1		0.000	0.000	
22:5 n-3		0.000			1		0.000	0.000	
22:6 n-3		0.000			1		0.000	0.000	
Fatty acids, total trans									
Cholesterol		82	0		1		70	52	
Phytosterols	mg	4	0		1		3	3	
Amino Aoida									
Amino Acids:	σ.	0.314	0		1		0.267	0 100	
Tryptophan Threonine		1.130			1		0.267	0.198 0.712	
Isoleucine	-	1.158			1		0.984	0.730	
Leucine	-	1.985			1		1.687	1.251	
Lysine	-	2.225			1		1.891	1.402	
Methionine		0.655			1		0.557	0.413	
Cystine		0.316			1		0.269	0.199	
Phenylalanine		0.988			1		0.840	0.622	
Tyrosine		0.862			1		0.733	0.543	
Valine	-	1.342	0		1		1.141	0.845	
Arginine	g	1.538	0		1		1.307	0.969	
Histidine	g	0.988	0		1		0.840	0.622	
Alanine	g	1.441	. 0		1		1.225	0.908	
Aspartic acid	g	2.295	0		1		1.951	1.446	
Glutamic acid	g	3.873	0		1		3.292	2.440	
Glycine	g	1.175	0		1		0.999	0.740	
Proline	g	0.994			1		0.845	0.626	
Serine	g	1.022	0		1		0.869	0.644	
Hydroxyproline	g								
Others:									
Alcohol, ethyl	a	0.0	0		7		0.0	0.0	
Caffeine		0	0	z	7		0	0	
Theobromine	-	0	0	z	7		0	0	
Carotenoids:								-	
	meg	0	0	z	7		0.000	0.000	
Carotene, beta		0	0	Z	7		0.000	0.000	
Carotene, alpha Cryptoxanthin, beta		0	0	Z	7		0.000	0.000	
Lycopene		0	0	Z	7		0.000	0.000	
Lutein + zeaxanthin		0	0	Z	7		0.000	0.000	
Datem - Zeazantinii	y							<u> </u>	

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 63g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

NDB No. 10120

Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 25% Bone

		Amount in 100 grams of edible portion							Amount in edible portion of common		
			N	lumber				<u>m</u>	easures of food	_	
			c	of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Duratinatan											
Proximates: Water	α	51.21		0		1		135.71	43.53		
Energy.		323		0	NC	4		856	275		
Energy		1351		·	2.0	4		3581	1149		
Protein (N x 6.25)	=	23.72		0		1		62.86	20.16		
Total lipid (fat)		24.63		0		1		65.27	20.10		
Ash		1.09		0		1		2.89	0.93		
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00		
Fiber, total dietary		0.0		0	z	7		0.0	0.00		
Sugars, total		0.0		Ū		,		0.0	0.0		
Starch											
Starcn	9										
Minerals:											
Calcium, Ca	-	34		0		1		90	29		
Iron, Fe	mg	1.11		0		1		2.94	0.94		
Magnesium, Mg	mg	20		0		1		53	17		
Phosphorus, P		210		0		1		557	179		
Potassium, K	mg	326		0		1		864	277		
Sodium, Na	mg	30		0		1		80	26		
Zinc, Zn	mg	3.30		0		1		8.75	2.81		
Copper, Cu	mg	0.079	9	0		1		0.209	0.067		
Manganese, Mn	mg	0.011	1	0		1		0.029	0.009		
Selenium, Se	mcg	37.1		0	PAK	1		98.3	31.5		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.2		0		1		0.5	0.2		
Thiamin		0.524	1	0		1		1.389	0.445		
Riboflavin	-	0.32		0		1		0.784	0.252		
Niacin	-	4.237		0		1		11.228	3.601		
Pantothenic acid		0.486		0		1		1.288	0.413		
Vitamin B-6		0.378		0		1		1.002	0.321		
Folate, total	-	4	•	0		1		11	3		
Folic acid		0		0	z	7		0	0		
Folate, food		4		0	_	1		11	3		
Folate, DFE		4		0	NC	4		11	3		
Vitamin B-12		0.73		0	МС	1		1.93	0.62		
Vitamin A, IU		9		0		1		24	8		
Vitamin A, RAE		3		0		1		7	2		
Retinol		3		0		1		7	2		
Vitamin E (alpha-tocopherol)		3		·		-		,	2		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
Lipids:											
Fatty acids, total saturated	g	9.150	0	0		1		24.248	7.778		
4:0											
6:0											
8:0	g										
10:0	g	0.020	0	0		1		0.053	0.017		
12:0		0.020	0	0		1		0.053	0.017		
13:0											
14:0		0.320	0	0		1		0.848	0.272		
15:0	-										
16:0	-	5.550	0	0		1		14.708	4.718		
17:0	-										
18:0	-	3.060	0	0		1		8.109	2.601		
20:0	-										
22:0	-										
24:0	-										

	<u>A</u> 1	nount in 100 grams		Amount in edible portion of common measures of food			
			Deriv Sourc				
Nutrients and Units	Mean	Std. Error Points	Code Code	e Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	10.640	0	1		28.196	9.044	
14:1g							
15:1g							
16:1 undifferentiatedg	0.680	0	1		1.802	0.578	
17:1g							
18:1 undifferentiated	9.650	0	1		25.573	8.203	
20:1g	0.200	0	1		0.530	0.170	
22:1 undifferentiatedg							
24:1 cg							
Fatty acids, total polyunsaturatedg	2.160		1		5.724	1.836	
18:2 undifferentiatedg	1.930		1		5.115	1.641	
18:3 undifferentiatedg	0.070	0	1		0.186	0.060	
18:4g							
20:2 n-6 c,cg							
20:3 undifferentiatedg		_	_				
20:4 undifferentiatedg	0.060	0	1		0.159	0.051	
20:5 n-3g							
22:5 n-3g							
22:6 n-3g							
Fatty acids, total trans	93	0	1		246	79	
Cholesterolmg Phytosterolsmg	93	0	1		240	79	
rilytosteroising							
Amino Acids:							
Tryptophang	0.278	0	1		0.737	0.236	
Threonineg	1.048	0	1		2.777	0.891	
Isoleucineg	1.060	0	1		2.809	0.901	
Leucineg	1.863	0	1		4.937	1.584	
Lysineg	2.104	0	1		5.576	1.788	
Methionineg	0.597		1		1.582	0.507	
Cystineg	0.291	0	1		0.771	0.247	
Phenylalanineg	0.936		1		2.480	0.796	
Tyrosineg	0.784		1		2.078	0.666	
Valineg	1.262		1		3.344	1.073	
Arginineg	1.540		1		4.081	1.309	
Histidineg	0.882		1		2.337	0.750	
Alanineg	1.412		1		3.742	1.200	
Aspartic acidg	2.142		1		5.676	1.821	
Glutamic acidg	3.550		1		9.408	3.018	
Glycineg	1.419		1		3.760	1.206	
Prolineg	1.113		1		2.949	0.946	
Serineg	0.979	0	1		2.594	0.832	
Hydroxyprolineg							

Common Measures:

Measure 1 = 265g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 40% Bone 25%, separable fat 15%

		<u>Aı</u>	mount in 100 g	rams	Amount in edible portion of common					
			Nu	mber	•			<u>m</u>	easures of food	_
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	58.20	0.390	15		1		123.97	49.47	
Energy	kcal	247		0	NC	4		526	210	
Energy	kj	1033				4		2201	878	
Protein (N x 6.25)	g	26.60	0.371	15		1		56.66	22.61	
Total lipid (fat)	g	14.81	0.558	15		1		31.55	12.59	
Ash	g	1.18	0.019	15		1		2.51	1.00	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	29	1.704	5		1		62	25	
Iron. Fe.	_	1.29	0.021	16		1		2.75	1.10	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	24	0.356	5		1		51	20	
Phosphorus, P		221	3.587	5		1		471	188	
Potassium, K		349	1.299	16		1		743	297	
Sodium, Na		29	8.540	16		1		62	25	
Zinc, Zn	mg	3.81	0.101	16		1		8.12	3.24	
Copper, Cu	mg	0.086	0.006	16		1		0.183	0.073	
Manganese, Mn		0.013		0		1		0.028	0.011	
Selenium, Se	mcg	42.3	4.472	5	A	1		90.1	36.0	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.3		0		1		0.6	0.3	
Thiamin		0.574	0.037	11		1		1.223	0.488	
Riboflavin		0.342	0.020	11		1		0.728	0.291	
Niacin	mg	4.664	0.170	11		1		9.934	3.964	
Pantothenic acid	mg	0.528	3	0		1		1.125	0.449	
Vitamin B-6	mg	0.440)	1		1		0.937	0.374	
Folate, total	mcg	5		0		1		11	4	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food		5		0		1		11	4	
Folate, DFE		5		0	NC	4		11	4	
Vitamin B-12		0.80	0.059	11		1		1.70	0.68	
Vitamin A, IU	IU	8		0		1		17	7	
Vitamin A, RAE		2		0		1		5	2	
Retinol	-	2		0		1		5	2	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>	_					_		44 040		
Fatty acids, total saturated		5.310)	0		1		11.310	4.514	
4:0 6:0	-									
8:0	_									
10:0	-	0.010)	21		1		0.021	0.009	
12:0		0.010		32		1		0.021	0.009	
13:0	-							, .		
14:0		0.190)	32		1		0.405	0.162	
15:0	-									
16:0	-	3.210)	32		1		6.837	2.729	
17:0	g									
18:0	g	1.780)	32		1		3.791	1.513	
20:0	g									
22:0	-									
24:0	g									

	<u>Ar</u>	nount in 100 gra		Amount in edible portion of common measures of food					
			Num of D	ber ata Deriv	Source	Confidence	<u></u>	easures or roou	
Nutrients and Un	its	Mean	Std. Error Poin	ts Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	g	6.460		0	1		13.760	5.491	
14:1									
15:1	_								
16:1 undifferentiated	-	0.440	3	2	1		0.937	0.374	
17:1			_	_					
18:1 undifferentiated		5.810		2	1		12.375	4.939	
20:1	_	0.140	1	5	1		0.298	0.119	
22:1 undifferentiated									
24:1 c	•				_				
Fatty acids, total polyunsaturated	_	1.100 0.960		0 2	1 1		2.343	0.935	
18:2 undifferentiated		0.960		2	1		2.045 0.064	0.816 0.026	
18:3 undifferentiated		0.030	-	2	1		0.064	0.026	
18:4 20:2 n-6 c,c	-								
20:3 undifferentiated									
20:4 undifferentiated		0.050		2	1		0.107	0.043	
20:5 n-3		0.030	•	-	-		0.107	0.045	
22:5 n-3	-								
22:6 n-3									
Fatty acids, total trans	-								
Cholesterol		93	0.862 1	.5	1		198	79	
Phytosterols	-								
Amino Acids:									
Tryptophan	g	0.338)	1		0.720	0.287	
Threonine		1.215)	1		2.588	1.033	
Isoleucine		1.246)	1		2.654	1.059	
Leucine	g	2.135		0	1		4.548	1.815	
Lysine	g	2.392		0	1		5.095	2.033	
Methionine	g	0.704)	1		1.500	0.598	
Cystine	g	0.339)	1		0.722	0.288	
Phenylalanine	g	1.062)	1		2.262	0.903	
Tyrosine	g	0.927)	1		1.975	0.788	
Valine	g	1.443		כ	1		3.074	1.227	
Arginine	g	1.654)	1		3.523	1.406	
Histidine	g	1.063		0	1		2.264	0.904	
Alanine	-	1.550		0	1		3.302	1.318	
Aspartic acid		2.468		ס	1		5.257	2.098	
Glutamic acid	-	4.165)	1		8.871	3.540	
Glycine	-	1.263)	1		2.690	1.074	
Proline	-	1.069		0	1		2.277	0.909	
Serine		1.099		0	1		2.341	0.934	
Hydroxyproline	g								

Common Measures:

Measure 1 = 213g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 26% Bone

		<u>A</u>	mount in 100 gram	s of edil	ole portio	<u>on</u>	Amount in edible portion of common		
			Numbe	r			<u>m</u>	easures of food	
					Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	66.70	0		1		302.55	74.70	
Energy		200	0	NC	4		907	224	
Energy		837			4		3796	937	
Protein (N x 6.25)		20.12	0		1		91.26	22.53	
Total lipid (fat)		12.69	0		1		57.56	14.21	
Ash		1.00	0		1		4.54	1.12	
Carbohydrate, by difference		0.00	0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0	0	Z	7		0.0	0.0	
Sugars, total	g	0.00	0	Z	7		0.00	0.00	
Starch									
Minerals:	m~	0.4	_				100	07	
Calcium, Ca	-	24	0		1		109	27	
Iron, Fe		0.77 21	0		1 1		3.49 95	0.86 24	
Magnesium, Mg		192			1		95 871	24 215	
Phosphorus, P Potassium, K	_	192 332	0		1		871 1506	215 372	
Sodium, Na		60	0		1		272	67	
Zinc, Zn		1.56	0		1		7.08	1.75	
Copper, Cu		0.053			1		0.240	0.059	
Manganese, Mn		0.014			1		0.064	0.016	
Selenium, Se		29.5	0	PAK	1		133.8	33.0	
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid		0.9	0		1		4.1	1.0	
Thiamin		1.096			1		4.971	1.228	
Riboflavin		0.209			1		0.948	0.234	
Niacin	_	4.726			1		21.437	5.293	
Pantothenic acid		0.780			1		3.538	0.874	
Vitamin B-6	-	0.479			1		2.173	0.536	
Folate, total		5 0	0	z	1 7		23 0	6	
Folic acid		5		z	1		23	0 6	
Folate, food	IIICG	5	0	NC	4		23 23	6	
Folate, DFE		0.55	0	NC	1		2.49	0.62	
Vitamin B-12 Vitamin A, IU		7	0	NC	4		30	7	
Vitamin A, RAE		2	0	NC	4		9	2	
Retinol		2	0	NR NR	4		9	2	
Vitamin E (alpha-tocopherol)		0.18	0	BFSN	4		0.81	0.20	
Tocopherol, beta		0.10	· ·	21011	•		0.01	0.20	
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)		0.0	0	BFSN	4		0.0	0.0	
T									
Lipids:	a	4.400			1		10 050	4.928	
Fatty acids, total saturated					1		19.958		
4:0		0.000			1		0.000	0.000	
6:0 8:0		0.000			1		0.000 0.000	0.000 0.000	
8:0 10:0		0.000			1		0.000	0.000	
12:0	-	0.010			1		0.045	0.011	
13:0	-	0.010	. 0		_		0.045	0.011	
14:0	-	0.160	0		1		0.726	0.179	
15:0	-	0.100	·		-		0.720	0.173	
16:0	-	2.740	0		1		12.429	3.069	
17:0		2.,1	•		-		12.723	3.009	
18:0	-	1.440	0		1		6.532	1.613	
20:0	-	1.74(•		-		0.552	1.013	
22:0	-								
24:0	-								

	<u>A</u>	mount in 100 g	grams	of edib	ole portio	<u>n</u>	Amount in	edible portion	of common
			ımber					easures of food	
Nutrients and Units	Mean	of Std. Error	Data oints		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g 5.650		0		1		25.628	6.328	
14:1			·		-		23.020	0.520	
15:1	.g								
16:1 undifferentiated	g 0.360	1	0		1		1.633	0.403	
17:1	-								
18:1 undifferentiated	-		0		1		23.542	5.813	
20:1	-		0		1		0.408	0.101	
22:1 undifferentiated	•	1	0		1		0.000	0.000	
24:1 c			•						
Fatty acids, total polyunsaturated			0		1		6.169	1.523	
18:2 undifferentiated			0		1 1		5.126	1.266	
18:3 undifferentiated			0				0.408	0.101	
18:4	-	1	0		1		0.000	0.000	
20:2 n-6 c,c	-								
20:3 undifferentiated	-		0				0 210	0.070	
20:4 undifferentiated	-		0		1 1		0.318	0.078	
20:5 n-3	-						0.000	0.000	
22:5 n-3	=		0		1 1		0.000	0.000	
22:6 n-3		1	U		1		0.000	0.000	
Fatty acids, total trans			0		1		204	75	
Cholesterol	. 5		U		_		304	75	
Phytosterols	ing								
Amino Acids:									
Tryptophan	g 0.248		0		1		1.125	0.278	
Threonine	.g 0.908		0		1		4.119	1.017	
Isoleucine	g 0.926	i	0		1		4.200	1.037	
Leucine	g 1.602		0		1		7.267	1.794	
Lysine	g 1.800)	0		1		8.165	2.016	
Methionine	.g 0.523	1	0		1		2.372	0.586	
Cystine	g 0.253	1	0		1		1.148	0.283	
Phenylalanine	g 0.800	1	0		1		3.629	0.896	
Tyrosine	g 0.688		0		1		3.121	0.771	
Valine	g 1.084		0		1		4.917	1.214	
Arginine	g 1.272		0		1		5.770	1.425	
Histidine	g 0.783	1	0		1		3.552	0.877	
Alanine	g 1.182		0		1		5.362	1.324	
Aspartic acid	g 1.848		0		1		8.383	2.070	
Glutamic acid	.g 3.099)	0		1		14.057	3.471	
Glycine	g 1.048		0		1		4.754	1.174	
Proline)	0		1		3.896	0.962	
Serine	g 0.831		0		1		3.769	0.931	
Hydroxyproline	.g								
04									
Others:			•		-		0.0		
Alcohol, ethyl			0	_	7		0.0	0.0	
Caffeine			0	Z	7		0	0	
Theobromine m	ng 0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta	ncg 0		0	z	7		0.000	0.000	
Carotene, alpha	ncg 0		0	z	7		0.000	0.000	
Cryptoxanthin, beta	ncg 0		0	Z	7		0.000	0.000	
Lycopene	ncg 0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin			0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 112g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

NDB No. 10036

Pork, fresh, loin, center loin (chops or roasts), bone-in, separable lean and fat, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

NDB No. 10040 Pork, fresh, loin, center loin (chops or roasts), bone-in, separable lean only, raw

Refuse: 35% Bone 26%, separable fat 9%

Nutrients and Units Nutrients Nu	n 100	Amount in 10) grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
Nutrients and Units	N		Number	r				easures of food	
Nutrients and Units					Source	Confidence			
Water.		Std. Error					Measure 1	Measure 2	Measure 3
Water.									
Finergy	0 100		. 15				200.00		
Energy	0.190	0.1		***				71.10	
Protein (N x 6.25)			U	NC				137	
Total lipid (fat)								574	
Ash g 1.10 0.007 222 1 4.99 Carbohydrate by difference g 0.00 0 z 7 0.00 Fiber, total dictary g 0.00 0 z 7 0.00 Sugars, total g 0.00 0 z 7 0.00 Starch g 0 0 2 2 0.02 1 1 0.00 Homanace mg 0 0.30 0.02 1 1 0.4 1 </td <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>21.60</td> <td></td>								21.60	
Carbohydrate, by difference								4.94	
Fiber, total dietary	0.007			_				1.08	
Sugars, total								0.00	
Minerals:								0.0	
Minerals: Calcium, Ca.			0	Z	7		0.00	0.00	
Calcium, Ca.									
Calcium, Ca.									
Tron, Pc	0.924	0.9	4 5		1		95	21	
Magnesium, Mg. mg 23 0.216 196 1 104 Phosphorus, P. mg 207 2.531 85 1 939 Potassium, K. mg 362 2.462 199 1 1642 Sodium, Na. mg 66 1.112 211 1 299 Zinc, Zn. mg 1.67 0.034 184 1 7.58 Copper, Cu. mg 0.056 0.003 17 1 0.254 Manganese, Mn. mg 0.015 0 1 0.068 Sclenium, Se. mcg 32.5 2.811 10 A 1.57 Manganese, Mn. mg 1.0 0 1 1 0.068 Sclenium, Se. mcg 32.5 2.811 10 A 5.5 Manganese, Mn. mg 0.015 0 1 4.5 1.1 Thaminic mg 1.0 0.38 31 1								0.81	
Phosphorus P								23	
Potassium, K.								203	
Sodium, Na.								355	
Zinc, Zn.					1			65	
Copper, Cu mg 0.056 0.003 17 1 0.254 Manganese, Mn mg 0.015 0 1 0.068 Selenium, Se mcg 32.5 2.811 10 A 1 147.4 Vitamins: Vitaminin C, total ascorbic acid. mg 1.0 0 1 4.5 Thiamin mg 1.216 0.038 31 1 5.516 Riboflavin mg 0.224 0.013 18 1 1.016 Niacin mg 5.133 0.439 6 1 23.283 Pantothenic acid mg 0.854 0 1 2.349 Pantothenic acid mg 0.540 0 1 2.449 Folate, total mcg 5 1.421 7 1 23 Folate, total mcg 5 1.421 7 1 23 Vitamin A, IU IU 7	0.034	0.0	4 184		1		7.58	1.64	
Manganese, Mn. mg 0.015 0 1 0.068 Selenium, Se. mcg 32.5 2.811 10 A 1 147.4 Vitamins. Witamin C, total ascorbic acid. mg 1.0 0 1 4.5 Thiamin. mg 1.216 0.038 31 1 1.016 Riboflavin. mg 0.224 0.013 18 1 1.016 Niacin. mg 0.543 0.439 6 1 23.283 Pantothenic acid. mg 0.854 0 1 23.874 Vitamin B-6. mg 0.540 0 1 2.449 Folate, food. mcg 5 1.421 7 1 23 Folate, food. mcg 5 1.421 7 1 23 Folate, food. mcg 5 1.421 7 1 2.3 Folate, food. mcg 5 1.421 7 <td></td> <td></td> <td></td> <td></td> <td>1</td> <td></td> <td></td> <td>0.055</td> <td></td>					1			0.055	
New York Seenium,		.5	0		1		0.068	0.015	
Vitamins: Vitamin C, total ascorbic acid. mg 1.0 0 1 4.5 Thiamin. mg 1.216 0.038 31 1 5.516 Riboflavin. mg 0.224 0.013 18 1 1.016 Niacin. mg 5.133 0.439 6 1 23.283 Pantothenic acid. mg 0.854 0 1 23.283 Pantothenic acid. mg 0.540 0 1 2.449 Folate, food. mcg 5 1.421 7 1 2.349 Foliate, food. mcg 5 1.421 7 1 2.3 Folate, DFE mcg 5 1.421 7 1 2.3 Vitamin B-12 mcg 0.58 0.131 5 1 2.63 Vitamin A, U IU 7 0 NC 4 9 Vitamin E (alpha-tocopherol) mg 0.18 0	2.811	2.8	1 10	A	1		147.4	31.9	
Vitamin C, total ascorbic acid. mg 1.0 0 1 4.5 Thiamin. mg 1.216 0.038 31 1 5.516 Riboflavin. mg 0.224 0.013 18 1 1.016 Niacin. mg 0.524 0.013 18 1 23.283 Pantothenic acid. mg 0.854 0 1 3.874 Vitamin B-6. mg 0.540 0 1 23.2449 Folate, food. mcg 5 1.421 7 1 23 Folate, food. mcg 5 1.421 7 1 23 Folate, DFE. mcg DFE 5 0 NC 4 23 Vitamin B-12. mcg DFE 5 0 NC 4 23 Vitamin A, IU. IU 7 0 NC 4 9 Vitamin E (alpha-tocopherol). mg 0.18 0 BFSN 4 0.80									
Thiamin									
Riboflavin								1.0	
Niacin mg 5.133 0.439 6 1 23.283 Pantothenic acid. mg 0.854 0 1 3.874 Vitamin B-6. mg 0.540 0 1 2.449 Folate, total. mcg 5 1.421 7 1 23 Folic acid. mcg 0 0 Z 7 0 Folate, food mcg 5 1.421 7 1 23 Folate, food mcg 5 1.421 7 1 23 Folate, DFE mcg_DFE 5 0 NC 4 23 Vitamin B-12 mcg 0.58 0.131 5 1 2.63 Vitamin A, IU. IU 7 0 NC 4 30 Vitamin A, RAE mcg_RAE 2 0 NC 4 9 Retinol. mcg 0.18 0 BFSN 4 0.80 Tocopherol, betta mg 0 BFSN 4 0.0 0.80 Vitamin C (phylloqui								1.192	
Pantothenic acid. mg 0.854 0 1 3.874 Vitamin B-6. mg 0.540 0 1 2.449 Folia, cotal. mcg 5 1.421 7 1 23 Folia, food. mcg 5 1.421 7 1 23 Folate, DFE. mcg_DFE 5 1.421 7 1 23 Folate, DFE. mcg_DFE 5 0.131 5 1 2.63 Vitamin B-12. mcg 0.58 0.131 5 1 2.63 Vitamin A, IU. IU 7 0 NC 4 30 Vitamin A, RAE. mcg_RAE 2 0 NC 4 9 Retinol. mcg 0.18 0 BFSN 4 0.80 Tocopherol, gamma mg 0.18 0 BFSN 4 0.0 Tocopherol, gamma mg 0 0 BFSN 4 0.0								0.220	
Vitamin B-6. mg 0.540 0 1 2.449 Folate, total. mcg 5 1.421 7 1 23 Folic acid. mcg 0 0 2 7 0 Folate, food. mcg 5 1.421 7 1 23 Folate, DFE. mcg DFE 5 0 NC 4 23 Vitamin B-12. mcg 0.58 0.131 5 1 2.63 Vitamin A, IU. IU 7 0 NC 4 30 Vitamin A, RAE. mcg RAE 2 0 NC 4 9 Vitamin E (alpha-tocopherol). mg 0.18 0 BFSN 4 0.80 Tocopherol, beta. mg 0 NC 4 0.80 Vitamin D. IU Vitamin K (phylloquinone). mcg 0.0 BFSN 4 0.0 Eight S 1.740 0 1 7.893	0.439							5.030	
Folate, total								0.837	
Folic acid								0.529	
Folate, food. mcg 5 1.421 7 1 23 Folate, DFE	1.421	1.4						5	
Folate, DFE				Z				0	
Vitamin B-12 mcg 0.58 0.131 5 1 2.63 Vitamin A, IU IU 7 0 NC 4 30 Vitamin A, RAE mcg_RAE 2 0 NC 4 9 Retinol mcg 2 0 NR 4 9 Vitamin E (alpha-tocopherol) mg 0.18 0 BFSN 4 0.80 Tocopherol, beta mg 7 0.08 0.80 0.80 0.80 0.80 Tocopherol, gamma mg 7 0.89 0.80 0.8	1.421	1.4						5	
Vitamin A, IU IU 7 0 NC 4 30 Vitamin A, RAE mcg_RAE 2 0 NR 4 9 Retinol mcg 2 0 NR 4 9 Vitamin E (alpha-tocopherol) mg 0.18 0 BFSN 4 0.80 Tocopherol, beta mg 0 0 BFSN 4 0.80 Tocopherol, gamma mg 0 0 BFSN 4 0.80 Vitamin D IU 0 0 BFSN 4 0.0 Vitamin K (phylloquinone) mcg 0.0 0 BFSN 4 0.0 Eipids: IU Vitamin K (phylloquinone) mcg 0.0 0 BFSN 4 0.0 Expectation K (phylloquinone) mcg 0.00 0 2 7 0.000 4:0 g 0.000 0 Z 7 0.000 8:0 g 0.000				NC				5	
Vitamin A, RAE mcg_RAE 2 0 NC 4 9 Retinol mcg 2 0 NR 4 9 Vitamin E (alpha-tocopherol) mg 0.18 0 BFSN 4 0.80 Tocopherol, beta mg 7 0.00 0 BFSN 4 0.80 Tocopherol, gamma mg 0.0 0 BFSN 4 0.0 Vitamin D IU Vitamin K (phylloquinone) mcg 0.0 0 BFSN 4 0.0 Lipids: Vitamin K (phylloquinone) mcg 0.0 0 BFSN 4 0.0 Expression of the company o	0.131	0.1						0.57	
Retinol mcg 2 0 NR 4 9 Vitamin E (alpha-tocopherol) .mg 0.18 0 BFSN 4 0.80 Tocopherol, beta .mg Tocopherol, gamma .mg Tocopherol, delta .mg Vitamin D. .U Vitamin K (phylloquinone) .mcg 0.0 0 BFSN 4 0.0 Lipids: Fatty acids, total saturated .g 1.740 0 1 7.893 4:0 .g 0.000 0 Z 7 0.000 6:0 .g 0.000 0 Z 7 0.000 8:0 .g 0.000 73 1 0.000 12:0 .g 0.010 75 1 0.045 13:0 .g 0.010 75 1 0.045								7	
Vitamin E (alpha-tocopherol) mg 0.18 0 BFSN 4 0.80 Tocopherol, beta mg 70copherol, gamma mg 70copherol, delta mg 70copherol, delta mg 70copherol, delta mg 70copherol, delta 70copherol, delta </td <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>2</td> <td></td>								2	
Tocopherol, beta								2	
Tocopherol, gamma			0	BFSN	4		0.80	0.17	
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone) mcg 0.0 BFSN 4 0.0 Lipids: Fatty acids, total saturated g 1.740 0 1 7.893 4:0 g 0.000 0 z 7 0.000 6:0 g 0.000 0 z 7 0.000 8:0 g 0.000 73 1 0.000 12:0 g 0.010 75 1 0.045 13:0 g 0.010 75 1 0.045									
Lipids: Fatty acids, total saturated g 1.740 0 1 7.893 4:0 g 0.000 0 z 7 0.000 6:0 g 0.000 0 z 7 0.000 8:0 g 10:0 g 0.000 73 1 0.000 12:0 g 0.010 75 1 0.045 13:0 g			•				0.0		
Fatty acids, total saturated. 9 1.740 0 1 7.893 4:0. 9 0.000 0 Z 7 0.000 6:0. 9 0.000 0 Z 7 0.000 8:0. 9 0.000 73 1 0.000 12:0. 9 0.010 75 1 0.045 13:0. 9			U	BESN	4		0.0	0.0	
Fatty acids, total saturated. .9 1.740 0 1 7.893 4:0. .9 0.000 0 z 7 0.000 6:0. .9 0.000 0 z 7 0.000 8:0. .9 10:0. .9 0.000 73 1 0.000 12:0. .9 0.010 75 1 0.045 13:0. .9									
4:0 9 0.000 0 z 7 0.000 6:0 9 0.000 0 z 7 0.000 8:0 9 10:0 9 0.000 73 1 0.000 12:0 9 0.010 75 1 0.045 13:0 9		.0	0		1		7.893	1.705	
8:0		0	0	Z	7		0.000	0.000	
10:0g 0.000 73 1 0.000 12:0g 0.010 75 1 0.045 13:0g		0	0	Z	7		0.000	0.000	
10:0g 0.000 73 1 0.000 12:0g 0.010 75 1 0.045 13:0g									
12:0g 0.010 75 1 0.045 13:0g		0	73		1		0.000	0.000	
		0	75		1		0.045	0.010	
		0	378		1		0.272	0.059	
15:0g									
16:0g 1.110 378 1 5.035		0	378		1		5.035	1.088	
17:0									
18:0.		0	378		1		2.495	0.539	
20:0									
24:0									

	<u>A</u>	mount in 100 grams	Amount in edible portion of common measures of food				
Nutrients and Units	Mean	Number of Data Std. Error Points	Deriv Source	Confidence Code	Measure 1	Measure 2	Measure 3
B	g 2.28) 0	1		10.010		
Fatty acids, total monounsaturated	g	0	1		10.342	2.234	
15:1 undifferentiated	g 0.160	378	1		0.726	0.157	
17:118:1 undifferentiated	-	378	1		9.390	2.029	
20:122:1 undifferentiated	-	71	1		0.181	0.039	
24:1 cFatty acids, total polyunsaturated		0	1		2.449	0.529	
18:2 undifferentiated	g 0.440		1		1.996	0.431	
18:3 undifferentiated	g	190	1		0.091	0.020	
20:3 undifferentiated		315	1		0.272	0.059	
20:5 n-3	g g						
22:6 n-3 Fatty acids, total trans	=						
Cholesterol		1	1		286	62	
Phytosterols	mg						
Amino Acids:							
Tryptophan			1		1.270	0.274	
Threonine	-		1		4.563	0.986	
Isoleucine	-		1		4.681	1.011	
Leucine	=		1		8.020	1.733	
Lysine			1		8.990	1.942	
Methionine			1		2.649	0.572	
Cystine			1		1.275	0.275	
Phenylalanine			1		3.992	0.862	
Tyrosine	=		1		3.484	0.753	
Valine	-		1 1		5.425	1.172	
Arginine	=				6.214	1.343	
Histidine	=		1		3.992	0.862	
Alanine			1		5.824	1.258	
Aspartic acid			1		9.272	2.003	
Glutamic acid			1		15.649	3.381	
Glycine	_		1		4.749	1.026	
Proline	=		1		4.014	0.867	
Serine	=	0	1		4.128	0.892	
Hydroxyproline	9						
Others:							
Alcohol, ethyl		0	z 7		0.0	0.0	
Caffeine	=	0	z 7		0	0	
Theobromine	mg 0	0	z 7		0	0	
Carotenoids:							
Carotene, beta	mcg 0	0	z 7		0.000	0.000	
Carotene, alpha	-	0	z 7		0.000	0.000	
Cryptoxanthin, beta		0	z 7		0.000	0.000	
Lycopene		0	z 7		0.000	0.000	
Lutein + zeaxanthin		0	z 7		0.000	0.000	

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 98g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

NDB No. 10040

Pork, fresh, loin, center loin (chops or roasts), bone-in, separable lean only, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

NDB No. 10037
Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised

Refuse: 24% Bone

		<u>A</u> 1	mount in 10			ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Ur	nits	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates: Water	O	57.40		0		1		48.79	47.64	
Energy		247		0	NC	4		210	205	
Energy		1033		·	110	4		878	858	
Protein (N x 6.25)		27.94		0		1		23.75	23.19	
Total lipid (fat)		14.15		0		1		12.03	11.74	
Ash	-	1.41		0		1		1.20	1.17	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.00		0	z	7		0.00	0.00	
Sugars, total		0.0		v	_	•		0.0	0.0	
Starch										
Starcii	9									
Minerals:										
Calcium, Ca	-	26		0		1		22	22	
Iron, Fe	-	1.05		0		1		0.89	0.87	
Magnesium, Mg		19		0		1		16	16	
Phosphorus, P		179		0		1		152	149	
Potassium, K		353		0		1		300	293	
Sodium, Na		59		0		1		50	49	
Zinc, Zn	-	2.16		0		1		1.84	1.79	
Copper, Cu		0.073		0		1		0.062	0.061	
Manganese, Mn		0.015)	0 0	DIE	1 4		0.013	0.012	
Selenium, Se	nicg	41.0		U	PIE	4		34.9	34.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9		0		1		0.8	0.7	
Thiamin	mg	0.769)	0		1		0.654	0.638	
Riboflavin	mg	0.215	5	0		1		0.183	0.178	
Niacin		4.611	L	0		1		3.919	3.827	
Pantothenic acid	mg	0.705	5	0		1		0.599	0.585	
Vitamin B-6	mg	0.373	3	0		1		0.317	0.310	
Folate, total	mcg	3		0		1		3	2	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food		3		0		1		3	2	
Folate, DFE		3		0	NC	4		3	2	
Vitamin B-12		0.50		0		1		0.43	0.42	
Vitamin A, IU		8		0		1		7	7	
Vitamin A, RAE		2		0		1		2	2	
Retinol		2		0		1		2	2	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
v trainin K (phytioquillone)	g									
<u>Lipids:</u>										
Fatty acids, total saturated	g	5.320)	0		1		4.522	4.416	
4:0										
6:0										
8:0	-	_				_				
10:0	-	0.010		0		1		0.009	0.008	
12:0	-	0.010)	0		1		0.009	0.008	
13:0	-			_		_				
14:0		0.190)	0		1		0.162	0.158	
15:0				-		_			_	
16:0		3.260)	0		1		2.771	2.706	
17:0	-			_		_				
18:0	-	1.740)	0		1		1.479	1.444	
20:0	-									
22:0	-									
24:0	g									

	<u>Aı</u>	mount in 100 grams		Amount in edible portion of common measures of food			
		Numbe			<u>m</u>	easures of 1000	
Nutrients and Units	Mean	of Data Std. Error Points		ce Confidence le Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	6.200	0	1		5.270	5.146	
14:1g							
15:1g							
16:1 undifferentiated	0.430	0	1		0.366	0.357	
17:1g							
18:1 undifferentiatedg	5.580	0	1		4.743	4.631	
20:1g	0.120	0	1		0.102	0.100	
22:1 undifferentiatedg							
24:1 cg							
Fatty acids, total polyunsaturatedg	1.240		1		1.054	1.029	
18:2 undifferentiated	1.100	0	1		0.935	0.913	
18:3 undifferentiatedg	0.040	0	1		0.034	0.033	
18:4g							
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg	0.040	0	1		0.034	0.033	
20:5 n-3g							
22:5 n-3g							
22:6 n-3g							
Fatty acids, total trans							
Cholesterol mg	86	0	1		73	71	
Phytosterolsmg							
Amino Acids:							
Tryptophan	0.343	0	1		0.292	0.285	
Threonineg	1.257	0	1		1.068	1.043	
Isoleucineg	1.282	0	1		1.090	1.064	
Leucineg	2.220	0	1		1.887	1.843	
Lysineg	2.497	0	1		2.122	2.073	
Methionineg	0.724	0	1		0.615	0.601	
Cystineg	0.350	0	1		0.298	0.291	
Phenylalanineg	1.109	0	1		0.943	0.920	
Tyrosineg	0.951	. 0	1		0.808	0.789	
Valineg	1.503	0	1		1.278	1.247	
Arginineg	1.771	0	1		1.505	1.470	
Histidineg	1.081	. 0	1		0.919	0.897	
Alanineg	1.643	0	1		1.397	1.364	
Aspartic acidg	2.561	. 0	1		2.177	2.126	
Glutamic acid	4.288	0	1		3.645	3.559	
Glycineg	1.480	0	1		1.258	1.228	
Prolineg	1.206	0	1		1.025	1.001	
Serine	1.154	0	1		0.981	0.958	
Hydroxyproline9							

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 83g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

NDB No. 10038
Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled

Refuse: 27% Bone

		<u>A</u>	mount in 100 gr	<u>rams</u> nber		<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Un	its	Mean		Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	57.59	0.384	15		1		48.95	47.22	
Energy	kcal	240		0	NC	4		204	197	
Energy	kj	1004				4		854	823	
Protein (N x 6.25)	g	28.71	0.222	15		1		24.40	23.54	
Total lipid (fat)	g	13.06	0.394	15		1		11.10	10.71	
Ash	g	1.15		0		1		0.98	0.94	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:	m~	22		•				22	07	
Calcium, Ca	_	33		0		1		28	27	
Iron, Fe	-	0.80		0		1		0.68	0.66	
Magnesium, Mg	_	25 232		0		1 1		21 197	21 190	
Phosphorus, P		232 358		0		1		197 304	190 294	
Potassium, K		58		0		1		49	48	
Sodium, NaZinc, Zn		2.26		0		1		1.92	1.85	
Copper, Cu	_	0.046	:	0		1		0.039	0.038	
Manganese, Mn		0.003		0		1		0.003	0.002	
Selenium, Se		44.3	,	0	PAK	1		37.7	36.3	
Scienium, Sc	1110g	44.5		Ū	IM	-		37.7	30.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0		1		0.3	0.3	
Thiamin	mg	1.067	1	0		1		0.907	0.875	
Riboflavin	mg	0.288	3	0		1		0.245	0.236	
Niacin		5.241		0		1		4.455	4.298	
Pantothenic acid	mg	0.635	5	0		1		0.540	0.521	
Vitamin B-6	mg	0.429)	0		1		0.365	0.352	
Folate, total	mcg	6		0		1		5	5	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food		6		0		1		5	5	
Folate, DFE	mcg_DFE	6		0	NC	4		5	5	
Vitamin B-12		0.73		0		1		0.62	0.60	
Vitamin A, IU	IU	9		0		1		8	7	
Vitamin A, RAE		3		0		1		2	2	
Retinol	mcg	3		0		1		2	2	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	g									
Lipids:										
Fatty acids, total saturated	g	4.800)	0		1		4.080	3.936	
4:0										
6:0										
8:0	g									
10:0	g	0.010)	0		1		0.009	0.008	
12:0	-	0.010)	0		1		0.009	0.008	
13:0	g									
14:0	g	0.180)	0		1		0.153	0.148	
15:0	g									
16:0		2.970)	0		1		2.525	2.435	
17:0	-									
18:0	g	1.540)	0		1		1.309	1.263	
20:0	g									
22:0	g									
24:0	g									

		<u>Ar</u>	nount in 100 gra Numl		ble portic	<u>on</u>		edible portion o	
Nutrients and Units	s	Mean		ta Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		5.860	(,	1		4.981	4.805	
14:1	_								
15:1					_				
16:1 undifferentiated	-	0.460	(,	1		0.391	0.377	
17:1			,		_				
18:1 undifferentiated		5.200	(1		4.420	4.264	
20:1		0.130	(,	1		0.111	0.107	
22:1 undifferentiated	•								
24:1 c	•								
Fatty acids, total polyunsaturated		0.980	(1		0.833	0.804	
18:2 undifferentiated		0.840	(1		0.714	0.689	
18:3 undifferentiated		0.030	(,	1		0.026	0.025	
18:4									
20:2 n-6 c,c									
20:3 undifferentiated									
20:4 undifferentiated	-	0.050	(,	1		0.043	0.041	
20:5 n-3									
22:5 n-3	_								
22:6 n-3									
Fatty acids, total trans				_					
Cholesterol	• • • • • • • • • • • • • • • • • • • •	82	1.328 1	5	1		70	67	
Phytosterols	_. mg								
Amino Acids:									
Tryptophan	a	0.365	()	1		0.310	0.299	
Threonine		1.311			1		1.114	1.075	
Isoleucine	-	1.344			1		1.142	1.102	
Leucine		2.304	Č		1		1.958	1.889	
Lysine		2.582			1		2.195	2.117	
Methionine	_	0.760	Č	-	1		0.646	0.623	
Cystine	_	0.366)	1		0.311	0.323	
Phenylalanine		1.146	Č		1		0.974	0.940	
Tyrosine		1.000	(1		0.850	0.820	
Valine	-	1.558	(1		1.324	1.278	
Arginine		1.785	-)	1		1.517	1.278	
Histidine	_	1.147	(1		0.975	0.941	
Alanine	_	1.673	(1		1.422	1.372	
		2.663	(1		2.264	2.184	
Aspartic acid		4.494	(-	1		3.820	2.184 3.685	
Glutamic acid	-	1.363	(1		1.159	1.118	
Proline	-	1.363	(1		0.980		
					1			0.945	
Serine	-	1.186	(1	T		1.008	0.973	
Hydroxyproline	y								

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 82g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

NDB No. 10179
Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried

Refuse: 30% Bone

		<u>A</u>	mount in 100 gram	s of edil	ole portio	<u>on</u>	Amount in edible portion of common		
			Numbe	er			<u>m</u>	easures of food	
			of Dat	a Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	52.98	0		1		45.03	41.32	
Energy	kcal	277	0	NC	4		235	216	
Energy		1159			4		985	904	
Protein (N x 6.25)		29.91	0		1		25.42	23.33	
Total lipid (fat)		16.56	0		1		14.08	12.92	
Ash		1.51	0		1		1.28	1.18	
Carbohydrate, by difference		0.00	0	Z	7		0.00	0.00	
Fiber, total dietary		0.0	0	Z	7		0.0	0.0	
Sugars, total		0.00	0	Z	7		0.00	0.00	
Starch									
Minerals:					_				
Calcium, Ca	_	27	0		1		23	21	
Iron, Fe.		0.91 29	0		1		0.77	0.71	
Magnesium, Mg			-		1		25	23	
Phosphorus, P	-	259 425	0		1 1		220 361	202 332	
Potassium, K		425 80	0		1		68	62	
Sodium, NaZinc, Zn		2.31	0		1		1.96	1.80	
Copper, Cu		0.075			1		0.064	0.059	
Manganese, Mn		0.011			1		0.009	0.009	
Selenium, Se		39.0	. 0	BFYN	4		33.2	30.4	
Vitamins:									
Vitamin C, total ascorbic acid		1.0	0		1		0.9	0.8	
Thiamin		1.138			1		0.967	0.888	
Riboflavin		0.302			1		0.257	0.236	
Niacin	-	5.601			1		4.761	4.369	
Pantothenic acid		0.920			1		0.782	0.718	
Vitamin B-6	_	0.469			1		0.399	0.366	
Folate, total		6 0	0	z	1 7		5 0	5	
Folic acid		6		Z	1		0 5	0 5	
Folate, food	Ilicg	6	0	NC	4		5	5	
Folate, DFE		0.73	0	NC	1		0.62	0.57	
Vitamin B-12 Vitamin A, IU		7	0	NC	4		6	5	
Vitamin A, IUVitamin A, RAE		2	0	NC NC	4		2	2	
Retinol		2	0	NR.	4		2	2	
Vitamin E (alpha-tocopherol)		0.25	0	BFSN	4		0.21	0.20	
Tocopherol, beta		0.23	v	2101	•		0.21	0.20	
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)		0.0	0	BFSN	4		0.0	0.0	
<u>Lipids:</u>	~						F 100	4 600	
Fatty acids, total saturated		6.010			1		5.109	4.688	
4:0		0.000			1 1		0.000	0.000	
6:0		0.000			1		0.000 0.000	0.000 0.000	
8:0 10:0		0.000			1		0.000	0.000	
12:0	_	0.010			1		0.009	0.008	
13:0	-	0.010	. 0		_		0.009	0.008	
14:0	_	0.210	0		1		0.179	0.164	
15:0	_	0.210			1		0.179	0.104	
16:0	_	3.700	0		1		3.145	2.886	
17:0		3.700	·		-		3.143	2.000	
18:0	_	1.960	0		1		1.666	1.529	
20:0	_		v		-			2.525	
22:0	_								
24:0	-								

	<u>Aı</u>	mount in 100 grams	of edib	Amount in edible portion of common measures of food				
		Numbe	r			<u>m</u>	easures of food	
			Deriv	Source	Confidence			
Nutrients and Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Education and a second	7.060	0		1		6.001	5.507	
Fatty acids, total monounsaturated9 14:1	7.060	O .		1		6.001	5.507	
16:1 undifferentiated	0.480	0		1		0.408	0.374	
18:1 undifferentiatedg	6.380	0		1		5.423	4.976	
20:1g	0.130	0		1		0.111	0.101	
22:1 undifferentiatedg	0.000	0		1		0.000	0.000	
24:1 cg	1 010	0						
Fatty acids, total polyunsaturated9	1.910 1.690			1 1		1.624 1.437	1.490 1.318	
18:2 undifferentiated	0.110			1		0.094	0.086	
18:4g	0.000			1		0.094	0.000	
20:2 n-6 c.cg	0.000	· ·		-		0.000	0.000	
20:3 undifferentiatedg								
20:4 undifferentiated	0.050	0		1		0.043	0.039	
20:5 n-3g	0.000	0		1		0.000	0.000	
22:5 n-3g	0.000	0		1		0.000	0.000	
22:6 n-3g	0.000	0		1		0.000	0.000	
Fatty acids, total trans9								
Cholesterolmg	92	0		1		78	72	
Phytosterols mg	2	0		1		2	2	
Amino Acids:								
Tryptophang	0.367	0		1		0.312	0.286	
Threonineg	1.345	0		1		1.143	1.049	
Isoleucineg	1.371			1		1.165	1.069	
Leucineg	2.377	0		1		2.020	1.854	
Lysineg	2.672	0		1		2.271	2.084	
Methionineg	0.774	0		1		0.658	0.604	
Cystineg	0.375	0		1		0.319	0.293	
Phenylalanineg	1.187	0		1		1.009	0.926	
Tyrosineg	1.018	0		1		0.865	0.794	
Valineg	1.608			1		1.367	1.254	
Arginineg	1.896	0		1		1.612	1.479	
Histidineg	1.157			1		0.983	0.902	
Alanineg	1.759			1		1.495	1.372	
Aspartic acidg	2.741			1		2.330	2.138	
Glutamic acid9	4.588			1		3.900	3.579	
Glycine9	1.587			1		1.349	1.238	
Prolineg	1.293			1		1.099	1.009	
Serine	1.235	0		1		1.050	0.963	
Hydroxyproline								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	
Caffeine mg	0	0	Z	7		0	0	
Theobromine mg	0	0	Z	7		0	0	
Carotenoids:								
Carotene, betamcg	0	0	z	7		0.000	0.000	
Carotene, alpha mcg	0	0	z	7		0.000	0.000	
Cryptoxanthin, betamcg	0	0	z	7		0.000	0.000	
Lycopenemcg	0	0	z	7		0.000	0.000	
Lutein + zeaxanthin mcg	0	0	z	7		0.000	0.000	

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 78g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

NDB No. 10179

Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 32% Bone 24%, separable fat 8%

		<u>A</u>	mount in 100	grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common		
			N	umber	,			m	easures of food	
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error P			Code	Code	Measure 1	Measure 2	Measure 3
D										
Proximates: Water	a	61.41		0		1		52.20	45.44	
Energy	_	202		0	NC	4		172	149	
Energy		845				4		718	625	
Protein (N x 6.25)		29.78		0		1		25.31	22.04	
Total lipid (fat)	_	8.31		0		1		7.06	6.15	
Ash		1.49		0		1		1.27	1.10	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total		0.00		0	z	7		0.00	0.00	
Starch	-				_	•			0.00	
Staren	9									
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	23		0		1		20	17	
Iron, Fe		1.13		0		1		0.96	0.84	
Magnesium, Mg		20		0		1		17	15	
Phosphorus, P	_	181		0		1		154	134	
Potassium, K	_	367		0		1		312	272	
Sodium, Na	-	62		0		1 1		53	46	
Zinc, Zn		2.26 0.076	-	0		1		1.92 0.065	1.67 0.056	
Copper, Cu		0.076		0		1		0.065	0.036	
Selenium, Se		43.9	,	0	BFYN	4		37.3	32.5	
Selemum, Se	g	43.3		Ū	DI III	-		37.3	32.3	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		1.0		0		1		0.9	0.7	
Thiamin		0.822	2	0		1		0.699	0.608	
Riboflavin	_	0.227	7	0		1		0.193	0.168	
Niacin		4.856		0		1		4.128	3.593	
Pantothenic acid		0.750		0		1		0.638	0.555	
Vitamin B-6		0.401	L	0		1		0.341	0.297	
Folate, total		3		0		1		3	2	
Folic acid		0		0	Z	7		0	0	
Folate, food		3		0		1		3	2	
Folate, DFE		3		0	NC	4		3	2	
Vitamin B-12		0.51 7		0	NG	1		0.43	0.38	
Vitamin A, IU	IU	2		0	NC	4 4		6 2	5 1	
Vitamin A, RAE		2		0	NC NR	4		2	1	
Retinol Vitamin E (alpha-tocopherol)		0.21		0	BFSN	4		0.18	0.16	
Tocopherol, beta		0.21		U	DESN	4		0.18	0.16	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0	BFSN	4		0.0	0.0	
	-									
<u>Lipids:</u>										
Fatty acids, total saturated		3.070		0		1		2.610	2.272	
4:0		0.000		0		1		0.000	0.000	
6:0		0.000		0		1		0.000	0.000	
8:0	-	0.000		0		1		0.000	0.000	
10:0		0.010		0		1 1		0.009	0.007	
12:0		0.010	,	U		1		0.009	0.007	
13:0		0.110	1	0		1		0.004	0 001	
14:0		0.110	,	U		1		0.094	0.081	
15:0		1.890	1	0		1		1 607	1 300	
16:0		1.890	,	U		_		1.607	1.399	
17:0 18:0	_	0.990	1	0		1		0.842	0.733	
20:0	_	0.990	•	J		-		0.042	0.733	
22:0	_									
24:0	_									
△ ⊤.∨	ສ									

	<u>Aı</u>	mount in 100 grams	of edib	<u>n</u>	Amount in edible portion of common measures of food			
		Number	r			<u>m</u>	easures of food	
				Source	Confidence			
Nutrients and Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
	3.710	0		1		2 154	0.745	
Fatty acids, total monounsaturated9 14:1	3.710	O .		1		3.154	2.745	
16:1 undifferentiated	0.290	0		1		0.247	0.215	
18:1 undifferentiatedg	3.300	0		1		2.805	2.442	
20:1g	0.080	0		1		0.068	0.059	
22:1 undifferentiatedg	0.000	0		1		0.000	0.000	
24:1 cg Fatty acids, total polyunsaturatedg	0.640	0		1		0.544	0.474	
18:2 undifferentiatedg	0.550			1		0.468	0.407	
18:3 undifferentiated	0.020			1		0.017	0.015	
18:4g	0.000			1		0.000	0.000	
20:2 n-6 c.cg	0.000	· ·		-		0.000	0.000	
20:3 undifferentiatedg								
20:4 undifferentiated	0.030	0		1		0.026	0.022	
20:5 n-3g	0.000			1		0.000	0.000	
22:5 n-3g	0.000			1		0.000	0.000	
22:6 n-3g	0.000			1		0.000	0.000	
Fatty acids, total transg	0.000	· ·		-		0.000	0.000	
Cholesterolg	85	0		1		72	63	
Phytosterolsmg		·		-			•	
T II y to stero is								
Amino Acids:								
Tryptophang	0.378	0		1		0.321	0.280	
Threonineg	1.360	0		1		1.156	1.006	
Isoleucineg	1.395	0		1		1.186	1.032	
Leucineg	2.390	0		1		2.032	1.769	
Lysineg	2.678	0		1		2.276	1.982	
Methionineg	0.789	0		1		0.671	0.584	
Cystineg	0.380	0		1		0.323	0.281	
Phenylalanineg	1.189	0		1		1.011	0.880	
Tyrosineg	1.038	0		1		0.882	0.768	
Valineg	1.616	0		1		1.374	1.196	
Arginineg	1.851	0		1		1.573	1.370	
Histidineg	1.190	0		1		1.012	0.881	
Alanineg	1.735	0		1		1.475	1.284	
Aspartic acidg	2.762	0		1		2.348	2.044	
Glutamic acidg	4.662	0		1		3.963	3.450	
Glycine9	1.414	0		1		1.202	1.046	
Prolineg	1.196	0		1		1.017	0.885	
Serineg	1.230	0		1		1.046	0.910	
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	
Caffeine mg	0	0	z	7		0	0	
Theobromine mg	0	0	z	7		0	0	
Carotenoids:	-	·	_	•		-	•	
<u></u> -	_			_				
Carotene, beta mcg	0	0	Z	7		0.000	0.000	
Carotene, alphamcg	0	0	z	7		0.000	0.000	
Cryptoxanthin, betamcg	0	0	Z	7		0.000	0.000	
Lycopene mcg	0	0	z	7		0.000	0.000	
Lutein + zeaxanthin mcg	0	0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 74g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

NDB No. 10041

Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

NDB No. 10042 Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled

Refuse: 34% Bone 27%, separable fat 7%

		<u>Aı</u>	mount in 100 gra	ms of edi	ble portion	<u>on</u>	Amount in edible portion of common		
			Num	ber			<u>m</u>	easures of food	_
					Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Poir		Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	q	61.15	0.414	15	1		51.98	45.25	
Energy		202		0 NC	4		172	149	
Energy		845			4		718	625	
0.		30.19	0.231	15	1		25.66	22.34	
Protein (N x 6.25)		8.07		15 15	1		6.86	22.34 5.97	
Total lipid (fat)	-								
Ash		1.20	0.023	15	1		1.02	0.89	
Carbohydrate, by difference		0.00		0 z	7		0.00	0.00	
Fiber, total dietary		0.0		0 z	7		0.0	0.0	
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	31	1.585	5	1		26	23	
Iron, Fe	_	0.85		5	1		0.72	0.63	
Magnesium, Mg	-	27		5	1		23	20	
Phosphorus, P		241		5	1		205	178	
Potassium, K		375		5	1		319	278	
Sodium, Na		60		5	1		51	44	
Zine, Zn	_	2.38		5	1		2.02	1.76	
Copper, Cu		0.045		5	1		0.038	0.033	
Manganese, Mn		0.011		0	1		0.009	0.008	
Selenium, Se		47.3		5 A	1		40.2	35.0	
·	g		11.00	-	_			33.0	
Vitamins:				_	_				
Vitamin C, total ascorbic acid		0.4		0	1		0.3	0.3	
Thiamin		1.149		0	1		0.977	0.850	
Riboflavin		0.308		0	1		0.262	0.228	
Niacin		5.542		0	1		4.711	4.101	
Pantothenic acid	mg	0.691		0	1		0.587	0.511	
Vitamin B-6	mg	0.470		0	1		0.400	0.348	
Folate, total	mcg	6		0	1		5	4	
Folic acid	mcg	0		0 z	7		0	0	
Folate, food		6		0	1		5	4	
Folate, DFE	mcg_DFE	6		0 NC	4		5	4	
Vitamin B-12		0.74		0	1		0.63	0.55	
Vitamin A, IU	IU	8		0	1		7	6	
Vitamin A, RAE		2		0	1		2	2	
Retinol		2		0	1		2	2	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)									
Lipids: Fatty acids, total saturated	a	2.950		0	1		2.508	2.183	
4:0		2.330		· ·	-		2.500	2.103	
6:0									
8:0									
10:0	-	0.010	,	27	1		0.009	0.007	
		0.010		2 <i>1</i> 27	1				
12:0		0.010	•	- /	1		0.009	0.007	
13:0	-	0 110		27	-		0.004	0 001	
14:0	-	0.110	:	27	1		0.094	0.081	
15:0	-	1 000		27	_				
16:0	-	1.830	:	27	1		1.556	1.354	
17:0	-	<u>. </u>			-		. =	<u> </u>	
18:0	-	0.940	:	27	1		0.799	0.696	
20:0	-								
22:0	-								
24:0	g								

	<u>Ar</u>	mount in 100 grams	Amount in edible portion of common				
		Number			<u>m</u>	easures of food	
Nutrients and Units	Mean	of Data Std. Error Points	Deriv Source Code Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	3.640	0	1		3.094	2.694	
14:1g							
15:1g							
16:1 undifferentiatedg	0.290	27	1		0.247	0.215	
17:1g							
18:1 undifferentiatedg	3.220		1		2.737	2.383	
20:1g	0.080	15	1		0.068	0.059	
22:1 undifferentiatedg							
24:1 cg							
Fatty acids, total polyunsaturatedg	0.580		1		0.493	0.429	
18:2 undifferentiatedg	0.500		1		0.425	0.370	
18:3 undifferentiatedg	0.020	27	1		0.017	0.015	
18:4g							
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg	0.040	27	1		0.034	0.030	
20:5 n-3g							
22:5 n-3g							
22:6 n-3g							
Fatty acids, total transg							
Cholesterol mg	82	1.597 15	1		70	61	
Phytosterolsmg							
Amino Acids:							
Tryptophan	0.383	0	1		0.326	0.283	
Threonineg	1.379	0	1		1.172	1.020	
Isoleucineg	1.414	0	1		1.202	1.046	
Leucineg	2.422	0	1		2.059	1.792	
Lysineg	2.715	0	1		2.308	2.009	
Methionineg	0.799	0	1		0.679	0.591	
Cystineg	0.385	0	1		0.327	0.285	
Phenylalanine	1.205	0	1		1.024	0.892	
Tyrosineg	1.052	0	1		0.894	0.778	
Valineg	1.638	0	1		1.392	1.212	
Arginineg	1.877	0	1		1.595	1.389	
Histidineg	1.206	0	1		1.025	0.892	
Alanineg	1.759	0	1		1.495	1.302	
Aspartic acidg	2.800	0	1		2.380	2.072	
Glutamic acidg	4.726	0	1		4.017	3.497	
Glycineg	1.434	0	1		1.219	1.061	
Prolineg	1.213	0	1		1.031	0.898	
Serineg	1.247	0	1		1.060	0.923	
Hydroxyprolineg							

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 74g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 38% Bone 30%, separable fat 8%

		<u>A</u>	mount in 100	grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common		
			Nı	umber				m	easures of food	
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error P			Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	56.81		0		1		48.29	39.20	
Energy	-	232		0	NC	4		197	160	
Energy		971		_		4		825	670	
Protein (N x 6.25)		32.18		0		1		27.35	22.20	
Total lipid (fat)	_	10.47		0		1		8.90	7.22	
Ash		1.61		0		1		1.37	1.11	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total		0.00		0	z	7		0.00	0.00	
Starch	-	0.00		·	_	•		0.00	0.00	
Starch	9									
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	23		0		1		20	16	
Iron, Fe		0.98		0		1		0.83	0.68	
Magnesium, Mg		32		0		1		27	22	
Phosphorus, P	_	271		0		1		230	187	
Potassium, K	_	449		0		1		382	310	
Sodium, Na	-	86		0		1		73	59	
Zinc, Zn		2.44		0		1		2.07	1.68	
Copper, Cu		0.078		0		1		0.066	0.054	
Manganese, Mn		0.012	2	0		1 4		0.010	0.008	
Selenium, Se	Ilicy	47.8		U	BFYN	4		40.6	33.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.2		0		1		1.0	0.8	
Thiamin	mg	1.243	3	0		1		1.057	0.858	
Riboflavin		0.327	7	0		1		0.278	0.226	
Niacin	mg	5.997	7	0		1		5.097	4.138	
Pantothenic acid		0.998	3	0		1		0.848	0.689	
Vitamin B-6	mg	0.513	3	0		1		0.436	0.354	
Folate, total	mcg	6		0		1		5	4	
Folic acid		0		0	z	7		0	0	
Folate, food		6		0		1		5	4	
Folate, DFE		6		0	NC	4		5	4	
Vitamin B-12		0.76		0		1		0.65	0.52	
Vitamin A, IU	IU	7		0	NC	4		6	5	
Vitamin A, RAE	mcg_RAE	2		0	NC	4		2	1	
Retinol		2		0	NR	4		2	1	
Vitamin E (alpha-tocopherol)	mg	0.22		0	BFYN	4		0.19	0.15	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0		0	BFYN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	a	3.640)	0		1		3.094	2.512	
4:0		0.000		0		1		0.000	0.000	
6:0		0.000		0		1		0.000	0.000	
8:0	_	0.000		0		1		0.000	0.000	
10:0	-	0.010		0		1		0.009	0.007	
12:0		0.010		0		1		0.009	0.007	
13:0		3.010	-	•		-		0.005		
14:0		0.130)	0		1		0.111	0.090	
15:0		0.250		-		-		J.111	0.030	
16:0		2.260)	0		1		1.921	1.559	
17:0				-		_		,	,	
18:0	_	1.160)	0		1		0.986	0.800	
20:0	_			-		-		3.200	0.000	
22:0	_									
24:0	_									
=										

	<u>A</u> ı	mount in 100 grams	of edib	Amount in edible portion of common				
		Number	r			<u>m</u>	easures of food	
			Deriv	Source	Confidence			
Nutrients and Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
	4 450	2					0.054	
Fatty acids, total monounsaturated9 14:1	4.450	0		1		3.783	3.071	
16:1 undifferentiated	0.320	0		1		0.272	0.221	
18:1 undifferentiatedg	3.990	0		1		3.392	2.753	
20:1g	0.090	0		1		0.077	0.062	
22:1 undifferentiatedg	0.000	0		1		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturated	1.340			1		1.139	0.925	
18:2 undifferentiated	1.170			1		0.995	0.807	
18:3 undifferentiated	0.090			1 1		0.077	0.062	
18:4g 20:2 n-6 c.cg	0.000	U		1		0.000	0.000	
20:2 n-o c,cg								
20:4 undifferentiatedg	0.040	0		1		0.034	0.028	
20:5 n-3g	0.000			1		0.000	0.000	
22:5 n-3g	0.000			1		0.000	0.000	
22:6 n-3g	0.000	0		1		0.000	0.000	
Fatty acids, total transg								
Cholesterol mg	92	0		1		78	63	
Phytosterolsmg	3	0		1		3	2	
Amino Acids:								
Tryptophang	0.409	0		1		0.348	0.282	
Threonineg	1.470			1		1.250	1.014	
Isoleucineg	1.507			1		1.281	1.040	
Leucineg	2.582			1		2.195	1.782	
Lysineg	2.894	0		1		2.460	1.997	
Methionineg	0.852	0		1		0.724	0.588	
Cystineg	0.411	0		1		0.349	0.284	
Phenylalanineg	1.285	0		1		1.092	0.887	
Tyrosineg	1.121	0		1		0.953	0.773	
Valineg	1.746			1		1.484	1.205	
Arginineg	2.001			1		1.701	1.381	
Histidineg	1.286			1		1.093	0.887	
Alanineg	1.875			1		1.594	1.294	
Aspartic acid	2.985			1		2.537	2.060	
Glutamic acid	5.038			1 1		4.282	3.476	
Glycine	1.528 1.293	•		1		1.299 1.099	1.054 0.892	
Proline	1.329			1		1.130	0.892	
Hydroxyproline	1.323	U		-		1.130	0.917	
Trydroxypromic9								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	
Caffeine mg	0	0	Z	7		0	0	
Theobromine mg	0	0	Z	7		0	0	
Carotenoids:								
Carotene, betamcg	0	0	Z	7		0.000	0.000	
Carotene, alphamcg	0	0	z	7		0.000	0.000	
Cryptoxanthin, betamcg	0	0	Z	7		0.000	0.000	
Lycopene mcg	0	0	Z	7		0.000	0.000	
Lutein + zeaxanthinmcg	0	0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 69g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

NDB No. 10176

Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

NDB No. 10039 Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted

Refuse: 26% Bone

	<u>A</u> 1	mount in 10	<u>0 grams</u>	<u>n</u>	Amount in edible portion of common				
ts	Mean		of Data	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	Measure 2	<u>l</u> Measure 3
_								50.80	
kcal			0	NC	4		590	199	
kj					4			832	
g	26.31		0		1		66.30	22.36	
g	13.46		0		1		33.92	11.44	
g	1.32		0		1		3.33	1.12	
g	0.00		0	Z	7		0.00	0.00	
g	0.0		0	Z	7		0.0	0.0	
g									
g									
ma	07		^				60	22	
_									
			-						
			-						
_									
)							
fricg	41.0		U	PIE	4		103.3	34.9	
mg	0.9		0		1		2.3	0.8	
_	0.864	l	0		1		2.177	0.734	
	0.253	3	0		1		0.638	0.215	
mg	5.217	7	0		1		13.147	4.434	
	0.664	l	0		1		1.673	0.564	
	0.352	2	0		1		0.887	0.299	
-	4		0		1		10	3	
	0		0	Z	7		0	0	
	4		0		1		10	3	
	4		0	NC	4		10	3	
	0.57		0		1		1.44	0.48	
	7		0		1		18	6	
	2		0		1		5	2	
	2		0		1		5		
					_				
	5.060)	0		1		12.751	4.301	
-									
-									
	0.010	,	^		4		0.005	2 222	
	0.010	,	U		1		0.025	0.009	
_	0 100		^				0 454	0 150	
_	0.180	,	U		1		U.454	0.153	
_	2 122		^				T 010	2 22-	
_	3.100	,	U		1		7.812	2.635	
-			_		_		4 400		
g	1.660	J	0		1		4.183	1.411	
~									
g g									
	g	g 59.76 kcal 234 kj 979 g 26.31 g 13.46 g 13.32 g 0.00 mg 0.99 mg 20 mg 215 mg 63 mg 2.02 mg 63 mg 0.066 mg 0.016 mg 0.057 mg 0.864 mg 0.253 mg 0.352 mg 0.352 mg 0.352 mg 0.352 mg 0.057 mg 0.57 lU 7 mcg_RAE 2 mcg 0 mcg 4 mcg 0.57 lU 7 mcg_RAE 2 mcg 2 mg	## Std. Error Std. Error	ts Mean Std. Error Points Std. Error Points Std. Error Points	Std. Error Std	Number of Data Derivation Derivation	Mean Std. Error Points Code Code	Number	Number Foliate Derivation Foliate Stute Foliate Stute Foliate Stute Foliate Stute Foliate Foliate Stute Foliate Fo

	<u>Aı</u>	mount in 100	<u>grams</u>	Amount in edible portion of common				
		ı	Number			<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error		 Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	5.890		0	1		14.843	5.007	
14:1g	3.890		U	_		14.643	5.007	
15:1 q								
16:1 undifferentiated	0.410		0	1		1.033	0.349	
17:1g	0.120		·	_		2.000	0.015	
18:1 undifferentiatedg	5.310		0	1		13.381	4.514	
20:1g	0.110		0	1		0.277	0.094	
22:1 undifferentiatedg								
24:1 cg								
Fatty acids, total polyunsaturatedg	1.180		0	1		2.974	1.003	
18:2 undifferentiated	1.050		0	1		2.646	0.893	
18:3 undifferentiatedg	0.040		0	1		0.101	0.034	
18:4g								
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.040		0	1		0.101	0.034	
20:5 n-3g								
22:5 n-3g								
22:6 n-3g								
Fatty acids, total transg								
Cholesterolmg	80		0	1		202	68	
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.325		0	1		0.819	0.276	
Threonine	1.187		0	1		2.991	1.009	
Isoleucine	1.211		0	1		3.052	1.029	
Leucine	2.094		0	1		5.277	1.780	
Lysineg	2.354		0	1		5.932	2.001	
Methionine	0.684		0	1		1.724	0.581	
Cystine	0.331		0	1		0.834	0.281	
Phenylalanineg	1.045		0	1		2.633	0.888	
Tyrosineg	0.899		0	1		2.265	0.764	
Valine 9	1.417		0	1		3.571	1.204	
Arginineg	1.662		o	1		4.188	1.413	
Histidine	1.024		0	1		2.580	0.870	
Alanine	1.545		0	1		3.893	1.313	
Aspartic acid	2.416		0	1		6.088	2.054	
Glutamic acid	4.052		0	1		10.211	3.444	
Glycineg	1.368		0	1		3.447	1.163	
Proline	1.122		o	1		2.827	0.954	
Serine	1.086		0	1		2.737	0.923	
Hydroxyproline								

Common Measures:

Measure 1 = 252g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 32% Bone 26%, separable fat 6%

		<u>A</u>	mount in 100 gr	ams of ed	ble portion	<u>on</u>	Amount in edible portion of common			
			Nun	ber			<u>m</u>	easures of food	<u> </u>	
					Source	Confidence				
Nutrients and Un	its	Mean	Std. Error Poi			Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	62.98		0	1		145.48	53.53		
Energy	_	199		0 NC			460	169		
Energy		833		o no	4		1923	708		
0.		27.55		0	1		63.64			
Protein (N x 6.25)								23.42		
Total lipid (fat)	-	9.01		0	1		20.81	7.66		
Ash		1.37		0	1		3.16	1.16		
Carbohydrate, by difference		0.00		0 z	7		0.00	0.00		
Fiber, total dietary	g	0.0		0 z	7		0.0	0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mq	25		0	1		58	21		
Iron, Fe	-	1.04		0	1		2.40	0.88		
Magnesium, Mg	-	22		0	1		51	19		
Phosphorus, P	-	219		0	1		506	186		
Potassium, K		362		0	1		836	308		
Sodium, Na		66		0	1		152	56		
Zinc, Zn	-	2.09		0	1		4.83	1.78		
-		0.070	`	0	1		0.162	0.060		
Copper, Cu		0.016		0	1		0.162	0.014		
Manganese, Mn Selenium, Se		43.2	•	0 BFY1			99.8	36.7		
ŕ	g	43.2		0 2111			33.0	30.7		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		1.0		0	1		2.3	0.9		
Thiamin	-	0.912		0	1		2.107	0.775		
Riboflavin		0.266		0	1		0.614	0.226		
Niacin		5.454		0	1		12.599	4.636		
Pantothenic acid	mg	0.694		0	1		1.603	0.590		
Vitamin B-6	mg	0.371	L	0	1		0.857	0.315		
Folate, total	mcg	4		0	1		9	3		
Folic acid	mcg	0		0 z	7		0	0		
Folate, food		4		0	1		9	3		
Folate, DFE	mcg_DFE	4		0 NC	4		9	3		
Vitamin B-12		0.58		0	1		1.34	0.49		
Vitamin A, IU	IU	7		0	1		16	6		
Vitamin A, RAE		2		0	1		5	2		
Retinol		2		0	1		5	2		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>ipids:</u>										
Fatty acids, total saturated	а	3.340	1	0	1		7.715	2.839		
4:0		3.340	,	Ü	-		7.713	2.033		
6:0										
8:0										
10:0	-	0.010	1	0	1		0.023	0.009		
12:0		0.010		0	1		0.023	0.009		
		0.010	,	v	_		0.023	0.009		
13:0	-	0 100	,	0			0 077	0 100		
14:0	-	0.120	,	0	1		0.277	0.102		
15:0	-	0.00	,	•	_					
16:0	-	2.060	J	0	1		4.759	1.751		
17:0	-	·		•						
18:0	-	1.080)	0	1		2.495	0.918		
20:0	-									
22:0	-									
24:0	g									

	<u>An</u>	nount in 100 grams	Amount in edible portion of common measures of food				
Nutrients and Units	Mean	Number of Data Std. Error Points	Deriv Source	Confidence Code	Measure 1	Measure 2	Measure 3
Nutrients and onits	Mean	ota. Error			Wedsure 1	Medaure 2	Medaule 0
Fatty acids, total monounsaturated9	4.000	0	1		9.240	3.400	
14:1g							
15:1g							
16:1 undifferentiatedg	0.300	0	1		0.693	0.255	
17:1g							
18:1 undifferentiatedg	3.570	0	1		8.247	3.035	
20:1g	0.080	0	1		0.185	0.068	
22:1 undifferentiatedg							
24:1 cg							
Fatty acids, total polyunsaturatedg	0.720	0	1		1.663	0.612	
18:2 undifferentiatedg	0.630	0	1		1.455	0.536	
18:3 undifferentiatedg	0.020	0	1		0.046	0.017	
18:4g							
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg	0.030	0	1		0.069	0.026	
20:5 n-3g							
22:5 n-3g							
22:6 n-3g							
Fatty acids, total trans9							
Cholesterol mg	79	0	1		182	67	
Phytosterolsmg							
Amino Acids:							
Tryptophang	0.350	0	1		0.809	0.298	
Threonineg	1.258	0	1		2.906	1.069	
Isoleucineg	1.290	0	1		2.980	1.097	
Leucineg	2.210	0	1		5.105	1.879	
Lysineg	2.477	0	1		5.722	2.105	
Methionineg	0.729	0	1		1.684	0.620	
Cystineg	0.351	0	1		0.811	0.298	
Phenylalanineg	1.100	0	1		2.541	0.935	
Tyrosineg	0.960	0	1		2.218	0.816	
Valineg	1.495	0	1		3.453	1.271	
Arginineg	1.713	0	1		3.957	1.456	
Histidineg	1.101	0	1		2.543	0.936	
Alanineg	1.605	0	1		3.708	1.364	
Aspartic acidg	2.555	0	1		5.902	2.172	
Glutamic acid	4.313	0	1		9.963	3.666	
Glycineg	1.308	0	1		3.021	1.112	
Prolineg	1.107	0	1		2.557	0.941	
Serine9	1.138	0	1		2.629	0.967	
Hydroxyprolineg							

Common Measures:

Measure 1 = 231g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

NDB No. 10044
Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw

Refuse: 35% Bone

		<u>A</u>	mount in 100 grar	ns of edi	ble portic	<u>on</u>	Amount in edible portion of common		
			Numb	er			<u>m</u>	easures of food	_
				ta Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	65.15	0		1		295.52	63.85	
Energy	kcal	209	0	NC	4		948	205	
Energy	kj	874			4		3967	857	
Protein (N x 6.25)	g	20.17	0		1		91.49	19.77	
Total lipid (fat)		13.60	0		1		61.69	13.33	
Ash		0.91	0		1		4.13	0.89	
Carbohydrate, by difference		0.00	0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0	0	Z	7		0.0	0.0	
Sugars, total	g								
Starch	g								
M. 1									
Minerals:	ma	24	0		1		109	24	
Calcium, Ca Iron, Fe	-	0.70	0		1		3.18	0.69	
Magnesium, Mg	-	20	0		1		3.18 91	20	
Phosphorus, P		200	0		1		907	196	
Potassium, K	•	384	0		1		1742	376	
Sodium, Na	-	42	0		1		191	41	
Zinc, Zn		1.52	0		1		6.89	1.49	
Copper, Cu		0.055	5 0		1		0.249	0.054	
Manganese, Mn		0.009	0		1		0.041	0.009	
Selenium, Se	mcg	29.5	0	BFZN	4		133.8	28.9	
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.3	0		1		1.4	0.3	
Thiamin		0.882			1		4.001	0.3	
Riboflavin		0.882			1		1.075	0.232	
Niacin		5.321			1		24.136	5.215	
Pantothenic acid		0.595			1		2.699	0.583	
Vitamin B-6		0.424			1		1.923	0.416	
Folate, total	_	3	0		1		14	3	
Folic acid		0	0	Z	7		0	0	
Folate, food		3	0		1		14	3	
Folate, DFE	mcg_DFE	3	0	NC	4		14	3	
Vitamin B-12		0.61	0		1		2.77	0.60	
Vitamin A, IU	IU	6	0		1		27	6	
Vitamin A, RAE	mcg_RAE	2	0		1		8	2	
Retinol	mcg	2	0		1		8	2	
Vitamin E (alpha-tocopherol)	mg								
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	Ilicg								
<u>Lipids:</u>									
Fatty acids, total saturated	g	4.710	0		1		21.365	4.616	
4:0									
6:0									
8:0									
10:0		0.010			1		0.045	0.010	
12:0		0.010	0		1		0.045	0.010	
13:0	_	0 15	, _		-		0 221	0 165	
14:0	_	0.170	0		1		0.771	0.167	
15:0	_	2.940) 0		1		13.336	2 001	
16:0 17:0	_	2.940	, 0		1		13.330	2.881	
18:0	-	1.540	0		1		6.985	1.509	
20:0		1.540	, 0		1		3.363	1.509	
22:0	-								
24:0	-								

	Ar	mount in 100 grams		<u>on</u>	Amount in edible portion of common measures of food		
		Number			m	easures of 1000	
Nutrients and Units	Mean	of Data Std. Error Points	Deriv Source Code Code	Confidence Code	Measure 1	Measure 2	Measure 3
			_				
Fatty acids, total monounsaturated	6.060	0	1		27.488	5.939	
15.1	0.390	0	1		1.769	0.382	
18:1 undifferentiatedg	5.560	0	1		25.220	5.449	
20:1g 22:1 undifferentiatedg	0.100	0	1		0.454	0.098	
24:1 cg							
Fatty acids, total polyunsaturatedg	1.450		1		6.577	1.421	
18:2 undifferentiated	1.210		1		5.489	1.186	
18:3 undifferentiated	0.090	0	1		0.408	0.088	
20:2 n-6 c,c							
20:3 undifferentiated	0.080	0	1		0.363	0.070	
20:4 undifferentiated	0.080	U	1		0.363	0.078	
20:5 n-3							
22:5 n-3							
22:6 n-3							
Cholesterol	a 60	0	1		272	59	
Phytosterols. m	5	v	-			33	
Amino Acids:	J						
Tryptophang	0.249	0	1		1.129	0.244	
Threonine	0.910		1		4.128	0.892	
Isoleucine	0.928		1		4.209	0.909	
Leucine	1.606	0	1		7.285	1.574	
Lysine	1.804		1		8.183	1.768	
Methionine	0.524		1		2.377	0.514	
Cystineg	0.254	0	1		1.152	0.249	
Phenylalanine	0.802	0	1		3.638	0.786	
Tyrosine	0.689	0	1		3.125	0.675	
Valineg	1.086	0	1		4.926	1.064	
Arginineg	1.275	0	1		5.783	1.250	
Histidine 9	0.785	0	1		3.561	0.769	
Alanine	1.185	0	1		5.375	1.161	
Aspartic acid	1.852	0	1		8.401	1.815	
Glutamic acid	3.105		1		14.084	3.043	
Glycineg	1.051	0	1		4.767	1.030	
Proline	0.861		1		3.905	0.844	
Serine	0.833	0	1		3.778	0.816	
Hydroxyproline							
Others:							
Alcohol, ethylg	0.0	0	z 7		0.0	0.0	
Caffeine mg		·	•			3.0	
Theobromine mg							

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 98g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

NDB No. 10048
Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw

Refuse: 43% Bone 35%, separable fat 8%

		<u>Aı</u>	mount in 100 gı	rams	of edib	ole portio	<u>n</u>	Amount in edible portion of common		
			Nur	mber					easures of food	
					Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	_	70.83	0.242	23		1		321.28	60.91	
Energy		149		0	NC	4		676	128	
Energy		623				4		2828	536	
Protein (N x 6.25)	_	22.11	0.311	61		1		100.29	19.01	
Total lipid (fat)		6.01	0.227	23		1		27.26	5.17	
Ash		1.00	0.013	57		1		4.54	0.86	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total	_	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	21	0.924	5		1		95	18	
Iron, Fe	-	0.76	0.019	60		1		3.45	0.65	
Magnesium, Mg		23	0.786	26		1		104	20	
Phosphorus, P	mg	215	0.705	5		1		975	185	
Potassium, K	mg	421	2.539	146		1		1910	362	
Sodium, Na		45	1.077	164		1		204	39	
Zinc, Zn	mg	1.64	0.020	48		1		7.44	1.41	
Copper, Cu		0.058	0.002	60		1		0.263	0.050	
Manganese, Mn		0.010)	2		1		0.045	0.009	
Selenium, Se	mcg	33.6		0	BFZN	4		152.4	28.9	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.3	0.211	3		1		1.4	0.3	
Thiamin		0.973		65		1		4.414	0.837	
Riboflavin		0.256		68		1		1.161	0.220	
Niacin	-	5.815		19		1		26.377	5.001	
Pantothenic acid		0.643	0.028	20		1		2.917	0.553	
Vitamin B-6		0.477	0.022	12		1		2.164	0.410	
Folate, total		3	0.602	19		1		14	3	
Folic acid		0		0	Z	7		0	0	
Folate, food		3	0.602	19		1		14	3	
Folate, DFE		3		0	NC	4		14	3	
Vitamin B-12		0.65	0.032	27		1		2.95	0.56	
Vitamin A, IU	IU	7		0	NC	4		30	6	
Vitamin A, RAE	mcg_RAE	2		0	NC	4		9	2	
Retinol		2		0	NR	4		9	2	
Vitamin E (alpha-tocopherol)		0.19		0	BFSN	4		0.85	0.16	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D				_		_				
Vitamin K (phylloquinone)	mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	2.070)	0		1		9.390	1.780	
4:0		0.000	1	0	Z	7		0.000	0.000	
6:0	g	0.000	1	0	Z	7		0.000	0.000	
8:0	g									
10:0	g	0.010)	73		1		0.045	0.009	
12:0	g	0.010	1	75		1		0.045	0.009	
13:0	g									
14:0	g	0.070	1	378		1		0.318	0.060	
15:0	g									
16:0	g	1.320	1	378		1		5.988	1.135	
17:0	g									
18:0	g	0.650	1	378		1		2.948	0.559	
20:0	g									
22:0	g									
24:0	g									

	<u>A</u> 1	nount in 100 grams		Amount in edible portion of common measures of food			
			Deriv Source		_		
Nutrients and Units	Mean	Std. Error Points	Code Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	2.710	0	1		12.293	2.331	
14:1g	2.710	•	-		12.293	2.331	
15:1g 16:1 undifferentiatedg	0.190	378	1		0.862	0.163	
17:1	2.470	378	1		11.204	2.124	
20:1g	0.040	71	1		0.181	0.034	
22:1 undifferentiatedg 24:1 cg							
Fatty acids, total polyunsaturatedg	0.650		1		2.948	0.559	
18:2 undifferentiated	0.520 0.020		1 1		2.359 0.091	0.447 0.017	
18:4g							
20:2 n-6 c,c							
20:4 undifferentiatedg	0.070	315	1		0.318	0.060	
20:5 n-3							
22:6 n-3g							
Fatty acids, total transg							
Cholesterol mg	55	1.054 58	1		249	47	
Phytosterolsmg							
Amino Acids:	0.001	0	•		1 075	0.040	
Tryptophan	0.281 1.010		1 1		1.275 4.581	0.242 0.869	
Isoleucine	1.035		1		4.695	0.890	
Leucineg	1.774	0	1		8.047	1.526	
Lysineg	1.988		1		9.018	1.710	
Methionine	0.585		1 1		2.654	0.503	
Cystineg Phenylalanineg	0.282 0.883		1		1.279 4.005	0.243 0.759	
Tyrosine	0.770		1		3.493	0.662	
Valine	1.200		1		5.443	1.032	
Arginineg	1.375	0	1		6.237	1.183	
Histidineg	0.883	0	1		4.005	0.759	
Alanineg	1.288	0	1		5.842	1.108	
Aspartic acidg	2.051	. 0	1		9.303	1.764	
Glutamic acidg	3.461	. 0	1		15.699	2.976	
Glycineg	1.050		1		4.763	0.903	
Proline	0.888		1		4.028	0.764	
Serineg	0.913	0	1		4.141	0.785	
Hydroxyprolineg							
Others:		_					
Alcohol, ethyl	0.0	0	z 7		0.0	0.0	
Caffeine mg	0	0	z 7		0	0	
Theobrominemg Carotenoids:	0	0	z 7		0	0	
Carotene, betamcg	0	0	z 7		0.000	0.000	
Carotene, alphamcg	0	0	z 7		0.000	0.000	
Cryptoxanthin, beta mcg	0	0	z 7		0.000	0.000	
Lycopene mcg	0	0	z 7		0.000	0.000	
Lutein + zeaxanthin mcg	0	0	z 7		0.000	0.000	

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 86g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

NDB No. 10048

Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 11% Connective tissue

Nutrients and Units			<u>A</u>	mount in 100) grams	Amount in edible portion of common					
Nutrients and Units				1	Number	measures of food					
Water					of Data	Deriv	Source	Confidence			
Water.	Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Marc.											
Energy		a	66 15		0		1		300 06	66 81	
Facegy		-				NC					
Pecien (N s c 25)	23				U	NC					
Total lipid (fag) 9 14.01 0 1 63.55 14.15 Ash. 9 0.89 0 1 0.40 4 0.90 Ash. 9 0.89 0 1 0.00 1.00 Ash. 9 0.00 0 2 7 0 0.00 0.00 Exhethydrac by difference. 9 0.00 0 2 7 0 0.00 0.00 Exhethydrac by difference. 9 0 0.00 0 2 7 0 0.00 0.00 Exhethydrac by difference. 9 0 0.00 0 2 7 0 0.00 0.00 Exhethydrac by difference. 9 0 0.00 0 2 7 0 0.00 0.00 Exhethydrac by difference. 9 0 0.00 0 2 7 0 0.00 0.00 Exhethydrac by difference. 9 0 0.00 0 2 7 0 0.00 0 0.00 Exhethydrac by difference. 9 0 0.00 0 1 0 0.00 Exhethydrac by difference by differen	03	=			•						
Ash.											
Carbohydrate, by difference	1 ()	-									
Fibre: total dictary						_					
Sugars, total. Suga					-						
			0.0		0	Z	7		0.0	0.0	
Minerals:	Sugars, total	g									
Calcium, Ca.	Starch	g									
Calcium, Ca. mg 5 0 1 3.2 5 Inon, Fe. mg 0.71 0 1 3.2 0.72 Magnesium, Mg. mg 20 0 1 875 195 Phosphorus, P. mg 193 0 1 875 195 Phosphorus, P. mg 193 0 1 1742 388 Sodium, N. mg 384 0 1 1742 388 Sodium, N. mg 1.57 0 1 1742 1.59 Copper, Cu. mg 0.054 0 2 1 0.41 0.09 Sclenium, Sc. mg 0.054 0 pake 1 0.245 0.054 Wilamins mg 0.054 0 pake 1 1.45.2 0.059 Vilamins mg 0.03 0 1 1.45.2 0.32 Vilamins mg 0.247 0	Minerals:										
Inn., Fe.		mg	5		0		1		23	5	
Magnesium Mg. mg 20 0 1 91 20 Phosphorus, P. mg 193 0 1 875 195 Polassium, K. mg 384 0 1 1742 388 Sodium, Na. mg 42 0 1 1712 1.59 Copper, Cu. mg 0.054 0 1 0.045 0.055 Manganes, Mm. mg 0.009 0 1 0.045 0.059 Sclenium, Sc. mcg 32.0 PAK 1 145.2 32.3 Vitamine, Sc. mcg 0.3 0 PAK 1 145.2 32.3 Vitamine, Sc. mg 0.3 0 1 1.44 0.3 Thiarim mg 0.779 0 1 1.45 0.3 Vitamine, Cial ascotic acid mg 0.247 0 1 1.12 0.24 Phatotheric acid mg 0.700 1		-									
Phosphorus P.		-									
Potassium K	0 , 0	_									
Sodium, Na.	•	-									
Zine, Zin.		-			0		1				
Copper, Cu. mg 0.054 0 1 0.245 0.055 Manganese, Mn mg 0.09 32.0 PAK 1 0.41 0.09 Sclenium, Se. meg 32.0 0 PAK 1 145.2 32.3 Vitamist. Witamist. Witamist. Witamist. 0 1 1.4 0.3 Thiamin. mg 0.779 0 1 1.120 0.249 Nikarin. mg 0.747 0 1 1.120 0.249 Nikarin. mg 0.703 0 1 1.120 0.249 Nikarin. mg 0.703 0 1 1.120 0.249 Vitamin B-6. mg 0.417 0 1 2.108 0.70 Folate, fotal. mg0 0.417 0 1 2.7 6 Folate, fotal. mg0 0.50 0 1 2.7 6 Folate, jobil. mg <td></td> <td>-</td> <td></td> <td></td> <td>0</td> <td></td> <td>1</td> <td></td> <td></td> <td></td> <td></td>		-			0		1				
Manganese, Mn. mg 0.099 0 1 0.041 0.093 Sclentim, Sc. mg 32.0 0 PAK 1 0.041 0.033 Vitamine, cola sacorbic acid. mg 0.3 0 1 1.4 0.3 Thiamin. mg 0.779 0 1 3.534 0.787 Riboflavin. mg 0.247 0 1 1.120 0.249 Niacin. mg 0.703 0 1 21.038 0.781 Plantofleric acid. mg 0.4638 0 1 21.038 0.468 Plantofleric acid. mg 0.417 0 1 1.992 0.421 Foliate, Fold. mg 0.417 0 1 27 6 Foliate, Fold. mg 0.50 0 1 27 6 Vitamin B-12 mg 0.50 0 1 2.27 0.51 Vitamin B-12 mg	-			4	0		1				
Scientium, Sc.	• •				0		1				
Vitamin C, total ascorbic acid. mg			32.0		0	PAK	1		145.2	32.3	
Vitamin C, total ascorbic acid.	•										
Thiamin		ma	0.3		•		1		1 4	2.2	
Riboflavin mg 0.247 0 1 1.120 0.249 Niacin mg 4.638 0 1 21.038 4.684 Pantothenic acid mg 0.703 0 1 21.038 4.684 Pantothenic acid mg 0.703 0 1 1.892 0.421 Foltac, Cotal mcg 6 0 1 27 6 Foltac, Cotal mcg 6 0 1 27 6 Foltac, DFE mcg 6 0 Nc 4 27 6 Vitamin B-12 mcg 0.50 0 1 2.27 0.51 Vitamin A, IU IU 6 0 1 27 6 Vitamin A, RAE mcg RAE 2 0 1 8 2 Retinol mg 4 8.0 9 1 8 2 Vitamin A, IU IU 8 2 1	-			•							
Niacin mg 4.638 0 1 21.038 4.684 Pantohenic acid mg 0.703 0 1 3.189 0.710 Vitamin B-6 mg 0.417 0 1 1.892 0.421 Folate, total mcg 6 0 1 27 6 Folate, total mcg 6 0 1 27 6 Folate, food mcg 6 0 NC 4 27 6 Folate, DFE mcg_DFE 6 0 NC 4 27 6 Folate, DFE mcg_DFE 6 0 NC 4 27 6 Vitamin B-12 mcg 0.50 0 1 2.27 6.5 Vitamin A, IU IU 6 0 1 8 2 Retinol mcg_PAE 2 0 1 8 2 Vitamin E (alpha-tocopherol) mcg 1 2		-									
Pantothenic acid		-									
Vitamin B-6.					-		_				
Folate, total							_				
Folic acid		-		,							
Folate, food						_					
Folate, DFE						z					
Vitamin B-12 mcg 0.50 0 1 2.27 0.51 Vitamin A, IU IU 6 0 1 27 6 Vitamin A, RAE mcg 2 0 1 8 2 Vitamin C (alpha-tocopherol) mg 2 0 1 8 2 Vitamin E (alpha-tocopherol) mg 7 7 8 2 Vitamin E (alpha-tocopherol) mg 7 7 8 2 Vitamin E (alpha-tocopherol) mg 7 7 8 2 Vitamin E (alpha-tocopherol) mg 7 8 2 2 4 9 8 2 4 9 4 9 4 9 4 9 4 9 4 9 4 9 4 9 4 9 4 9 4 9 4 9 4 9 4 9 4 9 9 9 9 1						***					
Vitamin A, IU. IU 6 0 1 27 6 Vitamin A, RAE mcg_RAE 2 0 1 8 2 Retinol. mcg 2 0 1 8 2 Vitamin G (alpha-tocopherol). mg 7 7 6 8 2 Tocopherol, beta. mg 7 7 7 8 2 7 8 2 7 8 2 7 8 2 8 2 8 2 8 2 8 2 8 2 8 2 8 2 8 2 8 2 8 2 8 2 8 2 8 2 8 2 8 2 8 2 3 4 9 9 4 9 9 4 9 9 4 9 9 4 9 9 9 9 9 9 9 9						NC					
Vitamin A, RAE mcg_RAE 2 0 1 8 2 Retinol mcg 2 0 1 8 2 Vitamin E (alpha-tocopherol) mg 7 7 8 2 Tocopherol, beta mg 7 8 2 8 2 Tocopherol, gamma mg 7 8 2 8 9 9 9 <					-						
Retinol mcg 2 0 1 8 2 Vitamin E (alpha-tocopherol) mg 7 1 2 0 4 9 9 4 9 9 4 9 9 9 9 4 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 <td></td>											
Vitamin E (alpha-tocopherol) mg Tocopherol, beta. mg Tocopherol, gamma mg Vitamin D IU Vitamin K (phylloquinone) mcg Lipids: Testy acids, total saturated g 4.860 0 1 22.045 4.909 4:0. g 4.860 0 1 2.045 4.909 6:0. g 8.50 9 8.50 9 8.50 9 10:0 g 0.010 0 1 0.045 0.010 12:0 g 0.020 0 1 0.091 0.020 13:0 1 0.771 0.172 15:0 9 14:0 g 0.170 0 1 0.771 0.172 15:0 9 16:0 g 3.030 0 1 13.744 3.060 17:0 9 18:0 g 1.580 0 1 7.167 1.596 1.596 1.596 1.596 1.596 1.596 1.596 1.596 1.596 1.596 1.596 1.596 1.596 1.596 1.596											
Tocopherol, beta			2		0		1		8	2	
Tocopherol, gamma mg Tocopherol, delta mg Vitamin D U Vitamin K (phylloquinone) mcg Lipids: Fatty acids, total saturated g 4.860 0 1 22.045 4.909 4:0 9 6:0 9 8:0 9 10:0 9 0.010 0 1 0.045 0.010 12:0 9 0.020 0 1 0.091 0.020 13:0 9 14:0 9 14:0 9 15:0 9 16:0 9 16:0 9 16:0 9 16:0 9 16:0 9 18:0 9 1.580 0 1 7.167 1.596											
Tocopherol, delta											
Vitamin D. IU Vitamin K (phylloquinone) mcg Lipids: Section of the problem											
Vitamin K (phylloquinone) mcg Lipids: Fatty acids, total saturated g 4.860 0 1 22.045 4.909 4:0. 9 6:0. 9 8:0. 9 8:0. 9 8:0. 9 8:0. 9 10:0. 9 0.010 0 1 0.045 0.010 0.020 0 1 0.091 0.020 0.020 0 1 0.071 0.172 <t< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></t<>											
Lipids: Fatty acids, total saturated g 4.860 0 1 22.045 4.909 4:0 g 6:0 g 8:0 g 10:0 g 0.010 0 1 0.045 0.010 12:0 g 0.020 0 1 0.091 0.020 13:0 g 14:0 g 0.170 0 1 0.771 0.172 15:0 g 16:0 g 3.030 0 1 13.744 3.060 17:0 g 18:0 g 1.580 0 1 7.167 1.596											
Fatty acids, total saturated g 4.860 0 1 22.045 4.909 4:0 9 6:0 9 8:0 9 10:0 9 0.010 0 1 0.045 0.010 12:0 9 0.020 0 1 0.091 0.020 13:0 9 14:0 9 0.170 0 1 0.771 0.172 15:0 9 16:0 9 3.030 0 1 13.744 3.060 17:0 9 18:0 9 1.580 0 1 7.167 1.596		Illog									
4:0 9 6:0 9 8:0 9 10:0 9 0.010 0 1 0.045 0.010 12:0 9 0.020 0 1 0.091 0.020 13:0 9 14:0 9 0.170 0 1 0.771 0.172 15:0 9 16:0 9 3.030 0 1 13.744 3.060 17:0 9 18:0 9 1.580 0 1 7.167 1.596				_			_			_	
6:0	•		4.860	U	0		1		22.045	4.909	
8:0. 9 10:0. 9 0.010 0 1 0.045 0.010 12:0. 9 0.020 0 1 0.091 0.020 13:0. 9 14:0. 9 0.170 0 1 0.771 0.172 15:0. 9 16:0. 9 3.030 0 1 13.744 3.060 17:0. 9 18:0. 9 1.580 0 1 7.167 1.596											
10:0. g 0.010 0 1 0.045 0.010 12:0. g 0.020 0 1 0.091 0.020 13:0. g 14:0. g 0.170 0 1 0.771 0.172 15:0. g 16:0. g 3.030 0 1 13.744 3.060 17:0. g 18:0. g 1.580 0 1 7.167 1.596											
12:0. g 0.020 0 1 0.091 0.020 13:0. g 14:0. g 0.170 0 1 0.771 0.172 15:0. g 16:0. g 3.030 0 1 13.744 3.060 17:0. g 18:0. g 1.580 0 1 7.167 1.596		_		•	_		_				
13:0											
14:0			0.020	υ	0		1		0.091	0.020	
15:0		-	_	_			_			_	
16:0g 3.030 0 1 13.744 3.060 17:0g 9 18:0g 1.580 0 1 7.167 1.596		_	0.170	D	0		1		0.771	0.172	
17:0g 18:0g 1.580 0 1 7.167 1.596		-	_	_			_				
18:0g 1.580 0 1 7.167 1.596		_	3.030	D	0		1		13.744	3.060	
•		_									
20:0		_	1.580	0	0		1		7.167	1.596	
-	20:0	_									
22:0g	22:0	g									
24:0g	24:0	g									

	<u>An</u>	nount in 100 grams Numbei	Amount in edible portion of common measures of food				
Nutrients and Units	Mean	of Data Std. Error Points		ce Confidence le Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	6.250	0	1		28.350	6.313	
14:19							
15:1g 16:1 undifferentiatedg	0.400	0	1		1.814	0.404	
17:1g	0.400	Ů	-		1.014	0.404	
18:1 undifferentiated	5.730	0	1		25.991	5.787	
20:1g	0.100	0	1		0.454	0.101	
22:1 undifferentiated	0.200	·	_		0.454	0.101	
24:1 cg							
Fatty acids, total polyunsaturatedg	1.500	0	1		6.804	1.515	
18:2 undifferentiated	1.250	0	1		5.670	1.263	
18:3 undifferentiated	0.100	0	1		0.454	0.101	
18:4g	*****	-	_			*****	
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg	0.090	0	1		0.408	0.091	
20:5 n-3g							
22:5 n-3g							
22:6 n-3g							
Fatty acids, total trans9							
Cholesterol mg	60	0	1		272	61	
Phytosterolsmg							
amino Acids:							
Tryptophang	0.245	0	1		1.111	0.247	
Threonineg	0.897	0	1		4.069	0.906	
Isoleucineg	0.916	0	1		4.155	0.925	
Leucineg	1.584	0	1		7.185	1.600	
Lysineg	1.780	0	1		8.074	1.798	
Methionineg	0.517	0	1		2.345	0.522	
Cystineg	0.250	0	1		1.134	0.253	
Phenylalanineg	0.791	0	1		3.588	0.799	
Tyrosineg	0.680	0	1		3.084	0.687	
Valineg	1.072	0	1		4.863	1.083	
Arginineg	1.258	0	1		5.706	1.271	
Histidineg	0.774	0	1		3.511	0.782	
Alanineg	1.169	0	1		5.303	1.181	
Aspartic acidg	1.827	0	1		8.287	1.845	
Glutamic acidg	3.063	0	1		13.894	3.094	
Glycineg	1.038	0	1		4.708	1.048	
Prolineg	0.850	0	1		3.856	0.859	
Serineg	0.822	0	1		3.729	0.830	
Hydroxyprolineg							
others:							
Alcohol, ethylg	0.0	0	z 7		0.0	0.0	
Caffeine mg							
Theobromine mg							

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 101g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 22% Connective tissue 11%, separable fat 11%

		<u>Aı</u>	mount in 100 gi		Amount in edible portion of common					
			of		Deriv		Confidence	<u>m</u> .	easures of food	<u>I</u>
Nutrients and Un	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	=	71.98	0.198	15		1		326.50	63.34	
Energy		152		0	NC	4		689	134	
Energy	-	636				4		2885	560	
Protein (N x 6.25)		21.80	0.330	53		1		98.88	19.18	
Total lipid (fat)		6.48	0.335	15		1		29.39	5.70	
Ash		0.98	0.013	49	_	1		4.45	0.86	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total		0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	5	0.159	5		1		23	4	
Iron, Fe	mg	0.77	0.019	60		1		3.49	0.68	
Magnesium, Mg	mg	22	0.759	26		1		100	19	
Phosphorus, P		207	1.243	5		1		939	182	
Potassium, K	mg	421	2.549	146		1		1910	370	
Sodium, Na		45		164		1		204	40	
Zinc, Zn		1.69	0.036	48		1		7.67	1.49	
Copper, Cu		0.058		60		1		0.263	0.051	
Manganese, Mn		0.010		2	_	1		0.045	0.009	
Selenium, Se	mcg	35.4	3.605	5	A	1		160.6	31.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3	0.211	3		1		1.4	0.3	
Thiamin	mg	0.856	0.032	49		1		3.883	0.753	
Riboflavin	mg	0.268	0.007	52		1		1.216	0.236	
Niacin	mg	5.036	0.299	11		1		22.843	4.432	
Pantothenic acid	mg	0.766	0.082	4		1		3.475	0.674	
Vitamin B-6	-	0.470	0.033	4		1		2.132	0.414	
Folate, total		7	1.450	4		1		32	6	
Folic acid		0		0	Z	7		0	0	
Folate, food		7	1.450	4		1		32	6	
Folate, DFE		7		0	NC	4		32	6	
Vitamin B-12		0.53	0.044	11		1		2.40	0.47	
Vitamin A, IU	IU	7		0	NC	4		30	6	
Vitamin A, RAE		2 2		0	NC NR	4 4		9 9	2	
Retinol		0.18		0	BFSN	4		0.81	2 0.16	
Vitamin E (alpha-tocopherol)		0.18		U	BESN	4		0.81	0.16	
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0	BFSN	4		0.0	0.0	
	-									
Lipids:						_				
Fatty acids, total saturated		2.240		0	_	1		10.161	1.971	
4:0		0.000		0	Z	7		0.000	0.000	
6:0		0.000	,	0	Z	7		0.000	0.000	
8:0	-	0.010		72		1		0.045	0 000	
10:0 12:0	-	0.010 0.010		73 75		1		0.045 0.045	0.009 0.009	
13:0	_	0.010	•	, ,		1		0.045	0.009	
14:0	-	0.080)	378		1		0.363	0.070	
15:0	_	0.080	•	5,0		1		0.303	0.070	
16:0		1.430)	378		1		6.486	1.258	
17:0		1.430		2.0		-		3.400	1.230	
18:0		0.700)	378		1		3.175	0.616	
20:0		0.700		2.0		-		3.1,3	0.010	
22:0	_									
24:0	_									

	<u>Ar</u>	nount in 100 grams	Amount in edible portion of common measures of food				
Nutrients and Units	Mean	Number of Data Std. Error Points	Deriv Sour	ce Confidence le Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	2.930	0	1		13.290	2.578	
15:1g							
16:1 undifferentiatedg	0.200	378	1		0.907	0.176	
17:1	2.660	378	1		12 066	2 241	
18:1 undifferentiatedg 20:1g	0.050		1		12.066 0.227	2.341 0.044	
22:1 undifferentiatedg	0.030	, -	-		0.227	0.044	
24:1 cg							
Fatty acids, total polyunsaturatedg	0.700	0	1		3.175	0.616	
18:2 undifferentiatedg	0.560	378	1		2.540	0.493	
18:3 undifferentiatedg	0.030	190	1		0.136	0.026	
18:4g							
20:2 n-6 c,cg							
20:3 undifferentiated	0.000	315			0.262	0.070	
20:4 undifferentiated	0.080	315	1		0.363	0.070	
20:5 n-3							
22:6 n-3							
Fatty acids, total trans							
Cholesterolmg	55	1.054 58	1		249	48	
Phytosterols mg							
Amino Acidos							
Amino Acids:	0.277	0	1		1.256	0.244	
Tryptophan	0.277	0	1		4.513	0.244	
Isoleucine	1.021	0	1		4.631	0.898	
Leucine	1.749	0	1		7.933	1.539	
Lysineg	1.960	0	1		8.891	1.725	
Methionineg	0.577	0	1		2.617	0.508	
Cystineg	0.278	0	1		1.261	0.245	
Phenylalanineg	0.870	0	1		3.946	0.766	
Tyrosineg	0.760	0	1		3.447	0.669	
Valineg	1.183	0	1		5.366	1.041	
Arginineg	1.355		1		6.146	1.192	
Histidineg	0.871	0	1		3.951	0.766	
Alanineg	1.270	0	1		5.761	1.118	
Aspartic acid	2.022		1		9.172	1.779	
Glutamic acid	3.413		1		15.481	3.003	
Glycine	1.035 0.876	0	1 1		4.695 3.974	0.911 0.771	
Proline	0.900		1		4.082	0.771	
Hydroxyproline	0.300	· ·	-		4.002	0.732	
Others:							
Alcohol, ethylg	0.0	0	z 7		0.0	0.0	
Caffeine mg	0	0	z 7		0	0	
Theobrominemg	0	0	z 7		0	0	
<u>Carotenoids:</u>							
Carotene, betamcg	0	0	z 7		0.000	0.000	
Carotene, alphamcg	0	0	z 7		0.000	0.000	
Cryptoxanthin, beta mcg	0	0	Z 7		0.000	0.000	
Lycopene mcg	0	0	z 7		0.000	0.000	
Lutein + zeaxanthin mcg	0	0	z 7		0.000	0.000	

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 88g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)

NDB No. 10199

Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

NDB No. 10045 Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised

Refuse: 33% Bone

		<u>A</u>	mount in 100 g	rams o	ot edik	ne portio	<u>n</u>	Amount in edible portion of common				
		Number							measures of food			
				Data [Deriv	Source	Confidence					
Nutrients and Uni	ts	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure		
Proximates:												
Water	g	56.99		0		1		48.44	42.74			
Energy	kcal	250		0	NC	4		213	188			
Energy	kj	1046				4		889	785			
Protein (N x 6.25)	g	26.67		0		1		22.67	20.00			
Total lipid (fat)	g	15.07		0		1		12.81	11.30			
Ash	g	1.23		0		1		1.05	0.92			
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00			
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0			
Sugars, total	g											
Starch	g											
N. 61												
Minerals:	ma	0.5		0		4		0.1	10			
Calcium, Ca	_	25 0.91		0 0		1 1		21 0.77	19 0.68			
Iron, Fe	_	18		0		1		0.77 15	0.68 14			
Magnesium, Mg Phosphorus, P		177		0		1		150	133			
Potassium, K	•	387		0		1		329	290			
Sodium, Na	-	40		0		1		34	30			
Zinc, Zn	-	2.01		0		1		1.71	1.51			
Copper, Cu		0.072	>	0		1		0.061	0.054			
Manganese, Mn		0.010		0		1		0.009	0.008			
Selenium, Se		41.0		0	BFZN	4		34.9	30.8			
· ·												
<u>Vitamins:</u>												
Vitamin C, total ascorbic acid		0.3		0		1		0.3	0.2			
Thiamin		0.593		0		1		0.504	0.445			
Riboflavin		0.232		0		1		0.197	0.174			
Niacin		4.939		0		1		4.198	3.704			
Pantothenic acid	mg	0.514	4	0		1		0.437	0.386			
Vitamin B-6	-	0.315	5	0		1		0.268	0.236			
Folate, total	mcg	2		0		1		2	2			
Folic acid		0		0	Z	7		0	0			
Folate, food	mcg	2		0		1		2	2			
Folate, DFE		2		0	NC	4		2	2			
Vitamin B-12		0.53		0		1		0.45	0.40			
Vitamin A, IU		7		0		1		6	5			
Vitamin A, RAE		2		0		1		2	2			
Retinol		2		0		1		2	2			
Vitamin E (alpha-tocopherol)	mg											
Tocopherol, beta												
Tocopherol, gamma												
Tocopherol, delta												
Vitamin D												
Vitamin K (phylloquinone)	nicg											
Lipids:												
Fatty acids, total saturated	g	5.840)	0		1		4.964	4.380			
4:0												
6:0												
8:0												
10:0	g	0.010)	0		1		0.009	0.008			
12:0	g	0.010)	0		1		0.009	0.008			
13:0	g											
14:0	g	0.200)	0		1		0.170	0.150			
15:0	-											
16:0	g	3.590)	0		1		3.052	2.693			
17:0	g											
18:0	-	1.920)	0		1		1.632	1.440			
20:0												
22:0	-											
24:0	-											

		<u>Ar</u>	nount in 100 gran	portio	o <u>n</u>	Amount in edible portion of common measures of food			
			Numb	Source	Confidence	<u></u>	<u> </u>		
Nutrients and Unit	s	Mean	Std. Error Point	 Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	6.870	0	1		5.840	5.153		
14:1									
15:1	g								
16:1 undifferentiated	g	0.470	0	1		0.400	0.353		
17:1	g								
18:1 undifferentiated	g	6.240	0	1		5.304	4.680		
20:1	-	0.120	0	1		0.102	0.090		
22:1 undifferentiated									
24:1 c	•								
Fatty acids, total polyunsaturated	•	1.270	0	1		1.080	0.953		
18:2 undifferentiated		1.150	0	1		0.978	0.863		
18:3 undifferentiated		0.040	0	1		0.034	0.030		
18:4									
20:2 n-6 c,c									
20:3 undifferentiated									
20:4 undifferentiated		0.050	0	1		0.043	0.038		
20:5 n-3									
22:5 n-3									
22:6 n-3									
Fatty acids, total trans									
Cholesterol		73	0	1		62	55		
Phytosterols									
Amino Acids:									
Tryptophan	g	0.327	0	1		0.278	0.245		
Threonine	g	1.199	0	1		1.019	0.899		
Isoleucine	-	1.222	0	1		1.039	0.917		
Leucine		2.119	0	1		1.801	1.589		
Lysine	g	2.383	0	1		2.026	1.787		
Methionine	-	0.690	0	1		0.587	0.518		
Cystine	-	0.334	0	1		0.284	0.251		
Phenylalanine	-	1.059	0	1		0.900	0.794		
Tyrosine		0.907	0	1		0.771	0.680		
Valine	-	1.434	0	1		1.219	1.076		
Arginine		1.692	0	1		1.438	1.269		
Histidine	-	1.031	0	1		0.876	0.773		
Alanine	-	1.569	0	1		1.334	1.177		
Aspartic acid		2.443	0	1		2.077	1.832		
Glutamic acid		4.090	0	1		3.477	3.068		
Glycine	-	1.418	0	1		1.205	1.064		
Proline	•	1.155	0	1		0.982	0.866		
Serine		1.101	0	1		0.936	0.826		
Hydroxyproline	-	1.101	· ·	-		3.330	0.020		
11ydroxypromic	y								

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 75g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

NDB No. 10046
Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled

Refuse: 34% Bone

		<u>A</u>	mount in 100 gra	ns of edi	ble portic	<u>on</u>	Amount in edible portion of common			
			Numl	er			<u>m</u>	easures of food	<u>l</u>	
			of Da	ta Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Poin	s Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:										
Water	g	53.37	()	1		45.36	39.49		
Energy	kcal	263	() NC	4		224	195		
Energy	kj	1100			4		935	814		
Protein (N x 6.25)		28.79	()	1		24.47	21.30		
Total lipid (fat)	g	15.48	()	1		13.16	11.46		
Ash	g	1.19	()	1		1.01	0.88		
Carbohydrate, by difference	g	0.00	() z	7		0.00	0.00		
Fiber, total dietary	g	0.0	() Z	7		0.0	0.0		
Sugars, total	g									
Starch	g									
M:										
Minerals:	ma	33	(1		28	24		
Calcium, Ca	-	33 0.77	(1		28 0.65	0.57		
Magnesium, Mg	-	26	(1		22	19		
Phosphorus, P		237	(1		201	19 175		
Potassium, K	-	401	Č		1		341	297		
Sodium, Na		62	Č		1		53	46		
Zinc, Zn	_	2.26	Č		1		1.92	1.67		
Copper, Cu		0.068			1		0.058	0.050		
Manganese, Mn		0.018			1		0.015	0.013		
Selenium, Se		44.3	. (37.7	32.8		
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid		0.3	(1		0.3	0.2		
Thiamin		1.033			1		0.878	0.764		
Riboflavin		0.303			1		0.258	0.224		
Niacin		5.781			1		4.914	4.278		
Pantothenic acid		0.663			1		0.564	0.491		
Vitamin B-6	_	0.434			1		0.369	0.321		
Folate, total		3	(1		3	2		
Folic acid		0	(7		0	0		
Folate, food	mcg	3	(1		3	2		
Folate, DFE		3	(NC	4		3	2		
Vitamin B-12		0.73	(1		0.62	0.54		
Vitamin A, IU		7	(1		6	5		
Vitamin A, RAE		2	(1		2	2		
Retinol		2	(1		2	2		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	nicg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	5.690) (1		4.837	4.211		
4:0										
6:0										
8:0										
10:0	g	0.010) (1		0.009	0.007		
12:0	g	0.010) (1		0.009	0.007		
13:0	g									
14:0	g	0.200) (1		0.170	0.148		
15:0	_									
16:0	g	3.510) (1		2.984	2.597		
17:0	g									
18:0	-	1.850) (1		1.573	1.369		
20:0	-									
22:0	-									
24:0	q									

	Aı	nount in 100 grams		<u>tion</u>	Amount in edible portion of common measures of food			
		Numbe	r ı Deriv Sourc	a Canfidanaa	<u></u>	easures or 100u		
Nutrients and Units	Mean	Std. Error Points			Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	6.880	0	1		5.848	5.091		
14:1g								
15:1g								
16:1 undifferentiatedg	0.480	0	1		0.408	0.355		
17:1g								
18:1 undifferentiatedg	6.220		1		5.287	4.603		
20:1g	0.120	0	1		0.102	0.089		
22:1 undifferentiatedg								
24:1 cg								
Fatty acids, total polyunsaturatedg	1.230		1		1.046	0.910		
18:2 undifferentiatedg	1.080		1		0.918	0.799		
18:3 undifferentiatedg	0.040	0	1		0.034	0.030		
18:4g								
20:2 n-6 c,cg								
20:3 undifferentiated	0.050	0	1		0.043	0.007		
20:4 undifferentiatedg	0.050	U	1		0.043	0.037		
20:5 n-3								
22:6 n-3								
Cholesterolg	82	0	1		70	61		
Phytosterolsmg	02	· ·	-		70	01		
Amino Acids:								
Tryptophang	0.354		1		0.301	0.262		
Threonineg	1.296		1		1.102	0.959		
Isoleucineg	1.321		1		1.123	0.978		
Leucineg	2.289		1		1.946	1.694		
Lysineg	2.573		1		2.187	1.904		
Methionineg	0.746		1		0.634	0.552		
Cystineg	0.361		1		0.307	0.267		
Phenylalanineg	1.143		1		0.972	0.846		
Tyrosineg	0.980		1		0.833	0.725		
Valineg	1.549		1		1.317	1.146		
Arginineg	1.824		1		1.550	1.350		
Histidineg	1.115		1		0.948	0.825		
Alanineg	1.693		1		1.439	1.253		
Aspartic acid	2.639		1		2.243	1.953		
Glutamic acid	4.420		1		3.757	3.271		
Glycineg	1.522		1		1.294	1.126		
Prolineg	1.241		1		1.055	0.918		
Serine	1.189	0	1		1.011	0.880		
Hydroxyprolineg								

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 74g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 39% Bone

		<u>A</u> 1	mount in 100 gram	s of edil	ole portio	<u>on</u>	Amount in edible portion of common			
			Numbe	er			<u>m</u>	easures of food	<u>[</u>	
			of Dat	a Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	55.50	0		1		47.18	40.52		
Energy	kcal	265	0	NC	4		225	193		
Energy		1109			4		942	809		
Protein (N x 6.25)	g	26.28	0		1		22.34	19.18		
Total lipid (fat)		16.97	0		1		14.42	12.39		
Ash		1.21	0		1		1.03	0.88		
Carbohydrate, by difference	g	0.00	0	Z	7		0.00	0.00		
Fiber, total dietary	g	0.0	0	Z	7		0.0	0.0		
Sugars, total	g	0.00	0	Z	7		0.00	0.00		
Starch	g									
Mr. I										
Minerals:	ma	24	0		1		20	18		
Calcium, Ca Iron, Fe	-	0.72	0		1		0.61	0.53		
Magnesium, Mg		25	0		1		21	18		
Phosphorus, P		236	0		1		201	172		
Potassium, K	_	430	0		1		366	314		
Sodium, Na		50	0		1		43	37		
Zinc, Zn		1.99	0		1		1.69	1.45		
Copper, Cu		0.068	0		1		0.058	0.050		
Manganese, Mn		0.007	0		1		0.006	0.005		
Selenium, Se	mcg	41.0	0	BFYN	4		34.9	29.9		
Vitamins:										
	ma	0.3	0		1		0.3	0.2		
Vitamin C, total ascorbic acid Thiamin		0.804			1		0.683	0.2		
Riboflavin		0.301			1		0.003	0.220		
Niacin		5.525			1		4.696	4.033		
Pantothenic acid	_	0.616			1		0.524	0.450		
Vitamin B-6		0.364			1		0.309	0.266		
Folate, total	-	3	0		1		3	2		
Folic acid		0	0	Z	7		0	0		
Folate, food		3	0		1		3	2		
Folate, DFE	mcg_DFE	3	0	NC	4		3	2		
Vitamin B-12		0.71	0		1		0.60	0.52		
Vitamin A, IU	IU	7	0	NC	4		6	5		
Vitamin A, RAE	mcg_RAE	2	0	NC	4		2	1		
Retinol	mcg	2	0	NR	4		2	1		
Vitamin E (alpha-tocopherol)	mg	0.24	0	BFSN	4		0.20	0.17		
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D			•	2201			0.0			
Vitamin K (phylloquinone)	nicg	0.0	0	BFSN	4		0.0	0.0		
Lipids:										
Fatty acids, total saturated	g	6.340	0		1		5.389	4.628		
4:0	g	0.000	0		1		0.000	0.000		
6:0	g	0.000	0		1		0.000	0.000		
8:0	g	0.000	0		1		0.000	0.000		
10:0	-	0.010			1		0.009	0.007		
12:0	-	0.010	0		1		0.009	0.007		
13:0	-									
14:0	-	0.220	0		1		0.187	0.161		
15:0	-		_		_					
16:0		3.910	0		1		3.324	2.854		
17:0	-	0 000					1 700	1 510		
18:0	-	2.080	0		1		1.768	1.518		
20:0 22:0	-									

		<u>A</u> 1	mount in 100 g		ible portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Ui	nits	Mean		nber Data Deriv ints Code		Confidence Code	Measure 1	Measure 2	Measure 3
E-mid- total mtomata		7.490		0	1		6.367	5.468	
Fatty acids, total monounsaturated	g	7.490		U	1		6.367	5.468	
15:1	g	0.500		0	1		0.425	0.365	
17:1 18:1 undifferentiated	g	6.830		0	1		5.806	4.986	
20:1 undifferentiated	-	0.130 0.000		0	1 1		0.111 0.000	0.095 0.000	
24:1 cFatty acids, total polyunsaturated.		1.920	ı	0	1		1.632	1.402	
18:2 undifferentiated		1.730 0.110		0	1 1		1.471 0.094	1.263 0.080	
18:4 20:2 n-6 c.c	_	0.000		0	1		0.000	0.000	
20:3 undifferentiated 20:4 undifferentiated	-	0.050	ı	0	1		0.043	0.037	
20:5 n-3	-	0.000		0	1 1		0.000	0.000	
22:6 n-3		0.000		0	1		0.000	0.000	
CholesterolPhytosterols	mg	73 2		0	1 1		62 2	53 1	
Amino Acids:	-								
TryptophanThreonine		0.321 1.180		0	1 1		0.273 1.003	0.234 0.861	
Isoleucine	-	1.201 2.086		0	1 1		1.021 1.773	0.877 1.523	
Lysine Methionine	g	2.346 0.678		0	1 1		1.99 4 0.576	1.713 0.495	
CystinePhenylalanine	g	0.329 1.043		0	1 1		0.280 0.887	0.240 0.761	
TyrosineValine	g	0.891 1.412		0	1 1		0.757 1.200	0.650 1.031	
ArginineHistidine	9	1.671 1.012		0	1 1		1.420	1.220	
AlanineAspartic acid	9	1.548		0	1 1		1.316	1.130 1.755	
Glutamic acid	g	4.020 1.416		0	1		3.417 1.204	2.935 1.034	
Proline	g	1.148		0	1		0.976	0.838 0.792	
Serine Hydroxyproline		1.065		Ü	•		0.922	0.792	
Others: Alcohol, ethyl	g	0.0		0	7		0.0	0.0	
Caffeine	mg	0 0		0 z 0 z	7 7		0 0	0	
Carotenoids:	-								
Carotene, beta Carotene, alpha	mcg	0 0		0 z 0 z	7 7		0.000 0.000	0.000 0.000	
Cryptoxanthin, betaLycopene	mcg	0		0 z 0 z	7 7 -		0.000	0.000	
Lutein + zeaxanthin	mcg	0		0 z	7		0.000	0.000	

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 73g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

NDB No. 10180

Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

NDB No. 10049
Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised

Refuse: 40% Bone 33%, separable fat 7%

		<u>A</u>	mount in 100	grams	of edit	ole portio	<u>n</u>	Amount in edible portion of common			
			N	Number	,			m	easures of food		
						Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
D											
Proximates: Water	a	60.91		0		1		51.77	40.81		
Energy	-	206		0	NC	4		175	138		
Energy		862		-		4		733	577		
Protein (N x 6.25)		28.35		0		1		24.10	18.99		
Total lipid (fat)	-	9.40		0		1		7.99	6.30		
Ash		1.28		0		1		1.09	0.86		
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00		
Fiber, total dietary		0.0		0	z	7		0.0	0.0		
Sugars, total		0.00		0	z	7		0.00	0.00		
Starch	_			-	_	•			0.00		
Staren	9										
Minerals:											
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	22		0		1		19	15		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.97		0		1		0.82	0.65		
Magnesium, Mg		19		0		1		16	13		
Phosphorus, P	-	179		0		1		152	120		
Potassium, K	-	405		0		1		344	271		
Sodium, Na	-	41		0 0		1 1		35 1.79	27		
Zinc, Zn		2.10 0.075		0		1		0.064	1.41 0.050		
Copper, Cu		0.075		0		1		0.064	0.030		
Selenium, Se		43.9	,	0	BFZN	4		37.3	29.4		
Selemum, Se	1110g	43.5		Ū	DI ZIN	-		37.3	23.4		
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.3		0		1		0.3	0.2		
Thiamin		0.624		0		1		0.530	0.418		
Riboflavin	mg	0.247	7	0		1		0.210	0.165		
Niacin		5.219	9	0		1		4.436	3.497		
Pantothenic acid		0.536	5	0		1		0.456	0.359		
Vitamin B-6		0.337	7	0		1		0.286	0.226		
Folate, total		2		0		1		2	1		
Folic acid		0		0	Z	7		0	0		
Folate, food		2		0		1		2	1		
Folate, DFE		2		0	NC	4		2	1		
Vitamin B-12		0.54		0		1		0.46	0.36		
Vitamin A, IU	IU	7		0	NC	4		6	4		
Vitamin A, RAE		2		0	NC	4		2	1		
Retinol		2		0	NR	4		2	1		
Vitamin E (alpha-tocopherol)		0.22		0	BFSN	4		0.18	0.14		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, deltaVitamin D											
Vitamin K (phylloquinone)		0.0		0	BFSN	4		0.0	0.0		
vitanini K (phynodunione)	g	0.0		Ů	DION	•		0.0	0.0		
<u>Lipids:</u>											
Fatty acids, total saturated	g	3.670)	0		1		3.120	2.459		
4:0	g	0.000)	0		1		0.000	0.000		
6:0	g	0.000)	0		1		0.000	0.000		
8:0	-	0.000		0		1		0.000	0.000		
10:0		0.010		0		1		0.009	0.007		
12:0		0.010)	0		1		0.009	0.007		
13:0			_								
14:0		0.130)	0		1		0.111	0.087		
15:0			_								
16:0		2.270)	0		1		1.930	1.521		
17:0	-		_								
18:0	-	1.200)	0		1		1.020	0.804		
20:0	-										
22:0	-										
24:0	g										

		<u>A</u>	mount in 100 gra		ible portio	<u>n</u>	Amount in edible portion of common measures of food			
			Num	er			<u>m</u> :	easures of food		
				ıta Deriv		Confidence				
Nutrients and Unit	s	Mean	Std. Error Poin	ts Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	4.490))	1		3.817	3.008		
14:1	-									
15:1	_				_					
16:1 undifferentiated	-	0.330))	1		0.281	0.221		
17:1	-	4.070)	1	1		3.460	2.727		
20:1	-	0.080			1		0.068	0.054		
22:1 undifferentiated	_	0.000			1		0.000	0.000		
24:1 c	•	0.000		•	-		0.000	0.000		
Fatty acids, total polyunsaturated		0.680))	1		0.578	0.456		
18:2 undifferentiated		0.610))	1		0.519	0.409		
18:3 undifferentiated		0.020))	1		0.017	0.013		
18:4	g	0.000))	1		0.000	0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	-	0.040			1		0.034	0.027		
20:5 n-3	_	0.000			1		0.000	0.000		
22:5 n-3		0.000			1		0.000	0.000		
22:6 n-3		0.000))	1		0.000	0.000		
Fatty acids, total trans					_					
Cholesterol		71		,	1		60	48		
Phytosterols										
Amino Acids:										
Tryptophan	g	0.360))	1		0.306	0.241		
Threonine	-	1.294)	1		1.100	0.867		
Isoleucine	-	1.327			1		1.128	0.889		
Leucine	-	2.275			1		1.934	1.524		
Lysine		2.549			1		2.167	1.708		
Methionine		0.751			1		0.638	0.503		
Cystine		0.362			1		0.308	0.243		
Phenylalanine		1.132 0.988			1 1		0.962 0.840	0.758		
TyrosineValine		1.538			1		1.307	0.662 1.030		
Arginine	-	1.762			1		1.498	1.181		
Histidine		1.132			1		0.962	0.758		
Alanine	-	1.651			1		1.403	1.106		
Aspartic acid		2.629			1		2.235	1.761		
Glutamic acid		4.438	:)	1		3.772	2.973		
Glycine	_	1.346	;)	1		1.144	0.902		
Proline		1.139))	1		0.968	0.763		
Serine	g	1.171)	1		0.995	0.785		
Hydroxyproline	g									
Others:										
Alcohol, ethyl	a	0.0		1	7		0.0	0.0		
Caffeine		0.0			7		0.0	0.0		
Theobromine		0			7		0	0		
Carotenoids:		· ·		_	•		·	•		
		•			_		0.000			
Carotene, beta		0		_	7 7		0.000	0.000		
Carotene, alpha	-	0		_	7		0.000	0.000		
Cryptoxanthin, beta		0			7		0.000 0.000	0.000 0.000		
Lycopene Lutein + zeaxanthin		0			7		0.000	0.000		
Luteni + zearantiini	uvg	U	'	. 4	,		0.000	0.000		

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 67g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

NDB No. 10049

Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 41% Bone 34%, separable fat 7%

		<u>A</u> 1	mount in 100 g	rams	or ear	ole portio	<u>)N</u>	Amount in edible portion of common		
			Nu	mber				<u>m</u>	easures of food	_
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	56.95	3.547	15		1		48.41	38.16	
Energy	=	219		0	NC	4		186	147	
Energy		916				4		779	614	
Protein (N x 6.25)		30.76	0.490	23		1		26.15	20.61	
Total lipid (fat)		9.74	0.353	23		1		8.28	6.53	
Ash		1.24	0.035	23		1		1.05	0.83	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total		0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:				_		_				
Calcium, Ca		31	1.585	5		1		26	21	
Iron, Fe	_	0.82 28	0.029 1.453	17 8		1 1		0.70 24	0.55 19	
Magnesium, Mg		28 245				1		24		
Phosphorus, P Potassium, K		420	4.537 9.962	6 17		1		208 357	164 281	
Sodium, Na		65	1.154	17		1		55	44	
Zinc, Zn		2.38	0.070	17		1		2.02	1.59	
Copper, Cu		0.070		17		1		0.060	0.047	
Manganese, Mn		0.020		2		1		0.017	0.013	
Selenium, Se		47.3	4.758	5	A	1		40.2	31.7	
itamins:										
Vitamin C, total ascorbic acid		0.3	0.049	3		1		0.3	0.2	
Thiamin		1.117		20		1		0.949	0.748	
Riboflavin		0.326		20		1		0.277	0.218	
Niacin		6.167		15		1		5.242	4.132	
Pantothenic acid		0.704		14		1		0.598	0.472	
Vitamin B-6	-	0.470		8		1		0.400	0.315	
Folate, total		3 0	0.788	9 0		1 7		3 0	2	
Folic acid		3	0.788	9	Z	1		3	0 2	
Folate, DFE		3	0.788	0	NC	4		3	2	
Vitamin B-12		0.76	0.028	20	NC	1		0.65	0.51	
Vitamin A, IU		7	0.028	0	NC	4		6	4	
Vitamin A, RAE		2		0	NC	4		2	1	
Retinol		2		0	NR	4		2	1	
Vitamin E (alpha-tocopherol)		0.29		0	BFSN	4		0.25	0.20	
Tocopherol, beta	mg	0.23		-		-		3.20	v.=v	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	BFSN	4		0.0	0.0	
<u>ipids:</u>	~	2.460		•				0.041	0.210	
Fatty acids, total saturated		3.460		0		1 1		2.941	2.318	
4:0		0.000		0		1		0.000	0.000	
6:0 8:0	-	0.000		0		1		0.000 0.000	0.000 0.000	
8:0 10:0		0.000		15		1		0.000	0.000	
12:0	-	0.010		15		1		0.009	0.007	
13:0		0.010		13		-		3.003	0.007	
14:0		0.120	ı	15		1		0.102	0.080	
15:0		0.120				-		3.102	0.000	
16:0		2.160	1	15		1		1.836	1.447	
17:0				-		_		2.000	/	
18:0	-	1.100	1	15		1		0.935	0.737	
20:0	-			-						
22:0	-									
24:0	-									

		<u>A</u> 1	nount in 100 gr		ible portic	<u>on</u>	Amount in edible portion of common measures of food		
			of [nber Data Deriv		Confidence	<u>m</u>	easures of food	
Nutrients and	Units	Mean	Std. Error Poi	nts Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturat	red	4.450		0	1		3.783	2.982	
14:1	g								
15:1 16:1 undifferentiated	_	0.340		15	1		0.289	0.228	
17:1	_	0.010			-		0.200	0.220	
18:1 undifferentiated	g	3.990		15	1		3.392	2.673	
20:1		0.080		15	1		0.068	0.054	
22:1 undifferentiated	•	0.000		0	1		0.000	0.000	
24:1 cFatty acids, total polyunsaturate		0.620		0	1		0.527	0.415	
18:2 undifferentiated		0.530		15	1		0.451	0.355	
18:3 undifferentiated		0.010		15	1		0.009	0.007	
18:4	_	0.000		0	1		0.000	0.000	
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated	_	0.040		15	1		0.034	0.027	
20:5 n-3	_	0.000		0	1		0.000	0.000	
22:5 n-3	_	0.000		0	1 1		0.000	0.000	
22:6 n-3		0.000		U	_		0.000	0.000	
Fatty acids, total trans Cholesterol		81	1.862	15	1		69	54	
Phytosterols	-	01	1.002		-		U.S	31	
-									
Amino Acids:	_			•					
Tryptophan		0.391 1.404		0	1 1		0.332 1.193	0.262	
Threonine Isoleucine		1.440		0	1		1.193	0.941 0.965	
Leucine	_	2.468		0	1		2.098	1.654	
Lysine	_	2.766		0	1		2.351	1.853	
Methionine		0.814		0	1		0.692	0.545	
Cystine		0.392		0	1		0.333	0.263	
Phenylalanine	g	1.228		0	1		1.044	0.823	
Tyrosine	g	1.072		0	1		0.911	0.718	
Valine	-	1.669		0	1		1.419	1.118	
Arginine		1.912		0	1		1.625	1.281	
Histidine		1.229		0	1		1.045	0.823	
Alanine		1.792 2.853		0	1 1		1.523 2.425	1.201	
Aspartic acidGlutamic acid		4.815		0	1		4.093	1.912 3.226	
Glycine	_	1.460		0	1		1.241	0.978	
Proline		1.236		0	1		1.051	0.828	
Serine	_	1.270		0	1		1.080	0.851	
Hydroxyproline									
	-								
Others:	a	0.0		0	7		0.0	0.0	
Alcohol, ethyl		0.0		0 z	7		0.0	0.0	
Theobromine	-	0		0 Z	7		0	0	
Carotenoids:		-		_	•		-	•	
	mea	•		0 -	7		0.000	0 000	
Carotene, beta		0		0 Z	7 7		0.000 0.000	0.000 0.000	
Carotene, alpha Cryptoxanthin, beta		0		0 Z	7		0.000	0.000	
Lycopene		0		0 Z	7		0.000	0.000	
Lutein + zeaxanthin		0		0 Z	7		0.000	0.000	

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 67g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

NDB No. 10050

Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

NDB No. 10177
Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried

Refuse: 46% Bone 39%, separable fat 7%

		<u>A</u>	mount in 100	grams	of edit	ole portio	<u>n</u>	Amount in edible portion of common			
			N	Number	,				easures of food		
						Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
D											
Proximates: Water	a	59.69		0		1		50.74	38.20		
Energy	-	218		0	NC	4		185	140		
Energy		912		-		4		775	584		
Protein (N x 6.25)		28.11		0		1		23.89	17.99		
Total lipid (fat)	_	10.87		0		1		9.24	6.96		
Ash		1.27		0		1		1.08	0.81		
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00		
Fiber, total dietary		0.0		0	z	7		0.0	0.0		
Sugars, total		0.00		0	z	7		0.00	0.00		
Starch	-	0.00		·	-	•		0.00	0.00		
Starch	9										
Minerals:											
Calcium, Ca	_	20		0		1		17	13		
Iron, Fe		0.77		0		1		0.65	0.49		
Magnesium, Mg		27		0		1		23	17		
Phosphorus, P	_	246		0		1		209	157		
Potassium, K	_	455		0		1		387	291		
Sodium, Na	-	52		0		1		44	33		
Zinc, Zn		2.08		0		1		1.77	1.33		
Copper, Cu		0.070		0		1		0.060	0.045		
Manganese, Mn		0.007	<i>'</i>	0	DENAL	1 4		0.006	0.004		
Selenium, Se	mcg	43.1		U	BFYN	4		36.6	27.6		
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.3		0		1		0.3	0.2		
Thiamin	mg	0.866	5	0		1		0.736	0.554		
Riboflavin		0.326	5	0		1		0.277	0.209		
Niacin	<u>mg</u>	5.915	5	0		1		5.028	3.786		
Pantothenic acid	mg	0.654	1	0		1		0.556	0.419		
Vitamin B-6	mg	0.394	1	0		1		0.335	0.252		
Folate, total	mcg	3		0		1		3	2		
Folic acid	mcg	0		0	Z	7		0	0		
Folate, food		3		0		1		3	2		
Folate, DFE		3		0	NC	4		3	2		
Vitamin B-12		0.75		0		1		0.64	0.48		
Vitamin A, IU	IU	7		0	NC	4		6	4		
Vitamin A, RAE		2		0	NC	4		2	1		
Retinol		2		0	NR	4		2	1		
Vitamin E (alpha-tocopherol)		0.26		0	BFSN	4		0.22	0.17		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)		0.0		0	BFSN	4		0.0	0.0		
vitamin K (pnylloquinone)	nicg	0.0		U	DESN	4		0.0	0.0		
Lipids:											
Fatty acids, total saturated	g	3.980)	0		1		3.383	2.547		
4:0	g	0.000)	0		1		0.000	0.000		
6:0	g	0.000)	0		1		0.000	0.000		
8:0	g	0.000)	0		1		0.000	0.000		
10:0	g	0.010)	0		1		0.009	0.006		
12:0		0.010)	0		1		0.009	0.006		
13:0											
14:0		0.140)	0		1		0.119	0.090		
15:0											
16:0		2.480)	0		1		2.108	1.587		
17:0	_										
18:0	_	1.290)	0		1		1.097	0.826		
20:0	_										
22:0	_										
24:0	g										

	<u>A</u>	mount in 100 grams		<u>on</u>	Amount in edible portion of common measures of food		
		Numbe			<u>m</u>	easures of 1000	
				e Confidence			
Nutrients and Units	Mean	Std. Error Points	Code Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	q 4.910	0	1		4.174	3.142	
14:1	.0	•	_		2.272	3.112	
15:1	-						
16:1 undifferentiated	=	0	1		0.298	0.224	
17:1	-		_				
18:1 undifferentiated	=		1		3.791	2.854	
20:1	-		1		0.077	0.058	
22:1 undifferentiated	•	0	1		0.000	0.000	
24:1 cFatty acids, total polyunsaturated		0	1		1.139	0.858	
18:2 undifferentiated			1		1.020	0.768	
18:3 undifferentiated			1		0.077	0.058	
18:4	=		1		0.000	0.000	
20:2 n-6 c.c.	.0	•	_		0.000	0.000	
20:3 undifferentiated	=						
20:4 undifferentiated	-	0	1		0.034	0.026	
20:5 n-3	=	0	1		0.000	0.000	
22:5 n-3	-	0	1		0.000	0.000	
22:6 n-3	.g 0.000	0	1		0.000	0.000	
Fatty acids, total trans							
Cholesterol	.mg 70	0	1		60	45	
Phytosterols	_mg 3	0	1		3	2	
Amino Asida							
Amino Acids:	q 0.357	0	1		0.303	0.000	
Tryptophan			1		1.091	0.228 0.822	
Threonine Isoleucine			1		1.119	0.842	
Leucine			1		1.918	1.444	
Lysine			1		2.149	1.618	
Methionine			1		0.632	0.476	
Cystine			1		0.305	0.230	
Phenylalanine	.0		1		0.954	0.718	
Tyrosine			1		0.832	0.627	
Valine	-		1		1.296	0.976	
Arginine	•		1		1.486	1.119	
Histidine	.0		1		0.955	0.719	
Alanine	.g 1.638	0	1		1.392	1.048	
Aspartic acid		0	1		2.216	1.668	
Glutamic acid	.g 4.401	. 0	1		3.741	2.817	
Glycine	.g 1.335	0	1		1.135	0.854	
Proline	.g 1.129	0	1		0.960	0.723	
Serine	.g 1.161	. 0	1		0.987	0.743	
Hydroxyproline	.g						
Others:							
Alcohol, ethyl	0.0	0	7		0.0	0.0	
Caffeiner		0	z 7		0	0	
Theobrominer	ng 0	0	z 7		0	0	
<u>Carotenoids:</u>							
Carotene, betar	ņcg 0	0	z 7		0.000	0.000	
Carotene, alphar	ņcg 0	0	z 7		0.000	0.000	
Cryptoxanthin, betar	ncg 0	0	z 7		0.000	0.000	
Lycopener		0	z 7		0.000	0.000	
Lutein + zeaxanthinr	ncg 0	0	z 7		0.000	0.000	

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 64g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

NDB No. 10177

Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

NDB No. 10195 Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised

Refuse: 5% Connective tissue

		<u>A</u>	mount in 100 grams	s of edil	ole portio	<u>on</u>	Amount in edible portion of common			
			Numbe	r			m	easures of food	<u></u>	
					Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	58.15	0		1		49.43	47.10		
Energy	kcal	255	0	NC	4		217	207		
Energy		1067			4		907	864		
Protein (N x 6.25)	g	26.29	0		1		22.35	21.29		
Total lipid (fat)	g	15.79	0		1		13.42	12.79		
Ash	g	1.20	0		1		1.02	0.97		
Carbohydrate, by difference	g	0.00	0	Z	7		0.00	0.00		
Fiber, total dietary	g	0.0	0	Z	7		0.0	0.0		
Sugars, total	g									
Starch	g									
Minanala										
Minerals: Calcium, Ca	ma	5	0		1		4	4		
Iron, Fe	-	0.92	0		1		0.78	0.75		
Magnesium, Mg		17	0		1		14	14		
Phosphorus, P		172	0		1		146	139		
Potassium, K	_	387	0		1		329	313		
Sodium, Na		40	0		1		34	32		
Zinc, Zn		2.07	0		1		1.76	1.68		
Copper, Cu		0.071	L 0		1		0.060	0.058		
Manganese, Mn		0.009	0		1		0.008	0.007		
Selenium, Se		33.4	0	PIE	4		28.4	27.1		
Vitamina										
<u>Vitamins:</u>	ma	0.3	0		1		0.3	0.2		
Vitamin C, total ascorbic acid Thiamin		0.525			1		0.446	0.2		
Riboflavin		0.323			1		0.206	0.196		
Niacin		4.311			1		3.664	3.492		
Pantothenic acid	_	0.605			1		0.514	0.490		
Vitamin B-6		0.310			1		0.264	0.251		
Folate, total	-	4	0		1		3	3		
Folic acid		0	0	z	7		0	0		
Folate, food		4	0		1		3	3		
Folate, DFE	mcg_DFE	4	0	NC	4		3	3		
Vitamin B-12		0.44	0		1		0.37	0.36		
Vitamin A, IU	IU	7	0		1		6	6		
Vitamin A, RAE	mcg_RAE	2	0		1		2	2		
Retinol		2	0		1		2	2		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	6.120	0		1		5.202	4.957		
4:0										
6:0	g									
8:0	g									
10:0		0.010			1		0.009	0.008		
12:0		0.010	0		1		0.009	0.008		
13:0	-						_			
14:0	-	0.210	0		1		0.179	0.170		
15:0	-		<u>-</u>		_		<u>.</u>			
16:0	-	3.760	0		1		3.196	3.046		
17:0	-	0.011					1 700	1 606		
18:0	-	2.010	0		1		1.709	1.628		
20:0	-									
22:0										

	<u>A</u> 1	mount in 100 gram	<u>oortion</u>	Amount in edible portion of common measures of food		
		Numbe		m	easures of 1000	
Nutrients and Units	Mean	of Data Std. Error Points	 ource Confidence ode Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	7.210	0	1	6.129	5.840	
14:1g						
15:1g						
16:1 undifferentiated	0.500	0	1	0.425	0.405	
17:1g						
18:1 undifferentiatedg	6.550	0	1	5.568	5.306	
20:1g	0.130	0	1	0.111	0.105	
22:1 undifferentiatedg						
24:1 cg						
Fatty acids, total polyunsaturatedg	1.320		1	1.122	1.069	
18:2 undifferentiatedg	1.200		1	1.020	0.972	
18:3 undifferentiatedg	0.040	0	1	0.034	0.032	
18:4g						
20:2 n-6 c,cg						
20:3 undifferentiated						
20:4 undifferentiated	0.050	0	1	0.043	0.041	
20:5 n-3						
22:5 n-3						
22:6 n-3						
Fatty acids, total trans	73	0	1	62	59	
Phytosterols mg	73	· ·	1	02	39	
Filytosterois						
Amino Acids:						
Tryptophan9	0.322	0	1	0.274	0.261	
Threonineg	1.182	0	1	1.005	0.957	
Isoleucineg	1.205	0	1	1.024	0.976	
Leucineg	2.089	0	1	1.776	1.692	
Lysineg	2.349	0	1	1.997	1.903	
Methionineg	0.680		1	0.578	0.551	
Cystineg	0.329	0	1	0.280	0.266	
Phenylalanineg	1.044		1	0.887	0.846	
Tyrosineg	0.894		1	0.760	0.724	
Valineg	1.414		1	1.202	1.145	
Arginineg	1.669		1	1.419	1.352	
Histidineg	1.016		1	0.864	0.823	
Alanineg	1.547		1	1.315	1.253	
Aspartic acidg	2.408		1	2.047	1.950	
Glutamic acidg	4.030		1	3.426	3.264	
Glycineg	1.402		1	1.192	1.136	
Prolineg	1.140		1	0.969	0.923	
Serineg	1.086	0	1	0.923	0.880	
Hydroxyprolineg						

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 81g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

NDB No. 10196 Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled

Refuse: 6% Connective tissue

		<u>A</u>	mount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
				Number				<u>m</u>	easures of food	
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Duovimatos										
Proximates: Water	g	53.37		0		1		45.36	42.70	
Energy	-	260		0	NC	4		221	208	
Energy		1088				4		925	870	
Protein (N x 6.25)		27.63		0		1		23.49	22.10	
Total lipid (fat)	-	15.76		0		1		13.40	12.61	
Ash	-	1.12		0		1		0.95	0.90	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total										
Starch	-									
Minerals:								_	_	
Calcium, Ca	-	28		0		1		24	22	
Iron, Fe	-	0.77		0		1		0.65	0.62	
Magnesium, Mg		26		0		1		22	21	
Phosphorus, P	-	237		0		1		201	190	
Potassium, K		401		0		1		341	321	
Sodium, Na		62		0 0		1 1		53	50	
Zinc, Zn		2.26 0.068		0		1		1.92 0.058	1.81 0.054	
Copper, Cu		0.088		0		1		0.038	0.034	
Selenium, Se		44.0	•	0	PAK	1		37.4	35.2	
Selenium, Se	1110g	44.0		Ū	Im	-		37.4	33.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		0		1		0.3	0.2	
Thiamin	mg	0.834	4	0		1		0.709	0.667	
Riboflavin	mg	0.300)	0		1		0.255	0.240	
Niacin	mg	4.945	5	0		1		4.203	3.956	
Pantothenic acid	<u>mg</u>	0.701	L	0		1		0.596	0.561	
Vitamin B-6		0.371	L	0		1		0.315	0.297	
Folate, total		8		0		1		7	6	
Folic acid		0		0	Z	7		0	0	
Folate, food		8		0		1		7	6	
Folate, DFE		8		0	NC	4		7	6	
Vitamin B-12		0.67		0		1		0.57	0.54	
Vitamin A, IU	IU	7		0		1		6	6	
Vitamin A, RAE		2		0		1		2	2	
Retinol	-	2		0		1		2	2	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)										
vitanini K (piryiloquiilone)	9									
Lipids:										
Fatty acids, total saturated	g	5.790)	0		1		4.922	4.632	
4:0										
6:0	-									
8:0				_		_				
10:0	-	0.010		0		1		0.009	0.008	
12:0		0.010	J	0		1		0.009	0.008	
13:0	-		,	^				0 170	0	
14:0	-	0.200	J	0		1		0.170	0.160	
15:0	-	2 52	,	^						
16:0	-	3.580	,	0		1		3.043	2.864	
17:0	-	1 004	n	0		1		1 500	1 504	
18:0	-	1.880	,	U		1		1.598	1.504	
20:0										
22:0	-									
24:0	y									

		<u>Ar</u>	mount in 100		<u>n</u>	Amount in edible portion of common measures of food				
Nutrients and Unit	s	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	7.010		0		1		5.959	5.608	
14:1										
15:1	_									
16:1 undifferentiated		0.490		0		1		0.417	0.392	
17:1	-									
18:1 undifferentiated	g	6.330		0		1		5.381	5.064	
20:1		0.120		0		1		0.102	0.096	
22:1 undifferentiated										
24:1 c	•									
Fatty acids, total polyunsaturated	•	1.240		0		1		1.054	0.992	
18:2 undifferentiated		1.100		0		1		0.935	0.880	
18:3 undifferentiated		0.040		0		1		0.034	0.032	
18:4										
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated		0.050		0		1		0.043	0.040	
20:5 n-3	-									
22:5 n-3										
22:6 n-3	_									
Fatty acids, total trans										
Cholesterol		82		0		1		70	66	
Phytosterols	• • • • • • • • • • • • • • • • • • • •									
-	3									
Amino Acids:										
Tryptophan	g	0.339		0		1		0.288	0.271	
Threonine	g	1.243		0		1		1.057	0.994	
Isoleucine	g	1.267		0		1		1.077	1.014	
Leucine	g	2.196		0		1		1.867	1.757	
Lysine	g	2.469		0		1		2.099	1.975	
Methionine	g	0.715		0		1		0.608	0.572	
Cystine	g	0.346		0		1		0.294	0.277	
Phenylalanine	g	1.097		0		1		0.932	0.878	
Tyrosine	g	0.940		0		1		0.799	0.752	
Valine	g	1.486		0		1		1.263	1.189	
Arginine		1.752		0		1		1.489	1.402	
Histidine	-	1.069		0		1		0.909	0.855	
Alanine	-	1.625		0		1		1.381	1.300	
Aspartic acid	g	2.532		0		1		2.152	2.026	
Glutamic acid		4.239		0		1		3.603	3.391	
Glycine	-	1.467		0		1		1.247	1.174	
Proline	-	1.195		0		1		1.016	0.956	
		1.141		0		1		0.970	0.913	
Serine		T . T 4 T		U				0.970	0.913	

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 80g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

NDB No. 10197 Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried

Refuse: 8% Connective tissue

		<u>A</u>	mount in 100 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common		
			Numbe	r			m	easures of food	•
			of Data	Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
D : /									
Proximates: Water	a	56.34	0		1		47.89	42.26	
Energy		273	0	NC	4		232	205	
Energy		1142	0	NC	4		971	857	
Protein (N x 6.25)	· ·	25.82	0		1		21.95	19.37	
Total lipid (fat)		18.05	0		1		15.34	13.54	
Ash		1.18	0		1		1.00	0.89	
Carbohydrate, by difference		0.00	0	z	7		0.00	0.00	
Fiber, total dietary		0.0	0	z	7		0.0	0.0	
Sugars, total		0.00	0	z	7		0.00	0.00	
Starch		0.00	·	_	•		0.00	0.00	
Starch	9								
Minerals:									
Calcium, Ca	-	11	0		1		9	8	
Iron, Fe		0.73	0		1		0.62	0.55	
Magnesium, Mg		24	0		1		20	18	
Phosphorus, P	-	228	0		1		194	171	
Potassium, K		428	0		1		364	321	
Sodium, Na		50	0		1		43	38	
Zinc, Zn		2.04	0		1		1.73	1.53	
Copper, Cu		0.067			1		0.057	0.050	
Manganese, Mn		0.007			1		0.006	0.005	
Selenium, Se	mcg	41.9	0	PIE	4		35.6	31.4	
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.0	0	z	7		0.0	0.0	
Thiamin		0.708			1		0.602	0.531	
Riboflavin		0.313			1		0.266	0.235	
Niacin		4.805			1		4.084	3.604	
Pantothenic acid	-	0.723			1		0.615	0.542	
Vitamin B-6		0.357			1		0.303	0.268	
Folate, total	-	7	0		1		6	5	
Folic acid		0	0	z	7		0	0	
Folate, food		7	0	_	1		6	5	
Folate, DFE	mca DFE	7	0	NC	4		6	5	
Vitamin B-12		0.59	0		1		0.50	0.44	
Vitamin A, IU		7	0		1		6	5	
Vitamin A, RAE		2	0	NC	4		2	2	
Retinol		2	0	NR.	4		2	2	
Vitamin E (alpha-tocopherol)		0.20	0	BFYN			0.17	0.15	
Tocopherol, beta		0.20	· ·	21 111	•		0.17	0.13	
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)		0.0	0	BFYN	4		0.0	0.0	
	•								
<u>Lipids:</u>	_				_				
Fatty acids, total saturated		6.720			1		5.712	5.040	
4:0		0.000			1		0.000	0.000	
6:0		0.000			1		0.000	0.000	
8:0		0.000			1		0.000	0.000	
10:0	-	0.010			1		0.009	0.008	
12:0	-	0.010	0		1		0.009	0.008	
13:0	-				_		<u>.</u>		
14:0	-	0.230	0		1		0.196	0.173	
15:0	-				_				
16:0		4.150	0		1		3.528	3.113	
	a								
17:0	-				_				
18:0	g	2.200	0		1		1.870	1.650	
	g g	2.200	0		1		1.870	1.650	

		<u>Aı</u>			Amount in 100 grams of edible portion								
			Numbe	er			<u>m</u>	easures of food					
Nutrients and U	Inite	Mean	of Dat Std. Error Points	a Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3				
Nutrients and O	onits	Weali	Stu. Ellor 1 omto				Wedsure i	Weasure 2	Wiedsure 3				
Fatty acids, total monounsaturate	ad Q	7.960	0		1		6.766	5.970					
14:1 15:1	g												
16:1 undifferentiated	g	0.530	0		1		0.451	0.398					
18:1 undifferentiated	9	7.250			1		6.163	5.438					
20:1	-	0.140			1		0.119	0.105					
22:1 undifferentiated 24:1 c	•	0.000			1		0.000	0.000					
Fatty acids, total polyunsaturated		2.080			1		1.768	1.560					
18:2 undifferentiated		1.870			1		1.590	1.403					
18:3 undifferentiated	g	0.120			1		0.102	0.090					
18:4	-	0.000	0		1		0.000	0.000					
20:2 n-6 c,c	-												
20:3 undifferentiated	-												
20:4 undifferentiated	-	0.050			1		0.043	0.038					
20:5 n-3	-	0.000			1		0.000	0.000					
22:5 n-3		0.000			1		0.000	0.000					
22:6 n-3		0.000	0		1		0.000	0.000					
Fatty acids, total trans	-												
Cholesterol		73	0		1		62	55					
Phytosterols	mg	3	0		1		3	2					
Amino Acids:													
Tryptophan	g	0.314	0		1		0.267	0.236					
Threonine		1.158	0		1		0.984	0.869					
Isoleucine	-	1.179	0		1		1.002	0.884					
Leucine	g	2.048	0		1		1.741	1.536					
Lysine	g	2.304	0		1		1.958	1.728					
Methionine	g	0.665	0		1		0.565	0.499					
Cystine	g	0.322	0		1		0.274	0.242					
Phenylalanine	g	1.024	0		1		0.870	0.768					
Tyrosine	g	0.874	0		1		0.743	0.656					
Valine	g	1.386	0		1		1.178	1.040					
Arginine	g	1.644	0		1		1.397	1.233					
Histidine	g	0.992	0		1		0.843	0.744					
Alanine	g	1.522	0		1		1.294	1.142					
Aspartic acid	g	2.567	0		1		2.182	1.925					
Glutamic acid	g	3.944	0		1		3.352	2.958					
Glycine	g	1.402	0		1		1.192	1.052					
Proline	g	1.133	0		1		0.963	0.850					
Serine	g	1.066	0		1		0.906	0.800					
Hydroxyproline	g												
Others:													
Alcohol, ethyl	a	0.0	0		7		0.0	0.0					
Caffeine		0.0	0	Z	7		0.0	0.0					
Theobromine	=	0	0	Z	7		0	0					
Carotenoids:		ŭ	· ·	-	•		·	v					
·	mca	0	0	z	7		0.000	0.000					
Carotene, beta		0	0	Z	7		0.000	0.000					
Carotene, alpha Cryptoxanthin, beta		0	0	Z	7		0.000	0.000					
Lycopene		0	0	Z	7		0.000	0.000					
Lutein + zeaxanthin		0	0	Z	7		0.000	0.000					
Luteni – zeazantini	y	U	U	4	,		0.000	3.000					

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 75g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)

NDB No. 10197

Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 15% Connective tissue 5%, separable fat 10%

		<u>A</u>	mount in 100 gram	s of edib	ole portio	<u>on</u>	Amount in edible portion of common		
			Numbe	r			<u>m</u>	easures of food	
			of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	62.25	0		1		52.91	44.82	
Energy	kcal	211	0	NC	4		179	152	
Energy		883			4		750	636	
Protein (N x 6.25)		27.95	0		1		23.76	20.12	
Total lipid (fat)		10.14	0		1		8.62	7.30	
Ash		1.26	0		1		1.07	0.91	
Carbohydrate, by difference		0.00	0	Z	7		0.00	0.00	
Fiber, total dietary		0.0	0		7		0.0	0.0	
Sugars, total		0.00	0	Z	7		0.00	0.00	
Starch									
Minerals:	m~	-	_						
Calcium, Ca	-	5	0		1		4	4	
Iron, Fe		0.99 19	0		1 1		0.84 16	0.71 14	
Magnesium, Mg Phosphorus, P		173	0		1		147	125	
Potassium, K	-	405	0		1		344	292	
Sodium, Na		41	0		1		35	30	
Zinc, Zn		2.16	0		1		1.84	1.56	
Copper, Cu		0.074			1		0.063	0.053	
Manganese, Mn		0.010			1		0.009	0.007	
Selenium, Se		45.4	0	BFYN	4		38.6	32.7	
Vitamins:			•		_				
Vitamin C, total ascorbic acid		0.3	0		1		0.3	0.2	
Thiamin		0.549			1 1		0.467 0.219	0.395	
Riboflavin		4.519			1		3.841	0.186 3.254	
Niacin Pantothenic acid	-	0.638			1		0.542	0.459	
Vitamin B-6		0.331			1		0.342	0.439	
Folate, total	-	4	0		1		3	3	
Folic acid		0	0	z	7		0	0	
Folate, food		4	0	_	1		3	3	
Folate, DFE	mca DFE	4	0	NC	4		3	3	
Vitamin B-12		0.44	0		1		0.37	0.32	
Vitamin A, IU		7	0	NC	4		6	5	
Vitamin A, RAE		2	0	NC	4		2	1	
Retinol		2	0	NR	4		2	1	
Vitamin E (alpha-tocopherol)		0.21	0	BFSN	4		0.18	0.15	
Tocopherol, beta	mg								
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	mcg	0.0	0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated	g	3.960	0		1		3.366	2.851	
4:0		0.000			1		0.000	0.000	
6:0		0.000			1		0.000	0.000	
8:0		0.000			1		0.000	0.000	
10:0	-	0.010			1		0.009	0.007	
12:0	g	0.010	0		1		0.009	0.007	
13:0	-								
14:0	g	0.140	0		1		0.119	0.101	
15:0	g								
16:0	g	2.450	0		1		2.083	1.764	
17:0	g								
18:0	g	1.290	0		1		1.097	0.929	
20:0	g								
22:0	-								
24:0	g								

	<u>A</u> 1	mount in 100 g	rams	of edik	Amount in edible portion of common measures of food				
		Nu	mber				<u>m</u> e	easures of food	
				Deriv	Source	Confidence			
Nutrients and Units	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Esta acida tatal managemental and	4.850		0		1		4 100	2 402	
Fatty acids, total monounsaturated9 14:1	4.650		U		1		4.123	3.492	
15:1	0.360		0		1		0.306	0.259	
18:1 undifferentiatedg	4.390		0		1		3.732	3.161	
20:1g	0.090		0		1		0.077	0.065	
22:1 undifferentiatedg	0.000		0		1		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturated9	0.730		0		1		0.621	0.526	
18:2 undifferentiated	0.660		0		1		0.561	0.475	
18:3 undifferentiatedg	0.020		0		1 1		0.017	0.014	
18:4g 20:2 n-6 c.cg	0.000		U		_		0.000	0.000	
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.040		0		1		0.034	0.029	
20:5 n-3g	0.000		0		1		0.000	0.000	
22:5 n-3g	0.000		0		1		0.000	0.000	
22:6 n-3g	0.000		0		1		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	71		0		1		60	51	
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.355		0		1		0.302	0.256	
Threonine	1.276		0		1		1.085	0.230	
Isoleucine	1.309		0		1		1.113	0.942	
Leucineg	2.242		0		1		1.906	1.614	
Lysineg	2.513		0		1		2.136	1.809	
Methionineg	0.740		0		1		0.629	0.533	
Cystineg	0.356		0		1		0.303	0.256	
Phenylalanineg	1.116		0		1		0.949	0.804	
Tyrosineg	0.974		0		1		0.828	0.701	
Valineg	1.516		0		1		1.289	1.092	
Arginineg	1.737		0		1		1.476	1.251	
Histidineg	1.116		0		1		0.949	0.804	
Alanineg	1.628		0		1		1.384	1.172	
Aspartic acidg	2.592		0		1		2.203	1.866	
Glutamic acidg	4.375		0		1		3.719	3.150	
Glycine9	1.327		0		1		1.128	0.955	
Prolineg	1.123		0		1		0.955	0.809	
Serineg	1.154		0		1		0.981	0.831	
Hydroxyprolineg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, betamcg	0		0	z	7		0.000	0.000	
Carotene, alpha mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta mcg	0		0	Z	7		0.000	0.000	
Lycopene mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthinmcg	0		0	z	7		0.000	0.000	

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 72g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)

NDB No. 10200

Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 16% Connective tissue 6%, separable fat 10%

		<u>Aı</u>	mount in 100 gr	rams o	of edik	ole portio	<u>on</u>	Amount in edible portion of common			
			Nur	nber				measures of food			
					Deriv	Source	Confidence				
Nutrients and Un	its	Mean	Std. Error Poi			Code	Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	q	56.95	3.547	15		1		48.41	40.43		
Energy		216		0	NC	4		184	153		
Energy		904		·		4		768	642		
		29.46	0.261	15		1		25.04	20.92		
Protein (N x 6.25)		10.05	0.453	15		1		8.54	7.14		
Total lipid (fat)	-										
Ash		1.16	0.022	15	_	1		0.99	0.82		
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00		
Fiber, total dietary		0.0		0	Z	7		0.0	0.0		
Sugars, total	g										
Starch	g										
Minerals:											
Calcium, Ca	mg	31	1.585	5		1		26	22		
Iron, Fe	_	0.82	0.029	17		1		0.70	0.58		
Magnesium, Mg	-	28	1.453	8		1		24	20		
Phosphorus, P		245	4.537	6		1		208	174		
Potassium, K		420	9.962	17		1		357	298		
Sodium, Na		65	1.154	17		1		55	46		
Zinc, Zn		2.38	0.070	17		1		2.02	1.69		
Copper, Cu		0.070		17		1		0.060	0.050		
Manganese, Mn		0.020		2		1		0.017	0.014		
Selenium, Se		47.3	4.758	5	A	1		40.2	33.6		
•	g	11.15	11,700	•		_			33.3		
Vitamins:				_							
Vitamin C, total ascorbic acid		0.3	0.049	3		1		0.3	0.2		
Thiamin		0.894		12		1		0.760	0.635		
Riboflavin		0.323		12		1		0.275	0.229		
Niacin		5.231		11		1		4.446	3.714		
Pantothenic acid	mg	0.746		6		1		0.634	0.530		
Vitamin B-6	mg	0.400	0.038	4		1		0.340	0.284		
Folate, total	mcg	9		1		1		8	6		
Folic acid	mcg	0		0	Z	7		0	0		
Folate, food		9		1		1		8	6		
Folate, DFE	mcg_DFE	9		0	NC	4		8	6		
Vitamin B-12	mcg	0.70	0.031	12		1		0.60	0.50		
Vitamin A, IU	IU	6		1		1		5	4		
Vitamin A, RAE	mcg_RAE	2		1		1		2	1		
Retinol		2		1		1		2	1		
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
Lipids:											
Fatty acids, total saturated	п	3.570		0		1		3.035	2.535		
4:0		3.3.3		·		_		5.055	2.000		
6:0	-										
8:0	-										
10:0	-	0.010	ı	15		1		0.009	0.007		
12:0		0.010		15		1		0.009	0.007		
13:0		0.010				-		3.003	0.007		
14:0	-	0.130		15		1		0.111	0.092		
15:0	-	0.130		13		1		J.111	0.032		
16:0	-	2.230		15		1		1.896	1.583		
	-	2.230		13		-		1.890	1.583		
17:0	-	1 140		1 5		4		0.060	0.000		
18:0	-	1.140		15		1		0.969	0.809		
20:0	-										
22:0	-										
24:0	y										

		<u>Ar</u>	nount in 100 gram Numbe		<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	i	Mean		Deriv Source	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated		4.600	0	1		3.910	3.266		
14:1	-								
15:1				_					
16:1 undifferentiated	-	0.350	15	1		0.298	0.249		
17:1				_					
18:1 undifferentiated		4.120	15	1		3.502	2.925		
20:1		0.090	15	1		0.077	0.064		
22:1 undifferentiated	•								
24:1 c	•		_						
Fatty acids, total polyunsaturated		0.640	0	1		0.544	0.454		
18:2 undifferentiated		0.540	15	1		0.459	0.383		
18:3 undifferentiated		0.010	15	1		0.009	0.007		
18:4									
20:2 n-6 c,c									
20:3 undifferentiated									
20:4 undifferentiated	-	0.040	15	1		0.034	0.028		
20:5 n-3									
22:5 n-3	-								
22:6 n-3									
Fatty acids, total trans									
Cholesterol		81	1.862 15	1		69	58		
Phytosterols	mg								
Amino Acids:									
Tryptophan	a	0.374	0	1		0.318	0.266		
Threonine		1.345	0	1		1.143	0.955		
Isoleucine	-	1.379	0	1		1.172	0.979		
Leucine		2.364	0	1		2.009	1.678		
Lysine		2.649	0	1		2.252	1.881		
Methionine	-	0.780	0	1		0.663	0.554		
Cystine	-	0.376	0	1		0.320	0.267		
Phenylalanine		1.176	0	1		1.000	0.835		
Tyrosine		1.026	0	1		0.872	0.728		
Valine	-	1.598	0	1		1.358	1.135		
Arginine		1.831	0	1		1.556	1.300		
Histidine	-	1.177	0	1		1.000	0.836		
Alanine	-	1.716	0	1		1.459	1.218		
		2.732	0	1		2.322	1.218		
Aspartic acid		4.612	0	1		3.920	1.940 3.275		
Glutamic acid	-	1.399	0	1		1.189	0.993		
Proline	-	1.399	0	1		1.189			
			0	1			0.840		
Serine	-	1.217	0	1		1.034	0.864		
Hydroxyproline	y								

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 71g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 19% Connective tissue 8%, separable fat 11%

		<u>A</u>	mount in 10			ole portio	<u> </u>	Amount in edible portion of common measures of food		
Nutrients and Uni	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		60.86		0		1		51.73	40.17	
Energy		224		0	NC	4		190	148	
Energy		937				4		797	619	
Protein (N x 6.25)	-	27.68		0		1		23.53	18.27	
Total lipid (fat)	_	11.80		0		1		10.03	7.79	
Ash		1.24		0	_	1		1.05	0.82	
Carbohydrate, by difference	-	0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total		0.00		0	Z	7		0.00	0.00	
Starch	9									
Minerals:										
Calcium, Ca	mg	5		0		1		4	3	
Iron, Fe	mg	0.78		0		1		0.66	0.51	
Magnesium, Mg		27		0		1		23	18	
Phosphorus, P	-	237		0		1		201	156	
Potassium, K	-	454		0		1		386	300	
Sodium, Na		52		0		1		44	34	
Zinc, Zn	-	2.14		0		1		1.82	1.41	
Copper, Cu		0.069		0 0		1 1		0.059 0.006	0.046 0.005	
Manganese, Mn Selenium, Se		45.4	'	0	BFYN	4		38.6	30.0	
Selemum, Se	g	43.4		U	DE IN	7		30.0	30.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		0		1		0.3	0.2	
Thiamin	-	0.761	=	0		1		0.647	0.502	
Riboflavin	-	0.340		0		1		0.289	0.224	
Niacin		5.115		0		1		4.348	3.376	
Pantothenic acid		0.778		0		1		0.661	0.513	
Vitamin B-6		0.388	1	0		1		0.330	0.256	
Folate, total		8 0		0 0	-	1 7		7 0	5	
Folic acid		8		0	Z	1		7	0 5	
Folate, foodFolate, DFE		8		0	NC	4		7	5	
Vitamin B-12		0.61		0	МС	1		0.52	0.40	
Vitamin A, IU		7		0	NC	4		6	4	
Vitamin A, RAE	mca RAE	2		0	NC	4		2	1	
Retinol		2		0	NR	4		2	1	
Vitamin E (alpha-tocopherol)		0.22		0	BFYN	4		0.19	0.15	
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0		0	BFYN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	4.300)	0		1		3.655	2.838	
4:0		0.000		0		1		0.000	0.000	
6:0		0.000)	0		1		0.000	0.000	
8:0	g	0.000)	0		1		0.000	0.000	
10:0	g	0.010)	0		1		0.009	0.007	
12:0	g	0.010)	0		1		0.009	0.007	
13:0	_									
14:0	-	0.150)	0		1		0.128	0.099	
15:0										
16:0		2.680)	0		1		2.278	1.769	
17:0		<u> </u>		_		_				
18:0	_	1.390)	0		1		1.182	0.917	
20:0	_									
22:0	_									
24:0	y									

		0 grams	Amount in edible portion of common measures of food					
Nutrients and Units	Mean	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg 14:1g	5.310	0		1		4.514	3.505	
15:1g 16:1 undifferentiatedg	0.370	0		1		0.315	0.244	
17:1	4.830	0		1		4.106	3.188	
20:1g 22:1 undifferentiatedg	0.100 0.000	0 0		1 1		0.085 0.000	0.066 0.000	
24:1 cg Fatty acids, total polyunsaturatedg	1.490	0		1		1.267	0.983	
18:2 undifferentiatedg 18:3 undifferentiatedg	1.340 0.110	0 0		1 1		1.139 0.094	0.884 0.073	
18:4g 20:2 n-6 c,cg	0.000	0		1		0.000	0.000	
20:3 undifferentiatedg 20:4 undifferentiatedg	0.040	0		1		0.034	0.026	
20:5 n-3g 22:5 n-3g	0.000	0 0		1 1		0.000 0.000	0.000 0.000	
22:6 n-3g Fatty acids, total transg	0.000	0		1		0.000	0.000	
Cholesterolmg Phytosterolsmg	70 3	0 0		1 1		60 3	46 2	
Amino Acids:								
Tryptophang Threonineg	0.352 1.264	0 0		1 1		0.299 1.074	0.232 0.834	
Isoleucine	1.296 2.221	0 0		1 1		1.102 1.888	0.855 1.466	
Lysineg Methionineg	2.489 0.733	0 0		1 1		2.116 0.623	1.643 0.484	
Cystineg Phenylalanineg	0.353 1.105	0 0		1 1		0.300 0.939	0.233 0.729	
Tyrosineg Valineg	0.964 1.502	0 0		1 1		0.819 1.277	0.636 0.991	
Arginine	1.721 1.106	0 0		1 1		1.463 0.940	1.136 0.730	
Alanineg Aspartic acidg	1.612 2.567	0 0		1 1		1.370 2.182	1.064 1.694	
Glutamic acid	4.333 1.314	0 0		1 1		3.683 1.117	2.860 0.867	
Prolineg Serineg	1.112 1.143	0 0		1 1		0.9 4 5 0.972	0.73 4 0.75 4	
Hydroxyprolineg								
Others: Alcohol, ethylg	0.0	0		7		0.0	0.0	
Caffeine mg Theobromine mg	0 0	0 0	z z	7 7		0 0	0 0	
Carotenoids:	0	0	z	7		0.000	0.000	
Carotene, beta mcg Carotene, alpha mcg Carotene, alpha mcg	0	0	z z z	7 7 7		0.000	0.000	
Cryptoxanthin, beta mcg Lycopene mcg Lutein + zeaxanthin mcg	0	0	z z z	7 7		0.000	0.000	

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 66g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)

NDB No. 10202

Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

NDB No. 10047
Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted

Refuse: 36% Bone

		<u>A</u>	mount in 100 gram	s of edil	ole portic	<u>on</u>	Amount in edible portion of common		
			Numbe	er			<u>m</u>	easures of food	
			of Data	a Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:									
Water	q	55.99	0		1		125.42	47.59	
Energy	_	255	0	NC	4		571	217	
Energy		1067			4		2390	907	
Protein (N x 6.25)		27.43	0		1		61.44	23.32	
Total lipid (fat)		15.28	0		1		34.23	12.99	
Ash		1.26	0		1		2.82	1.07	
Carbohydrate, by difference		0.00	0	z	7		0.00	0.00	
Fiber, total dietary		0.0	0	z	7		0.0	0.0	
Sugars, total			•	_	•			0.0	
Starch	_								
Staren	9								
<u>Minerals:</u>									
Calcium, Ca	_	28	0		1		63	24	
Iron, Fe	_	0.94	0		1		2.11	0.80	
Magnesium, Mg		21	0		1		47	18	
Phosphorus, P	•	231	0		1		517	196	
Potassium, K		421	0		1		943	358	
Sodium, Na		46	0		1		103	39	
Zinc, Zn		2.06	0		1		4.61	1.75	
Copper, Cu		0.074			1		0.166	0.063	
Manganese, Mn		0.010			1		0.022	0.009	
Selenium, Se	mcg	41.0	0	BFZN	4		91.8	34.9	
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.3	0		1		0.7	0.3	
Thiamin		0.724			1		1.622	0.615	
Riboflavin		0.300			1		0.672	0.255	
Niacin		6.116			1		13.700	5.199	
Pantothenic acid		0.526			1		1.178	0.447	
Vitamin B-6		0.324			1		0.726	0.275	
Folate, total	-	3	0		1		7	3	
Folic acid		0	0	Z	7		0	0	
Folate, food		3	0		1		7	3	
Folate, DFE	mca DFE	3	0	NC	4		7	3	
Vitamin B-12		0.66	0		1		1.48	0.56	
Vitamin A, IU		6	0		1		13	5	
Vitamin A, RAE		2	0		1		4	2	
Retinol		2	0		1		4	2	
Vitamin E (alpha-tocopherol)		_	-		_		_	_	
Tocopherol, beta	=								
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)									
<u> Lipids:</u>									
Fatty acids, total saturated		5.920	0		1		13.261	5.032	
4:0									
6:0									
8:0	-	0.010							
10:0		0.010			1		0.022	0.009	
12:0	_	0.010	, 0		1		0.022	0.009	
13:0	-	0.011					0 470	0 170	
14:0	-	0.210	0		1		0.470	0.179	
15:0	-	2						2 22:	
16:0	-	3.640	0		1		8.154	3.094	
17:0	-				_				
18:0		1.950	0		1		4.368	1.658	
20:0	а								
22:0	-								

	<u>Ar</u>	nount in 100		Amount in edible portion of common measures of food					
Nutrients and Units		Mean			 Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
	•		0.0						ououio o
Fatty acids, total monounsaturated	g	6.980		0	1		15.635	5.933	
14:1	g								
15:1									
16:1 undifferentiated	-	0.480		0	1		1.075	0.408	
17:1									
18:1 undifferentiated		6.340		0	1		14.202	5.389	
20:1		0.120		0	1		0.269	0.102	
22:1 undifferentiated	•								
24:1 c	•								
Fatty acids, total polyunsaturated		1.280		0	1		2.867	1.088	
18:2 undifferentiated		1.160		0	1		2.598	0.986	
18:3 undifferentiated		0.040		0	1		0.090	0.034	
18:4									
20:2 n-6 c,c									
20:3 undifferentiated									
20:4 undifferentiated	-	0.050		0	1		0.112	0.043	
20:5 n-3									
22:5 n-3	-								
22:6 n-3									
Fatty acids, total trans									
Cholesterol		73		0	1		164	62	
Phytosterols	mg								
Amino Acids:									
Tryptophan	а	0.339		0	1		0.759	0.288	
Threonine		1.239		0	1		2.775	1.053	
Isoleucine	-	1.265		0	1		2.834	1.075	
Leucine		2.185		0	1		4.894	1.857	
Lysine		2.455		0	1		5.499	2.087	
Methionine	-	0.714		0	1		1.599	0.607	
Cystine	-	0.345		0	1		0.773	0.293	
Phenylalanine		1.090		0	1		2.442	0.927	
Tyrosine		0.939		0	1		2.103	0.798	
Valine	_	1.478		0	1		3.311	1.256	
Arginine		1.730		0	1		3.875	1.471	
Histidine	-	1.070		0	1		2.397	0.910	
Alanine	-	1.609		0	1		3.604	1.368	
Aspartic acid		2.521		0	1		5.647	2.143	
Glutamic acid		4.230		0	1		9.475	3.596	
Glycine	-	1.416		0	1		3.172	1.204	
Proline	-	1.164		0	1		2.607	0.989	
Serine		1.133		0	1		2.538	0.963	
Hydroxyproline	-	1.133		J	-		2.556	0.303	
11ydroxypromic	9								

Common Measures:

Measure 1 = 224g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

NDB No. 10051 Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted

Refuse: 41% Bone 36%, separable fat 5%

		<u>Aı</u>	mount in 10			Amount in edible portion of common				
				Number of Data		Source	Confidence	<u>m</u> :	easures of food	<u>.</u>
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	58.77		0		1		121.07	49.95	
Energy	kcal	223		0	NC	4		459	190	
Energy		933				4		1922	793	
Protein (N x 6.25)	g	28.72		0		1		59.16	24.41	
Total lipid (fat)		11.16		0		1		22.99	9.49	
Ash	g	1.30		0		1		2.68	1.11	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	26		0		1		54	22	
Iron, Fe	mg	0.98		0		1		2.02	0.83	
Magnesium, Mg		22		0		1		45	19	
Phosphorus, P		237		0		1		488	201	
Potassium, K		437		0		1		900	371	
Sodium, Na		47		0		1		97	40	
Zinc, Zn		2.13	_	0		1		4.39	1.81	
Copper, Cu		0.076		0		1		0.157	0.065	
Manganese, Mn		0.011	5.28	0 32 5		1 1		0.023	0.009	
Selenium, Se	nicg	43.2	5.28	32 5	A	1		89.0	36.7	
Vitamins:						_				
Vitamin C, total ascorbic acid		0.3		0		1		0.6	0.3	
Thiamin	-	0.758		0		1 1		1.561	0.644	
Riboflavin		0.316 6.419		0		1		0.651 13.223	0.269 5.456	
Niacin Pantothenic acid		0.543		0		1		1.119	0.462	
Vitamin B-6		0.343		0		1		0.702	0.462	
Folate, total	-	3	-	0		1		6	3	
Folic acid		0		0	z	7		0	0	
Folate, food	_	3		0	_	1		6	3	
Folate, DFE		3		0	NC	4		6	3	
Vitamin B-12		0.68		0		1		1.40	0.58	
Vitamin A, IU		6		0		1		12	5	
Vitamin A, RAE		2		0		1		4	2	
Retinol		2		0		1		4	2	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	nicg									
Lipids:						_				
Fatty acids, total saturated		4.350)	0		1		8.961	3.698	
4:0										
6:0	-									
8:0 10:0		0.010)	0		1		0.021	0.009	
12:0		0.010		0		1		0.021	0.009	
13:0		0.010		ū		-		J. 021	0.003	
14:0	-	0.150)	0		1		0.309	0.128	
15:0	-			•		-				
16:0	-	2.690)	0		1		5.541	2.287	
17:0	-									
18:0	-	1.420)	0		1		2.925	1.207	
20:0	-									
22:0	-									
24:0	-									

		<u>Ar</u>	mount in 100 g		Amount in edible portion of common measures of food				
				ımber		0	<u></u>	<u> </u>	
Nutrients and Units	1	Mean	Std. Error Po			Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	5.250		0	1		10.815	4.463	
14:1	g								
15:1									
16:1 undifferentiated	-	0.380		0	1		0.783	0.323	
17:1									
18:1 undifferentiated		4.760		0	1		9.806	4.046	
20:1	g	0.100		0	1		0.206	0.085	
22:1 undifferentiated	•								
24:1 c	•								
Fatty acids, total polyunsaturated		0.850		0	1		1.751	0.723	
18:2 undifferentiated	g	0.770		0	1		1.586	0.655	
18:3 undifferentiated	g	0.020		0	1		0.041	0.017	
18:4									
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated	g	0.040		0	1		0.082	0.034	
20:5 n-3	g								
22:5 n-3	g								
22:6 n-3	g								
Fatty acids, total trans									
Cholesterol	• • • • • • • • • • • • • • • • • • • •	71		0	1		146	60	
Phytosterols	mg								
Amino Acids:									
Tryptophan	α	0.365		0	1		0.752	0.310	
Threonine		1.311		0	1		2.701	1.114	
Isoleucine	-	1.345		0	1		2.771	1.143	
Leucine		2.304		0	1		4.746	1.958	
Lysine		2.582		0	1		5.319	2.195	
Methionine	_	0.760		0	1		1.566	0.646	
Cystine	_	0.366		0	1		0.754	0.311	
Phenylalanine		1.146		0	1		2.361	0.974	
Tyrosine		1.001		0	1		2.062	0.851	
Valine	_	1.558		0	1		3.209	1.324	
Arginine		1.785		0	1		3.677	1.517	
Histidine	_	1.147		0	1		2.363	0.975	
Alanine	_	1.673		0	1		3.446	1.422	
Aspartic acid		2.663		0	1		5.486	2.264	
Glutamic acid		4.495		0	1		9.260	3.821	
Glycine	-	1.364		0	1		2.810	1.159	
Proline	-	1.154		0	1		2.377	0.981	
Serine		1.134		0	1		2.443	1.008	
Hydroxyproline	-	1.100		U	_		2.443	1.008	
ттушохургонне	9								

Common Measures:

Measure 1 = 206g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

NDB No. 10198
Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted

Refuse: 8% Connective tissue

		<u>A</u> 1	mount in 100 g	Amount in	edible portion	of common				
			Nu	mber				<u>m</u>	easures of food	<u> </u>
					Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	а	57.33	0.865	15		1		181.74	48.73	
Energy	_	252	0.000	0	NC	4		799	214	
Energy		1054		·	110	4		3342	896	
Protein (N x 6.25)	=	26.99	0.395	15		1		85.56	22.94	
Total lipid (fat)		15.15	0.884	15		1		48.03	12.88	
Ash		1.11	0.028	15		1		3.52	0.94	
Carbohydrate, by difference		0.00	0.020	0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total		0.0		·	_	•		0.0	0.0	
Starch	_									
Starch	9									
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	6		0		1		19	5	
Iron, Fe	-	0.93		0		1		2.95	0.79	
Magnesium, Mg	_	22		0		1		70	19	
Phosphorus, P		214		0		1		678	182	
Potassium, K		346		0		1		1097	294	
Sodium, Na	-	48		0		1		152	41	
Zinc, Zn		2.64	_	0		1		8.37	2.24	
Copper, Cu		0.016		0		1		0.051	0.014	
Manganese, Mn		0.010)	0		1 1		0.032	0.009	
Selenium, Se	Ilicy	40.3		U	PAK	1		127.8	34.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0		1		1.3	0.3	
Thiamin	mg	0.604	l	0		1		1.915	0.513	
Riboflavin	mg	0.290)	0		1		0.919	0.247	
Niacin	mg	5.044	l	0		1		15.989	4.287	
Pantothenic acid	mg	0.531	L	0		1		1.683	0.451	
Vitamin B-6	mg	0.363	3	0		1		1.151	0.309	
Folate, total	mcg	8		0		1		25	7	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food		8		0		1		25	7	
Folate, DFE	mcg_DFE	8		0	NC	4		25	7	
Vitamin B-12		0.56		0		1		1.78	0.48	
Vitamin A, IU		9		0		1		29	8	
Vitamin A, RAE		3		0		1		9	2	
Retinol		3		0		1		9	2	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
	9									
Lipids:	0	5.350	,	0		1		16.960	4.548	
Fatty acids, total saturated		5.350	,	U		1		16.960	4.546	
4:0 6:0										
8:0	_									
10:0	-	0.010)	0		1		0.032	0.009	
12:0		0.010		0		1		0.032	0.009	
13:0	_	0.010		-		-		3.032	0.003	
14:0	_	0.180)	0		1		0.571	0.153	
15:0	-	3.130		٠		-		0.071	3.133	
16:0	_	3.320)	0		1		10.524	2.822	
17:0	-			-		-				
18:0	-	1.700)	0		1		5.389	1.445	
20:0	-			-		-			5	
22:0	-									
	-									
24:0	g									

	<u>Aı</u>	nount in 100 grams		Amount in edible portion of common measures of food			
		Number		0 6 - 1		easures or roou	
Nutrients and Units	Mean	Std. Error Points	Deriv Source Code Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	6.680	0	1		21.176	5.678	
14:1g							
15:1g							
16:1 undifferentiatedg	0.480	0	1		1.522	0.408	
17:1g							
18:1 undifferentiatedg	6.000		1		19.020	5.100	
20:1g	0.130	0	1		0.412	0.111	
22:1 undifferentiatedg							
24:1 cg							
Fatty acids, total polyunsaturatedg	1.300		1		4.121	1.105	
18:2 undifferentiatedg	1.120		1		3.550	0.952	
18:3 undifferentiatedg	0.030	0	1		0.095	0.026	
18:4g							
20:2 n-6 c,cg							
20:3 undifferentiated	0.000	0	1		0.054	0.000	
20:4 undifferentiatedg	0.080	U	1		0.254	0.068	
20:5 n-3g 22:5 n-3g							
22:6 n-3							
Cholesterolg	81	2.486 15	1		257	69	
Phytosterols mg	01	2.100 13	-		237	03	
Amino Acids:							
Tryptophang	0.343		1		1.087	0.292	
Threonineg	1.232		1		3.905	1.047	
Isoleucineg	1.264		1		4.007	1.074	
Leucineg	2.166		1		6.866	1.841	
Lysineg	2.427		1		7.694	2.063	
Methionineg	0.715		1		2.267	0.608	
Cystineg	0.344		1		1.090	0.292	
Phenylalanineg	1.077		1		3.414	0.915	
Tyrosineg	0.940		1		2.980	0.799	
Valineg	1.464		1		4.641	1.244	
Arginineg	1.678		1		5.319	1.426	
Histidineg	1.078		1		3.417	0.916	
Alanineg	1.572		1		4.983	1.336	
Aspartic acid	2.503		1		7.935	2.128	
Glutamic acid	4.225		1		13.393	3.591	
Glycineg	1.282		1		4.064	1.090	
Prolineg	1.084		1		3.436	0.921	
Serine	1.115	0	1		3.535	0.948	
Hydroxyprolineg							

Common Measures:

Measure 1 = 317g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 18% Connective tissue 8%, separable fat 10%

		<u>Aı</u>	mount in 100 gı	rams of	edib	le portio	<u>n</u>	Amount in edible portion of common		
			Nur	nber				<u>m</u> :	easures of food	•
			of I	Data De	eriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	ints Co	ode	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	60.61	0.723	15		1		171.53	51.52	
Energy	kcal	214		0	NC	4		606	182	
Energy		895				4		2534	761	
Protein (N x 6.25)	g	28.81	0.466	15		1		81.53	24.49	
Total lipid (fat)	g	10.13	0.460	15		1		28.67	8.61	
Ash	g	1.14	0.031	15		1		3.23	0.97	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	6	0.558	5		1		17	5	
Iron, Fe	-	1.00	0.052	5		1		2.83	0.85	
Magnesium, Mg		24	0.649	5		1		68	20	
Phosphorus, P		222	5.177	5		1		628	189	
Potassium, K	•	363	7.466	5		1		1027	309	
Sodium, Na		50	2.188	5		1		142	43	
Zinc, Zn		2.83	0.173	5		1		8.01	2.41	
Copper, Cu		0.012	0.004	5		1		0.034	0.010	
Manganese, Mn		0.011		0		1		0.031	0.009	
Selenium, Se	mcg	43.2	5.282	5	A	1		122.3	36.7	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.4		0		1		1.1	0.3	
Thiamin		0.639)	0		1		1.808	0.543	
Riboflavin		0.312		0		1		0.883	0.265	
Niacin		5.355		0		1		15.155	4.552	
Pantothenic acid	-	0.581		0		1		1.644	0.494	
Vitamin B-6		0.400)	0		1		1.132	0.340	
Folate, total	mcg	9		0		1		25	8	
Folic acid		0		0	z	7		0	0	
Folate, food	mcg	9		0		1		25	8	
Folate, DFE	mcg_DFE	9		0	NC	4		25	8	
Vitamin B-12	mcg	0.55		0		1		1.56	0.47	
Vitamin A, IU		8		0		1		23	7	
Vitamin A, RAE		2		0		1		7	2	
Retinol		2		0		1		7	2	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
Vitamin K (pnylloquinone)	nicg									
<u>Lipids:</u>										
Fatty acids, total saturated		3.540)	0		1		10.018	3.009	
4:0										
6:0										
8:0				15						
10:0		0.010		15		1		0.028	0.009	
12:0	-	0.010	,	15		1		0.028	0.009	
13:0	-	0 100		15		1		0 240	0 100	
14:0 15:0	-	0.120	,	15		1		0.340	0.102	
16:0	-	2.200)	15		1		6.226	1.870	
17:0	-	2.200	•			-		0.220	1.0/0	
18:0	-	1.120)	15		1		3.170	0.952	
20:0	-	1.120				-		3.1.0	0.552	
22:0	-									
24:0	-									

		<u>Ar</u>	nount in 100 gram Numbe		<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	i	Mean		a Deriv Source	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		4.490	0	1		12.707	3.817	
14:1	-							
15:1								
16:1 undifferentiated	-	0.330	15	1		0.934	0.281	
17:1								
18:1 undifferentiated		4.020	15	1		11.377	3.417	
20:1		0.090	15	1		0.255	0.077	
22:1 undifferentiated	•							
24:1 c	•							
Fatty acids, total polyunsaturated		0.850	0	1		2.406	0.723	
18:2 undifferentiated		0.730	15	1		2.066	0.621	
18:3 undifferentiated	g	0.020	15	1		0.057	0.017	
18:4								
20:2 n-6 c,c								
20:3 undifferentiated	g							
20:4 undifferentiated	g	0.060	15	1		0.170	0.051	
20:5 n-3	g							
22:5 n-3	g							
22:6 n-3	g							
Fatty acids, total trans	g							
Cholesterol	mg	83	3.503 15	1		235	71	
Phytosterols	mg							
Amino Acids:								
Tryptophan	а	0.366	0	1		1.036	0.311	
Threonine		1.316	0	1		3.724	1.119	
Isoleucine	-	1.349	0	1		3.818	1.147	
Leucine		2.312		1		6.543	1.965	
Lysine		2.591	0	1		7.333	2.202	
Methionine	-	0.763	0	1		2.159	0.649	
Cystine	-	0.763	0	1		1.039	0.312	
Phenylalanine		1.150	0	1		3.255	0.312	
Tyrosine		1.004	0	1		2.841	0.853	
,	_	1.563	0	1		4.423	1.329	
Valine		1.791	0	1		5.069	1.529	
Arginine	-		0	1		3.257		
Histidine	-	1.151 1.678	0	1		3.257 4.749	0.978 1.426	
Alanine		2.672	0	1		4.749 7.562		
Aspartic acid		4.510	0	1		12.763	2.271	
Glutamic acid	-			-			3.834	
Glycine	-	1.368	0	1		3.871	1.163	
Proline		1.157	0	1		3.274	0.983	
Serine	-	1.190	0	1		3.368	1.012	
Hydroxyproline	g							

Common Measures:

Measure 1 = 283g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 30% Bone

		<u>A</u>	mount in 100) grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common		
			ı	Number	•			<u>m</u>	easures of food	_
			-			Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Durationatan										
Proximates: Water	q	53.75		0		1		126.31	45.69	
Energy	_	296		0	NC	4		696	252	
Energy		1238				4		2910	1053	
Protein (N x 6.25)		23.87		0		1		56.09	20.29	
Total lipid (fat)	-	21.50		0		1		50.53	18.28	
Ash	-	1.26		0		1		2.96	1.07	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total										
Starch	_									
Staren	9									
Minerals:										
Calcium, Ca	-	29		0		1		68	25	
Iron, Fe	-	1.22		0		1		2.87	1.04	
Magnesium, Mg		17		0		1		40	14	
Phosphorus, P	-	167		0		1		392	142	
Potassium, K	• • • • • • • • • • • • • • • • • • • •	328		0		1		771	279	
Sodium, Na		59		0		1		139	50	
Zinc, Zn		3.56	_	0		1		8.37	3.03	
Copper, Cu		0.093		0 0		1 1		0.219	0.079	
Manganese, Mn Selenium, Se		0.012 39.7	2	0	PIE	4		0.028 93.3	0.010 33.7	
Seienium, Se	Illog	39.1		U	PIE	4		93.3	33.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0		1		1.6	0.6	
Thiamin	mg	0.511	L	0		1		1.201	0.434	
Riboflavin		0.256	6	0		1		0.602	0.218	
Niacin	<u>mg</u>	3.845	5	0		1		9.036	3.268	
Pantothenic acid	mg	0.611	L	0		1		1.436	0.519	
Vitamin B-6	mg	0.327	7	0		1		0.768	0.278	
Folate, total		3		0		1		7	3	
Folic acid		0		0	Z	7		0	0	
Folate, food		3		0		1		7	3	
Folate, DFE		3		0	NC	4		7	3	
Vitamin B-12		0.69		0		1		1.62	0.59	
Vitamin A, IU	IU	8		0		1		19	7	
Vitamin A, RAE		2		0		1		6	2	
Retinol	-	2		0		1		6	2	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
v namm & (phynoquinone)	9									
Lipids:										
Fatty acids, total saturated	g	8.010	ס	0		1		18.824	6.809	
4:0	_									
6:0	-									
8:0			_	_		_		_		
10:0	_	0.020		0		1		0.047	0.017	
12:0		0.010	J	0		1		0.024	0.009	
13:0	-			_		_				
14:0	_	0.280	ט	0		1		0.658	0.238	
15:0	_			_		_				
16:0	_	4.860	J	0		1		11.421	4.131	
17:0	_			_		_				
18:0	-	2.680	J	0		1		6.298	2.278	
20:0	_									
22:0	_									
24:0	9									

		<u>Ar</u>	nount in 100 g		<u>on</u>	Amount in edible portion of common measures of food			
				mber	. 0	0 6 - 1	<u></u>	easures or roou	
Nutrients and Units	3	Mean	Std. Error Po			Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	9.280		0	1		21.808	7.888	
14:1	g								
15:1									
16:1 undifferentiated	-	0.590		0	1		1.387	0.502	
17:1									
18:1 undifferentiated		8.420		0	1		19.787	7.157	
20:1	g	0.170		0	1		0.400	0.145	
22:1 undifferentiated	•								
24:1 c	•								
Fatty acids, total polyunsaturated		1.910		0	1		4.489	1.624	
18:2 undifferentiated	g	1.710		0	1		4.019	1.454	
18:3 undifferentiated	g	0.060		0	1		0.141	0.051	
18:4									
20:2 n-6 c,c									
20:3 undifferentiated	g								
20:4 undifferentiated	g	0.050		0	1		0.118	0.043	
20:5 n-3	g								
22:5 n-3	g								
22:6 n-3	g								
Fatty acids, total trans									
Cholesterol	• • • • • • • • • • • • • • • • • • • •	87		0	1		204	74	
Phytosterols	mg								
Amino Acids:									
Tryptophan	a	0.285		0	1		0.670	0.242	
Threonine		1.062		0	1		2.496	0.903	
Isoleucine	-	1.078		0	1		2.533	0.916	
Leucine		1.883		0	1		4.425	1.601	
Lysine		2.123		0	1		4.989	1.805	
Methionine	_	0.608		0	1		1.429	0.517	
Cystine	_	0.295		0	1		0.693	0.251	
Phenylalanine		0.944		0	1		2.218	0.802	
Tyrosine		0.798		0	1		1.875	0.678	
Valine	-	1.275		0	1		2.996	1.084	
Arginine		1.535		0	1		3.607	1.305	
Histidine	_	0.902		0	1		2.120	0.767	
Alanine	_	1.414		0	1		3.323	1.202	
Aspartic acid		2.168		0	1		5.095	1.843	
Glutamic acid		3.608		0	1		8.479	3.067	
Glycine	-	1.363		0	1		3.203	1.159	
Proline	-	1.084		0	1		2.547	0.921	
		0.985		0	1		2.315	0.921	
Serine	-	0.985		U	1		2.313	0.837	
Hydroxyproline	9								

Common Measures:

Measure 1 = 235g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 30% Bone

		<u>A</u>	mount in 100 gr	ams of	edib	le portio	<u>on</u>	Amount in edible portion of common		
			Nur	nber				<u>m</u>	easures of food	<u></u>
			of I	Data De	eriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Poi	ints Co	ode	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	50.87	0.847	15		1		122.60	43.24	
Energy	kcal	328		0	NC	4		790	279	
Energy	kj	1372				4		3307	1166	
Protein (N x 6.25)	g	23.40	0.384	15		1		56.39	19.89	
Total lipid (fat)		25.34	1.130	15		1		61.07	21.54	
Ash	g	1.05	0.021	15		1		2.53	0.89	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total										
Starch	g									
Minerals:	ma	65		•		_		66	0.5	
Calcium, Ca	-	25		0		1		60	21	
Iron, Fe.	-	1.06		0		1 1		2.55	0.90	
Magnesium, Mg Phosphorus, P	-	23 226		0		1		55 5 4 5	20 192	
1 ,	•	226 344		0		1		545 829	192 292	
Potassium, K		52		0		1		125	44	
Zinc, Zn	-	2.36		0		1		5.69	2.01	
Copper, Cu		0.053	1	0		1		0.128	0.045	
Manganese, Mn		0.003		0		1		0.007	0.003	
Selenium, Se		37.1			PAK	1		89.4	31.5	
•										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.3		0		1		0.7	0.3	
Thiamin		0.889		0		1		2.142	0.756	
Riboflavin	-	0.344		0		1		0.829	0.292	
Niacin		4.317		0		1		10.404	3.669	
Pantothenic acid		0.750		0		1		1.808	0.638	
Vitamin B-6	-	0.444 5	•	0		1 1		1.070	0.377	
Folate, total		0		0	z	7		12 0	4 0	
Folic acid		5		0	Z	1		12	4	
Folate, foodFolate, DFE		5 5			NC	4		12	4	
Vitamin B-12		0.79		0	NC	1		1.90	0.67	
Vitamin A, IU		9		0		1		22	8	
Vitamin A, RAE		3		0		1		7	2	
Retinol		3		0		1		7	2	
Vitamin E (alpha-tocopherol)		3		·		-		•	-	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	a	9.210)	0		1		22.196	7.829	
4:0		3.210	•	·		-		22.130	7.023	
6:0										
8:0	_									
10:0	-	0.020)	0		1		0.048	0.017	
12:0		0.020		0		1		0.048	0.017	
13:0	_									
14:0	_	0.330)	0		1		0.795	0.281	
15:0	-								- · · · -	
16:0	_	5.570)	0		1		13.424	4.735	
17:0	-									
18:0	-	3.080)	0		1		7.423	2.618	
20:0	-									
22:0	-									
24:0	-									

		<u>Ar</u>	mount in 100		dible portion		Amount in edible portion of common measures of food		
Nutrients and Unit	s	Mean		umber of Data Deri Points Cod		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	11.010		0	1		26.534	9.359	
14:1		11.010		O	-		20.534	9.339	
15:1									
16:1 undifferentiated	-	0.730		0	1		1.759	0.621	
17:1	-	0.750		ŭ	-		1.755	0.021	
18:1 undifferentiated.		9.940		0	1		23.955	8.449	
20:1		0.220		0	1		0.530	0.187	
22:1 undifferentiated	-	0.220		ŭ	-		0.550	0.107	
24:1 c									
Fatty acids, total polyunsaturated	•	2.010		0	1		4.844	1.709	
18:2 undifferentiated	-	1.780		0	1		4.290	1.513	
18:3 undifferentiated		0.060		0	1		0.145	0.051	
18:4		0.000		· ·	-		0.113	0.031	
20:2 n-6 c,c	-								
20:3 undifferentiated.									
20:4 undifferentiated		0.080		0	1		0.193	0.068	
20:5 n-3		0.000		·	_		0.133	0.000	
22:5 n-3.	-								
22:6 n-3									
Fatty acids, total trans	-								
Cholesterol		92	0.948	15	1		222	78	
Phytosterols	-		0.510		_			. •	
1 lly tosterois									
Amino Acids:									
Tryptophan	g	0.297		0	1		0.716	0.252	
Threonine	g	1.069		0	1		2.576	0.909	
Isoleucine	g	1.096		0	1		2.641	0.932	
Leucine	g	1.878		0	1		4.526	1.596	
Lysine	g	2.104		0	1		5.071	1.788	
Methionine	g	0.620		0	1		1.494	0.527	
Cystine	g	0.298		0	1		0.718	0.253	
Phenylalanine	g	0.934		0	1		2.251	0.794	
Tyrosine	g	0.815		0	1		1.964	0.693	
Valine	g	1.269		0	1		3.058	1.079	
Arginine	g	1.455		0	1		3.507	1.237	
Histidine	g	0.935		0	1		2.253	0.795	
Alanine	g	1.363		0	1		3.285	1.159	
Aspartic acid	g	2.170		0	1		5.230	1.845	
Glutamic acid	g	3.663		0	1		8.828	3.114	
Glycine	g	1.111		0	1		2.678	0.944	
Proline	g	0.940		0	1		2.265	0.799	
Serine	g	0.967		0	1		2.330	0.822	
Hydroxyproline	g								

Common Measures:

Measure 1 = 241g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 32% Bone

		<u>A</u> 1	mount in 100 g	grams	of edik	ole portio	<u>n</u>	Amount in	edible portion	of common
			Nu	ımber				<u>m</u>	easures of food	<u>[</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	63.49		0		1		18.00	287.99	
Energy	=	241		0	NC	4		68	1093	
Energy		1008		U	NC	4		286	4574	
63	=	16.99		0		1		4.82	4574 77.07	
Protein (N x 6.25)	-									
Total lipid (fat)		18.71		0		1		5.30	84.87	
Ash		0.87		0		1		0.25	3.95	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Vimerais: Calcium, Ca	ma	27		0		1		8	122	
Iron, Fe	-	0.89		0		1		0.25	4.04	
Magnesium, Mg	-	18		0		1		5	82	
Phosphorus, P	-	173		0		1		49	785	
Potassium, K		302		0		1		86	1370	
Sodium, Na		58		0		1		16	263	
,	-	2.56		0		1		0.73	11.61	
Zinc, Zn		0.067	7	0		1		0.73	0.304	
Copper, Cu				0		1				
Manganese, Mn		0.011	L	0	D312	1		0.003	0.050	
Selenium, Se	flicg	28.2		U	PAK	1		8.0	127.9	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.7		0		1		0.2	3.2	
Thiamin		0.706	6	0		1		0.200	3.202	
Riboflavin	-	0.247	7	0		1		0.070	1.120	
Niacin		3.880)	0		1		1.100	17.600	
Pantothenic acid		0.668		0		1		0.189	3.030	
Vitamin B-6		0.411	L	0		1		0.117	1.864	
Folate, total	_	4		0		1		1	18	
Folic acid		0		0	z	7		0	0	
Folate, food		4		0	_	1		1	18	
Folate, DFE		4		Ö	NC	4		1	18	
Vitamin B-12		0.75		0	110	1		0.21	3.40	
Vitamin A, IU		8		0		1		2	36	
Vitamin A, RAE		2		0		1		1	11	
Retinol		2		0		1		1	11	
		2		U				1	11	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
vitamini K (priyrioquinone)	Illeg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	6.490)	0		1		1.840	29.439	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.010)	0		1		0.003	0.045	
12:0	g	0.020)	0		1		0.006	0.091	
13:0	g									
14:0	g	0.230)	0		1		0.065	1.043	
15:0	_									
16:0	-	4.040)	0		1		1.145	18.325	
17:0	_									
18:0	_	2.120)	0		1		0.601	9.616	
	_			•		_				
20:0	a									
20:0 22:0	_									

		<u>Aı</u>	mount in 10		ole portio	<u>n</u>	Amount in edible portion of common measures of food		
				Number	_		m	easures of 1000	
Nutrients and Un	its	Mean	Std. Error	of Data Points	 Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	g	8.340		0	1		2.364	37.830	
14:1									
15:1	-	0 520		•			0.150	0 404	
16:1 undifferentiated	_	0.530		0	1		0.150	2.404	
17:1 18:1 undifferentiated		7.650		0	1		2.169	34.700	
		0.140		0	1		0.040	0.635	
20:1	-	0.140		U	_		0.040	0.635	
22:1 undifferentiated 24:1 c									
Fatty acids, total polyunsaturated	•	2.000		0	1		0.567	9.072	
18:2 undifferentiated	-	1.670		0	1		0.473	7.575	
18:3 undifferentiated		0.130		0	1		0.037	0.590	
18:4		0.200		•	-		0.00.	0.000	
20:2 n-6 c,c	_								
20:3 undifferentiated									
20:4 undifferentiated		0.110		0	1		0.031	0.499	
20:5 n-3									
22:5 n-3	_								
22:6 n-3	g								
Fatty acids, total trans	g								
Cholesterol	mg	69		0	1		20	313	
Phytosterols	mg								
Amino Acids:									
Tryptophan	a	0.205		0	1		0.058	0.930	
Threonine		0.760		0	1		0.215	3.447	
Isoleucine		0.773		0	1		0.219	3.506	
Leucine		1.345		0	1		0.381	6.101	
Lysine	-	1.515		0	1		0.430	6.872	
Methionine		0.436		0	1		0.124	1.978	
Cystine		0.211		0	1		0.060	0.957	
Phenylalanine	-	0.673		0	1		0.191	3.053	
Tyrosine		0.572		0	1		0.162	2.595	
Valine		0.911		0	1		0.258	4.132	
Arginine	-	1.086		0	1		0.308	4.926	
Histidine	-	0.649		0	1		0.184	2.944	
Alanine	g	1.004		0	1		0.285	4.554	
Aspartic acid	g	1.550		0	1		0.439	7.031	
Glutamic acid		2.586		0	1		0.733	11.730	
Glycine	g	0.941		0	1		0.267	4.268	
Proline	g	0.756		0	1		0.214	3.429	
Serine	g	0.702		0	1		0.199	3.184	
Hydroxyproline	g								

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 41% Bone 30%, separable fat 11%

		<u>A</u>	mount in 100	grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common		
			N	umber				m	easures of food	
			0	f Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.44		0		1		117.69	50.52	
Energy	_	234		0	NC	4		463	199	
Energy		979				4		1939	832	
Protein (N x 6.25)		26.04		0		1		51.56	22.13	
Total lipid (fat)	-	13.60		0		1		26.93	11.56	
Ash	-	1.35		0		1		2.67	1.15	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total										
Starch	_									
	5									
Minerals:									_	
Calcium, Ca	-	25		0		1		50	21	
Iron, Fe	-	1.38		0		1		2.73	1.17	
Magnesium, Mg		18		0		1		36	15	
Phosphorus, P	-	168		0		1		333	143	
Potassium, K	• • • • • • • • • • • • • • • • • • • •	345		0		1		683	293	
Sodium, Na		63		0		1		125	54	
Zinc, Zn		3.99		0		1		7.90	3.39	
Copper, Cu		0.101		0		1		0.200	0.086	
Manganese, Mn		0.014	4	0		1		0.028	0.012	
Selenium, Se	mcg	44.1		0	BFYN	4		87.3	37.5	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.8		0		1		1.6	0.7	
Thiamin		0.546	6	0		1		1.081	0.464	
Riboflavin		0.283		0		1		0.560	0.241	
Niacin	-	4.090		0		1		8.098	3.477	
Pantothenic acid		0.665		0		1		1.317	0.565	
Vitamin B-6		0.364		0		1		0.721	0.309	
Folate, total		3	_	0		1		6	3	
Folic acid		0		0	z	7		0	0	
Folate, food		3		0	_	1		6	3	
Folate, DFE		3		0	NC	4		6	3	
Vitamin B-12		0.74		0	-1.0	1		1.47	0.63	
Vitamin B-12		7		Ö		1		14	6	
Vitamin A, RAE	mca RAF	2		0		1		4	2	
Retinol		2		0		1		4	2	
Vitamin E (alpha-tocopherol)	-	_		·		_		-	-	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>	_			•		_		0 501		
Fatty acids, total saturated		4.940	J	0		1		9.781	4.199	
4:0										
6:0	-									
8:0 10:0.	-	0.010	•	0		1		0.000	0.000	
		0.010		0		1		0.020	0.009	
12:0		0.010	,	U		1		0.020	0.009	
13:0	-	0 104	1	0		1		0.356	0 153	
14:0	-	0.180	,	0		1		0.356	0.153	
15:0	-	2 004	1	0		1		F 000	0.540	
16:0	-	2.990	,	U		1		5.920	2.542	
17:0	-	1 654	,	^		4		2 067	1 402	
18:0	-	1.650	,	0		1		3.267	1.403	
20:0	-									
22:0	-									
24:0	y									

	<u>Aı</u>	mount in 100 gran	Amount in edible portion of common					
		Numb	er			<u>m</u>	easures of food	
Nutrients and Units	Mean	of Da Std. Error Point		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	5.910	0		1		11.702	5.024	
14:1g	3.310	•		-		11.702	3.024	
15:1 q								
16:1 undifferentiatedg	0.390	0		1		0.772	0.332	
17:1g								
18:1 undifferentiated	5.340	0		1		10.573	4.539	
20:1g	0.120	0		1		0.238	0.102	
22:1 undifferentiatedg								
24:1 cg								
Fatty acids, total polyunsaturatedg	1.070	0		1		2.119	0.910	
18:2 undifferentiatedg	0.950	0		1		1.881	0.808	
18:3 undifferentiatedg	0.030	0		1		0.059	0.026	
18:4g								
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.040	0		1		0.079	0.034	
20:5 n-3g								
22:5 n-3g								
22:6 n-3g								
Fatty acids, total transg								
Cholesterolmg	86	0		1		170	73	
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.331	. 0		1		0.655	0.281	
Threonineg	1.189			1		2.354	1.011	
Isoleucineg	1.219			1		2.414	1.036	
Leucineg	2.089			1		4.136	1.776	
Lysineg	2.342			1		4.637	1.991	
Methionineg	0.689			1		1.364	0.586	
Cystineg	0.332			1		0.657	0.282	
Phenylalanineg	1.039			1		2.057	0.883	
Tyrosineg	0.907			1		1.796	0.771	
Valine	1.413			1		2.798	1.201	
Arginineg	1.619			1		3.206	1.376	
Histidine	1.040			1		2.059	0.884	
Alanineg	1.517			1		3.004	1.289	
Aspartic acidg	2.415			1		4.782	2.053	
Glutamic acid	4.076			1		8.070	3.465	
Glycineg	1.236			1		2.447	1.051	
Proline	1.046			1		2.071	0.889	
Serineg	1.076			1		2.130	0.915	
Hydroxyproline								

Common Measures:

Measure 1 = 198g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 44% Bone 30%, separable fat 14%

		<u>Aı</u>	mount in 100 g	rams	of edil	ole portic	<u>n</u>	Amount in edible portion of common		
			Nu	mber	•			<u>m</u>	easures of food	
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	58.20	0.390	15		1		112.33	49.47	
Energy	kcal	247		0	NC	4		477	210	
Energy	kj	1033				4		1995	878	
Protein (N x 6.25)	g	26.60	0.371	15		1		51.34	22.61	
Total lipid (fat)	g	14.81	0.558	15		1		28.58	12.59	
Ash	g	1.18	0.019	15		1		2.28	1.00	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	29	1.704	5		1		56	25	
Iron. Fe.	_	1.29	0.021	16		1		2.49	1.10	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	24	0.356	5		1		46	20	
Phosphorus, P		221	3.587	5		1		427	188	
Potassium, K	-	349	1.299	16		1		674	297	
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	29	8.540	16		1		56	25	
Zinc, Zn	mg	3.81	0.101	16		1		7.35	3.24	
Copper, Cu	mg	0.086	0.006	16		1		0.166	0.073	
Manganese, Mn		0.013		0		1		0.025	0.011	
Selenium, Se	mcg	42.3	4.472	5	A	1		81.6	36.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		0		1		0.6	0.3	
Thiamin		0.574	0.037	11		1		1.108	0.488	
Riboflavin		0.342	0.020	11		1		0.660	0.291	
Niacin	mg	4.664	0.170	11		1		9.002	3.964	
Pantothenic acid	mg	0.528	3	0		1		1.019	0.449	
Vitamin B-6	mg	0.440)	1		1		0.849	0.374	
Folate, total	mcg	5		0		1		10	4	
Folic acid		0		0	Z	7		0	0	
Folate, food		5		0		1		10	4	
Folate, DFE		5		0	NC	4		10	4	
Vitamin B-12		0.80	0.059	11		1		1.54	0.68	
Vitamin A, IU	IU	8		0		1		15	7	
Vitamin A, RAE		2		0		1		5	2	
Retinol	-	2		0		1		5	2	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
	•••••									
<u>Lipids:</u>	~	F 210		•				10.040	4 514	
Fatty acids, total saturated		5.310)	0		1		10.248	4.514	
4:0 6:0										
8:0	_									
10:0	_	0.010)	21		1		0.019	0.009	
12:0	_	0.010		21		1		0.019	0.009	
13:0	-							3.2-2		
14:0		0.190)	32		1		0.367	0.162	
15:0	-									
16:0	-	3.210)	32		1		6.195	2.729	
17:0	g									
18:0	g	1.780)	32		1		3.435	1.513	
20:0	g									
22:0	-									
24:0	g									

	<u>Aı</u>	mount in 100 gram Numbe		<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean		a Deriv Source		Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	6.460	0	1		12.468	5.491	
14:1g	0.400	V	-		12.400	3.491	
15:1g							
16:1 undifferentiatedg	0.440	32	1		0.849	0.374	
17:1g	0.110	32	-		0.015	0.374	
18:1 undifferentiated	5.810	32	1		11.213	4.939	
20:1	0.140		1		0.270	0.119	
22:1 undifferentiatedg	0.140	13	_		0.270	0.119	
24:1 cg							
Fatty acids, total polyunsaturatedg	1.100	0	1		2.123	0.935	
18:2 undifferentiatedg	0.960		1		1.853	0.816	
18:3 undifferentiated	0.030		1		0.058	0.026	
18:4g	0.030	32	_		0.058	0.020	
20:2 n-6 c.c							
20:3 undifferentiatedg							
20:4 undifferentiated	0.050	32	1		0.097	0.043	
20:5 n-3g	0.030	32	•		0.037	0.043	
20.5 n-3g							
22:6 n-3g							
Fatty acids, total trans							
Cholesterolg	93	0.862 15	1		179	79	
Phytosterols mg	93	0.802 13	_		119	73	
Filytosterois							
Amino Acids:							
Tryptophang	0.338	0	1		0.652	0.287	
Threonineg	1.215	0	1		2.345	1.033	
Isoleucineg	1.246	0	1		2.405	1.059	
Leucineg	2.135	0	1		4.121	1.815	
Lysineg	2.392	0	1		4.617	2.033	
Methionineg	0.704	0	1		1.359	0.598	
Cystineg	0.339	0	1		0.654	0.288	
Phenylalanine	1.062	0	1		2.050	0.903	
Tyrosineg	0.927		1		1.789	0.788	
Valineg	1.443		1		2.785	1.227	
Arginineg	1.654		1		3.192	1.406	
Histidine 9	1.063		1		2.052	0.904	
Alanineg	1.550		1		2.992	1.318	
Aspartic acidg	2.468		1		4.763	2.098	
Glutamic acid	4.165	0	1		8.038	3.540	
Glycineg	1.263		1		2.438	1.074	
Prolineg	1.069		1		2.063	0.909	
Serine	1.099		1		2.121	0.934	
Hydroxyproline	1.000	· ·	-			0.554	

Common Measures:

Measure 1 = 193g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 44% Bone 32%, separable fat 12%

		<u>Aı</u>	mount in 100 gr	rams o	of edib	ole portio	<u>on</u>	Amount in edible portion of common		
			Nur	nber				<u>m</u>	easures of food	
			of I	Data I	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Poi	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.80	0.337	15		1		20.36	325.68	
Energy	-	157		0	NC	4		45	712	
Energy		657				4		186	2980	
Protein (N x 6.25)		19.27	0.344	17		1		5.46	87.41	
Total lipid (fat)	g	8.25	0.463	15		1		2.34	37.42	
Ash		1.00	0.028	13		1		0.28	4.54	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total		0.00		0	z	7		0.00	0.00	
Starch	g									
Minerals:				_		_		_	404	
Calcium, Ca	-	23 1.02	0.925 0.049	5 17		1 1		7 0.29	104 4.63	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	21	0.049	5		1		0.29 6	4.63 95	
Phosphorus, P		191	3.368	5		1		54	866	
Potassium, K		340	6.602	16		1		96	1542	
Sodium, Na		67	1.173	16		1		19	304	
Zinc, Zn		2.95	0.078	16		1		0.84	13.38	
Copper, Cu		0.075		16		1		0.021	0.340	
Manganese, Mn		0.013		0		1		0.004	0.059	
Selenium, Se		32.6	3.054	5	A	1		9.2	147.9	
£7*4 *										
Vitamins:		0.0		•				0.0		
Vitamin C, total ascorbic acid		0.8 0.808	0.046	0 12		1 1		0.2 0.229	3.6 3.665	
ThiaminRiboflavin		0.808		13		1		0.229	1.266	
Niacin		4.324		13		1		1.226	1.266	
Pantothenic acid		0.757		0		1		0.215	3.434	
Vitamin B-6		0.490		1		1		0.139	2.223	
Folate, total	-	4		0		1		1	18	
Folic acid		0		0	z	7		0	0	
Folate, food		4		0		1		1	18	
Folate, DFE		4		0	NC	4		1	18	
Vitamin B-12		0.84	0.055	11		1		0.24	3.81	
Vitamin A, IU		7		0	NC	4		2	30	
Vitamin A, RAE		2		0	NC	4		1	9	
Retinol		2		0	NR	4		1	9	
Vitamin E (alpha-tocopherol)	mg	0.18		0	BFSN	4		0.05	0.82	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	q	2.830		0	NC	4		0.802	12.837	
4:0		0.000		0	z	7		0.000	0.000	
6:0	g	0.000		0	z	7		0.000	0.000	
8:0	g									
10:0	g	0.010		73		1		0.003	0.045	
12:0	g	0.010		75		1		0.003	0.045	
13:0	g									
14:0	g	0.100		378		1		0.028	0.454	
15:0										
16:0		1.820		378		1		0.516	8.256	
17:0										
18:0	=	0.890		378		1		0.252	4.037	
20:0	-									
22:0	-									
24:0	g									

	<u>A</u>	mount in 100 grams		<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Numbe of Data Std. Error Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	3.710	0	NC	4		1.052	16.829	
14:1g						1.002	201025	
15:1g 16:1 undifferentiatedg	0.260	378		1		0.074	1.179	
17:1g	3 300	270		1		0.061	15 277	
18:1 undifferentiated	3.390 0.060			1		0.961 0.017	15.377 0.272	
20:1	0.060	/1		1		0.017	0.272	
24:1 cg								
Fatty acids, total polyunsaturatedg	0.850	0	NC	4		0.241	3.856	
18:2 undifferentiatedg	0.720	378		1		0.204	3.266	
18:3 undifferentiatedg	0.030	190		1		0.009	0.136	
18:4g								
20:2 n-6 c.cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.100	315		1		0.028	0.454	
20:5 n-3g								
22:5 n-3g								
22:6 n-3g								
Fatty acids, total transg								
Cholesterolmg	64	1.290 11		1		18	290	
Phytosterolsmg								
4 . 4 . 1								
Amino Acids:								
Tryptophan	0.245			1		0.069	1.111	
Threonineg	0.880			1		0.249	3.992	
Isoleucineg	0.902			1		0.256	4.091	
Leucine9	1.546			1		0.438	7.013	
Lysineg	1.733			1		0.491	7.861	
Methionine	0.510			1		0.145	2.313	
Cystineg	0.246			1		0.070	1.116	
Phenylalanineg	0.769			1		0.218	3.488	
Tyrosine9	0.671			1		0.190	3.044	
Valineg	1.045			1		0.296	4.740	
Arginineg	1.198			1		0.340	5.434	
Histidineg	0.770			1		0.218	3.493	
Alanineg	1.123			1		0.318	5.094	
Aspartic acidg	1.787			1		0.507	8.106	
Glutamic acid	3.017			1		0.855	13.685	
Glycineg	0.915			1		0.259	4.150	
Prolineg	0.774			1		0.219	3.511	
Serineg	0.796	0		1		0.226	3.611	
Hydroxyproline9								
Others:								
Alcohol, ethyl	0.0	0	z	7		0.0	0.0	
Caffeine mg	0	0	z	7		0	0	
Theobromine mg	0	0	z	7		0	0	
Carotenoids:	·	v	_	•		-	•	
' <u> </u>	_			_				
Carotene, beta mcg	0	0	Z	7		0.000	0.000	
Carotene, alpha mcg	0	0	Z	7		0.000	0.000	
Cryptoxanthin, beta mcg	0	0	Z	7		0.000	0.000	
Lycopene mcg	0	0	Z	7		0.000	0.000	
Lutein + zeaxanthin mcg	0	0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 453.6g: 1 lb NDB No. 10207

Pork, fresh, loin, country-style ribs, separable lean only, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

NDB No. 10052 Pork, fresh, Ioin, sirloin (chops or roasts), bone-in, separable lean and fat, raw

Refuse: 29% Bone

		<u>A</u>	mount in 100) grams	of edil	ole portic	<u>on</u>	Amount in	edible portion o	f common
			ı	Number				<u>m</u>	easures of food	
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
D										
Proximates: Water	a	66.44		0		1		301.37	71.09	
Energy	_	205		0	NC	4		930	219	
Energy		858				4		3891	918	
Protein (N x 6.25)		19.19		0		1		87.05	20.53	
Total lipid (fat)	_	13.63		0		1		61.83	14.58	
Ash		0.98		0		1		4.45	1.05	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total				·	_	•		• • • • • • • • • • • • • • • • • • • •	0.0	
Starch	_									
Staten	9									
Minerals:										
Calcium, Ca	-	17		0		1		77	18	
Iron, Fe	-	0.90		0		1		4.08	0.96	
Magnesium, Mg		22		0		1		100	24	
Phosphorus, P	-	196		0		1		889	210	
Potassium, K	• • • • • • • • • • • • • • • • • • • •	320		0		1		1452	342	
Sodium, Na	-	54		0		1		245	58	
Zinc, Zn		1.86		0		1		8.44	1.99	
Copper, Cu		0.044		0		1		0.200	0.047	
Manganese, Mn		0.013	3	0		1		0.059	0.014	
Selenium, Se	mcg	30.0		0	PAK	1		136.1	32.1	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.8		0		1		3.6	0.9	
Thiamin		0.977	7	0		1		4.432	1.045	
Riboflavin		0.268		0		1		1.216	0.287	
Niacin	-	4.076	6	0		1		18.489	4.361	
Pantothenic acid		0.755		0		1		3.425	0.808	
Vitamin B-6		0.555		0		1		2.517	0.594	
Folate, total		5		0		1		23	5	
Folic acid		0		0	z	7		0	0	
Folate, food		5		0		1		23	5	
Folate, DFE		5		0	NC	4		23	5	
Vitamin B-12		0.64		0		1		2.90	0.68	
Vitamin A, IU		7		0		1		32	7	
Vitamin A, RAE	mca RAE	2		0		1		10	2	
Retinol		2		0		1		10	2	
Vitamin E (alpha-tocopherol)	-									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	α	4.720)	0		1		21.410	5.050	
4:0				-		_				
6:0										
8:0										
10:0	_	0.010)	0		1		0.045	0.011	
12:0	_	0.010		0		1		0.045	0.011	
13:0	_									
14:0	_	0.170)	0		1		0.771	0.182	
15:0	-									
16:0	-	2.940)	0		1		13.336	3.146	
17:0	-									
18:0	-	1.540)	0		1		6.985	1.648	
20:0	_			-		-				
22:0	-									
24:0	-									
= 1.0										

		<u>Ar</u>	mount in 100		edible portio	<u>on</u>		edible portion o	f common
Nutrients and Units		Mean			eriv Source ode Code	Confidence Code	Measure 1	Measure 2	Measure 3
Nutrients and Office)	Wearr	Stu. Ellor ·				Weasure i	Weasure 2	Weasure 3
Fatty acids, total monounsaturated	g	6.070		0	1		27.534	6.495	
14:1	g								
15:1	g								
16:1 undifferentiated	g	0.390		0	1		1.769	0.417	
17:1	g								
18:1 undifferentiated	g	5.570		0	1		25.266	5.960	
20:1	g	0.100		0	1		0.454	0.107	
22:1 undifferentiated	•								
24:1 c	g								
Fatty acids, total polyunsaturated	g	1.460		0	1		6.623	1.562	
18:2 undifferentiated	g	1.210		0	1		5.489	1.295	
18:3 undifferentiated	g	0.100		0	1		0.454	0.107	
18:4	g								
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated	g	0.080		0	1		0.363	0.086	
20:5 n-3	g								
22:5 n-3	g								
22:6 n-3	g								
Fatty acids, total trans									
Cholesterol	• • • • • • • • • • • • • • • • • • • •	67		0	1		304	72	
Phytosterols	mg								
Amino Acids:									
Tryptophan	а	0.236		0	1		1.070	0.253	
Threonine		0.865		0	1		3.924	0.926	
Isoleucine	-	0.882		0	1		4.001	0.944	
Leucine		1.526		0	1		6.922	1.633	
Lysine		1.716		0	1		7.784	1.836	
Methionine	-	0.498		0	1		2.259	0.533	
Cystine	-	0.241		0	1		1.093	0.258	
Phenylalanine		0.762		0	1		3.456	0.815	
Tyrosine		0.654		0	1		2.967	0.700	
Valine	-	1.033		0	1		4.686	1.105	
Arginine		1.215		0	1		5.511	1.300	
Histidine	-	0.745		0	1		3.379	0.797	
Alanine	-	1.128		0	1		5.117	1.207	
Aspartic acid		1.761		0	1		7.988	1.884	
Glutamic acid		2.950		0	1		13.381	3.157	
Glycine	-	1.008		0	1		4.572	1.079	
Proline	-	0.824		0	1		3.738	0.882	
Serine		0.824		0	1		3.597	0.882	
Hydroxyproline	-	0.793		J	_		3.331	0.049	
11ydroxypronne	9								

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 107g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 38% Bone 29%, separable fat 9%

		<u>Aı</u>	mount in 100 gr	rams	of edib	ole portio	<u>n</u>	Amount in	edible portion of	of common
			Nur	nber					easures of food	
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Poi			Code	Code	Measure 1	Measure 2	Measure 3
D										
Proximates: Water	q	72.53	0.255	15		1		329.00	68.18	
Energy	-	142		0	NC	4		644	133	
Energy		594				4		2695	558	
Protein (N x 6.25)		21.06	0.351	11		1		95.53	19.80	
Total lipid (fat)	_	5.76	0.307	15		1		26.13	5.41	
Ash		1.09	0.026	11		1		4.94	1.02	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total		0.00		0	z	7		0.00	0.00	
Starch	-									
Minerals:		4.5		_		_				
Calcium, Ca	_	13	2.308	5		1		59	12	
Iron, Fe.		0.87	0.044	16		1		3.95	0.82	
Magnesium, Mg		26	0.383	13		1		118	24	
Phosphorus, P		218	2.020	13		1 1		989	205	
Potassium, KSodium, Na		370 51	5.052 1.315	36 36		1		1678 231	348 48	
	-	1.85	0.057	16		1		8.39	1.74	
Zinc, Zn Copper, Cu		0.069		16		1		0.313	0.065	
Manganese, Mn		0.003		0		1		0.064	0.013	
Selenium, Se		33.2	3.551	5	A	1		150.6	31.2	
Scientini, Sc	9	55.2	5.552	•		_		200.0	02.12	
Vitamins:										
Vitamin C, total ascorbic acid		0.9		0		1		4.1	0.8	
Thiamin		1.086		15		1		4.926	1.021	
Riboflavin	_	0.292		15		1		1.325	0.274	
Niacin		4.407		16		1		19.990	4.143	
Pantothenic acid		0.828		0		1		3.756	0.778	
Vitamin B-6		0.630	1	1		1		2.858	0.592	
Folate, total		5		0	_	1		23	5	
Folic acid		0		0	Z	7		0	0	
Folate, food		5		0		1		23	5	
Folate, DFE		5	2 244	0	NC	4		23	5	
Vitamin B-12		0.69 7	0.041	10	***	1		3.13	0.65	
Vitamin A, IU	IU	2		0	NC	4 4		30 9	6 2	
Vitamin A, RAE		2		0	NC NR	4		9	2	
Vitamin E (alpha-tocopherol)		0.18		0	BFSN	4		0.80	0.17	
Tocopherol, beta		0.16		U	DESN	4		0.80	0.17	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0	BFSN	4		0.0	0.0	
	-									
<u>Lipids:</u>										
Fatty acids, total saturated		1.990		0	_	1		9.027	1.871	
4:0		0.000		0	z	7		0.000	0.000	
6:0	-	0.000	1	0	Z	7		0.000	0.000	
8:0		0.010		72				0.045	0.000	
10:0	_	0.010 0.010		73 75		1 1		0.045	0.009	
12:0	-	0.010	•	13		1		0.045	0.009	
13:0		0.070		378		1		0.318	0.066	
14:0 15:0		0.070	•	318		1		0.318	0.000	
16:0		1.270	1	378		1		5.761	1.194	
		1.2/0		J / 0		-		3.761	1.194	
17:0 18:0		0.620	1	378		1		2.812	0.583	
20:0		0.020		J / J		_		2.012	0.363	
22:0	_									
24:0	_									
۵۶.∪										

	<u>Ar</u>	nount in 100 grams	of edible port	Amount in edible portion of common			
		Number			<u>m</u>	easures of food	
		of Data	Deriv Source	e Confidence			
Nutrients and Units	Mean	Std. Error Points	Code Code	e Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	2.600	0	1		11.794	2.444	
14:1g							
15:1g							
16:1 undifferentiatedg	0.180	378	1		0.816	0.169	
17:1g							
18:1 undifferentiatedg	2.370	378	1		10.750	2.228	
20:1g	0.040	71	1		0.181	0.038	
22:1 undifferentiatedg							
24:1 cg							
Fatty acids, total polyunsaturatedg	0.620	0	1		2.812	0.583	
18:2 undifferentiatedg	0.500	378	1		2.268	0.470	
18:3 undifferentiatedg	0.020	190	1		0.091	0.019	
18:4g							
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg	0.070	315	1		0.318	0.066	
20:5 n-3g							
22:5 n-3g							
22:6 n-3g							
Fatty acids, total transg							
Cholesterolmg	63	0.965 11	1		286	59	
Phytosterolsmg							
Amino Acido							
Amino Acids:	0.000	•			1 016		
Tryptophan	0.268	0	1		1.216	0.252	
Threonine	0.962	0	1		4.364	0.904	
Isoleucine	0.986	0	1		4.472	0.927	
Leucineg	1.690	0	1		7.666	1.589	
Lysineg	1.894	0	1		8.591	1.780	
Methionine	0.558	0	1		2.531	0.525	
Cystineg	0.269	0	1		1.220	0.253	
Phenylalanineg	0.841	0	1		3.815	0.791	
Tyrosineg	0.734	0	1		3.329	0.690	
Valineg	1.143	0	1		5.185	1.074	
Arginineg	1.309	0	1		5.938	1.230	
Histidine9	0.841	0	1		3.815	0.791	
Alanineg	1.227	0	1		5.566	1.153	
Aspartic acidg	1.953	0	1		8.859	1.836	
Glutamic acidg	3.297	0	1		14.955	3.099	
Glycineg	1.000	0	1		4.536	0.940	
Prolineg	0.846	0	1		3.837	0.795	
Serineg	0.870	0	1		3.946	0.818	
Hydroxyprolineg							
Others:							
Alcohol, ethylg	0.0	0	z 7		0.0	0.0	
Caffeineg	0	0	z 7		0	0.0	
Theobromine mg	0	0	z 7		0	0	
	· ·	3	- /		·	•	
Carotenoids:							
Carotene, betamcg	0	0	z 7		0.000	0.000	
Carotene, alphamcg	0	0	z 7		0.000	0.000	
Cryptoxanthin, betamcg	0	0	z 7		0.000	0.000	
Lycopene mcg	0	0	z 7		0.000	0.000	
Lutein + zeaxanthinmcg	0	0	z 7		0.000	0.000	

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 94g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

NDB No. 10056

Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

NDB No. 10210 Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw

Refuse: 8% Connective tissue

		<u>A</u>	mount in 100	grams	of edik	ole portio	<u>on</u>	Amount in edible portion of common		
			N	lumber				<u>m</u>	easures of food	<u> </u>
			o	of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error P			Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	71.93		0		1		326.27	74.81	
	-	145		0	NC	4		658	151	
Energy		607		U	NC	4		2752		
Energy				•					631	
Protein (N x 6.25)		20.57		0		1		93.31	21.39	
Total lipid (fat)	_	6.31		0		1		28.62	6.56	
Ash		1.06		0		1		4.81	1.10	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:	ma			_		_				
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	13		0		1		59	14	
Iron, Fe	-	0.85		0		1		3.86	0.88	
Magnesium, Mg	-	25		0		1		113	26	
Phosphorus, P		214		0		1		971	223	
Potassium, K	mg	361		0		1		1637	375	
Sodium, Na	-	50		0		1		227	52	
Zinc, Zn	mg	1.81		0		1		8.21	1.88	
Copper, Cu	mg	0.068	3	0		1		0.308	0.071	
Manganese, Mn	mg	0.014	1	0		1		0.064	0.015	
Selenium, Se	mcg	32.4		0	PAK	1		147.0	33.7	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.9		0		1		4.1	0.9	
Thiamin		1.058		0		1		4.799	1.100	
Riboflavin		0.286		0		1		1.297	0.297	
Niacin		4.321		0		1		19.600	4.494	
Pantothenic acid		0.809		0		1		3.670	0.841	
Vitamin B-6	_	0.611	L	0		1		2.771	0.635	
Folate, total	mcg	5		0		1		23	5	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food		5		0		1		23	5	
Folate, DFE	mcg_DFE	5		0	NC	4		23	5	
Vitamin B-12		0.68		0		1		3.08	0.71	
Vitamin A, IU	IU	7		0		1		32	7	
Vitamin A, RAE	mcg_RAE	2		0		1		10	2	
Retinol		2		0		1		10	2	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	q	2.180)	0		1		9.888	2.267	
4:0				-						
6:0										
8:0										
10:0	-	0.010)	0		1		0.045	0.010	
12:0		0.010		0		1		0.045	0.010	
		0.010	-	J		-		0.043	0.010	
13:0	-	0 000	`	^		4		0.363	0 000	
14:0	_	0.080	,	0		1		0.363	0.083	
15:0	-			•		_			<u> </u>	
16:0	_	1.380)	0		1		6.260	1.435	
17:0	_									
18:0	_	0.700)	0		1		3.175	0.728	
20:0	g									
22:0	g									
24:0	g									

		<u>An</u>	nount in 10	<u>0 grams</u> Number		<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units		Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		2.830		0		1		12.837	2.943	
15:1 16:1 undifferentiated 17:1	g	0.190		0		1		0.862	0.198	
18:1 undifferentiated	g g	2.590 0.050		0 0		1 1		11.748 0.227	2.694 0.052	
22:1 undifferentiated 24:1 c Fatty acids, total polyunsaturated	g	0.680		0		1		3.084	0.707	
18:2 undifferentiated	g g	0.560 0.040		0 0		1		2.540 0.181	0.582 0.042	
20:2 n-6 c,c	g g	0.060		0		1		0.272	0.062	
20:5 n-3	g g	0.000		v		1		0.272	0.062	
22:6 n-3 Fatty acids, total trans Cholesterol	g	64		0		1		290	67	
Phytosterols Amino Acids:	mg									
Tryptophan	g	0.259		0		1		1.175	0.269	
Threonine	g	0.936		0		1		4.246	0.973	
Isoleucine	g	0.959		0		1		4.350	0.997	
Leucine	g	1.647		0		1		7.471	1.713	
Lysine	g	1.848		0		1		8.383	1.922	
Methionine	g	0.542		0		1		2.459	0.564	
Cystine	g	0.261		0		1		1.184	0.271	
Phenylalanine		0.820		0		1		3.720	0.853	
Tyrosine	-	0.713		0		1		3.234	0.742	
Valine	g	1.114		0		1		5.053	1.159	
Arginine	g	1.285		0		1		5.829	1.336	
Histidine		0.816		0		1		3.701	0.849	
Alanine	g	1.201		0		1		5.448	1.249	
Aspartic acid		1.903		0		1		8.632	1.979	
Glutamic acid	-	3.207		0		1		14.547	3.335	
Glycine	-	1.002		0		1		4.545	1.042	
Proline	g	0.840		0		1		3.810	0.874	
Serine	-	0.850		0		1		3.856	0.884	
Hydroxyproline	g									

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 104g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

NDB No. 10214 Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw

Refuse: 11% Connective tissue 8%, separable fat 3%

		<u>Aı</u>	mount in 100 g	<u>rams</u> mber		ole portic	<u>on</u>		edible portion of easures of food	
Nutrients and Un	its	Mean		Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		73.55	0.244	14		1		333.62	74.29	
Energy		128		0	NC	4		581	129	
Energy		536	0.251			4 1		2429	541	
Protein (N x 6.25) Total lipid (fat)		21.06 4.22	0.351 0.201	11 14		1		95.53 19.14	21.27 4.26	
Ash	-	1.09	0.026	11		1		4.94	1.10	
Carbohydrate, by difference		0.00	0.020	0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total		0.00		0	z	7		0.00	0.00	
Starch										
Minerals:	ma	10	0.000	-				EC	10	
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	13 0.87	2.308 0.044	5 16		1 1		59 3.95	13 0.88	
Iron, Fe	-	26	0.044	13		1		3.95 118	0.88 26	
Phosphorus, P	_	218	2.020	13		1		989	220	
Potassium, K		370	5.052	36		1		1678	374	
Sodium, Na		51	1.315	36		1		231	52	
Zinc, Zn	mg	1.85	0.057	16		1		8.39	1.87	
Copper, Cu	mg	0.069	0.005	16		1		0.313	0.070	
Manganese, Mn		0.014		0		1		0.064	0.014	
Selenium, Se	mcg	33.2	3.551	5	A	1		150.6	33.5	
Vitamins:										
Vitamin C, total ascorbic acid	<u>mg</u>	0.9		0		1		4.1	0.9	
Thiamin	mg	1.086	0.082	15		1		4.926	1.097	
Riboflavin	mg	0.292	0.015	15		1		1.325	0.295	
Niacin	mg	4.407	0.222	16		1		19.990	4.451	
Pantothenic acid		0.828		0		1		3.756	0.836	
Vitamin B-6		0.630)	1		1		2.858	0.636	
Folate, total		5		0		1		23	5	
Folic acid		0		0	Z	7		0	0	
Folate, food		5 5		0	NG.	1 4		23 23	5	
Folate, DFE		0.69	0.041	0 10	NC	1		3.13	5 0.70	
Vitamin B-12 Vitamin A, IU		7	0.041	0	NC	4		3.13	7	
Vitamin A, RAE	mca RAF	2		0	NC	4		9	2	
Retinol		2		0	NR	4		9	2	
Vitamin E (alpha-tocopherol)		0.17		0	BFSN	4		0.77	0.17	
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0		0	BFSN	4		0.0	0.0	
<u>Lipids:</u>										
Fatty acids, total saturated	g	1.460	1	0		1		6.623	1.475	
4:0		0.000	1	0	Z	7		0.000	0.000	
6:0	g	0.000	1	0	Z	7		0.000	0.000	
8:0	-			_				_		
10:0	-	0.000		73		1		0.000	0.000	
12:0	-	0.000	1	75		1		0.000	0.000	
13:0	-	0.050		378		1		0.227	0.051	
14:0 15:0	-	0.050	•	318		1		0.221	0.051	
16:0	-	0.930	1	378		1		4.218	0.939	
17:0	_	2.230				_		1.220	0.555	
18:0		0.460	1	378		1		2.087	0.465	
20:0										
22:0										
24:0	g									

	<u>A</u>	mount in 100 grams		<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Number of Data Std. Error Points	Deriv Source	e Confidence Code	Measure 1	Measure 2	Measure 3
			_				
Fatty acids, total monounsaturatedg 14:1g	1.910	0	1		8.664	1.929	
15:1	0.130	378	1		0.590	0.131	
17:1	1.730		1		7.847	1.747	
20:1g 22:1 undifferentiatedg	0.030	71	1		0.136	0.030	
24:1 cg Fatty acids, total polyunsaturatedg	0.450	0	1		2.041	0.455	
18:2 undifferentiated	0.370 0.020		1 1		1.678 0.091	0.374 0.020	
18:4g 20:2 n-6 c,cg							
20:3 undifferentiated	0.050	315	1		0.227	0.051	
20:5 n-3							
22:6 n-3							
Cholesterol mg Phytosterols mg	63	0.965 11	1		286	64	
Amino Acids: Tryptophang	0.268	0	1		1.216	0.271	
Threonineg	0.962	. 0	1 1		4.364	0.972 0.996	
Isoleucine	0.986	0	1		7.666	1.707	
Lysine	1.894	0	1		8.591 2.531	1.913	
Cystineg Phenylalanineg	0.269	. 0	1		1.220 3.815	0.272 0.849	
Tyrosineg Valineg	0.734 1.143	0	1		3.329 5.185	0.741	
Arginineg Histidineg	1.309 0.841	. 0	1 1		5.938 3.815	1.322 0.849	
Alanine	1.227	0	1		5.566 8.859	1.239 1.973	
Glutamic acid	3.297 1.000	0	1		14.955	3.330 1.010	
Proline	0.846 0.870		1 1		3.837 3.946	0.854 0.879	
Hydroxyprolineg Others:							
Alcohol, ethylg	0.0	0	z 7 z 7		0.0 0	0.0	
Theobrominemg Carotenoids:	0	0	z 7		0	0	
Carotene, betamcg	0	0	z 7 z 7		0.000	0.000	
Carotene, alpha mcg Cryptoxanthin, beta mcg	0	0	z 7 z 7 z 7		0.000	0.000	
Lycopene	0	0	z 7 z 7		0.000	0.000	

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 101g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)

NDB No. 10214

Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

NDB No. 10053 Pork, fresh, Ioin, sirloin (chops), bone-in, separable lean and fat, cooked, braised

Refuse: 28% Bone

		<u>A</u>	mount in 100 gram	s of edi	ole portio	<u>on</u>	Amount in	edible portion	of common
			Numbe	er			<u>m</u>	easures of food	<u> </u>
				a Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Points		Code	Code	Measure 1	Measure 2	Measure
Proximates:									
Water	g	58.73	0		1		49.92	46.98	
Energy	kcal	245	0	NC	4		208	196	
Energy	kj	1025			4		871	820	
Protein (N x 6.25)	g	25.36	0		1		21.56	20.29	
Total lipid (fat)	g	15.11	0		1		12.84	12.09	
Ash	g	1.33	0		1		1.13	1.06	
Carbohydrate, by difference	g	0.00	0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0	0	Z	7		0.0	0.0	
Sugars, total	g								
Starch	g								
Minerals:	mc	10	•		4		1 =	1.4	
Calcium, Ca	_	18 1.17	0		1 1		15 0.99	14 0.94	
Iron, Fe	_	1.17	0		1		0.99 16	0.94 15	
Magnesium, Mg Phosphorus, P		174	0		1		148	139	
Potassium, K	•	325	0		1		276	260	
Sodium, Na	-	51	0		1		43	41	
Zinc, Zn	-	2.45	0		1		2.08	1.96	
Copper, Cu		0.058			1		0.049	0.046	
Manganese, Mn		0.013			1		0.011	0.010	
Selenium, Se		40.5	0	PIE	4		34.4	32.4	
•									
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid		0.8	0		1		0.7	0.6	
Thiamin		0.655			1		0.557	0.524	
Riboflavin		0.262			1		0.223	0.210	
Niacin		3.797			1		3.227	3.038	
Pantothenic acid		0.649			1		0.552	0.519	
Vitamin B-6	-	0.409			1		0.348	0.327	
Folate, total		3	0		1		3	2	
Folic acid		0	0	Z	7		0	0	
Folate, food	mcg	3	0		1		3	2	
Folate, DFE		3	0	NC	4		3	2	
Vitamin B-12		0.56	0		1		0.48	0.45	
Vitamin A, IU		7	0		1		6	6	
Vitamin A, RAE		2	0		1		2	2	
Retinol		2	0		1		2	2	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, deltaVitamin D									
Vitamin K (phylloquinone)									
									
<u>Lipids:</u>					_				
Fatty acids, total saturated		5.560	0		1		4.726	4.448	
4:0									
6:0									
8:0		0.011						2 22-	
10:0		0.010			1		0.009	0.008	
12:0	_	0.010	0		1		0.009	0.008	
13:0	-	0 100					0.160	0.150	
14:0	-	0.190	0		1		0.162	0.152	
15:0	-	2 422							
16:0	-	3.420	0		1		2.907	2.736	
17:0	-	1 000					1 545	1 450	
18:0		1.820	0		1		1.547	1.456	
20:0	g								
22:0	~								

	<u>Aı</u>	nount in 100 gra		ble portion	1	Amount in edible portion of common measures of food		
		Num		_		<u>m</u>	easures of 1000	
Nutrients and Units	Mean	of D Std. Error Poir			Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	6.560		0	1		5.576	5.248	
14:1g								
15:1g								
16:1 undifferentiatedg	0.430		0	1		0.366	0.344	
17:1g								
18:1 undifferentiatedg	5.950		0	1		5.058	4.760	
20:1g	0.120		0	1		0.102	0.096	
22:1 undifferentiatedg								
24:1 cg								
Fatty acids, total polyunsaturatedg	1.400		0	1		1.190	1.120	
18:2 undifferentiated	1.240		0	1		1.054	0.992	
18:3 undifferentiatedg	0.040		0	1		0.034	0.032	
18:4g								
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.060		0	1		0.051	0.048	
20:5 n-3g								
22:5 n-3g								
22:6 n-3g								
Fatty acids, total trans								
Cholesterolmg	82		0	1		70	66	
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.309		0	1		0.263	0.247	
Threonineg	1.138		0	1		0.967	0.910	
Isoleucineg	1.159		0	1		0.985	0.927	
Leucineg	2.012		0	1		1.710	1.610	
Lysineg	2.264		0	1		1.924	1.811	
Methionineg	0.654		0	1		0.556	0.523	
Cystine9	0.317		0	1		0.269	0.254	
Phenylalanineg	1.006		0	1		0.855	0.805	
Tyrosineg	0.860		0	1		0.731	0.688	
Valineg	1.362		0	1		1.158	1.090	
Arginineg	1.613		0	1		1.371	1.290	
Histidineg	0.976		0	1		0.830	0.781	
Alanineg	1.494		0	1		1.270	1.195	
Aspartic acidg	2.320		0	1		1.972	1.856	
Glutamic acidg	3.879		0	1		3.297	3.103	
Glycineg	1.366		0	1		1.161	1.093	
Prolineg	1.107		0	1		0.941	0.886	
Serineg	1.047		0	1		0.890	0.838	
Hydroxyprolineg								

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 80g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

NDB No. 10054 Pork, fresh, Ioin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled

Refuse: 28% Bone

		<u>A</u>	mount in 10			ole portio	<u> </u>	Amount in edible portion of common measures of food		
Nutrients and Uni	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	56.40		0		1		47.94	42.30	
Energy		259		0	NC	4		220	194	
Energy	kj	1084				4		921	813	
Protein (N x 6.25)		26.65		0		1		22.65	19.99	
Total lipid (fat)	-	16.09		0		1		13.68	12.07	
Ash	g	1.39		0		1		1.18	1.04	
Carbohydrate, by difference	=	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	ma	17		0		1		14	13	
Iron, Fe	-	0.99		0		1		0.84	0.74	
Magnesium, Mg	-	29		0		1		25	22	
Phosphorus, P		246		0		1		209	185	
Potassium, K	•	383		0		1		326	287	
Sodium, Na	-	68		0		1		58	51	
Zinc, Zn		2.57		0		1		2.18	1.93	
Copper, Cu		0.058	3	0		1		0.049	0.044	
Manganese, Mn	mg	0.010)	0		1		0.009	0.008	
Selenium, Se	mcg	47.7		0	PAK	1		40.5	35.8	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.9		0		1		0.8	0.7	
Thiamin	_	0.949	1	0		1		0.807	0.712	
Riboflavin	_	0.345		0		1		0.293	0.259	
Niacin	_	4.516		0		1		3.839	3.387	
Pantothenic acid		0.732		0		1		0.622	0.549	
Vitamin B-6		0.544		0		1		0.462	0.408	
Folate, total		5		0		1		4	4	
Folic acid		0		0	z	7		0	0	
Folate, food		5		0		1		4	4	
Folate, DFE		5		0	NC	4		4	4	
Vitamin B-12		0.75		0		1		0.64	0.56	
Vitamin A, IU		7		0	NC	4		6	5	
Vitamin A, RAE	mcg_RAE	2		0	NC	4		2	2	
Retinol		2		0	NR	4		2	2	
Vitamin E (alpha-tocopherol)	mg	0.30		0	BFSN	4		0.25	0.22	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	a	5.930)	0		1		5.041	4.448	
4:0		0.000		0		1		0.000	0.000	
6:0		0.000		0		1		0.000	0.000	
8:0	-	0.000		0		1		0.000	0.000	
10:0	-	0.010		0		1		0.009	0.008	
12:0	-	0.010		0		1		0.009	0.008	
13:0										
14:0		0.200)	0		1		0.170	0.150	
15:0	-									
16:0		3.650)	0		1		3.103	2.738	
17:0										
18:0		1.940)	0		1		1.649	1.455	
20:0	g									
22:0	g									
24:0	g									

	A			Amount in 100 grams of edible portion								
		Numbe		measures of food								
				Deriv		Confidence						
Nutrients and l	Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3			
F-44	0	6.990	0		1		5.942	5.243				
Fatty acids, total monounsaturat	g	0.330	· ·		-		5.942	3.243				
15:1	g	0.460	0		1		0.391	0.345				
17:1 18:1 undifferentiated		6.330	0		1		5.381	4.748				
20:1	g	0.130	0		1		0.111	0.098				
22:1 undifferentiated	g	0.000	0		1		0.000	0.000				
24:1 c	g											
Fatty acids, total polyunsaturate		1.500			1		1.275	1.125				
18:2 undifferentiated		1.330			1		1.131	0.998				
18:3 undifferentiated		0.040			1		0.034	0.030				
18:4	_	0.000	0		1		0.000	0.000				
20:2 n-6 c,c 20:3 undifferentiated	_											
20:3 undifferentiated	_	0.060	0		1		0.051	0.045				
20:5 n-3	_	0.000			1		0.001	0.000				
22:5 n-3	_	0.000			1		0.000	0.000				
22:6 n-3	_	0.000			1		0.000	0.000				
Fatty acids, total trans		0.000	·		-		0.000	0.000				
Cholesterol		86	0		1		73	65				
Phytosterols												
-												
Amino Acids:												
Tryptophan		0.326			1		0.277	0.245				
Threonine	_	1.197			1		1.017	0.898				
Isoleucine	_	1.220			1		1.037	0.915				
Leucine	_	2.116			1		1.799	1.587				
Lysine		2.380 0.689			1 1		2.023	1.785				
Methionine		0.889			1		0.586 0.284	0.517				
Cystine		1.058			1		0.899	0.251 0.794				
Phenylalanine		0.905			1		0.899	0.794				
Tyrosine		1.432			1		1.217	1.074				
Valine		1.693			1		1.439	1.270				
Histidine		1.028			1		0.874	0.771				
Alanine		1.569			1		1.334	1.177				
Aspartic acid		2.440			1		2.074	1.830				
Glutamic acid		4.082			1		3.470	3.062				
Glycine		1.428			1		1.214	1.071				
Proline		1.160			1		0.986	0.870				
Serine		1.101			1		0.936	0.826				
Hydroxyproline			-		_							
Others:												
Alcohol, ethyl		0.0	0		7		0.0	0.0				
Caffeine		0	0	Z	7		0	0				
Theobromine	g	0	0	Z	7		0	0				
Carotenoids:	mea	^	•		7		0.000	0.000				
Carotene, beta		0	0	z z	7 7		0.000 0.000	0.000				
Carotene, alpha		0	0	z	7		0.000	0.000 0.000				
Cryptoxanthin, beta		0	0	z	7		0.000	0.000				
Lycopene Lutein + zeaxanthin		0	0	Z	7		0.000	0.000				
Lutem + zeaxantnin	g	U	0				0.000	0.000				

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 75g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

NDB No. 10054

Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 36% Bone 28%, separable fat 8%

		<u>A</u>	mount in 100) grams	Amount in edible portion of common						
			N	Number				measures of food			
			=			Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
Durationatory											
Proximates: Water	q	63.16		0		1		53.69	45.48		
Energy	=	197		0	NC	4		167	142		
Energy		824				4		701	593		
Protein (N x 6.25)		27.00		0		1		22.95	19.44		
Total lipid (fat)	-	9.01		0		1		7.66	6.49		
Ash		1.40		0		1		1.19	1.01		
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00		
Fiber, total dietary		0.0		0	z	7		0.0	0.0		
Sugars, total											
Starch	=										
Minerals:				_		_			_		
Calcium, Ca	-	13		0		1		11	9		
Iron, Fe	-	1.27		0		1		1.08	0.91		
Magnesium, Mg		20		0		1		17	14		
Phosphorus, P	-	176		0		1 1		150	127 2 4 2		
Potassium, K		336		0 0		1		286 45	242 38		
Sodium, NaZinc, Zn		53 2.60		0		1		2.21	1.87		
Copper, Cu		0.059	a	0		1		0.050	0.042		
Manganese, Mn		0.014		0		1		0.012	0.012		
Selenium, Se		42.6	•	0	BFYN	4		36.2	30.7		
ŕ				-		_					
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid		0.9		0		1		0.8	0.6		
Thiamin		0.696		0		1		0.592	0.501		
Riboflavin	-	0.281		0		1		0.239	0.202		
Niacin		3.955		0		1		3.362	2.848		
Pantothenic acid		0.690		0		1		0.587	0.497		
Vitamin B-6		0.444	1	0		1		0.377	0.320		
Folate, total		3		0	_	1		3	2		
Folic acid		0 3		0	Z	7 1		0 3	0 2		
Folate, food		3		0 0	NC	4		3	2		
Folate, DFE		0.57		0	NC	1		0.48	0.41		
Vitamin B-12 Vitamin A, IU		7		0		1		6	5		
Vitamin A, RAE	mca RAF	2		0		1		2	2		
Retinol		2		0		1		2	2		
Vitamin E (alpha-tocopherol)	• • • • • • • • • • • • • • • • • • • •	-		·		-		-	-		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	а	3.200)	0		1		2.720	2.304		
4:0				-		_					
6:0											
8:0	-										
10:0	-	0.010)	0		1		0.009	0.007		
12:0		0.010)	0		1		0.009	0.007		
13:0											
14:0	-	0.110)	0		1		0.094	0.079		
15:0	_										
16:0	_	1.980)	0		1		1.683	1.426		
17:0	g										
18:0	g	1.020)	0		1		0.867	0.734		
20:0	g										
22:0	g										
24:0	g										

	<u>Ar</u>	mount in 100		Amount in edible portion of common measures of food					
Nutrients and Units	:	Mean			eriv Source ode Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		3.970		0	1		3.375	2.858	
14:1	-								
15:1		0.000		^			0.000	0.000	
16:1 undifferentiated	-	0.280		0	1		0.238	0.202	
17:1		2 570		^				0.550	
18:1 undifferentiated		3.570		0	1		3.035	2.570	
20:1		0.080		0	1		0.068	0.058	
22:1 undifferentiated	•								
24:1 c	•			•	_			2 - 62	
Fatty acids, total polyunsaturated		0.780		0	1		0.663	0.562	
18:2 undifferentiated		0.680		0	1		0.578	0.490	
18:3 undifferentiated		0.020		0	1		0.017	0.014	
18:4									
20:2 n-6 c,c									
20:3 undifferentiated									
20:4 undifferentiated	-	0.050		0	1		0.043	0.036	
20:5 n-3									
22:5 n-3	-								
22:6 n-3									
Fatty acids, total trans									
Cholesterol		81		0	1		69	58	
Phytosterols	_. mg								
Amino Acids:									
Tryptophan	а	0.343		0	1		0.292	0.247	
Threonine		1.233		0	1		1.048	0.888	
Isoleucine	-	1.264		0	1		1.074	0.910	
Leucine		2.166		0	1		1.841	1.560	
Lysine		2.428		0	1		2.064	1.748	
Methionine	-	0.715		0	1		0.608	0.515	
Cystine	-	0.344		0	1		0.292	0.248	
Phenylalanine		1.078		0	1		0.916	0.776	
Tyrosine		0.941		0	1		0.800	0.678	
Valine	_	1.465		0	1		1.245	1.055	
Arginine		1.403		0	1		1.426	1.208	
Histidine	-	1.079		0	1		0.917	0.777	
Alanine	-	1.573		0	1		1.337	1.133	
		2.504		0	1		2.128	1.133	
Aspartic acid		4.227		0	1		3.593	3.043	
Glutamic acid	-	1.282		0	1		1.090	0.923	
Proline	-	1.282		0	1		0.922		
					1			0.781	
Serine	-	1.115		0	1		0.948	0.803	
Hydroxyproline	9								

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 72g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 36% Bone 28%, separable fat 8%

		<u>A</u>	mount in 100	grams	Amount in edible portion of common					
			N	Number	measures of food					
						Source	Confidence	_		
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	q	60.54		0		1		51.46	40.56	
Energy	_	213		0	NC	4		181	143	
Energy		891				4		758	597	
Protein (N x 6.25)		28.46		0		1		24.19	19.07	
Total lipid (fat)	_	10.12		0		1		8.60	6.78	
Ash		1.47		0		1		1.25	0.98	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total		0.00		0	z	7		0.00	0.00	
Starch										
Minerals:				_		_			_	
Calcium, Ca	-	13		0		1		11	9	
Iron, Fe	-	1.07		0 0		1		0.91	0.72	
Magnesium, Mg		31 257		0		1 1		26 218	21 172	
Phosphorus, P		401		0		1		218 341	172 269	
Potassium, KSodium, Na		401 72		0		1		341 61	269 48	
Zinc, Zn		2.74		0		1		2.33	1.84	
Copper, Cu		0.059	•	0		1		0.050	0.040	
Manganese, Mn		0.010		0		1		0.009	0.007	
Selenium, Se		51.6	5.420		A	1		43.9	34.6	
·										
Vitamins:										
Vitamin C, total ascorbic acid		1.0	_	0		1		0.9	0.7	
Thiamin		1.027		0		1		0.873	0.688	
Riboflavin	_	0.375		0		1		0.319	0.251	
Niacin		4.764 0.783		0 0		1 1		4.049	3.192	
Pantothenic acid		0.783		0		1		0.666 0.507	0.525 0.399	
Vitamin B-6		1	0.000		A	1		1	0.399 1	
Folic acid		0	0.000	0	Z	7		0	0	
Folate, food		1	0.000		A	1		1	1	
Folate, DFE		1	0.000	0	NC	4		1	1	
Vitamin B-12		0.79		0	2.0	1		0.67	0.53	
Vitamin A, IU		7		0	NC	4		6	4	
Vitamin A, RAE	mca RAE	2		0	NC	4		2	1	
Retinol		2		0	NR	4		2	1	
Vitamin E (alpha-tocopherol)		0.27		0	BFSN	4		0.23	0.18	
Tocopherol, beta		0.00	0.000	0 8	A	1		0.00	0.00	
Tocopherol, gamma		0.05	0.00	6 8	A	1		0.04	0.03	
Tocopherol, delta		0.00	0.000	0 8	A	1		0.00	0.00	
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0		0	BFSN	4		0.0	0.0	
<u>Lipids:</u>										
Fatty acids, total saturated	g	3.610)	0		1		3.069	2.419	
4:0	_	0.000)	0		1		0.000	0.000	
6:0	g	0.000)	0		1		0.000	0.000	
8:0	-	0.000)	0		1		0.000	0.000	
10:0	g	0.010)	0		1		0.009	0.007	
12:0		0.010)	0		1		0.009	0.007	
13:0	_									
14:0	_	0.120)	0		1		0.102	0.080	
15:0	_									
16:0	_	2.240)	0		1		1.904	1.501	
17:0	_			_		_		_	_	
18:0	-	1.160)	0		1		0.986	0.777	
20:0	_									
22:0	_									
24:0	y									

		<u>Ar</u>	nount in 100		Amount in edible portion of common measures of food					
				Number		0	Confidence	1111	easures or roou	
Nutrients and Ur	nits	Mean	Std. Error	of Data Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	4.450		0		1		3.783	2.982	
14:1		11100		·		_		3.703	2.302	
15:1	g									
16:1 undifferentiated	g	0.310		0		1		0.264	0.208	
17:1	_									
18:1 undifferentiated	-	4.000		0		1		3.400	2.680	
20:1	_	0.090		0		1		0.077	0.060	
22:1 undifferentiated	•	0.000		0		1		0.000	0.000	
24:1 c										
Fatty acids, total polyunsaturated	g	0.890		0		1		0.757	0.596	
18:2 undifferentiated		0.770		0		1		0.655	0.516	
18:3 undifferentiated		0.020		0		1		0.017	0.013	
18:4	-	0.000		0		1		0.000	0.000	
20:2 n-6 c,c	-									
20:3 undifferentiated										
20:4 undifferentiated	-	0.050		0		1		0.043	0.034	
20:5 n-3	_	0.000		0		1		0.000	0.000	
22:5 n-3		0.000		0		1		0.000	0.000	
22:6 n-3	g	0.000		0		1		0.000	0.000	
Fatty acids, total trans										
Cholesterol		85		0		1		72	57	
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.362		0		1		0.308	0.243	
Threonine		1.300		0		1		1.105	0.871	
Isoleucine	-	1.333		0		1		1.133	0.893	
Leucine		2.283		0		1		1.941	1.530	
Lysine	-	2.559		0		1		2.175	1.715	
Methionine		0.754		0		1		0.641	0.505	
Cystine		0.363		0		1		0.309	0.243	
Phenylalanine		1.136		0		1		0.966	0.761	
Tyrosine		0.992		0		1		0.843	0.665	
Valine	-	1.544		0		1		1.312	1.034	
Arginine	_	1.769		0		1		1.504	1.185	
Histidine		1.137		0		1		0.966	0.762	
Alanine		1.658		0		1		1.409	1.111	
Aspartic acid		2.640		0		1		2.244	1.769	
Glutamic acid		4.455		0		1		3.787	2.985	
Glycine		1.351		0		1		1.148	0.905	
Proline		1.143		0		1		0.972	0.766	
Serine	-	1.143		0		1		1.000	0.788	
Hydroxyproline	-	1.170		U		_		1.000	0.788	
пушохургонне	9									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine	mg	0		0	Z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	
Carotenoids:										
<u> </u>	mca	0		0	Z	7		0.000	0.000	
Carotene, beta		0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	z	7		0.000	0.000	
Lycopene	_	0		0	Z	7		0.000	0.000	
LycopeneLutein + zeaxanthin		0		0	Z	7		0.000	0.000	
Luiciii + Zcaxantiiiii		0			4	,		0.000	0.000	

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 67g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

NDB No. 10058

Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

NDB No. 10211 Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised

Refuse: 3% Connective tissue

		<u>A</u>	mount in 100	grams	Amount in edible portion of common					
			N	Number	measures of food					
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure :
Duovimatori										
Proximates: Water	a	63.60		0		1		54.06	52.15	
Energy	_	189		0	NC	4		161	155	
Energy		791				4		672	648	
Protein (N x 6.25)		26.54		0		1		22.56	21.76	
Total lipid (fat)	-	8.38		0		1		7.12	6.87	
Ash		1.38		0		1		1.17	1.13	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total		0.00		0	Z	7		0.00	0.00	
Starch	_									
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	13		0		1		11	11	
Iron, Fe	-	1.09		0		1		0.93	0.89	
Magnesium, Mg		21		0		1		18	17	
Phosphorus, P		181 352		0 0		1 1		154 299	148 289	
Potassium, K Sodium, Na		352 46		0		1		39	289 38	
Zinc, Zn		2.34		0		1		1.99	1.92	
Copper, Cu		0.088	3	0		1		0.075	0.072	
Manganese, Mn		0.014		0		1		0.012	0.011	
Selenium, Se		41.7		0	PIE	4		35.4	34.2	
Vitamins:										
Vitamin C, total ascorbic acid		0.8		0		1		0.7	0.7	
Thiamin	-	0.685		0		1		0.582	0.562	
Riboflavin		0.275		0		1		0.234	0.226	
Niacin		3.911		0		1		3.324	3.207	
Pantothenic acid		0.679		0		1		0.577	0.557	
Vitamin B-6	-	0.434	l .	0		1		0.369	0.356	
Folate, total		3 0		0 0	z	1 7		3 0	2 0	
Folic acidFolate, food		3		0	4	1		3	2	
Folate, DFE		3		0	NC	4		3	2	
Vitamin B-12		0.57		0	NO	1		0.48	0.47	
Vitamin A, IU		7		0	NC	4		6	5	
Vitamin A, RAE		2		0	NC	4		2	2	
Retinol		2		o	NR	4		2	2	
Vitamin E (alpha-tocopherol)		0.21		0	BFSN	4		0.18	0.17	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:		2 022	`	^				0.536	0.405	
Fatty acids, total saturated		3.030		0 0		1 1		2.576	2.485	
4:0		0.000		0		1		0.000	0.000	
6:0 8:0	-	0.000		0		1		0.000 0.000	0.000 0.000	
10:0		0.000		0		1		0.009	0.000	
12:0	-	0.010		0		1		0.009	0.008	
13:0		0.010	-	v		-		3.003	0.000	
14:0		0.100)	0		1		0.085	0.082	
15:0	-			-		-		0.000	3.002	
16:0		1.870)	0		1		1.590	1.533	
17:0										
18:0	-	0.980)	0		1		0.833	0.804	
20:0	-									
22:0	-									
24:0	g									

		<u>A</u>	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
				Number of Data		Source	Confidence	<u>m</u>	easures of food	
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	itedg	3.660	1	0		1		3.111	3.001	
14:1	_									
15:1 16:1 undifferentiated	_	0.250)	0		1		0.213	0.205	
17:1	_	0.200		·		_		0.225	0.200	
18:1 undifferentiated	g	3.310)	0		1		2.814	2.714	
20:1	_	0.070		0		1		0.060	0.057	
22:1 undifferentiated	•	0.000)	0		1		0.000	0.000	
24:1 cFatty acids, total polyunsaturate		0.750		0		1		0.638	0.615	
18:2 undifferentiated		0.660		0		1		0.561	0.541	
18:3 undifferentiated		0.020		0		1		0.017	0.016	
18:4		0.000	1	0		1		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	_									
20:4 undifferentiated	_	0.040		0		1		0.034	0.033	
20:5 n-3		0.000		0		1		0.000	0.000	
22:5 n-3		0.000		0 0		1 1		0.000	0.000	
22:6 n-3		0.000		U		1		0.000	0.000	
Fatty acids, total trans Cholesterol		81		0		1		69	66	
Phytosterols	_	01		·		-		0,5	00	
-	······ 3									
Amino Acids:				_		_				
Tryptophan		0.334		0 0		1 1		0.284	0.274	
Threonine	_	1.206 1.235		0		1		1.025 1.050	0.989 1.013	
Isoleucine	_	2.123		0		1		1.805	1.741	
Lysine	-	2.382		0		1		2.025	1.953	
Methionine		0.698		0		1		0.593	0.572	
Cystine		0.337	,	0		1		0.286	0.276	
Phenylalanine	g	1.058	1	0		1		0.899	0.868	
Tyrosine	g	0.918	1	0		1		0.780	0.753	
Valine	_	1.436		0		1		1.221	1.178	
Arginine		1.660		0		1		1.411	1.361	
Histidine	-	1.050		0		1		0.893	0.861	
Alanine		1.551 2.453		0 0		1 1		1.318 2.085	1.272	
Aspartic acidGlutamic acid		4.129		0		1		3.510	2.011 3.386	
Glycine	• • • • • • • • • • • • • • • • • • • •	1.306		0		1		1.110	1.071	
Proline		1.091		0		1		0.927	0.895	
Serine	_	1.096		0		1		0.932	0.899	
Hydroxyproline										
Others:										
Alcohol, ethyl	a	0.0		0		7		0.0	0.0	
Caffeine		0.0		0	z	7		0.0	0.0	
Theobromine		0		0	z	7		0	0	
Carotenoids:	J							-	•	
	mea	0		0	z	7		0.000	0.000	
Carotene, beta		0		0	z Z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	
Lycopene		0		0	z	7		0.000	0.000	
Lutein + zeaxanthin		0		0	z	7		0.000	0.000	

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 82g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)

Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

NDB No. 10212 Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled

Refuse: 7% Connective tissue

		<u>A</u>	mount in 100 gra		ble porti	<u>on</u>	_	edible portion of easures of food	
Nutrients and Uni	its	Mean		ta Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water		60.11	0.756 1		1		51.09	44.48	
Energy		208	() NC			177	154	
Energy		870	0 E00 1		4 1		740	644	
Protein (N x 6.25) Total lipid (fat)	-	30.52 8.60	0.588 1 0.472 1		1		25.94 7.31	22.58 6.36	
Ash	-	1.32	0.032 1		1		1.12	0.98	
Carbohydrate, by difference		0.00	0.032		7		0.00	0.98	
Fiber, total dietary	-	0.0			7		0.0	0.0	
Sugars, total		0.00			7		0.00	0.00	
Starch								0.00	
Minerals:					_		4-	4.0	
Calcium, Ca	-	18 1.21	(1 1		15 1.03	13 0.90	
Iron, FeMagnesium, Mg	-	27	(1		23	20	
Phosphorus, P		243	(1		207	180	
Potassium, K	•	372	(1		316	275	
Sodium, Na	-	56			1		48	41	
Zinc, Zn		2.62	()	1		2.23	1.94	
Copper, Cu	-	0.053)	1		0.045	0.039	
Manganese, Mn		0.003)	1		0.003	0.002	
Selenium, Se	mcg	50.5	(PAK	1		42.9	37.4	
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.4	()	1		0.3	0.3	
Thiamin	-	1.009			1		0.858	0.747	
Riboflavin	-	0.393			1		0.334	0.291	
Niacin	-	4.697	,)	1		3.992	3.476	
Pantothenic acid		0.883)	1		0.751	0.653	
Vitamin B-6	mg	0.526	;)	1		0.447	0.389	
Folate, total	mcg	6	()	1		5	4	
Folic acid		0	(Z	7		0	0	
Folate, food		6	(1		5	4	
Folate, DFE		6	(4		5	4	
Vitamin B-12		0.83	(1		0.71	0.61	
Vitamin A, IU	IU	7	(4		6	5	
Vitamin A, RAE		2 2	(4 4		2 2	1	
Retinol		0.27	(0.23	1 0.20	
Vitamin E (alpha-tocopherol) Tocopherol, beta		0.27	,	DESI	4		0.23	0.20	
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	mcg	0.0	(BFSN	1 4		0.0	0.0	
Linida									
Lipids: Fatty acids, total saturated	a	2.880) (1	1		2.448	2.131	
4:0		0.000			1		0.000	0.000	
6:0		0.000			1		0.000	0.000	
8:0.	_	0.000			1		0.000	0.000	
10:0		0.010)	1		0.009	0.007	
12:0	_	0.010)	1		0.009	0.007	
13:0	_								
14:0	g	0.100))	1		0.085	0.074	
15:0	g								
16:0	g	1.790	()	1		1.522	1.325	
17:0									
18:0	_	0.890	()	1		0.757	0.659	
20:0	_								
22:0	_								
24:0	g								

				0 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common measures of food			
				Number of Data	Deriv		Confidence	<u>m</u>	easures of food		
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsatur	atedg	3.750	1	0		1		3.188	2.775		
14:1	_										
15:1 16:1 undifferentiated	_	0.280	1	0		1		0.238	0.207		
17:1	_					_					
18:1 undifferentiated 20:1	_	3.350 0.080		0 0		1 1		2.848 0.068	2.479 0.059		
20:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.080		0		1		0.068	0.059		
24:1 c	•	0.000	•	Ü		-		0.000	0.000		
Fatty acids, total polyunsaturat		0.690	1	0		1		0.587	0.511		
18:2 undifferentiated		0.560	1	0		1		0.476	0.414		
18:3 undifferentiated	g	0.020)	0		1		0.017	0.015		
18:4	g	0.000	1	0		1		0.000	0.000		
20:2 n-6 c,c	_										
20:3 undifferentiated	_										
20:4 undifferentiated	_	0.070		0		1		0.060	0.052		
20:5 n-3	_	0.000		0		1		0.000	0.000		
22:5 n-3		0.000		0 0		1 1		0.000	0.000		
22:6 n-3		0.000		U		1		0.000	0.000		
Fatty acids, total trans Cholesterol		91	3.83	8 14		1		77	67		
Phytosterols	_	71	5.05	.0 14		-		,,	07		
-											
Amino Acids:											
Tryptophan		0.388		0		1		0.330	0.287		
Threonine	-	1.394		0		1		1.185	1.032		
Isoleucine	_	1.429 2.449		0 0		1 1		1.215 2.082	1.057		
LeucineLysine	_	2.745		0		1		2.333	1.812 2.031		
Methionine		0.808		0		1		0.687	0.598		
Cystine		0.389		0		1		0.331	0.288		
Phenylalanine		1.218		0		1		1.035	0.901		
Tyrosine		1.063		0		1		0.904	0.787		
Valine	-	1.656		0		1		1.408	1.225		
Arginine	_	1.897	,	0		1		1.612	1.404		
Histidine	g	1.219)	0		1		1.036	0.902		
Alanine	g	1.778	1	0		1		1.511	1.316		
Aspartic acid	g	2.831		0		1		2.406	2.095		
Glutamic acid		4.778		0		1		4.061	3.536		
Glycine	-	1.449		0		1		1.232	1.072		
Proline	_	1.226		0		1		1.042	0.907		
Serine		1.261		0		1		1.072	0.933		
Hydroxyproline	g										
Others:											
Alcohol, ethyl	g	0.0		0		7		0.0	0.0		
Caffeine	-	0		0	Z	7		0	0		
Theobromine	mg	0		0	z	7		0	0		
Carotenoids:											
Carotene, beta	mcg	0		0	z	7		0.000	0.000		
Carotene, alpha		0		0	z	7		0.000	0.000		
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000		
Lycopene	mcg	0		0	z	7		0.000	0.000		
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000		

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 74g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)

Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 6% Connective tissue 3%, separable fat 3%

		<u>Aı</u>	mount in 100 g	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nι	umber				<u>m</u> :	easures of food		
			of	f Data	Deriv	Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error P			Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	64.90		0		1		55.17	51.92		
Energy	_	175		0	NC	4		149	140		
Energy		732		Ū	NC	4		622	586		
		27.00		0		1		22.95			
Protein (N x 6.25)									21.60		
Total lipid (fat)	-	6.60		0		1		5.61	5.28		
Ash		1.40		0		1		1.19	1.12		
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0		
Sugars, total	g										
Starch	g										
<u>Minerals:</u>											
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	13		0		1		11	10		
Iron, Fe	-	1.11		0		1		0.94	0.89		
Magnesium, Mg	mg	22		0		1		19	18		
Phosphorus, P	mg	182		0		1		155	146		
Potassium, K	mg	356		0		1		303	285		
Sodium, Na	mg	46		0		1		39	37		
Zinc, Zn	mg	2.37		0		1		2.01	1.90		
Copper, Cu	mg	0.089	9	0		1		0.076	0.071		
Manganese, Mn	mg	0.014	1	0		1		0.012	0.011		
Selenium, Se		42.6		0	BFYN	4		36.2	34.1		
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.9		0		1		0.8	0.7		
Thiamin	mg	0.696	5	0		1		0.592	0.557		
Riboflavin	mg	0.281	L	0		1		0.239	0.225		
Niacin	mg	3.955	5	0		1		3.362	3.164		
Pantothenic acid		0.690)	0		1		0.587	0.552		
Vitamin B-6		0.444		0		1		0.377	0.355		
Folate, total	-	3	-	0		1		3	2		
Folic acid		0		0	z	7		0	0		
Folate, food		3		0	_	1		3	2		
Folate, DFE		3		0	NC	4		3	2		
		0.57		0	NC			0.48	0.46		
Vitamin B-12				-		1					
Vitamin A, IU		7		0		1		6	6		
Vitamin A, RAE		2		0		1		2	2		
Retinol		2		0		1		2	2		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
<u>Lipids:</u>	~			•		_		1 000			
Fatty acids, total saturated		2.340	J	0		1		1.989	1.872		
4:0											
6:0	-										
8:0	-										
10:0		0.000		0		1		0.000	0.000		
12:0	g	0.000)	0		1		0.000	0.000		
13:0	g										
14:0	g	0.080)	0		1		0.068	0.064		
15:0	-										
16:0	-	1.450)	0		1		1.233	1.160		
17:0	-										
18:0	-	0.750)	0		1		0.638	0.600		
20:0	-	0.750	-	•		-		3.050	0.000		
4v.V	-										
22:0	a										

		<u>Aı</u>	mount in 10		of edil	ole portio	<u>n</u>	Amount in edible portion of common measures of food			
				Number		_		<u>m</u>	easures of 1000		
Nutrients and Un	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated.	g	2.900		0		1		2.465	2.320		
14:1											
15:1	-										
16:1 undifferentiated	_	0.200		0		1		0.170	0.160		
17:1		2.610		0		1		0.010	0.000		
18:1 undifferentiated		0.060		0		1		2.219	2.088		
20:1	-	0.060		U		1		0.051	0.048		
22:1 undifferentiated 24:1 c											
Fatty acids, total polyunsaturated	•	0.570		0		1		0.485	0.456		
18:2 undifferentiated	-	0.500		0		1		0.425	0.400		
18:3 undifferentiated		0.010		0		1		0.009	0.008		
18:4		0.010		v		-		0.003	0.000		
20:2 n-6 c,c	_										
20:3 undifferentiated											
20:4 undifferentiated		0.030		0		1		0.026	0.024		
20:5 n-3											
22:5 n-3	_										
22:6 n-3	g										
Fatty acids, total trans	g										
Cholesterol	mg	81		0		1		69	65		
Phytosterols	mg										
Amino Acids:											
Tryptophan	a	0.343		0		1		0.292	0.274		
Threonine		1.233		0		1		1.048	0.274		
Isoleucine		1.264		0		1		1.074	1.011		
Leucine		2.166		0		1		1.841	1.733		
Lysine		2.428		0		1		2.064	1.942		
Methionine		0.715		0		1		0.608	0.572		
Cystine		0.344		0		1		0.292	0.275		
Phenylalanine	-	1.078		0		1		0.916	0.862		
Tyrosine		0.941		0		1		0.800	0.753		
Valine		1.465		0		1		1.245	1.172		
Arginine		1.678		0		1		1.426	1.342		
Histidine	_	1.079		0		1		0.917	0.863		
Alanine	-	1.573		0		1		1.337	1.258		
Aspartic acid	-	2.504		0		1		2.128	2.003		
Glutamic acid		4.227		0		1		3.593	3.382		
Glycine	-	1.282		0		1		1.090	1.026		
Proline	g	1.085		0		1		0.922	0.868		
Serine	g	1.115		0		1		0.948	0.892		
Hydroxyproline	g										

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 80g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

NDB No. 10216 Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled

Refuse: 10% Connective tissue 7%, separable fat 3%

		<u>Aı</u>	mount in 100 g	<u>rams</u> mber		ole portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Uni	its	Mean		Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	61.43	0.720	14		1		52.22	43.62	
Energy		193		0	NC	4		164	137	
Energy	kj	808				4		686	573	
Protein (N x 6.25)		31.13	0.470	14		1		26.46	22.10	
Total lipid (fat)		6.67	0.360	14		1		5.67	4.74	
Ash	9	1.37	0.034	14		1		1.16	0.97	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	18	4.602	5		1		15	13	
Iron, Fe	_	1.24	0.039	5		1		1.05	0.88	
Magnesium, Mg	-	27	0.790	5		1		23	19	
Phosphorus, P	_	246	7.269	5		1		209	175	
Potassium, K		377	11.977	5		1		320	268	
Sodium, Na		56	2.980	5		1		48	40	
Zinc, Zn		2.66	0.104	5		1		2.26	1.89	
Copper, Cu	mg	0.053	0.019	5		1		0.045	0.038	
Manganese, Mn	mg	0.010	1	0		1		0.009	0.007	
Selenium, Se	mcg	51.6	5.420	5	A	1		43.9	36.6	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.4		0		1		0.3	0.3	
Thiamin	-	1.030		0		1		0.876	0.731	
Riboflavin	-	0.402		0		1		0.342	0.285	
Niacin		4.764		0		1		4.049	3.382	
Pantothenic acid		0.906		0		1		0.770	0.643	
Vitamin B-6		0.540		0		1		0.459	0.383	
Folate, total		6		0		1		5	4	
Folic acid		0		0	z	7		0	0	
Folate, food		6		0		1		5	4	
Folate, DFE		6		0	NC	4		5	4	
Vitamin B-12		0.84		0		1		0.71	0.60	
Vitamin A, IU		7		0	NC	4		6	5	
Vitamin A, RAE	mcg_RAE	2		0	NC	4		2	1	
Retinol		2		0	NR	4		2	1	
Vitamin E (alpha-tocopherol)	mg	0.26		0	BFSN	4		0.22	0.19	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	2.220	1	0		1		1.887	1.576	
4:0		0.000		0		1		0.000	0.000	
6:0		0.000		0		1		0.000	0.000	
8:0	_	0.000		0		1		0.000	0.000	
10:0	_	0.000		14		1		0.000	0.000	
12:0	-	0.000		14		1		0.000	0.000	
13:0	_									
14:0		0.070	ı	14		1		0.060	0.050	
15:0	_									
16:0		1.380	1	14		1		1.173	0.980	
17:0	g									
18:0		0.690	ı	14		1		0.587	0.490	
20:0										
22:0	g									
24:0	q									

		Amount in 1	00 grams		ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Erro	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fotty saids total management world	.g 2.9	10	0		1		2.474	2.066		
Fatty acids, total monounsaturated	g	10	Ū		-		2.4/4	2.000		
15:1	g 0.2	20	14		1		0.187	0.156		
17:1	-	00	14		1		2.210	1.846		
20:1	-		14 0		1 1		0.051 0.000	0.043 0.000		
24:1 cFatty acids, total polyunsaturated		30	0		1		0.451	0.376		
18:2 undifferentiated	g 0.4	30	14		1		0.366	0.305		
18:3 undifferentiated	g 0.0		14 0		1 1		0.009 0.000	0.007 0.000		
20:2 n-6 c,c 20:3 undifferentiated										
20:4 undifferentiated 20:5 n-3	_		14 0		1 1		0.051 0.000	0.043 0.000		
22:5 n-3	g 0.0		0		1 1		0.000	0.000		
Fatty acids, total trans	g				1		78	65		
CholesterolPhytosterols	5	4.	032 14		1		78	65		
Amino Acids:	.g 0.3	n E	0		1		0.336	0.000		
TryptophanThreonine			0		1		1.209	0.280 1.010		
Isoleucine	_		0 0		1 1		1.239 2.123	1.035 1.774		
Lysine Methionine			0		1 1		2.379 0.700	1.987 0.585		
Cystine	g 0.3	97	0		1		0.337	0.282		
Phenylalanine Tyrosine			0 0		1 1		1.057 0.922	0.883 0.770		
Valine	_		0 0		1 1		1.436 1.645	1.199 1.374		
Histidine	g 1.2		0 0		1 1		1.057 1.542	0.883 1.288		
Aspartic acid	g 2.8	87	0		1		2.454	2.050		
Glutamic acidGlycine	_		0 0		1 1		4.142 1.256	3.460 1.049		
Proline	_		0 0		1 1		1.063 1.093	0.888 0.913		
Hydroxyproline	g									
Others: Alcohol, ethyl	g 0.0		0		7		0.0	0.0		
Caffeine Theobromine	mg 0		0	z z	7 7		0 0	0 0		
Carotenoids:	9		v	4	,		v	J		
Carotene, beta			0	z z	7 7		0.000	0.000		
Cryptoxanthin, beta	mcg 0		0	Z	7		0.000	0.000		
LycopeneLutein + zeaxanthin			0 0	z z	7 7		0.000 0.000	0.000 0.000		

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 71g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)

Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 31% Bone

		<u>A</u> 1	mount in 100 g	rams	of edib	ole portio	<u>on</u>	Amount in edible portion of common			
			Nu	ımbeı	r			<u>m</u>	easures of food		
					Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	56.36	0.502	15		1		130.19	47.91		
Energy	_	261	0.002	0	NC	4		603	222		
Energy		1092		U	NC	4		2523	928		
			0.066	1 5		-		62.92			
Protein (N x 6.25)		27.24	0.266	15		1			23.15		
Total lipid (fat)		16.02	0.380	15		1		37.01	13.62		
Ash		1.08	0.028	15		1		2.49	0.92		
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0		
Sugars, total	g										
Starch	g										
Minarals											
Minerals:	ma	23		0		1		53	20		
Calcium, Ca	-	1.04		0		1		2.40	0.88		
· ·	-	24		0		1		55			
Magnesium, Mg		220		0		1		55 508	20 187		
Phosphorus, P	_					1		508 809			
Potassium, K	_	350		0		_			298		
Sodium, Na	_	60		0		1		139	51		
Zinc, Zn		2.43		0		1		5.61	2.07		
Copper, Cu		0.083		0		1		0.192	0.071		
Manganese, Mn		0.003	3	0		1		0.007	0.003		
Selenium, Se	mcg	40.4		0	PAK	1		93.3	34.3		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.3		0		1		0.7	0.3		
Thiamin		0.748	1	0		1		1.728	0.636		
Riboflavin		0.312		0		1		0.721	0.265		
Niacin		5.250		0		1		12.128	4.463		
Pantothenic acid	-	0.579		0		1		1.337	0.492		
		0.373		0		1		0.887			
Vitamin B-6	_								0.326		
Folate, total		6		0	_	1		14	5		
Folic acid		0		0	Z	7		0	0		
Folate, food	mcg	6		0		1		14	5		
Folate, DFE		6		0	NC	4		14	5		
Vitamin B-12		0.76		0		1		1.76	0.65		
Vitamin A, IU		8		0		1		18	7		
Vitamin A, RAE		2		0		1		6	2		
Retinol	mcg	2		0		1		6	2		
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Vitamin D	IU										
Vitamin K (phylloquinone)	mcg										
inida											
Lipids:		5.690		_				13.144	4 005		
Fatty acids, total saturated		5.690	,	0		1		13.144	4.837		
4:0											
6:0											
8:0				_		_					
10:0		0.010		0		1		0.023	0.009		
12:0		0.010)	0		1		0.023	0.009		
13:0	_										
14:0	_	0.200)	0		1		0.462	0.170		
15:0	_										
16:0	g	3.530)	0		1		8.154	3.001		
17:0	g										
18:0	g	1.820)	0		1		4.204	1.547		
20:0	g										
22:0	g										
24:0	g										

	<u>Aı</u>	nount in 100 grams	of edible portion	<u>on</u>	Amount in edible portion of common measures of food			
		Number			<u></u>	easures or roou		
Nutrients and Units	Mean	Std. Error Points	Deriv Source Code Code	Confidence	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	7.020	0	1		16.216	5.967		
14:19								
15:1g								
16:1 undifferentiatedg	0.500	0	1		1.155	0.425		
17:1g								
18:1 undifferentiatedg	6.320	0	1		14.599	5.372		
20:1g	0.130	0	1		0.300	0.111		
22:1 undifferentiatedg								
24:1 cg		_						
Fatty acids, total polyunsaturatedg	1.380	0	1		3.188	1.173		
18:2 undifferentiatedg	1.220	0	1		2.818	1.037		
18:3 undifferentiatedg	0.030	0	1		0.069	0.026		
18:4g								
20:2 n-6 c,c								
20:3 undifferentiated	0.070	0	1		0.162	0.060		
20:4 undifferentiated	0.070	U	1		0.162	0.060		
20:5 n-3g 22:5 n-3g								
22:6 n-3								
Fatty acids, total trans								
Cholesterolg	87	0.875 30	1		201	74		
Phytosterols mg		0.0.0	_					
Amino Acids:								
Tryptophang	0.346	0	1		0.799	0.294		
Threonineg	1.244	0	1		2.874	1.057		
Isoleucine 9	1.276	0	1		2.948	1.085		
Leucineg	2.186	0	1		5.050	1.858		
Lysineg	2.450	0	1		5.660	2.083		
Methionineg	0.721	0	1		1.666	0.613		
Cystineg	0.347	0	1		0.802	0.295		
Phenylalanineg	1.087	0	1		2.511	0.924		
Tyrosineg	0.949	0	1		2.192	0.807		
Valineg	1.478	0	1		3.414	1.256		
Arginineg	1.693	0	1		3.911	1.439		
Histidineg	1.088	0	1		2.513	0.925		
Alanineg	1.587	0	1		3.666	1.349		
Aspartic acidg	2.527	0	1		5.837	2.148		
Glutamic acidg	4.264	0	1		9.850	3.624		
Glycineg	1.293	0	1		2.987	1.099		
Prolineg	1.094	0	1		2.527	0.930		
Serineg	1.125	0	1		2.599	0.956		
Hydroxyprolineg								

Common Measures:

Measure 1 = 231g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 38% Bone 31%, separable fat 7%

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber				<u>m</u> e	easures of food		
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	60.54	0.491	15		1		125.92	51.46		
Energy	kcal	216		0	NC	4		449	184		
Energy	kj	904				4		1880	768		
Protein (N x 6.25)	g	28.81	0.298	15		1		59.92	24.49		
Total lipid (fat)	g	10.29	0.416	15		1		21.40	8.75		
Ash	g	1.12	0.029	15		1		2.33	0.95		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00		
Fiber, total dietary		0.0		0	Z	7		0.0	0.0		
Sugars, total											
Starch	g										
Minerals:											
Calcium, Ca	mg	20	2.423	5		1		42	17		
Iron, Fe	_	1.12	0.042	17		1		2.33	0.95		
Magnesium, Mg		25	0.562	7		1		52	21		
Phosphorus, P	mg	228	2.397	5		1		474	194		
Potassium, K		366	6.475	17		1		761	311		
Sodium, Na		63	1.270	17		1		131	54		
Zinc, Zn		2.57	0.059	17		1		5.35	2.18		
Copper, Cu		0.086		17		1		0.179	0.073		
Manganese, Mn		0.028		1	_	1 1		0.058	0.024		
Selenium, Se	fficg	43.1	6.207	5	A	1		89.6	36.6		
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.3		0		1		0.6	0.3		
Thiamin	mg	0.795	0.069	12		1		1.654	0.676		
Riboflavin	mg	0.334	0.018	12		1		0.695	0.284		
Niacin	-	5.552		12		1		11.548	4.719		
Pantothenic acid		0.629		0		1		1.308	0.535		
Vitamin B-6	_	0.420)	1		1		0.874	0.357		
Folate, total		6		0	_	1		12	5		
Folic acid		0		0	Z	7		0	0		
Folate, food	mcg	6 6		0	***	1 4		12 12	5 5		
Folate, DFE		0.78	0.075		NC	4 1		1.62	0.66		
Vitamin B-12 Vitamin A, IU		7	0.075	12 0		1		1.62	6		
Vitamin A, RAE		2		0		1		4	2		
Retinol		2		0		1		4	2		
Vitamin E (alpha-tocopherol)		_		·		_		-	-		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	a	3.620)	0		1		7.530	3.077		
4:0											
6:0											
8:0	g										
10:0		0.010		21		1		0.021	0.009		
12:0	_	0.010)	21		1		0.021	0.009		
13:0	_			_							
14:0	_	0.130)	32		1		0.270	0.111		
15:0	_			20		_		,			
16:0	_	2.250)	32		1		4.680	1.913		
17:0	_	1 150	•	20		4		2 200	0.070		
18:0	_	1.150	,	32		1		2.392	0.978		
20:0 22:0	_										
24:0	-										

		<u>Ar</u>	nount in 100 gram Numbe		<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	ì	Mean		a Deriv Source		Measure 1	Measure 2	Measure 3	
				_					
Fatty acids, total monounsaturated		4.520	0	1		9.402	3.842		
14:1	-								
15:1		0.200	20	-		0.666	0.070		
16:1 undifferentiated	-	0.320	32	1		0.666	0.272		
17:1		4 070	20				0.460		
18:1 undifferentiated		4.070	32	1		8.466	3.460		
20:1		0.090	15	1		0.187	0.077		
22:1 undifferentiated	•								
24:1 c	•		_			1 010			
Fatty acids, total polyunsaturated		0.870	0	1		1.810	0.740		
18:2 undifferentiated		0.770	32	1		1.602	0.655		
18:3 undifferentiated		0.020	32	1		0.042	0.017		
18:4									
20:2 n-6 c,c									
20:3 undifferentiated									
20:4 undifferentiated	-	0.050	32	1		0.104	0.043		
20:5 n-3									
22:5 n-3	-								
22:6 n-3									
Fatty acids, total trans									
Cholesterol	• • • • • • • • • • • • • • • • • • • •	86	1.258 15	1		179	73		
Phytosterols	rng								
Amino Acids:									
Tryptophan	a	0.366	0	1		0.761	0.311		
Threonine		1.316	0	1		2.737	1.119		
Isoleucine	-	1.349	0	1		2.806	1.147		
Leucine		2.312	0	1		4.809	1.965		
Lysine		2.591	0	1		5.389	2.202		
Methionine	-	0.763	0	1		1.587	0.649		
Cystine	-	0.367	0	1		0.763	0.312		
Phenylalanine		1.150	0	1		2.392	0.978		
Tyrosine		1.004	0	1		2.088	0.853		
Valine	-	1.563	0	1		3.251	1.329		
Arginine		1.791	0	1		3.725	1.522		
Histidine	-	1.151	0	1		2.394	0.978		
Alanine	-	1.678	0	1		3.490	1.426		
Aspartic acid		2.672	0	1		5.558	2.271		
Glutamic acid		4.510	0	1		9.381	3.834		
Glycine	-	1.368	0	1		2.845	1.163		
Proline	-	1.368	0	1		2.407	0.983		
		1.190	0	1		2.475	1.012		
Serine	-	1.190	U	1		2.4/5	1.012		
Hydroxyproline	9								

Common Measures:

Measure 1 = 208g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

NDB No. 10213
Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted

Refuse: 5% Connective tissue

		<u>A</u>	mount in 100	grams	of ear	ole portio	<u>on</u>	Amount in edible portion of common			
			ı	Number	,			<u>m</u>	easures of food		
			•	of Data	Deriv	Source	Confidence				
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	a	60.48		0		1		190.51	51.41		
Energy	-	207		0	NC	4		652	176		
Energy		866		-		4		2728	736		
Protein (N x 6.25)		28.50		0		1		89.78	24.23		
Total lipid (fat)	-	9.43		0		1		29.70	8.02		
Ash		1.48		0		1		4.66	1.26		
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00		
Fiber, total dietary		0.0		0	z	7		0.0	0.0		
Sugars, total		0.00		0	z	7		0.00	0.00		
Starch		0.00		•	_	•		0.00	0.00		
Starch	9										
Minerals:											
Calcium, Ca		16		0		1		50	14		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.17		0		1		3.69	0.99		
Magnesium, Mg		26		0		1		82	22		
Phosphorus, P	-	252 402		0		1 1		794	214 342		
Potassium, K	-	402 56		0 0		1		1266 176	342 48		
Sodium, Na	_	2.51		0		1		7.91	2.13		
Zinc, Zn Copper, Cu		0.094	1	0		1		0.296	0.080		
Manganese, Mn		0.016		0		1		0.050	0.014		
Selenium, Se		42.5	•	0	PAK	1		133.9	36.1		
•	g	12.0		·		-		200.5	30.2		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid		1.0		0		1		3.2	0.9		
Thiamin		0.881		0		1		2.775	0.749		
Riboflavin	-	0.374		0		1		1.178	0.318		
Niacin		5.077		0		1		15.993	4.315		
Pantothenic acid		0.728		0		1		2.293	0.619		
Vitamin B-6		0.467 5	/	-		1		1.471	0.397		
Folate, total		0		0 0	z	1 7		16 0	4 0		
Folic acidFolate, food		5		0	2	1		16	4		
Folate, DFE		5		0	NC	4		16	4		
Vitamin B-12		0.75		0	NC	1		2.36	0.64		
Vitamin A, IU		7		0	NC	4		21	6		
Vitamin A, RAE	mca RAF	2		0	NC	4		6	2		
Retinol		2		0	NR	4		6	2		
Vitamin E (alpha-tocopherol)		0.19		0	BFYN	4		0.59	0.16		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D	IU										
Vitamin K (phylloquinone)	mcg	0.0		0	BFYN	4		0.0	0.0		
Lipids:											
	a	3.420	,	0		1		10.773	2.907		
Fatty acids, total saturated		0.000		0		1		0.000	0.000		
6:0	·····	0.000		0		1		0.000	0.000		
8:0		0.000		0		1		0.000	0.000		
10:0	-	0.010		0		1		0.032	0.000		
12:0		0.010		0		1		0.032	0.009		
13:0				•		•					
14:0		0.120)	0		1		0.378	0.102		
15:0											
16:0		2.110)	0		1		6.647	1.794		
17:0											
18:0	-	1.110)	0		1		3.497	0.944		
20:0	-										
22:0	-										
24:0	n										

	<u>A</u> 1	mount in 100 gr	ams of	Amount in edible portion of common				
		Nun	ber			<u>m</u>	easures of food	
			ata De		ce Confidence			
Nutrients and Units	Mean	Std. Error Poi	nts Co	ode Cod	le Code	Measure 1	Measure 2	Measure 3
Esta acida tatal management d	4.120		0	1		10.070	2 502	
Fatty acids, total monounsaturated9 14:1	4.120		U	1		12.978	3.502	
16:1 undifferentiated	0.280		0	1		0.882	0.238	
18:1 undifferentiatedg	3.720		0	1		11.718	3.162	
20:1g	0.080		0	1		0.252	0.068	
22:1 undifferentiatedg	0.000		0	1		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturatedg	0.850		0	1		2.678	0.723	
18:2 undifferentiatedg	0.750		0	1		2.363	0.638	
18:3 undifferentiatedg	0.020		0	1		0.063	0.017	
18:4g	0.000		0	1		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiated	0.040		•					
20:4 undifferentiated	0.040		0	1		0.126	0.034	
20:5 n-3g	0.000		0	1		0.000	0.000	
22:5 n-3g	0.000		0	1		0.000	0.000	
22:6 n-3g	0.000		U	1		0.000	0.000	
Fatty acids, total transg Cholesterolg	86		0	1		271	73	
Phytosterolsmg	00		Ü	_		2/1	73	
T llytostcrois								
Amino Acids:								
Tryptophang	0.360		0	1		1.134	0.306	
Threonineg	1.298		0	1		4.089	1.103	
Isoleucineg	1.329		0	1		4.186	1.130	
Leucineg	2.282		0	1		7.188	1.940	
Lysineg	2.560		0	1		8.064	2.176	
Methionineg	0.751		0	1		2.366	0.638	
Cystineg	0.362		0	1		1.140	0.308	
Phenylalanineg	1.136		0	1		3.578	0.966	
Tyrosine9	0.988		0	1		3.112	0.840	
Valineg	1.544		0	1		4.864	1.312	
Arginineg	1.778		0	1		5.601	1.511	
Histidineg	1.132		0	1		3.566	0.962	
Alanine	1.663		0	1 1		5.238	1.414	
Aspartic acid	2.637		0	1		8.307	2.241	
Glutamic acid	4.444 1.384		0	1		13.999	3.777	
Glycine	1.162		0	1		4.360 3.660	1.176 0.988	
Prolineg Serineg	1.102		0	1		3.708	1.000	
Hydroxyproline	1.1//		U	1		3.708	1.000	
nydroxypronneg								
Others:								
Alcohol, ethylg	0.0		0	7		0.0	0.0	
Caffeine mg	0		0	z 7		0	0	
Theobromine mg	0		0	z 7		0	0	
Carotenoids:								
Carotene, betamcg	0		0	z 7		0.000	0.000	
Carotene, alpha mcg	0		0	z 7		0.000	0.000	
Cryptoxanthin, beta mcg	0		0	z 7		0.000	0.000	
Lycopenemcg	0		0	z 7		0.000	0.000	
Lutein + zeaxanthin mcg	0		0	z 7		0.000	0.000	

Common Measures:

Measure 1 = 315g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 7% Connective tissue 5%, separable fat 2%

		<u>Aı</u>	mount in 100			ole portio	<u>n</u>	Amount in edible portion of common		
Nutrients and Un	its	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	<u>I</u> Measure 3
Proximates: Water	a	61.28		0		1		188.74	52.09	
Energy	-	198		0	NC	4		610	168	
Energy		828		U	NC	4		2552	704	
Protein (N x 6.25)		28.85		0		1		88.86	24.52	
Total lipid (fat)		8.27		0		1		25.47	7.03	
Ash		1.49		0		1		4.59	1.27	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total		0.00		0	z	7		0.00	0.00	
Starch		0.00		•	_	•		0.00	0.00	
Staren	9									
Minerals:										
Calcium, Ca	-	17		0		1		52	14	
Iron, Fe		1.19		0		1		3.67	1.01	
Magnesium, Mg		27		0		1		83	23	
Phosphorus, P	-	254		0		1		782	216	
Potassium, K		405		0		1		1247	344	
Sodium, Na		56 2.53		0 0		1 1		172 7.79	48 2.15	
Zinc, Zn Copper, Cu		0.095		0		1		0.293	0.081	
Manganese, Mn		0.033		0		1		0.049	0.014	
Selenium, Se		43.1	6.20°		A	1		132.7	36.6	
Scientini, Sc	g	43.1	0.20	, ,		•		132.7	30.0	
Vitamins:										
Vitamin C, total ascorbic acid		1.0		0		1		3.1	0.9	
Thiamin		0.893		0		1		2.750	0.759	
Riboflavin	-	0.380)	0		1		1.170	0.323	
Niacin		5.131		0		1		15.803	4.361	
Pantothenic acid		0.737		0		1		2.270	0.626	
Vitamin B-6	-	0.475	i	0		1		1.463	0.404	
Folate, total		5		0	_	1		15	4	
Folic acid		0		0	Z	7		0	0	
Folate, food		5		0		1		15	4	
Folate, DFE		5		0	NC	4		15	4	
Vitamin B-12		0.76 7		0	27.0	1 4		2.34 21	0.65	
Vitamin A, IU	IU	2		0	NC NC	4		6	6 2	
Vitamin A, RAERetinol		2		0	NR NR	4		6	2	
Vitamin E (alpha-tocopherol)		0.20		0	BFYN	4		0.63	0.17	
Tocopherol, beta		0.20		U	DEIN	-		0.03	0.17	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0	BFYN	4		0.0	0.0	
<u>Lipids:</u>										
Fatty acids, total saturated		2.970		0		1		9.148	2.525	
4:0		0.000		0		1		0.000	0.000	
6:0	-	0.000		0		1		0.000	0.000	
8:0	-	0.000		0		1		0.000	0.000	
10:0	-	0.010		0		1 1		0.031	0.009	
12:0		0.010	•	U		1		0.031	0.009	
13:0		0.100		0		1		0.200	0 005	
14:0	-	0.100	•	U		1		0.308	0.085	
15:0		1.840		0		1		5 667	1 564	
16:0		1.540	•	J		_		5.667	1.564	
17:0 18:0	-	0.950		0		1		2.926	0.808	
20:0	-	0.950	•	U		1		2.920	0.608	
22:0	-									
44.V	ອ									

		<u>A</u> 1	mount in 10		Amount in edible portion of common measures of food					
				Number				<u>m</u>	easures of food	
Nutrients and	Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
_										
Fatty acids, total monounsatura		3.620		0		1		11.150	3.077	
15:1	_									
16:1 undifferentiated	-	0.250	1	0		1		0.770	0.213	
17:1	_	0.200		·		_			0.225	
18:1 undifferentiated	-	3.270)	0		1		10.072	2.780	
20:1	-	0.070		0		1		0.216	0.060	
22:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.000		0		1		0.000	0.000	
24:1 c	•									
Fatty acids, total polyunsaturate		0.730)	0		1		2.248	0.621	
18:2 undifferentiated		0.640		0		1		1.971	0.544	
18:3 undifferentiated		0.020		0		1		0.062	0.017	
18:4	-	0.000		0		1		0.000	0.000	
20:2 n-6 c.c	_					_				
20:3 undifferentiated	_									
20:4 undifferentiated	-	0.040)	0		1		0.123	0.034	
20:5 n-3	_	0.000		0		1		0.000	0.000	
22:5 n-3	_	0.000		0		1		0.000	0.000	
22:6 n-3	-	0.000		0		1		0.000	0.000	
Fatty acids, total trans	_									
Cholesterol		86		0		1		265	73	
Phytosterols	_									
-										
Amino Acids:										
Tryptophan	g	0.366	i	0		1		1.127	0.311	
Threonine	g	1.317		0		1		4.056	1.119	
Isoleucine	g	1.351		0		1		4.161	1.148	
Leucine	-	2.315		0		1		7.130	1.968	
Lysine		2.594		0		1		7.990	2.205	
Methionine	g	0.764		0		1		2.353	0.649	
Cystine	g	0.368	1	0		1		1.133	0.313	
Phenylalanine	g	1.152	!	0		1		3.548	0.979	
Tyrosine	g	1.005	i	0		1		3.095	0.854	
Valine	g	1.565	i	0		1		4.820	1.330	
Arginine	g	1.793	1	0		1		5.522	1.524	
Histidine	g	1.152	!	0		1		3.548	0.979	
Alanine	g	1.681	•	0		1		5.177	1.429	
Aspartic acid	g	2.676	i	0		1		8.242	2.275	
Glutamic acid	g	4.516	i	0		1		13.909	3.839	
Glycine	g	1.370		0		1		4.220	1.165	
Proline	g	1.159	1	0		1		3.570	0.985	
Serine	g	1.192	!	0		1		3.671	1.013	
Hydroxyproline	g									
Others:										
	a	0.0		0		7		0.0	0.0	
Alcohol, ethyl					z	7			0.0	
Caffeine	_	0		0 0	z Z	7		0	0	
Theobromine		U		U	z	,		U	0	
Carotenoids:										
Carotene, beta	mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha		0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta	mcg	0		0	Z	7		0.000	0.000	
Lycopene	mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin		0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 308g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 3% Connective tissue

		<u>A</u>	mount in 100 gr	ams of edi	ble portion	<u>on</u>	Amount in edible portion of common			
			Num	ber			<u>m</u>	easures of food	<u>l</u>	
			of D	ata Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Poi			Code	Measure 1	Measure 2	Measure	
Proximates: Water	а	61.09		0	1		51.93	46.43		
Energy	-	201		0 NC			171	153		
Energy		841		0 140	4		715	639		
		29.86		0	1		25.38			
Protein (N x 6.25)								22.69		
Total lipid (fat)	-	8.11		0	1		6.89	6.16		
Ash		2.49		0	1		2.12	1.89		
Carbohydrate, by difference		0.00		0 z	7		0.00	0.00		
Fiber, total dietary	g	0.0		0 z	7		0.0	0.0		
Sugars, total	g									
Starch	g									
<u>Minerals:</u>										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	5		0	1		4	4		
Iron, Fe	-	1.39		0	1		1.18	1.06		
Magnesium, Mg	mg	35		0	1		30	27		
Phosphorus, P	mg	290		0	1		247	220		
Potassium, K	mg	444		0	1		377	337		
Sodium, Na	mg	64		0	1		54	49		
Zinc, Zn	mg	2.89		0	1		2.46	2.20		
Copper, Cu	mg	0.067	7	0	1		0.057	0.051		
Manganese, Mn	mg	0.012	2	0	1		0.010	0.009		
Selenium, Se		47.7		0 PAK	1		40.5	36.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		0	1		0.9	0.8		
Thiamin		0.968	3	0	1		0.823	0.736		
Riboflavin	-	0.378		0	1		0.321	0.287		
Niacin	-	5.054		0	1		4.296	3.841		
Pantothenic acid		0.899		0	1		0.764	0.683		
Vitamin B-6		0.515		0	1		0.438	0.391		
	-	6	,	0	1		5	5		
Folate, total		0		0 z	7		0	0		
Folic acid										
Folate, food		6		0	1		5	5		
Folate, DFE		6		0 NC	4		5	5		
Vitamin B-12		0.98		0	1		0.83	0.74		
Vitamin A, IU		7		0	1		6	5		
Vitamin A, RAE		2		0	1		2	2		
Retinol		2		0	1		2	2		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u> Lipids:</u>			_							
Fatty acids, total saturated		2.930)	0	1		2.491	2.227		
4:0										
6:0										
8:0	-									
10:0		0.010		0	1		0.009	0.008		
12:0	g	0.010)	0	1		0.009	0.008		
13:0	g									
14:0	g	0.100)	0	1		0.085	0.076		
15:0	-									
16:0	-	1.790)	0	1		1.522	1.360		
17:0	-									
18:0	-	0.970)	0	1		0.825	0.737		
20:0	-	0.570	-	-	-		3.023	0.757		
22:0	-									
	-									
24:0	y									

		<u>Aı</u>	mount in 10			<u>n</u>	Amount in edible portion of common measures of food			
				Number				m	easures of 1000	
Nutrients and Ur	nits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	3.340		0		1		2.839	2.538	
14:1										
15:1	_									
16:1 undifferentiated	-	0.230		0		1		0.196	0.175	
17:1										
18:1 undifferentiated		3.010		0		1		2.559	2.288	
20:1	-	0.060		0		1		0.051	0.046	
22:1 undifferentiated										
24:1 c	•					_		0.605		
Fatty acids, total polyunsaturated	_	0.740		0		1		0.629	0.562	
18:2 undifferentiated		0.650		0		1		0.553	0.494	
18:3 undifferentiated		0.020		0		1		0.017	0.015	
18:4	-									
20:2 n-6 c,c										
20:3 undifferentiated		0.040		0		1		0.034	0.030	
20:4 undifferentiated 20:5 n-3		0.040		U		_		0.034	0.030	
20:5 n-3	-									
22:6 n-3										
Fatty acids, total trans	-									
Cholesterol	-	94		0		1		80	71	
Phytosterols	-	3-1		v		-		00	,_	
-										
Amino Acids:										
Tryptophan		0.376		0		1		0.320	0.286	
Threonine		1.358		0		1		1.154	1.032	
Isoleucine		1.390		0		1		1.182	1.056	
Leucine		2.389		0		1		2.031	1.816	
Lysine		2.680		0		1		2.278	2.037	
Methionine		0.786		0		1		0.668	0.597	
Cystine	_	0.379		0		1		0.322	0.288	
Phenylalanine		1.190		0		1		1.012	0.904	
Tyrosine		1.034		0		1		0.879	0.786	
Valine		1.616		0		1		1.374	1.228	
Arginine	-	1.866		0		1		1.586	1.418	
Histidine	-	1.182		0		1		1.005	0.898	
Alanine	-	1.744		0		1		1.482	1.325	
Aspartic acid		2.760		0		1		2.346	2.098	
Glutamic acid	-	4.648		0		1		3.951	3.532	
Glycine	-	1.463		0		1		1.244	1.112	
Proline	-	1.224		0		1		1.040	0.930	
Serine		1.233		0		1		1.048	0.937	
Hydroxyproline	g									

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 76g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 4% Connective tissue

	<u>A</u>	mount in 10			ole portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	its	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	65.44		0		1		222.50	55.62	
Energy		173		0	NC	4		588	147	
Energy		724		-		4		2461	615	
Protein (N x 6.25)		27.81		0		1		94.55	23.64	
Total lipid (fat)		6.05		0		1		20.57	5.14	
Ash	-	1.28		0		1		4.35	1.09	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total		0.00		0	Z	7		0.00	0.00	
Starch										
	_									
Minerals:	ma	_		^				20	-	
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	6 1.45		0 0		1 1		20 4.93	5 1.23	
Iron, Fe	_	27		0		1		4.93 92	23	
Phosphorus, P		257		0		1		92 874	218	
Potassium, K		433		0		1		1472	368	
Sodium, Na		55		0		1		187	47	
Zine, Zn		2.60		0		1		8.84	2.21	
Copper, Cu		0.048	3	0		1		0.163	0.041	
Manganese, Mn		0.038	3	0		1		0.129	0.032	
Selenium, Se	mcg	47.4		0	PIE	4		161.2	40.3	
Vitamins										
Vitamins:	ma	0.4		0		1		1.4	0.3	
Vitamin C, total ascorbic acid Thiamin	-	0.4	,	0		1		3.152	0.3	
Riboflavin	-	0.384		0		1		1.306	0.788	
Niacin	-	4.663		0		1		15.854	3.964	
Pantothenic acid		0.679		0		1		2.309	0.577	
Vitamin B-6		0.414		0		1		1.408	0.352	
Folate, total		6		0		1		20	5	
Folic acid		0		0	Z	7		0	0	
Folate, food		6		0		1		20	5	
Folate, DFE		6		0	NC	4		20	5	
Vitamin B-12		0.55		0		1		1.87	0.47	
Vitamin A, IU	IU	7		0	NC	4		23	6	
Vitamin A, RAE	mcg_RAE	2		0	NC	4		7	2	
Retinol	mcg	2		0	NR	4		7	2	
Vitamin E (alpha-tocopherol)	mg	0.19		0	BFYN	4		0.64	0.16	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		0.0		0	BFYN	4		0.0	0.0	
Vitamin K (phylloquinone)	nicg	0.0		U	Drin	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	2.140)	0		1		7.276	1.819	
4:0	g	0.000)	0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	_	0.000		0		1		0.000	0.000	
10:0	_	0.010		0		1		0.034	0.009	
12:0		0.010)	0		1		0.034	0.009	
13:0	-			_		_				
14:0	-	0.070)	0		1		0.238	0.060	
15:0		1 22	,	^		4				
16:0	_	1.310	,	0		1		4.454	1.114	
17:0		0.710	1	0		1		2.414	0.604	
18:0 20:0	-	0.710	•	U		1		2.414	0.004	
22:0										
24:0	-									

		<u>A</u>	mount in 100 gram		Amount in edible portion of common measures of food				
Nutrients and Un	its	Mean		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	q	2.460	0		1		8.364	2.091	
14:1	g								
15:1	g	0.180	0		1		0.612	0.153	
17:1 18:1 undifferentiated		2.210	0		1		7.514	1.879	
20:1	-	0.050	0		1		0.170	0.043	
22:1 undifferentiated	g	0.000	0		1		0.000	0.000	
24:1 c	g								
Fatty acids, total polyunsaturated		0.540			1		1.836	0.459	
18:2 undifferentiated		0.470			1		1.598	0.400	
18:3 undifferentiated		0.010			1 1		0.034	0.009	
18:4 20:2 n-6 c.c.		0.000	U		1		0.000	0.000	
20:3 undifferentiated	_								
20:4 undifferentiated	_	0.040	0		1		0.136	0.034	
20:5 n-3	-	0.000			1		0.000	0.000	
22:5 n-3	-	0.000	0		1		0.000	0.000	
22:6 n-3	g	0.000	0		1		0.000	0.000	
Fatty acids, total trans	g								
Cholesterol	mg	79	0		1		269	67	
Phytosterols	mg								
Amino Acids:									
Tryptophan	a	0.351	. 0		1		1.193	0.298	
Threonine		1.266	0		1		4.304	1.076	
Isoleucine	-	1.297	0		1		4.410	1.102	
Leucine	g	2.227	0		1		7.572	1.893	
Lysine	g	2.497	0		1		8.490	2.122	
Methionine	g	0.733			1		2.492	0.623	
Cystine	g	0.353	0		1		1.200	0.300	
Phenylalanine		1.109			1		3.771	0.943	
Tyrosine	_	0.964			1		3.278	0.819	
Valine	-	1.506			1		5.120	1.280	
Arginine		1.735			1		5.899	1.475	
Histidine	-	1.104			1		3.754	0.938	
Alanine		1.623 2.573			1 1		5.518 8.748	1.380	
Aspartic acid	-	4.335			1		14.739	2.187 3.685	
Glutamic acidGlycine	-	1.351			1		4.593	1.148	
Proline		1.134			1		3.856	0.964	
Serine	-	1.148			1		3.903	0.976	
Hydroxyproline	_		•		_		3.333	0.5.0	
Others:					_				
Alcohol, ethyl		0.0	0	_	7		0.0	0.0	
Caffeine	-	0	0	z z	7 7		0	0 0	
Theobromine	!!!!9	U	U	z	,		0	U	
<u>Carotenoids:</u>									
Carotene, beta	_	0	0	Z	7		0.000	0.000	
Carotene, alpha		0	0	Z	7		0.000	0.000	
Cryptoxanthin, beta		0	0	z -	7		0.000	0.000	
Lycopene		0	0	Z	7		0.000	0.000	
Lutein + zeaxanthin	iuca	0	0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 340g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 5% Connective tissue

		A	mount in 100			<u> </u>	Amount in edible portion of common measures of food			
Nutrients and Uni	its	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		73.38		0		1		20.80	332.85	
Energy		136		0	NC	4		39	617	
Energy		569		•		4		161	2581	
Protein (N x 6.25)		20.54		0		1 1		5.82	93.17	
Total lipid (fat)		5.41		0		1		1.53	24.54	
Ash		1.71		0		7		0.48	7.76	
Carbohydrate, by difference	-	0.00		0	z z	7		0.00	0.00	
Fiber, total dietary		0.0		U	Z	,		0.0	0.0	
Sugars, total										
Starch	9									
Minerals:										
Calcium, Ca	mg	5		0		1		1	23	
Iron, Fe	mg	1.20		0		1		0.34	5.44	
Magnesium, Mg	-	25		0		1		7	113	
Phosphorus, P	•	222		0		1		63	1007	
Potassium, K	-	359		0		1		102	1628	
Sodium, Na		49		0		1		14	222	
Zinc, Zn		1.99		0		1		0.56	9.03	
Copper, Cu		0.048		0		1		0.014	0.218	
Manganese, Mn	-	0.015 32.4)	0	PAK	1 1		0.004 9.2	0.068 147.0	
Selenium, Se	Ilicy	32.4		U	PAK	1		9.2	147.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9		0		1		0.3	4.1	
Thiamin	mg	0.951	-	0		1		0.270	4.314	
Riboflavin	mg	0.275	5	0		1		0.078	1.247	
Niacin		4.347	1	0		1		1.232	19.718	
Pantothenic acid		0.884		0		1		0.251	4.010	
Vitamin B-6		0.505	5	0		1		0.143	2.291	
Folate, total		5		0		1		1	23	
Folic acid		0		0	Z	7		0	0	
Folate, food		5		0		1		1	23	
Folate, DFE		5		0	NC	4		1	23	
Vitamin B-12		0.79		0		1		0.22	3.58	
Vitamin A, IU	IU	6		0		1		2	27	
Vitamin A, RAE		2 2		0		1 1		1 1	8	
Retinol		2		U		1		1	8	
Vitamin E (alpha-tocopherol) Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:	~	1 070		•				0 500	0 400	
Fatty acids, total saturated		1.870	,	0		1		0.530	8.482	
4:0 6:0										
8:0										
10:0	-	0.000)	0		1		0.000	0.000	
12:0	_	0.010		0		1		0.003	0.045	
13:0	_			-		-			0.013	
14:0	_	0.070)	0		1		0.020	0.318	
15:0										
16:0		1.180)	0		1		0.335	5.352	
17:0										
18:0	_	0.600)	0		1		0.170	2.722	
20:0	g									
22:0	_									
24:0	g									

		<u>Ar</u>	nount in 100 g	rams of ed mber	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	its	Mean		Data Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
F-44-1	a	2.420		0	1		0.686	10.977	
Fatty acids, total monounsaturated 14:1		2.420		U	-		0.000	10.977	
15:1	-								
16:1 undifferentiated		0.160		0	1		0.045	0.726	
17:1	-	0.100		O	_		0.043	0.720	
18:1 undifferentiated		2.210		0	1		0.627	10.025	
20:1	_	0.040		0	1		0.027	0.181	
		0.040		U	_		0.011	0.181	
22:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •								
24:1 c	•	0.580		0	1		0.164	2.631	
Fatty acids, total polyunsaturated				0	1				
18:2 undifferentiated		0.480					0.136	2.177	
18:3 undifferentiated		0.030		0	1		0.009	0.136	
18:4									
20:2 n-6 c,c									
20:3 undifferentiated				_	_				
20:4 undifferentiated	_	0.050		0	1		0.014	0.227	
20:5 n-3									
22:5 n-3	-								
22:6 n-3									
Fatty acids, total trans									
Cholesterol	• • • • • • • • • • • • • • • • • • • •	66		0	1		19	299	
Phytosterols	mg								
Amino Acids:									
	a	0.259		0	1		0.073	1.175	
Tryptophan		0.239		0	1		0.265	4.241	
Threonine	-			-	_				
Isoleucine		0.958		0	1 1		0.272	4.345	
Leucine		1.644		-	_		0.466	7.457	
Lysine	_	1.844		0	1		0.523	8.364	
Methionine	_	0.541		0	1		0.153	2.454	
Cystine		0.261		0	1		0.074	1.184	
Phenylalanine		0.819		0	1		0.232	3.715	
Tyrosine	-	0.712		0	1		0.202	3.230	
Valine		1.112		0	1		0.315	5.044	
Arginine	g	1.282		0	1		0.363	5.815	
Histidine	g	0.815		0	1		0.231	3.697	
Alanine	g	1.199		0	1		0.340	5.439	
Aspartic acid	g	1.900		0	1		0.539	8.618	
Glutamic acid	g	3.202		0	1		0.908	14.524	
	~	0.999		0	1		0.283	4.531	
Glycine	9	0.555							
Glycine	•	0.838		0	1		0.238	3.801	
2	g			0	1 1		0.238 0.240	3.801 3.847	

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 6% Connective tissue 3%, separable fat 3%

		<u>A</u>	mount in 10	00 grams	of edib	Amount in edible portion of common				
				Number				me	easures of food	
						Source	Confidence			
Nutrients and Un	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.30		0		1		52.96	45.48	
Energy	kcal	187		0	NC	4		159	137	
Energy	kj	782				4		665	571	
Protein (N x 6.25)	g	30.42		0		1		25.86	22.21	
Total lipid (fat)	g	6.33		0		1		5.38	4.62	
Ash	g	2.55		0		1		2.17	1.86	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total										
Starch										
	.									
Minerals:		_		_		_		_	_	
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	5		0		1		4	4	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.43		0		1		1.22	1.04	
Magnesium, Mg		36		0		1		31	26	
Phosphorus, P	•	295		0		1		251	215	
Potassium, K		451		0		1 1		383	329	
Sodium, Na		65 2.95		0		1		55 2.51	47 2.15	
Zinc, Zn		0.068	.	0		1		0.058	0.050	
Copper, Cu		0.012		0		1		0.010	0.009	
Selenium, Se		51.6	-	0	BFZN	4		43.9	37.7	
Scienium, Sc	g	31.0		·	DI ZIN	-		43.3	37.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		0		1		0.9	0.7	
Thiamin	mg	0.988	3	0		1		0.840	0.721	
Riboflavin	mg	0.387	7	0		1		0.329	0.283	
Niacin		5.135	5	0		1		4.365	3.749	
Pantothenic acid		0.917	7	0		1		0.779	0.669	
Vitamin B-6	mg	0.528	3	0		1		0.449	0.385	
Folate, total	-	6		0		1		5	4	
Folic acid	-	0		0	Z	7		0	0	
Folate, food		6		0		1		5	4	
Folate, DFE		6		0	NC	4		5	4	
Vitamin B-12	mcg	1.00		0		1		0.85	0.73	
Vitamin A, IU	IU	7		0		1		6	5	
Vitamin A, RAE		2		0		1		2	2	
Retinol		2		0		1		2	2	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	uoy									
<u>Lipids:</u>										
Fatty acids, total saturated	g	2.240)	0		1		1.904	1.635	
4:0	g									
6:0	g									
8:0	g									
10:0	-	0.010		0		1		0.009	0.007	
12:0		0.010)	0		1		0.009	0.007	
13:0										
14:0		0.070)	0		1		0.060	0.051	
15:0	_									
16:0		1.370)	0		1		1.165	1.000	
17:0	_									
18:0	_	0.740)	0		1		0.629	0.540	
20:0	_									
22:0	_									
24:0	g									

		<u>Aı</u>	mount in 10	00 grams	Amount in edible portion of common					
				Number	•			<u>m</u>	easures of food	
Nutrients and Un	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
E-46	9	2.580		0		1		2.193	1.883	
Fatty acids, total monounsaturated	-	2.560		U		1		2.193	1.883	
15:1										
16:1 undifferentiated		0.190		0		1		0.162	0.139	
17:1										
18:1 undifferentiated	g	2.310		0		1		1.964	1.686	
20:1	g	0.050		0		1		0.043	0.037	
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.560		0		1		0.476	0.409	
18:2 undifferentiated	g	0.490		0		1		0.417	0.358	
18:3 undifferentiated	g	0.010		0		1		0.009	0.007	
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.040		0		1		0.034	0.029	
20:5 n-3	-									
22:5 n-3										
22:6 n-3	-									
Fatty acids, total trans						_				
Cholesterol		94		0		1		80	69	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.386		0		1		0.328	0.282	
Threonine		1.389		0		1		1.181	1.014	
Isoleucine	g	1.424		0		1		1.210	1.040	
Leucine	_	2.441		0		1		2.075	1.782	
Lysine	g	2.736		0		1		2.326	1.997	
Methionine	g	0.805		0		1		0.684	0.588	
Cystine	g	0.388		0		1		0.330	0.283	
Phenylalanine	g	1.214		0		1		1.032	0.886	
Tyrosine	g	1.060		0		1		0.901	0.774	
Valine	g	1.650		0		1		1.403	1.205	
Arginine	g	1.891		0		1		1.607	1.380	
Histidine	g	1.215		0		1		1.033	0.887	
Alanine	g	1.772		0		1		1.506	1.294	
Aspartic acid	g	2.822		0		1		2.399	2.060	
Glutamic acid	g	4.762		0		1		4.048	3.476	
Glycine	g	1.444		0		1		1.227	1.054	
Proline	g	1.222		0		1		1.039	0.892	
Serine	g	1.257		0		1		1.068	0.918	
Hydroxyproline	g									

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 73g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 6% Connective tissue 4%, separable fat 2%

	<u>Aı</u>	mount in 100 g	<u>rams</u> mber		<u>n</u>	Amount in edible portion of common measures of food				
Nutrients and Un	its	Mean		Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.35	0.367	15		1		220.95	56.40	
Energy		164		0	NC	4		546	139	
Energy		686				4		2285	583	
Protein (N x 6.25)	_	28.14	0.268	15		1		93.71	23.92	
Total lipid (fat)		4.81	0.200	15		1		16.02	4.09	
Ash		1.29	0.016	15		1		4.30	1.10	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total		0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	6	0.602	5		1		20	5	
Iron, Fe	-	1.47	0.035	6		1		4.90	1.25	
Magnesium, Mg	mg	28	0.615	6		1		93	24	
Phosphorus, P	mg	259	6.796	6		1		862	220	
Potassium, K		437	20.312	6		1		1455	371	
Sodium, Na		56	2.516	6		1		186	48	
Zinc, Zn		2.63	0.097	6		1		8.76	2.24	
Copper, Cu		0.048		6		1		0.160	0.041	
Manganese, Mn		0.039		1	_	1		0.130	0.033	
Selenium, Se	mcg	48.1	8.291	5	A	1		160.2	40.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0		1		1.3	0.3	
Thiamin	mg	0.940)	1		1		3.130	0.799	
Riboflavin	mg	0.390)	1		1		1.299	0.332	
Niacin		4.709	1	0		1		15.681	4.003	
Pantothenic acid	mg	0.687	•	0		1		2.288	0.584	
Vitamin B-6		0.420)	0		1		1.399	0.357	
Folate, total		6		0		1		20	5	
Folic acid		0		0	Z	7		0	0	
Folate, food		6		0		1		20	5	
Folate, DFE		6		0	NC	4		20	5	
Vitamin B-12		0.55		1		1		1.83	0.47	
Vitamin A, IU	IU	7		0	NC	4		22	6	
Vitamin A, RAE		2 2		0	NC	4 4		7 7	2	
Retinol		0.20		0	NR BFYN	4		0.68	2 0.17	
Vitamin E (alpha-tocopherol) Tocopherol, beta		0.20		U	Drin	4		0.00	0.17	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0	BFYN	4		0.0	0.0	
Lipids:	~			•		_		F		
Fatty acids, total saturated		1.660		0		1		5.528	1.411	
4:0		0.000		0		1 1		0.000	0.000	
6:0	-	0.000		0		1		0.000 0.000	0.000 0.000	
8:0 10:0	-	0.000		15		1		0.000	0.000	
12:0	-	0.000		15		1		0.000	0.000	
13:0		0.000				-		3.000	0.000	
14:0	-	0.050	1	15		1		0.167	0.043	
15:0				-		-		3. -v .	0.013	
16:0		1.020)	15		1		3.397	0.867	
17:0	-									
18:0		0.550	1	15		1		1.832	0.468	
20:0	_									
22:0	g									
24:0	g									

		<u>A</u> 1	mount in 10	Amount in edible portion of common measures of food						
Nutrients and Un	ite	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Nutrients and on		Weari	Stu. Error					Weasure 1	Weasure 2	Weasure 3
Fatty acids, total monounsaturated.	g	1.930		0		1		6.427	1.641	
14:1	-									
15:1										
16:1 undifferentiated		0.140		15		1		0.466	0.119	
17:1	-									
18:1 undifferentiated	-	1.720		15		1		5.728	1.462	
20:1	-	0.040		15		1		0.133	0.034	
22:1 undifferentiated	•	0.000		0		1		0.000	0.000	
24:1 c										
Fatty acids, total polyunsaturated		0.410		0		1		1.365	0.349	
18:2 undifferentiated		0.350		15		1		1.166	0.298	
18:3 undifferentiated		0.010		15		1		0.033	0.009	
18:4	-	0.000		0		1		0.000	0.000	
20:2 n-6 c,c	-									
20:3 undifferentiated										
20:4 undifferentiated		0.030		15		1		0.100	0.026	
20:5 n-3	-	0.000		0		1		0.000	0.000	
22:5 n-3		0.000		0		1		0.000	0.000	
22:6 n-3		0.000		0		1		0.000	0.000	
Fatty acids, total trans										
Cholesterol		79	2.09	2 15		1		263	67	
Phytosterols	mg									
Amino Acids:										
Tryptophan	α	0.357		0		1		1.189	0.303	
Threonine		1.285		0		1		4.279	1.092	
Isoleucine	-	1.318		0		1		4.389	1.120	
Leucine		2.258		0		1		7.519	1.919	
Lysine	-	2.531		0		1		8.428	2.151	
Methionine		0.745		0		1		2.481	0.633	
Cystine		0.359		0		1		1.195	0.305	
Phenylalanine		1.123		0		1		3.740	0.955	
Tyrosine		0.980		0		1		3.263	0.833	
Valine	-	1.527		0		1		5.085	1.298	
Arginine	-	1.749		0		1		5.824	1.487	
Histidine		1.124		0		1		3.743	0.955	
Alanine		1.639		0		1		5.458	1.393	
Aspartic acid		2.610		0		1		8.691	2.219	
Glutamic acid		4.405		0		1		14.669	3.744	
Glycine		1.336		0		1		4.449	1.136	
Proline		1.130		0		1		3.763	0.961	
Serine	-	1.162		0		1		3.869	0.988	
Hydroxyproline	-	1.102		U		_		3.809	0.988	
пушохургонне	9									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine	mg	0		0	z	7		0	0	
Theobromine		0		0	z	7		0	0	
Carotenoids:										
<u> </u>	mea	0		0	z	7		0.000	0.000	
Carotene, beta		0		0	z Z	7		0.000	0.000	
Carotene, alpha		0		0	z Z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	Z	7				
Lycopene					z z			0.000	0.000	
Lutein + zeaxanthin	iind	0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 333g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 8% Connective tissue 5%, separable fat 3%

		<u>Aı</u>	mount in 100 gra		Amount in edible portion of common measures of food					
Nutrients and Units		Mean		ata De		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		74.94	0.297	15		1		21.25	339.93	
Energy		120		0	NC	4		34	544	
Energy		502	0.217	10		4 1		142	2277	
Protein (N x 6.25) Total lipid (fat)		20.99 3.41		12 15		1		5.95 0.97	95.21 15.47	
Ash	-	1.76	0.133	1		1		0.50	7.98	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total		0.00		0	z	7		0.00	0.00	
Starch										
X										
Minerals:	ma	5	0.316	5		1		1	23	
Calcium, Ca Iron, Fe	-	1.23	0.316	9		1		0.35	23 5.58	
Magnesium, Mg	-	26	0.242	5		1		7	118	
Phosphorus, P	-	226		5		1		64	1025	
Potassium, K		366	4.048	17		1		104	1660	
Sodium, Na		50	0.951	17		1		14	227	
Zinc, Zn		2.03		7		1		0.58	9.21	
Copper, Cu		0.049		5		1		0.014	0.222	
Manganese, Mn		0.015		0 5	_	1		0.004	0.068	
Selenium, Se	fileg	28.9	4.723	5	A	1		8.2	131.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9		0		1		0.3	4.1	
Thiamin	-	0.974		0		1		0.276	4.418	
Riboflavin		0.281		0		1		0.080	1.275	
Niacin		4.429		0		1		1.256	20.090	
Pantothenic acid		0.904 0.520		0		1 1		0.256 0.147	4.101	
Vitamin B-6Folate, total		5		0		1		1	2.359 23	
Folic acid		0		0	z	7		0	0	
Folate, food		5		0	_	1		1	23	
Folate, DFE		5		0	NC	4		1	23	
Vitamin B-12		0.81		0		1		0.23	3.67	
Vitamin A, IU	IU	7		0	NC	4		2	30	
Vitamin A, RAE		2			NC	4		1	9	
Retinol		2			NR	4		1	9	
Vitamin E (alpha-tocopherol)		0.16		0 E	BFSN	4		0.05	0.73	
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0 E	BFSN	4		0.0	0.0	
Lipids:	a	1.180		0		1		0.335	5.352	
Fatty acids, total saturated		0.000		0		1		0.000	0.000	
6:0		0.000		0		1		0.000	0.000	
8:0	_	0.000		0		1		0.000	0.000	
10:0	-	0.000		73		1		0.000	0.000	
12:0	-	0.000	1	75		1		0.000	0.000	
13:0	g									
14:0	g	0.040) 3	378		1		0.011	0.181	
15:0										
16:0	_	0.750	3	378		1		0.213	3.402	
17:0		A 350		270		4		0 105	1 670	
18:0 20:0		0.370		378		1		0.105	1.678	
22:0										
24:0	-									

		<u>A</u> 1	mount in 100	Amount in edible portion of common measures of food						
Nutrients and Un	nits	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		1.540		0		1		0.437	6.985	
14:1	_									
15:1	_	0 110		270				0 021	0.400	
16:1 undifferentiated	_	0.110		378		1		0.031	0.499	
17:1 18:1 undifferentiated	-	1.400		378		1		0.397	6.350	
		0.020		71		1				
20:1 22:1 undifferentiated	_	0.020		0		1		0.006 0.000	0.091 0.000	
24:1 c	•	0.000		U		1		0.000	0.000	
		0.370		0		1		0.105	1.678	
Fatty acids, total polyunsaturated				378		1				
18:2 undifferentiated		0.300 0.010		378 190		1		0.085	1.361	
18:3 undifferentiated				190		1		0.003	0.045	
18:4	_	0.000		U		1		0.000	0.000	
20:2 n-6 c,c										
20:3 undifferentiated		0.040		315		1		0 011	0 101	
20:4 undifferentiated	_	0.040				1		0.011	0.181	
20:5 n-3	_	0.000		0				0.000	0.000	
22:5 n-3		0.000		0		1 1		0.000	0.000	
22:6 n-3		0.000		0		1		0.000	0.000	
Fatty acids, total trans		65	2.045					10	005	
Cholesterol		65	2.045	4		1		18	295	
Phytosterols	Ing									
Amino Acids:										
Tryptophan	g	0.267		0		1		0.076	1.211	
Threonine		0.958		0		1		0.272	4.345	
Isoleucine	_	0.983		0		1		0.279	4.459	
Leucine		1.684		0		1		0.477	7.639	
Lysine	_	1.888		0		1		0.535	8.564	
Methionine		0.556		0		1		0.158	2.522	
Cystine		0.268		0		1		0.076	1.216	
Phenylalanine		0.838		0		1		0.238	3.801	
Tyrosine		0.731		0		1		0.207	3.316	
Valine	_	1.139		0		1		0.323	5.167	
Arginine	-	1.305		0		1		0.370	5.919	
Histidine		0.839		0		1		0.238	3.806	
Alanine		1.223		0		1		0.347	5.548	
Aspartic acid		1.947		0		1		0.552	8.832	
Glutamic acid		3.286		0		1		0.932	14.905	
Glycine		0.997		0		1		0.283	4.522	
Proline		0.843		0		1		0.239	3.824	
Serine	_	0.867		0		1		0.246	3.933	
Hydroxyproline	-	0.367		U		1		0.240	3.333	
ттушохургонне	9									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine	mg	0		0	z	7		0	0	
Theobromine		0		0	z	7		0	0	
Carotenoids:										
. <u> </u>	mcc	0		^	-	7		0.000	0 000	
Carotene, beta		0		0	z z	7 7		0.000	0.000	
Carotene, alpha		0		0	z z	7			0.000	
Cryptoxanthin, beta	-	-		-	z z			0.000	0.000	
Lycopene		0		0		7		0.000	0.000	
Lutein + zeaxanthin	iincā	0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 453.6g: 1 lb

Pork, fresh, loin, tenderloin, separable lean only, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 0%

		<u>A</u>	mount in 100 gram	Amount in edible portion of common					
			Numbe	r			m	easures of food	<u> </u>
				Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Points		Code	Code	Measure 1	Measure 2	Measure
Proximates:									
Water	g	62.69	0	PAK			92.79		
Energy	kcal	188	0	PIK	4		278		
Energy	kj	787	0	PIK	4		1165		
Protein (N x 6.25)	g	28.34	0	PAK	1		41.94		
Total lipid (fat)	g	7.44	0	PAK	1		11.01		
Ash	g	1.64	0	PAK	1		2.42		
Carbohydrate, by difference	g	0.00	0	PIK	4		0.00		
Fiber, total dietary	g	0.0	0	PIK	4		0.0		
Sugars, total	g	0.00	0	PIK	4		0.00		
Starch	g								
M:									
Minerals: Calcium. Ca	ma	10	0	PAK	1		14		
Iron. Fe.		0.68	0	PAK	1		1.01		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	26	0	PAK	1		39		
Phosphorus, P		294	0	PAK	1		435		
Potassium, K	-	491	0	PAK	1		726		
Sodium, Na		187	0	PAK	1		277		
Zinc, Zn		2.07	0	PAK	1		3.06		
Copper, Cu		0.066		PAK	1		0.097		
Manganese, Mn.		0.000		PAK	1		0.000		
Selenium, Se		14.0	0	PAK	1		20.7		
Vitamins:			•						
Vitamin C, total ascorbic acid		0.0	0	PIK	4		0.0		
Thiamin	-	0.577		PAK	1		0.854		
Riboflavin		0.171		PAK	1		0.252		
Niacin	-	9.382		PAK	1		13.885		
Pantothenic acid		0.758		PAK	1		1.122		
Vitamin B-6	-	0.474		PAK	1		0.702		
Folate, total		1 0	0	PIK	4 4		2 0		
Folic acid		1	0	PIK	4		2		
Folate, food		1	0	PIK NC	4		2		
Folate, DFE		0.61	0	PAK	1		0.90		
Vitamin B-12 Vitamin A, IU		5	0	PAK	1		8		
Vitamin A, RAE		2	0	PAK	1		2		
Retinol		2	0	PAK	1		2		
Vitamin E (alpha-tocopherol)		0.23	0	PAK	1		0.34		
		0.00	0	PAK	1		0.00		
Tocopherol, beta Tocopherol, gamma		0.05	0	PAK	1		0.08		
Tocopherol, delta		0.00	0	PAK	1		0.00		
Vitamin D		0.00	· ·	FAIC	-		0.00		
Vitamin K (phylloquinone)		0.0	0	PAK	1		0.0		
Lipids:									
Fatty acids, total saturated	a	2.511	. 0	PIK	4		3.717		
4:0		0.000		PIK	4		0.000		
6:0		0.000		PIK	4		0.000		
8:0	-	0.000		PAK	1		0.000		
10:0	_	0.000		PAK	1		0.000		
12:0		0.000		PAK	1		0.000		
12.0									
13:0	9		•	PAK	1		0.120		
	_	0.081	. 0						
13:0 14:0	g	0.081		PAK	1		0.000		
13:0 14:0 15:0	g g		0	PAK PAK	1 1		0.000 2.307		
13:0	g g g	0.000	0 0						
13:0	g g g	0.000 1.559	0 0 0	PAK	1		2.307		
13:0	g g g	0.000 1.559 0.017 0.841	0 0 0 7 0 1	PAK PAK	1 1		2.307 0.025 1.245		
13:0	g g g g g	0.000 1.559 0.017	0 9 7 0 1 0 1 0	PAK PAK PAK	1 1 1		2.307 0.025		

	<u>Ar</u>	nount in 10	00 grams	of edik	ole portic	o <u>n</u>		edible portion of	common
			Number		_		<u>me</u>	easures of food	
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	3.160		0	PIK	4		4.677		
14:1g	0.000		0	PAK	1		0.000		
15:1g 16:1 undifferentiatedg	0.000 0.196		0	PAK PAK	1 1		0.000 0.290		
17:1g	0.016		0	PAK	1		0.023		
18:1 undifferentiatedg	2.898		0	PAK	1		4.289		
20:1g	0.051		0	PAK	1		0.075		
22:1 undifferentiatedg 24:1 cg	0.000		0	PIK	4		0.000		
Fatty acids, total polyunsaturatedg	0.510		0	PIK	4		0.754		
18:2 undifferentiatedg	0.374		0	PIK	4		0.554		
18:2 n-6 c,cg	0.771		0	PAK	1		1.142		
18:2 CLAs									
18:2 t,cg									
18:2 t,tg									
18:2 i									
18:2 t not further definedg 18:3 undifferentiatedg	0.036		0	PAK	1		0.053		
18:3 n-6 c,c,cg	0.000		0	PAK	1		0.000		
18:3ig									
18:4g	0.000 0.036		0 0	PIK PAK	4 1		0.000		
20:2 n-6 c,cg 20:3 undifferentiatedg	0.036		0	PAK	1		0.05 4 0.000		
20:3 n-3g	0.000		·		_		0.000		
20:3 n-6g									
20:4 undifferentiated	0.063		0	PAK	1		0.094		
20:4 n-3g 20:4 n-6g									
20:5 n-3g	0.000		0	PIK	4		0.000		
22:5 n-3g	0.000		0	PIK	4		0.000		
22:6 n-3g	0.000		0	PIK	4 1		0.000		
Fatty acids, total trans	0.065 75		0	PAK PAK	1		0.096 111		
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.265		0	PAK	1		0.392		
Threonineg	1.129		0	PAK	1		1.671		
Isoleucineg	1.352		0	PAK	1		2.001		
Leucine	2.274 2.512		0 0	PAK PAK	1 1		3.366 3.718		
Methionine	0.756		0	PAK	1		1.119		
Cystineg	0.308		0	PAK	1		0.455		
Phenylalanineg	1.125		0	PAK	1		1.665		
Tyrosineg Valineg	0.964 1.447		0 0	PAK PAK	1 1		1.426 2.142		
Arginine	1.814		0	PAK	1		2.142		
Histidine	1.268		0	PAK	1		1.877		
Alanineg	1.618		0	PAK	1		2.395		
Aspartic acid	2.620		0	PAK	1 1		3.878 6.284		
Glutamic acid	4.246 1.342		0	PAK PAK	1		1.987		
Prolineg	1.127		0	PAK	1		1.668		
Serineg	1.162		0	PAK	1		1.720		
Hydroxyprolineg	0.107		0	PAK	1		0.159		
Others:	0.0		0	שדת	4		0.0		
Alcohol, ethylg Caffeineg	0.0		0	PIK PIK	4 4		0.0		
Theobrominemg	0		0	PIK	4		0		
Carotenoids:									
Carotene, betamcg	0		0	PIK	4		0.000		
Carotene, alphamcg	0		0	PIK	4		0.000		
Cryptoxanthin, beta mcg	0		0	PIK	4		0.000		

	<u>A</u>	mount in 100	0 grams	of edik	Amount in edible portion of common				
				Deriv		Confidence	<u>m</u> .	easures of food	
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lycopenemcg	0		0	PIK	4		0.000		
Lutein + zeaxanthinmcg	0		0	PIK	4		0.000		

Common Measures:

Measure 1 = 148g: 1 chop boneless (yield from 193g raw meat)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 0%

		<u>A</u>	mount in 100	<u>grams</u>	of edit	ole portio	<u>on</u>	Amount in edible portion of common			
			ı	Number	•				easures of food		
				of Data		Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	62.35		0	PAK	1		86.04			
Energy	-	181		0	PIK	4		250			
Energy		758		0	PIK	4		1046			
		29.41		0	PAK	1		40.58			
Protein (N x 6.25)		6.17		0		1		8.51			
Total lipid (fat)				0	PAK	1					
Ash		1.89			PAK			2.61			
Carbohydrate, by difference		0.00		0	PIK	4		0.00			
Fiber, total dietary		0.0		0	PIK	4		0.0			
Sugars, total		0.00		0	PIK	4		0.00			
Starch	g										
Minerals:											
Calcium, Ca	mg	10		0	PAK	1		13			
Iron, Fe	_	0.63		0	PAK	1		0.88			
Magnesium, Mg	-	28		0	PAK	1		38			
Phosphorus, P		336		0	PAK	1		463			
Potassium, K	-	562		0	PAK	1		776			
Sodium, Na		246		0	PAK	1		339			
Zinc, Zn	_	2.13		0	PAK	1		2.93			
Copper, Cu		0.060)	0	PAK	1		0.083			
Manganese, Mn		0.000)	0	PAK	1		0.000			
Selenium, Se		33.5		0	PAK	1		46.3			
Vitamina											
Vitamins:	ma	0.0		0	PIK	4		0.0			
Vitamin C, total ascorbic acid		0.574		0	PAK	1		0.792			
ThiaminRiboflavin		0.374		0	PAK	1		0.792			
		10.218		0	PAK	1		14.101			
Niacin Pantothenic acid		0.829		0	PAK	1		1.143			
Vitamin B-6		0.823		0	PAK	1		0.674			
	-	1	•	0	PAK	4		1			
Folia acid		0		0	PIK	4		0			
		1		0	PIK	4		1			
Folate, food		1		0	NC	4		1			
Folate, DFE		0.69									
Vitamin B-12				0	PAK	1		0.95			
Vitamin A, IU		4		0	PAK	1		6			
Vitamin A, RAE		1		0	PAK	1		2			
Retinol		1		0	PAK	1		2			
Vitamin E (alpha-tocopherol)		0.26		0	PAK	1		0.35			
Tocopherol, beta		0.00		0	PAK	1		0.00			
Tocopherol, gamma		0.05		0	PAK	1		0.07			
Tocopherol, delta		0.00		0	PAK	1		0.00			
Vitamin D Vitamin K (phylloquinone)		0.0		0	PAK	1		0.0			
	incy	0.0		U	PAR	1		0.0			
<u>Lipids:</u>											
Fatty acids, total saturated	_	2.151		0	PIK	4		2.968			
4:0		0.000		0	PIK	4		0.000			
6:0	_	0.000		0	PIK	4		0.000			
8:0	_	0.000		0	PAK	1		0.000			
10:0	g	0.000		0	PAK	1		0.000			
12:0		0.000)	0	PAK	1		0.000			
13:0	_		_	_	_	_		_			
14:0	_	0.076		0	PAK	1		0.105			
15:0		0.000		0	PAK	1		0.000			
16:0		1.325		0	PAK	1		1.828			
17:0		0.015		0	PAK	1		0.021			
18:0		0.726		0	PAK	1		1.001			
20:0	g	0.009		0	PAK	1		0.013			
22:0	g	0.000)	0	PAK	1		0.000			
24:0	g										

	<u>An</u>	nount in 10	00 grams	of edib	ole portic	o <u>n</u>		edible portion of	common
			Number				me	easures of food	
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	2.650		0	PIK	4		3.657		
14:1g	0.000		0	PAK	1		0.000		
15:1	0.000 0.165		0	PAK PAK	1 1		0.000 0.227		
17:1g	0.014		0	PAK	1		0.019		
18:1 undifferentiated	2.428		0	PAK	1		3.350		
20:1g	0.044		0	PAK	1 4		0.060		
22:1 undifferentiated	0.000		U	PIK	4		0.000		
Fatty acids, total polyunsaturatedg	0.597		0	PIK	4		0.824		
18:2 undifferentiatedg	0.460		0	PIK	4		0.635		
18:2 n-6 c,cg	0.798		0	PAK	1		1.102		
18:2 CLAsg 18:2 c.tg									
18:2 t,cg									
18:2 t,tg									
18:2 ig									
18:2 t not further definedg 18:3 undifferentiatedg	0.029		0	PAK	1		0.041		
18:3 n-6 c,c,cg	0.000		0	PAK	1		0.000		
18:3ig									
18:4g	0.000 0.032		0 0	PIK PAK	4 1		0.000		
20:2 n-6 c,cg 20:3 undifferentiatedg	0.032		0	PAK	1		0.044		
20:3 n-3g	0.000		·		_		0.000		
20:3 n-6g									
20:4 undifferentiated	0.076		0	PAK	1		0.105		
20:4 n-3g 20:4 n-6g									
20:5 n-3g	0.000		0	PIK	4		0.000		
22:5 n-3g	0.000		0	PIK	4		0.000		
22:6 n-3g	0.000		0	PIK	4 1		0.000		
Fatty acids, total transg Cholesterolmg	0.041 76		0	PAK PAK	1		0.057 105		
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.270		0	PAK	1		0.372		
Threonineg	1.149		0	PAK	1		1.585		
Isoleucine	1.376 2.313		0 0	PAK PAK	1 1		1.898 3.192		
Leucine	2.555		0	PAK	1		3.526		
Methionine	0.770		0	PAK	1		1.062		
Cystineg	0.313		0	PAK	1		0.431		
Phenylalanine	1.143		0 0	PAK PAK	1 1		1.578		
Tyrosineg Valine	0.981 1.471		0	PAK	1		1.353 2.029		
Arginine	1.841		0	PAK	1		2.541		
Histidineg	1.288		0	PAK	1		1.778		
Alanine	1.640		0	PAK	1 1		2.264		
Aspartic acid	2.663 4.317		0	PAK PAK	1		3.675 5.957		
Glycine	1.348		0	PAK	1		1.861		
Prolineg	1.137		0	PAK	1		1.570		
Serine	1.180		0 0	PAK	1 1		1.629		
Hydroxyproline	0.101		U	PAK	1		0.140		
Others:	0.0		0	777	4		0.0		
Alcohol, ethyl	0.0		0	PIK PIK	4 4		0.0		
Theobromine mg	0		0	PIK	4		0		
Carotenoids:									
Carotene, betamcg	0		0	PIK	4		0.000		
Carotene, alphamcg	0		0	PIK	4		0.000		
Cryptoxanthin, betamcg	0		0	PIK	4		0.000		

	A	mount in 100 gram		Amount in edible portion of common measures of food				
Nutrients and Units	Mean		a Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Lycopenemcg Lutein + zeaxanthinmcg	0 0	0	PIK PIK	4 4		0.000		

Common Measures:

Measure 1 = 138g: 1 chop boneless (yield from 193g raw meat)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 0%

		<u>A</u> :	mount in 10	00 grams	of edib	le portio	<u>on</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food	<u> </u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	62.52		0	PAK	1		93.78			
Energy	kcal	190		0	NC	4		285			
Energy	kj	796		0	NC	4		1193			
Protein	g	28.35		0	PAK	1		42.52			
Total lipid (fat)	g	7.66		0	PAK	1		11.49			
Ash		1.67		0	PAK	1		2.50			
Carbohydrate, by difference		0.00		0	PIK	4		0.00			
Fiber, total dietary		0.0		0	PIK	4		0.0			
		0.00		0	PIK	4		0.00			
Sugars, total		0.00		U	PIK	4		0.00			
Starch	g										
Minerals:											
Calcium, Ca	mg	10		0	PAK	1		14			
Iron, Fe	_	0.63		0	PAK	1		0.95			
Magnesium, Mg	_	28		0	PAK	1		41			
Phosphorus, P		317		0	PAK	1		476			
Potassium, K	-	512		0	PAK	1		768			
Sodium, Na		205		0	PAK	1		308			
Zinc, Zn	-	1.98		0	PAK	1		2.97			
Copper, Cu		0.062	•	0	PAK	1		0.093			
Manganese, Mn		0.002		0	PAK	1		0.000			
Selenium, Se		35.5	,	0	PAK	1		53.3			
Selemum, Se	1110g	33.3		Ū	rm	-		33.3			
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	0.0		0	PIK	4		0.0			
Thiamin	mg	0.616	5	0	PAK	1		0.924			
Riboflavin	mg	0.184	l	0	PAK	1		0.276			
Niacin		10.192	2	0	PAK	1		15.289			
Pantothenic acid	-	0.790)	0	PAK	1		1.186			
Vitamin B-6		0.476	5	0	PAK	1		0.714			
Folate, total	-	1		0	PIK	4		1			
Folic acid		0		0	PIK	4		0			
Folate, food		1		0	PIK	4		1			
Folate, DFE		1		0	NC	4		1			
Vitamin B-12		0.55		0	PAK	1		0.82			
Vitamin A, IU		6		0	PAK	1		9			
		2		0	PAK	1		3			
Vitamin A, RAE		2		0	PAK	1		3			
Retinol				0							
Vitamin E (alpha-tocopherol)		0.24		-	PAK	1		0.37			
Tocopherol, beta		0.00		0	PAK	1		0.00			
Tocopherol, gamma		0.05		0	PAK	1		0.07			
Tocopherol, delta		0.00		0	PAK	1		0.00			
Vitamin D Vitamin K (phylloquinone)		0.0		0	PAK	1		0.0			
	Illeg	0.0		U	PAR	1		0.0			
Lipids:	a	0.705		0	DTV	4		4 007			
Fatty acids, total saturated		2.725			PIK	4		4.087			
4:0		0.000		0	PIK	4		0.000			
6:0		0.000		0	PIK	4		0.000			
8:0		0.000		0	PAK	1		0.000			
10:0		0.002		0	PAK	1		0.002			
12:0	·····	0.001	L	0	PAK	1		0.002			
13:0											
14:0	-	0.100		0	PAK	1		0.149			
15:0	g	0.000)	0	PAK	1		0.000			
16:0	g	1.677	7	0	PAK	1		2.516			
17:0	g	0.021	L	0	PAK	1		0.031			
18:0	g	0.910)	0	PAK	1		1.364			
20:0		0.014	ı	0	PAK	1		0.022			
22:0		0.000		0	PAK	1		0.000			
24:0	-										

Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-broiled

	<u>Ar</u>	nount in 100 grams		ole portic	<u>on</u>	Amount in edible portion of common measures of food		
		Numbe					easures or roou	
					Confidence			
Nutrients and Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	3.500	0	PIK	4		5.250		
14:1g	0.000	0	PAK	1		0.000		
15:1g	0.000	0	PAK	1		0.000		
16:1 undifferentiatedg	0.210	0	PAK	1		0.314		
17:1g	0.017	0	PAK	1		0.025		
18:1 undifferentiatedg	3.219	0	PAK	1		4.828		
20:1g	0.055	0	PAK	1		0.082		
22:1 undifferentiatedg	0.000	0	PIK	4		0.000		
24:1 cg								
Fatty acids, total polyunsaturated	0.664	0	PIK	4		0.997		
18:2 undifferentiated	0.513	0	PIK	4		0.769		
18:3 undifferentiatedg	0.038	0	PAK	1		0.057		
18:4g	0.000	0	PIK	4		0.000		
20:2 n-6 c,cg	0.040	0	PAK	1		0.060		
20:3 undifferentiatedg	0.000	0	PAK	1		0.000		
20:4 undifferentiatedg	0.074	0	PAK	1		0.110		
20:5 n-3g	0.000	0	PIK	4		0.000		
22:5 n-3g	0.000	0	PIK	4		0.000		
22:6 n-3g	0.000	0	PIK	4		0.000		
Fatty acids, total transg	0.087	0	PAK	1		0.130		
Cholesterolmg	75	0	PAK	1		113		
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.259		PAK	1		0.388		
Threonineg	1.103		PAK	1		1.654		
Isoleucineg	1.321		PAK	1		1.981		
Leucineg	2.223		PAK	1		3.334		
Lysineg	2.455		PAK	1		3.682		
Methionineg	0.738		PAK	1		1.107		
Cystineg	0.301		PAK	1		0.451		
Phenylalanineg	1.100		PAK	1		1.650		
Tyrosineg	0.940		PAK	1		1.411		
Valineg	1.416	0	PAK	1		2.124		
Arginineg	1.777		PAK	1		2.666		
Histidineg	1.241		PAK	1		1.862		
Alanineg	1.589	0	PAK	1		2.384		
Aspartic acidg	2.564		PAK	1		3.846		
Glutamic acidg	4.150	0	PAK	1		6.226		
Glycineg	1.337	0	PAK	1		2.005		
Prolineg	1.114	0	PAK	1		1.671		
Serineg	1.138	0	PAK	1		1.707		
Hydroxyprolineg	0.119	0	PAK	1		0.179		
Others:								
·	0.0	0	חדש	4		0.0		
Alcohol, ethyl	0.0	0	PIK PIK	4 4		0.0 0		
Caffeine mg		0				0		
Theobromine mg	0	0	PIK	4		U		
<u>Carotenoids:</u>								
Carotene, betamcg	0	0	PIK	4		0.000		
Carotene, alphamcg	0	0	PIK	4		0.000		
Cryptoxanthin, betamcg	0	0	PIK	4		0.000		
Lycopene mcg	0	0	PIK	4		0.000		
Lutein + zeaxanthin mcg	0	0	PIK	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 150g: 1 chop boneless (yield from 189g raw meat)

Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-broiled

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 7% Connective tissue

		<u>A</u>	mount in 100	grams	of edib	le portio	<u>on</u>	Amount in edible portion of common			
			N	lumber				<u>m</u>	easures of food		
			(of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Proximates:	a	54.84		0		1		46.61	37.84		
Water	-	257		0	NC	4		218	37.84 177		
Energy		1075		U	NC	4		218 914	1// 742		
Energy Protein (N x 6.25)		29.00		0		1		24.65	20.01		
Total lipid (fat)	-	14.83		0		1		12.61	10.23		
Ash		1.32		0		1		1.12	0.91		
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00		
Fiber, total dietary		0.0		0	Z	, 7		0.0	0.00		
Sugars, total		0.00		0	z	7		0.00	0.00		
Starch	-	0.00		Ū		,		0.00	0.00		
Starcii	9										
Minerals:											
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	21		0		1		18	14		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.81		0		1		0.69	0.56		
Magnesium, Mg		28		0		1		24	19		
Phosphorus, P	_	262		0		1		223	181		
Potassium, K	_	479		0		1		407	331		
Sodium, Na	-	55		0		1 1		47	38 1.52		
Zinc, Zn		2.20 0.075		0		1		1.87 0.064	0.052		
Copper, Cu Manganese, Mn		0.075		0		1		0.004	0.032		
Selenium, Se		45.9	•	0	BFYN	4		39.0	31.7		
Scientum, Sc	9	43.3		·	2111	•		33.0	31.7		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid		0.3		0		1		0.3	0.2		
Thiamin		0.796		0		1		0.677	0.549		
Riboflavin	_	0.353		0		1		0.300	0.244		
Niacin		5.381		0		1		4.574	3.713		
Pantothenic acid		0.813		0		1		0.691	0.561		
Vitamin B-6		0.403	3	0		1		0.343	0.278		
Folate, total		8		0	_	1		7	6		
Folic acid		0		0	Z	7		0	0		
Folate, food		8		0	***	1		7	6		
Folate, DFE		8		0	NC	4		7	6		
Vitamin B-12		0.65 7		0		1 4		0.55	0.45		
Vitamin A, IU Vitamin A, RAE	IU	2		0	NC NC	4		6 2	5 1		
Retinol		2		0	NR NR	4		2	1		
Vitamin E (alpha-tocopherol)		0.20		0	BFYN	4		0.17	0.14		
Tocopherol, beta		0.20		U	DEIN	7		0.17	0.14		
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		0.0		0	BFYN	4		0.0	0.0		
<u>Lipids:</u>											
Fatty acids, total saturated		5.300		0		1		4.505	3.657		
4:0		0.000		0		1		0.000	0.000		
6:0	-	0.000		0		1		0.000	0.000		
8:0	-	0.000		0		1		0.000	0.000		
10:0		0.010		0		1		0.009	0.007		
12:0		0.010	,	0		1		0.009	0.007		
13:0		0 100	1	•		1		0 150	0 104		
14:0		0.180	,	0		1		0.153	0.124		
15:0		2 200	`	^		1		0.005	0.077		
16:0		3.300	,	0		1		2.805	2.277		
17:0	-	1 700	1	0		1		1.445	1 172		
18:0	-	1.700	,	U		1		1.445	1.173		
20:0	-										
22:0	y										

		<u>Aı</u>	mount in 100 g		dible portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and L	Jnits	Mean		mber Data Der ints Cod		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate	ad a	6.450		0	1		5.483	4.451	
14:1	g	0.450		v	-		3.403	4.451	
15:1	g	0.430		0	1		0.366	0.297	
17:1 18:1 undifferentiated	g	5.840		0	1		4.964	4.030	
20:1 22:1 undifferentiated	_	0.110 0.000		0 0	1 1		0.094 0.000	0.076 0.000	
24:1 cFatty acids, total polyunsaturated		1.700		0	1		1.445	1.173	
18:2 undifferentiated		1.510 0.100		0 0	1 1		1.284 0.085	1.042 0.069	
18:4 20:2 n-6 c.c.	g	0.000		0	1		0.000	0.000	
20:3 undifferentiated	g	0.040		0	1		0.034	0.028	
20:5 n-3	g	0.000		0	1 1		0.000	0.000	
22:6 n-3	g	0.000		0	1		0.000	0.000	
Fatty acids, total trans	mg	78 2		0	1 1		66	54	
Phytosterols Amino Acids:	rrig	2		U	1		2	1	
Tryptophan	g	0.359		0	1		0.305	0.248	
Threonine	_	1.310		0	1		1.114	0.904	
Isoleucine	-	1.337		0	1		1.136	0.923	
Leucine		2.310		0	1		1.964	1.594	
Lysine		2.596		0	1		2.207	1.791	
Methionine		0.755		0	1		0.642	0.521	
Cystine	_	0.365		0	1		0.310	0.252	
Phenylalanine		1.153		0	1		0.980	0.796	
Tyrosine	-	0.993		0	1		0.844	0.685	
Valine		1.563		0	1		1.329	1.078	
Arginine		1.829		0	1		1.555	1.262	
Histidine		1.132		0	1		0.962	0.781	
Alanine		1.701		0	1		1.446	1.174	
Aspartic acid	-	2.666		0	1		2.266	1.840	
Glutamic acid		4.473		0	1		3.802	3.086	
Glycine		1.495		0	1		1.271	1.032	
Proline		1.230		0	1		1.046	0.849	
Serine		1.198		0	1		1.018	0.827	
Hydroxyproline	g								
Others:	~	0.0		^	7		0.0	0.0	
Alcohol, ethyl		0.0		0	, z 7		0.0	0.0	
Caffeine		0			2 7 2 7		0 0	0 0	
Theobromine Carotenoids:	y	U		0 2	· /		U	U	
		_		_	_				
Carotene, beta		0			Z 7		0.000	0.000	
Carotene, alpha		0			Z 7		0.000	0.000	
Cryptoxanthin, beta		0			Z 7		0.000	0.000	
Lycopene		0			Z 7		0.000	0.000	
Lutein + zeaxanthin	mcg	0		0 2	z 7		0.000	0.000	

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 69g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)

Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 9% Connective tissue

		<u>A</u>	mount in 100	grams	ot edib	le portio	<u>on</u>	Amount in edible portion of common			
			N	lumber				<u>m</u>	easures of food		
			C	of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error F	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:	α.	71.29		0	שאח	1		323.38	20. 21		
Water	_				PAK				20.21		
Energy		144		0	NC	4		655	41		
Energy		604		0	NC	4		2739	171		
Protein (N x 6.25)		21.35		0	PAK	1		96.85	6.05		
Total lipid (fat)	_	5.89		0	PAK	1		26.73	1.67		
Ash		1.45		0	PAK	1		6.60	0.41		
Carbohydrate, by difference		0.00		0	PIK	4		0.00	0.00		
Fiber, total dietary	g	0.0		0	PIK	4		0.0	0.0		
Sugars, total	g	0.00		0	PIK	4		0.00	0.00		
Starch	g										
<u> Minerals:</u>									_		
Calcium, Ca	_	8		0	PAK	1		35	2		
Iron, Fe	-	0.57		0	PAK	1		2.57	0.16		
Magnesium, Mg		24		0	PAK	1		107	7		
Phosphorus, P		264		0	PAK	1		1199	75		
Potassium, K		454		0	PAK	1		2060	129		
Sodium, Na		178		0	PAK	1		808	51		
Zinc, Zn	_	1.43		0	PAK	1		6.50	0.41		
Copper, Cu		0.052		0	PAK	1		0.234	0.015		
Manganese, Mn		0.000)	0	PAK	1		0.000	0.000		
Selenium, Se	mcg	24.6		0	PAK	1		111.8	7.0		
<u>'itamins:</u>											
Vitamin C, total ascorbic acid		0.0		0	PIK	4		0.0	0.0		
Thiamin		0.610		0	PAK	1		2.767	0.173		
Riboflavin		0.140		0	PAK	1		0.635	0.040		
Niacin		8.522		0	PAK	1		38.655	2.416		
Pantothenic acid		0.772		0	PAK	1		3.501	0.219		
Vitamin B-6	-	0.569	9	0	PAK	1		2.582	0.161		
Folate, total		1		0	PIK	4		4	0		
Folic acid		0		0	PIK	4		0	0		
Folate, food		1		0	PIK	4		4	0		
Folate, DFE		1		0	NC	4		4	0		
Vitamin B-12		0.44		0	PAK	1		2.00	0.12		
Vitamin A, IU		8		0	PAK	1		34	2		
Vitamin A, RAE	mcg_RAE	2		0	PAK	1		10	1		
Retinol		2		0	PAK	1		10	1		
Vitamin E (alpha-tocopherol)	mg	0.15		0	PIK	4		0.69	0.04		
Tocopherol, beta	mg	0.00		0	PIK	4		0.00	0.00		
Tocopherol, gamma		0.03		0	PIK	4		0.15	0.01		
Tocopherol, delta	mg	0.00		0	PIK	4		0.00	0.00		
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.0		0	PIK	4		0.0	0.0		
ipids:	_		-	_		_					
Fatty acids, total saturated		2.006		0	PIK	4		9.101	0.569		
4:0		0.000		0	PIK	4		0.000	0.000		
6:0		0.000		0	PIK	4		0.000	0.000		
8:0		0.000		0	PAK	1		0.000	0.000		
10:0		0.001		0	PAK	1		0.004	0.000		
12:0		0.000)	0	PAK	1		0.000	0.000		
13:0	-										
14:0	-	0.071		0	PAK	1		0.323	0.020		
15:0	g	0.000)	0	PAK	1		0.000	0.000		
16:0	g	1.207	7	0	PAK	1		5.476	0.342		
17:0	g	0.018	3	0	PAK	1		0.083	0.005		
18:0	g	0.698	3	0	PAK	1		3.168	0.198		
20:0	g	0.011	L	0	PAK	1		0.048	0.003		
22:0		0.000)	0	PAK	1		0.000	0.000		
24:0	-										

	<u>Ar</u>	nount in 100 grams		ole portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Number of Data Std. Error Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated9	2.314	0	PIK	4		10.495	0.656	
14:1g	0.000	0	PAK	1		0.000	0.000	
15:1g	0.000	0	PAK	1		0.000	0.000	
16:1 undifferentiatedg	0.134	0	PAK	1		0.609	0.038	
17:1g	0.014	0	PAK	1		0.065	0.004	
18:1 undifferentiatedg	2.126	0	PAK	1		9.645	0.603	
20:1g	0.039	0	PAK	1		0.176	0.011	
22:1 undifferentiatedg	0.000	0	PIK	4		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturated9	0.320	0	PIK	4		1.450	0.091	
18:2 undifferentiatedg	0.231	0	PIK	4		1.049	0.066	
18:3 undifferentiatedg	0.008	0	PAK	1		0.036	0.002	
18:4g	0.000	0	PIK	4		0.000	0.000	
20:2 n-6 c,cg	0.029	0	PAK	1		0.131	0.008	
20:3 undifferentiatedg	0.000	0	PAK	1		0.000	0.000	
20:4 undifferentiatedg	0.052	0	PAK	1		0.234	0.015	
20:5 n-3g	0.000	0	PIK	4		0.000	0.000	
22:5 n-39	0.000	0	PIK	4		0.000	0.000	
22:6 n-3g	0.000	0	PIK	4		0.000	0.000	
Fatty acids, total trans9	0.067	0	PAK	1		0.302	0.019	
Cholesterolmg	57	0	PAK	1		258	16	
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.202	0	PAK	1		0.915	0.057	
Threonineg	0.859	0	PAK	1		3.894	0.243	
Isoleucine	1.028	0	PAK	1		4.662	0.291	
Leucine	1.727	0	PAK	1		7.836	0.490	
Lysineg	1.909	0	PAK	1		8.658	0.541	
Methionine	0.575	0	PAK	1		2.610	0.163	
Cystineg	0.233	0	PAK	1		1.058	0.165	
Phenylalanineg	0.853	0	PAK	1		3.871	0.242	
Tyrosineg	0.733	0	PAK	1		3.326	0.242	
Valineg	1.097	0	PAK	1		4.976	0.311	
Arginine	1.372	0	PAK	1		6.222	0.389	
Histidineg	0.961	0	PAK	1		4.358	0.389	
Alanine	1.220	0	PAK	1		5.532	0.346	
Aspartic acid	1.987	0	PAK	1		9.011	0.563	
Glutamic acid	3.223	0	PAK	1		14.619	0.914	
	0.989	0	PAK	1		4.487	0.280	
Glycine	0.840	0	PAK	1		3.812	0.280	
Serine	0.880	0	PAK	1		3.992	0.249	
_	0.065	0	PAK	1		0.296	0.249	
Hydroxyproline9	0.065	U	PAR	1		0.290	0.016	
Others:								
Alcohol, ethylg	0.0	0	PIK	4		0.0	0.0	
Caffeine mg	0	0	PIK	4		0	0	
Theobrominemg	0	0	PIK	4		0	0	
Carotenoids:								
	^	^	DIV	4		0 000	0.000	
Carotene, beta mcg	0	0	PIK	4 4		0.000 0.000	0.000	
Carotene, alphamcg	0	0	PIK				0.000	
Cryptoxanthin, beta mcg			PIK	4		0.000	0.000	
Lycopene mcg	0	0	PIK	4		0.000	0.000	
Lutein + zeaxanthin mcg	0	0	PIK	4		0.000	0.000	

Common Measures:

Measure 1 = 453.6g: 1 lb Measure 2 = 28.35g: 1 oz

Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 7% Separable fat

		<u>Aı</u>	mount in 100 g	rams	of edik	ole portio	<u>on</u>	Amount in edible portion of common			
			Nu	mber				<u>m</u>	easures of food	<u>l</u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	64.28	0.298	12	A	1					
Energy	_	171	0.250	0	NC	4					
Energy		715		0	NC	4					
63	-	28.82	0.756	4	A	1					
Protein (N x 6.25)		5.29	0.756	10	A	1					
Total lipid (fat)		1.65	0.364	4	A	1					
Ash			0.161	0	Z	7					
Carbohydrate, by difference		0.00									
Fiber, total dietary		0.0		0	z	7					
Sugars, total		0.00		0	Z	7					
Starch	g										
Minerals:											
Calcium, Ca	mg	10	4.007	4	A	1					
Iron. Fe.	_	0.68	0.051	4	A	1					
Magnesium, Mg		26	0.085	4	A	1					
Phosphorus, P		295	5.545	4	A	1					
Potassium, K	•	493	54.008	4	A	1					
Sodium, Na		189	11.499	4	A	1					
Zinc, Zn		2.10	0.037	4	A	1					
Copper, Cu		0.066		4	A	1					
Manganese, Mn		0.000		4	A	1					
Selenium, Se		14.1	8.723	4	A	1					
•											
Vitamins:						_					
Vitamin C, total ascorbic acid		0.0		0	Z	7					
Thiamin	-	0.586		4	A	1					
Riboflavin	=	0.173		4	A	1					
Niacin	-	9.425		4	A	1					
Pantothenic acid		0.753		4	A	1					
Vitamin B-6	_	0.484	0.035	4	A	1					
Folate, total		2		4	A	1					
Folic acid		0		0	Z	7					
Folate, food		2		4	A	1					
Folate, DFE		2		0	NC	4					
Vitamin B-12		0.59	0.052	4	A	1					
Vitamin A, IU		0		0	AS	1					
Vitamin A, RAE		0		0	AS	1					
Retinol		0	0.000	4	A	1					
Vitamin E (alpha-tocopherol)	mg	0.22		8	A	1					
Tocopherol, beta	mg	0.00		2	A	1					
Tocopherol, gamma	mg	0.05		8	A	1					
Tocopherol, delta		0.00		2	A	1					
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.0	0.000	4	A	1					
Lipids:											
Fatty acids, total saturated	a	1.753		0	NC	4					
4:0		0.000		4	Z	7					
6:0		0.000		4	z	7					
8:0	-	0.000		4	A	1					
10:0	-	0.000		4	A	1					
12:0		0.000		4	A	1					
13:0		2.200		-		-					
14:0	-	0.055	0.019	4	A	1					
		0.000		4	A	1					
		1.102		4	A	1					
15:0	a			-4							
16:0				4		1					
16:0 17:0	g	0.011	0.001	4	A	1 1					
16:0	g g	0.011 0.577	0.001 0.113	4	A A	1					
16:0 17:0	g g g	0.011	0.001 0.113 0.002		A						

		<u>Ar</u>	nount in 10	0 grams	Amount in edible portion of common					
				Number					easures of food	
						Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	2.260		0	NC	4				
14:1		0.000			A	1				
15:1		0.000			A	1				
16:1 undifferentiated	_	0.151			A	1				
17:1	-	0.011 2.064			A A	1 1				
18:1 undifferentiated 20:1	-	0.035			A	1				
22:1 undifferentiated	-	0.000		0	z	7				
24:1 c	-	0.000		·	_	·				
Fatty acids, total polyunsaturated		0.504		0	NC	4				
18:2 undifferentiated		0.402		0	AS	1				
18:2 n-6 c,c		0.402	0.23	1 3	A	1				
18:2 CLAs										
18:2 c,t	g									
18:2 t,c	g									
18:2 t,t	-									
18:2 i										
18:2 t not further defined	-					_				
18:3 undifferentiated	-	0.020		0	AS	1				
18:3 n-6 c,c,c		0.000	0.00	0 4	A	1				
18:3i	_				_	_				
18:4	-	0.000		0	z	7				
20:2 n-6 c,c		0.022			A A	1 1				
20:3 undifferentiated		0.000	0.00	0 4	A	1				
20:3 n-3 20:3 n-6										
20:4 undifferentiated		0.060	0.00	6 4	A	1				
20:4 n-3		0.000	0.00			-				
20:4 n-6										
20:5 n-3		0.000		0	z	7				
22:5 n-3		0.000		0	z	7				
22:6 n-3	_	0.000		0	z	7				
Fatty acids, total trans		0.018	0.01	.8 4	A	1				
Cholesterol	mg	75	2.23	0 4	A	1				
Phytosterols	mg									
Amino Acids:										
Tryptophan		0.273		0	A	1				
Threonine		1.160		0	A	1				
Isoleucine		1.388		0	A	1				
Leucine		2.330		0	A	1				
Lysine	_	2.576		0	A	1				
Methionine	_	0.778		0	A	1 1				
Cystine		0.314 1.149		0	A A	1				
Phenylalanine				0	A	1				
TyrosineValine	_	0.992 1.475		0	A A	1				
Arginine	-	1.475		0	A	1				
Histidine		1.291		0	A	1				
Alanine		1.625		0	A	1				
Aspartic acid	_	2.672		0	A	1				
Glutamic acid		4.344		0	A	1				
Glycine		1.272		0	A	1				
Proline		1.102		0	A	1				
Serine	_	1.182		0	A	1				
Hydroxyproline		0.055		0	A	1				
Others:										
Alcohol, ethyl		0.0		0	z	7				
Caffeine		0		0	Z	7				
Theobromine	mg	0		0	z	7				
Carotenoids:										
	m.a.a			•	_	_				
Carotene, beta	<u>it</u> iicg	0		0	Z	7				
Carotene, beta		0		0	z	7				

Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised

	Amount in edible portion of common								
			Number of Data		Source	Confidence	<u>m</u> .	easures of food	
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lycopenemcg	0		0	z	7				
Lutein + zeaxanthin mcg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 6% Separable fat

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>on</u>	Amount in	edible portion	of common
			Nu	mbei	r			<u>m</u> :	easures of food	<u>l</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	63.66	0.277	12	A	1				
Energy	-	166	0.277	0	NC	4				
0.		695		0	NC	4				
Energy		29.88	0.843	4	A A	1				
Protein (N x 6.25)		4.28	0.843	12	A	1				
Total lipid (fat)		1.92	0.163	4	A	1				
Ash			0.163	0	Z	7				
Carbohydrate, by difference		0.00								
Fiber, total dietary		0.0		0	z	7				
Sugars, total		0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mq	10	3.976	4	A	1				
Iron. Fe.	_	0.63	0.050	4	A	1				
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	28	0.599	4	A	1				
Phosphorus, P		339	5.745	4	A	1				
Potassium, K	•	569	81.104	4	A	1				
Sodium, Na	-	251	18.936	4	A	1				
Zinc, Zn		2.16	0.122	4	A	1				
Copper, Cu		0.060		4	A	1				
Manganese, Mn.		0.000	0.000	4	A	1				
Selenium, Se		34.8	14.125	4	A	1				
57*4										
Vitamins:					_	_				
Vitamin C, total ascorbic acid		0.0		0	Z	7				
Thiamin	-	0.582		4	A	1				
Riboflavin		0.190		4	A	1				
Niacin	-	10.308		4	A	1				
Pantothenic acid		0.828		4	A	1				
Vitamin B-6	_	0.498	0.008	4	A	1				
Folate, total		1		2	A	1				
Folic acid		0		0	Z	7				
Folate, food		1		2	A	1				
Folate, DFE		1		0	NC	4				
Vitamin B-12		0.68	0.063	4	A	1				
Vitamin A, IU		0		0	AS	1				
Vitamin A, RAE		0		0	AS	1				
Retinol		0	0.000	4	A	1				
Vitamin E (alpha-tocopherol)		0.25		8	A	1				
Tocopherol, beta		0.00		2	A	1				
Tocopherol, gamma		0.05		8	A	1				
Tocopherol, delta		0.00		2	A	1				
Vitamin D		0.0	0.000							
Vitamin K (phylloquinone)	fricg	0.0	0.000	4	A	1				
Lipids:										
Fatty acids, total saturated	g	1.489)	0	NC	4				
4:0		0.000	0.000	4	Z	7				
6:0	g	0.000	0.000	4	Z	7				
8:0	-	0.000	0.000	4	A	1				
10:0	g	0.000	0.000	4	A	1				
12:0	g	0.000	0.000	4	A	1				
13:0										
	-	0.053	0.007	4	A	1				
14:0		0.000	0.000	4	A	1				
14:0 15:0	9									
		0.925	0.130	4	A	1				
15:0 16:0	g			4 4	A A	1 1				
15:0	g g	0.925	0.001							
15:0	g g g	0.925 0.010	0.001 0.074	4	A	1				
15:0 16:0 17:0	g g g	0.925 0.010 0.496	0.001 0.074 0.002	4 4	A A	1 1				

Nutrients and Units Nutrients and Units Nutrients and Units Nutrients and Units Nutrients and Units Nutrients and Units Nutrients and Units Nutrients and Units Nutrients Nutrients			<u>Ar</u>	mount in 10	0 grams	Amount in edible portion of common					
Nutrients and Units					Number						
Nutrients and Units							Source	Confidence			
141	Nutrients and Un	its	Mean						Measure 1	Measure 2	Measure 3
Test											
15:1	Fatty acids, total monounsaturated.	g	1.860		0	NC	4				
Incline											
171.											
18.1 undifferentiated		-									
201		-									
24-1 c. 9 Faty acids, total polyunasturated. 9 18-2 nc cc. 9 18-2 cd. 9 18-3 cd. 6 18-3											
241 c.											
Fishy acids, botal polymanutrated		-	0.000		·	_	•				
182 and effectivated			0.598		0	NC	4				
NS			0.489		0	AS	1				
182 C. 9			0.489	0.08	88 4	A	1				
18.2 L.											
182 1	18:2 c,t	g									
18.2	18:2 t,c	g									
18.2 to further defined. 9 1.33 to 6 c.c. 9 0.000 0.000 4 A 1 1.33 to 6 c.c. 9 0.000 0.000 4 A 1 1.33 to 6 c.c. 9 0.000 0.000 0 2 7 7 7 7 7 7 7 7 7		-									
183 indifferentiated											
18.3		-			_		_				
18-3		-									
18-4			0.000	0.00	JU 4	A	1				
202 n-6 c. 9		-	0 000		0		7				
20.3 and fiferentiated		-									
203 n - 3											
203 n-6			0.000	0.00	,	A	_				
20.4 undifferentiated											
20.4 n-3			0.074	0.01	1 4	A	1				
20.4 n-6											
20.5 n-3											
Paty acids, total trans			0.000		0	Z	7				
Fatty acids, total trans 9 0.000 0.000 4 A 1 Cholesterol mg 76 4.244 4 A 1 Phytosterols Amino Acids: Tryptophan 9 0.277 0 A 1 Threonine 9 1.176 0 A 1 Incoine 9 1.407 0 A 1 Leucine 9 2.363 0 A 1 Levine 9 2.363 0 A 1 Lysine 9 2.363 0 A 1 Methionine 9 0.789 0 A 1 Mysine 9 0.318 0 A 1 Phenylalamine 9 1.165 0 A 1 Tyrosine 9 1.496 0 A 1 Valine 9 1.864 0 A	22:5 n-3	g	0.000		0	Z	7				
Cholesterol	22:6 n-3	g	0.000		0	Z	7				
Phytosterols mg	Fatty acids, total trans	g	0.000	0.00	00 4	A	1				
Amino Acids: Tryptophan. 9 0.277 0 A 1 Threonine. 9 1.176 0 A 1 Isoleucine. 9 1.407 0 A 1 Leucine. 9 2.363 0 A 1 Lysine. 9 2.612 0 A 1 Methionine. 9 0.789 0 A 1 Cystine. 9 0.318 0 A 1 Phenylalanine. 9 1.165 0 A 1 Tyrosine. 9 1.005 0 A 1 Valine. 9 1.496 0 A 1 Valine. 9 1.309 0 A 1 Histidine. 9 1.309 0 A 1 Aspartic acid. 9 1.504 0 A 1 Glutamic acid. 9 4.404 0 A <td></td> <td>_</td> <td>76</td> <td>4.24</td> <td>14 4</td> <td>A</td> <td>1</td> <td></td> <td></td> <td></td> <td></td>		_	76	4.24	14 4	A	1				
Tryptophan	Phytosterols	mg									
Threonine	Amino Acids:										
Soleucine	Tryptophan	g	0.277		0	A	1				
Leucine 9 2.363 0 A 1 Lysine 9 2.612 0 A 1 Methionine 9 0.789 0 A 1 Cystine 9 0.318 0 A 1 Phenylalanine 9 1.165 0 A 1 Tyrosine 9 1.005 0 A 1 Valine 9 1.496 0 A 1 Arginine 9 1.864 0 A 1 Histdine 9 1.309 0 A 1 Alanine 9 1.648 0 A 1 Aspartic acid 9 2.709 0 A 1 Aspartic acid 9 1.648 0 A 1 Glycine 9 1.290 0 A 1 Proline 9 1.198 0 A 1 Serine 9 0.057 0 A 1 Hydroxyroline			1.176		0	A					
Lysine g 2.612 0 A 1 Methionine g 0.789 0 A 1 Cystine g 0.318 0 A 1 Phenylalanine g 0.165 0 A 1 Tyrosine g 1.005 0 A 1 Valine g 1.496 0 A 1 Arginine g 1.864 0 A 1 Histidine g 1.309 0 A 1 Alanine g 1.648 0 A 1 Aspartic acid g 2.709 0 A 1 Glycine g 1.290 0 A 1 Glycine g 1.118 0 A 1 Hydroxyproline g 0.057 0 A 1 Hydroxyproline g 0.0 2 7 Caffeine <td></td>											
Methionine 9 0.789 0 A 1 Cystine 9 0.318 0 A 1 Phenylalanine 9 1.165 0 A 1 Tyrosine 9 1.005 0 A 1 Valine 9 1.496 0 A 1 Arginine 9 1.864 0 A 1 Histidine 9 1.309 0 A 1 Alanine 9 1.648 0 A 1 Alpantic acid 9 1.290 0 A 1 Gliveine 9 1.290 0 A 1 Proline 9 1.198 0 A 1 Se					•		_				
Cystine 9 0.318 0 A 1 Phenylalanine 9 1.165 0 A 1 Tyrosine 9 1.005 0 A 1 Valine 9 1.496 0 A 1 Arginine 9 1.864 0 A 1 Histidine 9 1.309 0 A 1 Alanine 9 1.648 0 A 1 Aspartic acid 9 2.709 0 A 1 Glutamic acid 9 4.404 0 A 1 Glycine 9 1.290 0 A 1 Proline 9 1.118 0 A 1 Hydroxyproline 9 0.057 0 A 1 Hydroxyproline 9 0.0 0 z 7 Cafeine mg 0 0 z 7	-	_									
Phenylalanine. g 1.165 0 A 1 Tyrosine. g 1.005 0 A 1 Valine. g 1.496 0 A 1 Arginine. g 1.864 0 A 1 Histidine. g 1.309 0 A 1 Alanine. g 1.648 0 A 1 Aspartic acid. g 2.709 0 A 1 Glutamic acid. g 4.404 0 A 1 Glycine. g 1.290 0 A 1 Proline. g 1.118 0 A 1 Serine. g 1.198 0 A 1 Hydroxyproline. g 0.057 0 A 1 Others: Alcohol, ethyl. g 0.0 2 7 Carotene, beta mcg 0 0		-									
Tyrosine	-										
Valine. g 1.496 0 A 1 Arginine. .g 1.864 0 A 1 Histidine. .g 1.309 0 A 1 Alanine. .g 1.648 0 A 1 Aspartic acid. .g 2.709 0 A 1 Glutamic acid. .g 4.404 0 A 1 Glycine. .g 1.290 0 A 1 Proline. .g 1.118 0 A 1 Serine. .g 1.198 0 A 1 Hydroxyproline. .g 0.057 0 A 1 Hydroxyproline. .g 0.0 0 z 7 Caffeine. .mg 0 0 z 7 Caffeine. .mg 0 0 z 7 Carotene, beta. .mcg 0 0 z 7	•				-						
Arginine 9 1.864 0 A 1 Histidine 9 1.309 0 A 1 Alanine 9 1.648 0 A 1 Aspartic acid 9 2.709 0 A 1 Glutamic acid 9 4.404 0 A 1 Glycine 9 1.290 0 A 1 Proline 9 1.118 0 A 1 Serine 9 1.198 0 A 1 Hydroxyproline 9 0.057 0 A 1 Hydroxyproline 9 0.057 0 A 1 Caffeine mg 0 0 z 7 Caffeine mg 0 0 z 7 Theobromine mg 0 0 z 7 Carotene, beta mcg 0 0 z 7 Carotene, alpha mcg 0 0 z 7	2				-						
Histidine		•			-						
Alanine. 9 1.648 0 A 1 Aspartic acid. 9 2.709 0 A 1 Glutamic acid. 9 4.404 0 A 1 Glycine. 9 1.290 0 A 1 Proline. 9 1.118 0 A 1 Serine. 9 1.198 0 A 1 Hydroxyproline. 9 0.057 0 A 1 Others: Alcohol, ethyl. 9 0.0 0 Z 7 Caffeine. mg 0 0 Z 7 Theobromine. mg 0 0 Z 7 Carotene, beta mcg 0 0 Z 7 Carotene, alpha. mcg 0 0 Z 7	0	-			-						
Aspartic acid											
Glutamic acid g 4.404 0 A 1 Glycine					-						
Glycine 9 1.290 0 A 1 Proline 9 1.118 0 A 1 Serine 9 1.198 0 A 1 Hydroxyproline 9 0.057 0 A 1 Others: Alcohol, ethyl 9 0.0 0 z 7 Caffeine mg 0 0 z 7 Theobromine mg 0 0 z 7 Carotene, beta mcg 0 0 z 7 Carotene, alpha mcg 0 0 z 7	•										
Proline g 1.118 0 A 1 Serine g 1.198 0 A 1 Hydroxyproline g 0.057 0 A 1 Others: Alcohol, ethyl g 0.0 0 z 7 Caffeine mg 0 0 z 7 Theobromine mg 0 0 z 7 Carotene, beta mcg 0 0 z 7 Carotene, alpha mcg 0 0 z 7					-						
Serine g 1.198 0 A 1 Hydroxyproline g 0.057 0 A 1 Others: Alcohol, ethyl g 0.0 0 z 7 Caffeine mg 0 0 z 7 Theobromine mg 0 0 z 7 Carotenoids: Carotene, beta mcg 0 0 z 7 Carotene, alpha mcg 0 0 z 7											
Hydroxyproline g 0.057 0 A 1 Others: Alcohol, ethyl g 0.0 0 z 7 Caffeine mg 0 0 z 7 Theobromine mg 0 0 z 7 Carotenoids: Carotene, beta mcg 0 0 z 7 Carotene, alpha mcg 0 0 z 7		_			0						
Others: Alcohol, ethyl					0	A	1				
Alcohol, ethyl g 0.0 0 z 7 Caffeine mg 0 0 z 7 Theobromine mg 0 0 z 7 Carotenoids: Carotene, beta mcg 0 0 z 7 Carotene, alpha mcg 0 0 z 7											
Caffeine mg 0 0 z 7 Theobromine mg 0 0 z 7 Carotenoids: Carotene, beta mcg 0 0 z 7 Carotene, alpha mcg 0 0 z 7		g	0.0		0	z	7				
Theobromine mg 0 0 z 7 Carotenoids: Carotene, beta mcg 0 0 z 7 Carotene, alpha mcg 0 0 z 7											
Carotenoids: Carotene, beta			0		0	z	7				
Carotene, beta		=									
Carotene, alphamcg 0 z 7		mca	0		0	7	7				
Cryptoxanthin beta MCO 0 0 7 7	Cryptoxanthin, beta		0		0	Z	7				

	Amount in 100 grams of edible portion Number							Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Error	of Data	Deriv		Confidence Code	Measure 1	Measure 2	Measure 3		
Lycopenemcg Lutein + zeaxanthinmcg	0 0		0 0	z z	7 7						

Common Measures:

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 9% Separable fat

		<u>Aı</u>	nount in 100 g	rams	of edib	ole portio	<u>on</u>	Amount in	edible portion	of common
			Nu	mber	r			<u>m</u>	easures of food	_
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	64.49	0.251	12	A	1				
Energy	_	169		0	NC	4				
Energy		706		0	NC	4				
Protein (N x 6.25)	-	28.95	0.819	4	A	1				
Total lipid (fat)		5.00	0.210	12	A	1				
Ash		1.68	0.125	4	A	1				
Carbohydrate, by difference		0.00		0	Z	7				
Fiber, total dietary		0.0		0	Z	7				
Sugars, total		0.00		0	Z	7				
Starch										
Minerals:										
Calcium, Ca	-	10	3.866	4	A	1				
Iron, Fe.	• • • • • • • • • • • • • • • • • • • •	0.63 28	0.007 0.882	4 4	A A	1 1				
Magnesium, Mg					A A	1				
Phosphorus, P Potassium, K	•	320 517	6.725 49.032	4 4	A	1				
Sodium, Na	_	209	26.989	4	A	1				
Zinc, Zn		2.02	0.061	4	A	1				
Copper, Cu		0.063		4	A	1				
Manganese, Mn		0.000		4	A	1				
Selenium, Se		37.7	8.377	4	A	1				
•										
Vitamins:						_				
Vitamin C, total ascorbic acid		0.0		0	Z	7				
Thiamin	_	0.631		4	A	1				
Riboflavin	-	0.188		4	A	1				
Niacin	-	10.323		4	A	1				
Pantothenic acid		0.786		4	A	1				
Vitamin B-6.	-	0.489	0.028	4 2	A	1 1				
Folate, total		1 0		0	A NR	4				
Folic acid		1		2	A A	1				
Folate, foodFolate, DFE		1		0	NC	4				
Vitamin B-12		0.52	0.039	4	A.	1				
Vitamin A, IU		0.52	0.039	0	AS	1				
Vitamin A, RAE		0		0	AS	1				
Retinol		Ö	0.000	4	A	1				
Vitamin E (alpha-tocopherol)		0.23	0.000	8	A	1				
Tocopherol, beta		0.00		2	A	1				
Tocopherol, gamma		0.05		8	A	1				
Tocopherol, delta		0.00		2	A	1				
Vitamin D										
Vitamin K (phylloquinone)		0.0	0.000	4	A	1				
<u>Lipids:</u>										
Fatty acids, total saturated	g	1.797		0	NC	4				
4:0		0.000		4	z	7				
6:0		0.000	0.000	4	Z	7				
8:0	g	0.000	0.000	4	A	1				
10:0	g	0.002	0.002	4	A	1				
12:0	g	0.002	0.002	4	A	1				
13:0	g									
14:0		0.068		4	A	1				
15:0	g	0.000	0.000	4	A	1				
16:0	g	1.118	0.149	4	A	1				
17:0		0.013		4	A	1				
18:0	g	0.586	0.087	4	A	1				
20:0	g	0.009	0.001	4	A	1				
22:0	g	0.000	0.000	4	A	1				
24:0	g									

		<u>A</u> 1	Amount in 100 grams of edible portion				<u>on</u>	Amount in edible portion of common			
				Numbe	r			<u>m</u>	easures of food		
						Source	Confidence				
Nutrients and Units	•	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated		2.406		0	NC	4					
14:1 15:1		0.000			A A	1 1					
16:1 undifferentiated		0.155			A	1					
17:1	_	0.011			A	1					
18:1 undifferentiated		2.206	0.2	16 3	A	1					
20:1	_	0.035			A	1					
22:1 undifferentiated		0.000)	0	Z	7					
24:1 cFatty acids, total polyunsaturated		0.672	,	0	NC	4					
18:2 undifferentiated		0.561		0	AS	1					
18:2 n-6 c.c		0.561		35 4	A	1					
18:2 CLAs	g										
18:2 c,t	g										
18:2 t,c	_										
18:2 t,t	_										
18:2 i	_										
18:3 undifferentiated		0.019)	0	AS	1					
18:3 n-6 c,c,c		0.000			A	1					
18:3i	g										
18:4	-	0.000		0	Z	7					
20:2 n-6 c,c	-	0.022			A	1					
20:3 undifferentiated		0.000	0.00	00 4	A	1					
20:3 n-3 20:3 n-6											
20:3 n-6		0.070	0.00	07 4	A	1					
20:4 n-3											
20:4 n-6	-										
20:5 n-3	g	0.000)	0	Z	7					
22:5 n-3		0.000		0	Z	7					
22:6 n-3		0.000		0	z	7					
Fatty acids, total trans		0.030 75	0.03 3.62		A A	1 1					
Phytosterols	_		3.0.			_					
Amino Acids:											
Tryptophan		0.268		0	A	1					
Threonine		1.139		0	A A	1					
Isoleucine	_	1.363 2.288		0	A	1 1					
Lysine	_	2.529		0	A	1					
Methionine	•	0.764		0	A	1					
Cystine	g	0.308	3	0	A	1					
Phenylalanine	g	1.128		0	A	1					
Tyrosine		0.974		0	A	1					
Valine	_	1.448		0	A	1					
Arginine Histidine		1.805 1.267		0	A A	1 1					
Alanine		1.596		0	A	1					
Aspartic acid		2.623		0	A	1					
Glutamic acid		4.264		0	A	1					
Glycine	g	1.249)	0	A	1					
Proline	_	1.082		0	A	1					
Serine	-	1.160		0	A	1					
Hydroxyproline	y	0.056)	0	A	1					
Others:						_					
Alcohol, ethyl		0.0		0	z z	7 7					
Caffeine Theobromine		0		0	z z	7					
Carotenoids:	9	U		U	4	,					
<u> </u>	mc~	•		_	_	_					
Carotene, beta		0		0 0	z z	7 7					
Cryptoxanthin, beta	_	0		0	Z	7					
Cryptoranum, octa	9	v		Ū	4	,					

Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-broiled

	Amount in edible portion of common measures of food							
Nutrients and Units	Mean		Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Lycopenemcg Lutein + zeaxanthinmcg	0 0	0	z z	7 7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 15% Connective tissue 7%, separable fat 8%

		<u>A</u>	mount in 10	00 grams	of edib	ole portic	<u>on</u>	Amount in edible portion of common		
				Number				me	easures of food	
						C	Confidence			
Nutrients and Ur	iits	Mean	Std. Error	of Data Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	57.62		0		1		48.98	36.30	
Energy	kcal	225		0	NC	4		191	142	
Energy		941				4		800	593	
Protein (N x 6.25)		30.48		0		1		25.91	19.20	
Total lipid (fat)		10.50		0		1		8.93	6.62	
Ash		1.37		0		1		1.16	0.86	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary	=	0.0		0	z	7		0.0	0.0	
Sugars, total		0.00		0	z	7		0.00	0.00	
Starch					_	•			0.00	
Survi										
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	22		0		1		19	14	
Iron, Fe	_	0.85		0		1		0.72	0.54	
Magnesium, Mg		30		0		1		26	19	
Phosphorus, P	_	271		0		1		230	171	
Potassium, K		500		0		1		425	315	
Sodium, Na	_	57		0		1		48	36	
Zinc, Zn		2.29		0		1		1.95	1.44	
Copper, Cu		0.077		0		1		0.065	0.049	
Manganese, Mn		0.008	3	0		1		0.007	0.005	
Selenium, Se	mcg	45.8		0	BFYN	4		38.9	28.9	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.3		0		1		0.3	0.2	
Thiamin	_	0.838	3	0		1		0.712	0.528	
Riboflavin		0.375		0		1		0.319	0.236	
Niacin	-	5.633		0		1		4.788	3.549	
Pantothenic acid		0.857		0		1		0.728	0.540	
Vitamin B-6		0.427		0		1		0.363	0.269	
Folate, total		8		0		1		7	5	
Folic acid	-	0		0	z	7		0	0	
Folate, food	-	8		0	_	1		7	5	
Folate, DFE		8		0	NC	4		7	5	
Vitamin B-12		0.67		0	2.0	1		0.57	0.42	
Vitamin A, IU	IU	7		0	NC	4		6	4	
Vitamin A, RAE	mca RAF	2		0	NC	4		2	1	
Retinol		2		0	NR	4		2	1	
Vitamin E (alpha-tocopherol)		0.22		0	BFYN	4		0.19	0.14	
Tocopherol, beta		V		•		-		0.25	V	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0	BFYN	4		0.0	0.0	
	_									
<u>Lipids:</u>										
Fatty acids, total saturated		3.600		0		1		3.060	2.268	
4:0		0.000		0		1		0.000	0.000	
6:0	-	0.000		0		1		0.000	0.000	
8:0	-	0.000		0		1		0.000	0.000	
10:0		0.010		0		1		0.009	0.006	
12:0		0.010)	0		1		0.009	0.006	
13:0				_		_				
14:0	-	0.120)	0		1		0.102	0.076	
15:0	-	_				_				
16:0	-	2.270)	0		1		1.930	1.430	
17:0	-	_				_			_	
18:0		1.130)	0		1		0.961	0.712	
20:0	-									
22:0	-									
24:0	g									

	<u>A</u>	mount in 100 grams		Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Numbe of Data Std. Error Points	Deriv Source	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	4.600	0	1		3.910	2.898	
15:1	0.330	0	1		0.281	0.208	
17:1	4.150		1		3.528	2.615	
20:1	0.080		1 1		0.068 0.000	0.050 0.000	
Fatty acids, total polyunsaturatedg 18:2 undifferentiatedg	1.290 1.130		1 1		1.097 0.961	0.813 0.712	
18:3 undifferentiated	0.090	0	1		0.077	0.057	
20:2 n-6 c,c							
20:4 undifferentiated	0.040		1 1		0.03 4 0.000	0.025 0.000	
22:5 n-3	0.000		1 1		0.000 0.000	0.000 0.000	
Fatty acids, total trans	77 3	0	1 1		65 3	49 2	
Phytosterolsmg Amino Acids:	3	Ü	1		3	2	
Tryptophan	0.387 1.392		1 1		0.329 1.183	0.244 0.877	
Isoleucine	1.427 2.445		1 1		1.213 2.078	0.899 1.540	
Lysine	2.741 0.807	7 0	1 1		2.330 0.686	1.727 0.508	
Cystine	0.389	7 0	1		0.331	0.245 0.767	
Tyrosine	1.062 1.653 1.895	0	1 1 1		0.903 1.405 1.611	0.669 1.041 1.194	
Arginine	1.218	3 0	1		1.035 1.510	0.767 1.119	
Aspartic acid	2.827	7 0	1		2.403 4.055	1.781	
Glycine	1.447 1.224	7 0	1 1		1.230	0.912 0.771	
Serine	1.259	0	1		1.070	0.793	
Others:	0.0	•	7		0.0	0.0	
Alcohol, ethyl	0.0 0 0	0 0 0	7 Z 7 Z 7		0.0 0 0	0.0 0 0	
Theobrominemg <u>Carotenoids:</u>	U	U	z /		U	U	
Carotene, beta mcg Carotene, alpha mcg	0 0	0	z 7 z 7		0.000 0.000	0.000 0.000	
Cryptoxanthin, betamcg Lycopenemcg	0	0	z 7 z 7		0.000 0.000	0.000 0.000	
Lutein + zeaxanthin mcg	0	0	z 7		0.000	0.000	

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 63g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)

Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 16% Connective tissue, 9.29%, separable fat, 6.82%

	Aı	mount in 100 g	rams mbe		ole portic	<u></u>	Amount in edible portion of common measures of food			
Nutrients and Un	its	Mean		Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		73.82	0.205	12	A	1		20.93	334.86	
Energy		117 487		0	NC NC	4 4		33 138	529 2211	
Energy		22.42	0.337	4	A	1		6.36	101.71	
Protein (N x 6.25) Total lipid (fat)		2.30	0.337	10	A	1		0.65	101.71	
Ash		1.52	0.105	4	A	1		0.43	6.91	
Carbohydrate, by difference		0.00	0.103	0	z	7		0.00	0.00	
Fiber, total dietary		0.00		0	Z	7		0.00	0.00	
Sugars, total		0.00		0	z	7		0.00	0.00	
Starch		0.00		Ū		,		0.00	0.00	
Starcii	9									
Minerals:										
Calcium, Ca	-	7	2.257	4	A	1		2	31	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.57	0.067	4	A	1		0.16	2.58	
Magnesium, Mg		18	6.092	4	A	1		5	83	
Phosphorus, P	-	275	6.733	4	A	1		78	1247	
Potassium, K		476	47.409	4	A	1		135	2157	
Sodium, Na		184	20.530	4	A	1		52	835	
Zinc, Zn		1.48	0.037	4 4	A	1 1		0.42	6.71	
Copper, Cu		0.053		4	A A	1		0.015 0.000	0.240 0.000	
Manganese, Mn		26.0	4.473	4	A	1		7.4	117.7	
Selenium, Se	nog	20.0	4.473	-		-		7.4	117.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.638	0.025	4	A	1		0.181	2.892	
Riboflavin	mg	0.146	0.008	4	A	1		0.041	0.663	
Niacin	mg	8.938	0.466	4	A	1		2.534	40.541	
Pantothenic acid	mg	0.807	0.032	4	A	1		0.229	3.659	
Vitamin B-6	mg	0.596	0.025	4	A	1		0.169	2.703	
Folate, total		1		2	A	1		0	5	
Folic acid		0		0	Z	7		0	0	
Folate, food		1		2	A	1		0	5	
Folate, DFE		1		0	NC	4		0	5	
Vitamin B-12		0.43	0.031	4	A	1		0.12	1.94	
Vitamin A, IU		0		0	AS	1		0	0	
Vitamin A, RAE		0		0	AS	1		0	0	
Retinol		0	0.000	4	A	1		0	0	
Vitamin E (alpha-tocopherol)		0.17		8 2	A	1		0.05	0.75	
Tocopherol, beta		0.00		_	A	1		0.00	0.00	
Tocopherol, gamma		0.04		4 2	A	1 1		0.01	0.16	
Tocopherol, delta		0.00		2	A	1		0.00	0.00	
Vitamin D Vitamin K (phylloquinone)		0.0	0.000	4	A	1		0.0	0.0	
Vitamin K (phynoquinone)	Illog	0.0	0.000	-		-		0.0	0.0	
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.708		0	NC	4		0.201	3.213	
4:0	g	0.000	0.000	4	Z	7		0.000	0.000	
6:0	g	0.000	0.000	4	Z	7		0.000	0.000	
8:0	g	0.000	0.000	4	A	1		0.000	0.000	
10:0	-	0.001		4	A	1		0.000	0.005	
12:0		0.000	0.000	4	A	1		0.000	0.000	
13:0										
14:0	g	0.025		4	A	1		0.007	0.112	
15:0	g	0.000		4	A	1		0.000	0.000	
16:0	=	0.435		4	A	1		0.123	1.971	
17:0	-	0.004		4	A	1		0.001	0.019	
18:0	-	0.240	0.052	4	A	1		0.068	1.089	
20:0	-	0.004		4	A	1		0.001	0.017	
22:0		0.000	0.000	4	A	1		0.000	0.000	
24:0	g									

		An	nount in 100	grams umbe		Amount in edible portion of common measures of food				
Nutrients and Uni	its	Mean		f Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tuttionto una om		ouii					-			
Fatty acids, total monounsaturated	a	0.895		0	NC	4		0.254	4.060	
14:1		0.000	0.000		A	1		0.000	0.000	
15:1		0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated	g	0.060	0.014	4	A	1		0.017	0.273	
17:1	•	0.004	0.001		A	1		0.001	0.017	
18:1 undifferentiated		0.817	0.193		A	1 1		0.232	3.707	
20:1	-	0.014 0.000	0.003	4 0	A Z	7		0.004 0.000	0.062 0.000	
24:1 c		0.000		Ū		,		0.000	0.000	
Fatty acids, total polyunsaturated		0.317		0	NC	4		0.090	1.438	
18:2 undifferentiated	g	0.000		0	Z	7		0.000	0.000	
18:2 n-6 c,c	_	0.251	0.064	4	A	1		0.071	1.140	
18:2 CLAs	-									
18:2 c,t	_									
18:2 t,t										
18:2 i	-									
18:2 t not further defined										
18:3 undifferentiated	-	0.001		0	A	1		0.000	0.003	
18:3 n-6 c,c,c	_	0.001	0.001	4	A	1		0.000	0.003	
18:4	-	0.000		0	z	7		0.000	0.000	
20:2 n-6 c,c		0.010	0.002		A	1		0.003	0.044	
20:3 undifferentiated		0.000	0.000	4	A	1		0.000	0.000	
20:3 n-3										
20:3 n-6		0.047	0.004		_					
20:4 undifferentiated 20:4 n-3		0.047	0.004	4	A	1		0.013	0.212	
20:4 n-6	-									
20:5 n-3	-	0.000		0	z	7		0.000	0.000	
22:5 n-3	g	0.000		0	Z	7		0.000	0.000	
22:6 n-3	-	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans		0.000	0.000		A A	1 1		0.000	0.000	
CholesterolPhytosterols	• • • • • • • • • • • • • • • • • • • •	55	0.849	4	А	1		16	251	
•	9									
Amino Acids:	a	0.013		^				0.060	0.000	
TryptophanThreonine		0.213 0.907		0	A A	1 1		0.060 0.257	0.968 4.115	
Isoleucine	_	1.086		0	A	1		0.308	4.925	
Leucine		1.823		0	A	1		0.517	8.268	
Lysine	g	2.015		0	A	1		0.571	9.140	
Methionine		0.609		0	A	1		0.173	2.760	
Cystine		0.245		0	A	1		0.070	1.114	
Phenylalanine		0.899 0.776		0	A A	1 1		0.255 0.220	4.077 3.519	
TyrosineValine		1.154		0	A	1		0.327	5.234	
Arginine	•	1.438		0	A	1		0.408	6.523	
Histidine		1.010		0	A	1		0.286	4.581	
Alanine	g	1.271		0	A	1		0.360	5.767	
Aspartic acid		2.090		0	A	1		0.593	9.481	
Glutamic acid		3.398 0.995		0	A A	1 1		0.963 0.282	15.411 4.514	
Glycine Proline	-	0.995		0	A	1		0.244	4.514 3.911	
Serine		0.802		0	A	1		0.244	4.192	
Hydroxyproline		0.043	0.006	4	A	1		0.012	0.195	
Others:										
Alcohol, ethyl	a	0.0		0	z	7		0.0	0.0	
Caffeine		0		0	z	7		0	0	
Theobromine		0		0	z	7		0	0	
Carotenoids:										
Carotene, beta	mcg	0		0	z	7		0.000	0.000	
Carotene, alpha		0		0	z	7		0.000	0.000	
Cryptoxanthin, beta	mcg	0		0	Z	7		0.000	0.000	

Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw

	<u>A</u>	mount in 100 g	ams of edi	Amount in edible portion of common				
			nber Data Deriv	Source	Confidence	<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error Po	ints Code	Code	Code	Measure 1	Measure 2	Measure 3
Lygopopo MCG	0		0 z	7		0.000	0.000	
Lycopenemcg Lutein + zeaxanthinmcg	0		0 z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

NDB No. 10065 Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted

Refuse: 8% Connective tissue

		<u>Aı</u>	mount in 100 g	rams	Amount in edible portion of common					
			Nu	mber				<u>m</u>	easures of food	<u>[</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	59.23	0.966	13		1		180.65	50.35	
Energy	_	226	0.900	0	NC	4		689	192	
0,7		946		U	NC	4		2884	192 804	
Energy			0.200	10		=				
Protein (N x 6.25)		28.81	0.398	13		1		87.87	24.49	
Total lipid (fat)		11.43	0.884	13		1		34.86	9.72	
Ash		1.09	0.022	13	_	1		3.32	0.93	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total	_									
Starch	g									
Minerals:										
Calcium. Ca	ma	5	0.225	67		1		15	4	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.80	0.078	72		1		2.44	0.68	
Magnesium, Mg	-	23	0.582	72		1		70	20	
Phosphorus, P		215	4.187	11		1		656	183	
Potassium, K	-	342	8.582	11		1		1043	291	
Sodium, Na		44	0.936	72		1		134	37	
Zinc, Zn	_	2.21	0.198	11		1		6.74	1.88	
Copper, Cu		0.019		72		1		0.058	0.016	
Manganese, Mn		0.003		1		1		0.009	0.003	
Selenium, Se		45.8	•	0	PAK	1		139.7	38.9	
Scientifi, Sc						_				
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid		0.4		2		1		1.2	0.3	
Thiamin		0.614		3		1		1.873	0.522	
Riboflavin	mg	0.296	i	2		1		0.903	0.252	
Niacin	-	5.129		2		1		15.643	4.360	
Pantothenic acid	mg	0.545	5	2		1		1.662	0.463	
Vitamin B-6	_	0.373	3	2		1		1.138	0.317	
Folate, total	mcg	8		2		1		24	7	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	8		2		1		24	7	
Folate, DFE	mcg_DFE	8		0	NC	4		24	7	
Vitamin B-12	mcg	0.55		2		1		1.68	0.47	
Vitamin A, IU		8		2		1		24	7	
Vitamin A, RAE	mcg_RAE	2		2		1		7	2	
Retinol	mcg	2		2		1		7	2	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
	a	4.170	1	0		1		12.719	3.545	
Fatty acids, total saturated		4.170	•	·		-		12.713	3.343	
6:0										
8:0										
10:0		0.010)	42		1		0.031	0.009	
12:0		0.010		42		1		0.031	0.009	
13:0		0.010				-		3.031	0.003	
14:0		0.140)	42		1		0.427	0.119	
15:0	_	0.140				-		J. 12.	0.119	
16:0	_	2.620)	42		1		7.991	2.227	
17:0	_	2.020	•			-		7.331	2.221	
18:0	_	1.320	1	42		1		4.026	1.122	
20:0		1.320	•	74		1		4.020	1.122	
22:0	_									
44.U	g g									

		<u>Ar</u>	nount in 100 gram Numbe	Amount in edible portion of common measures of food				
Nutrients and Units	i	Mean		a Deriv Sourc		Measure 1	Measure 2	Measure 3
			_					
Fatty acids, total monounsaturated		5.290	0	1		16.135	4.497	
14:1	-							
15:1		0 400	40			1 001	0.057	
16:1 undifferentiated	-	0.420	42	1		1.281	0.357	
17:1		4 700	40			44.006		
18:1 undifferentiated		4.720	42	1		14.396	4.012	
20:1		0.100	42	1		0.305	0.085	
22:1 undifferentiated	•							
24:1 c	•		_	-				
Fatty acids, total polyunsaturated		0.790	0	1		2.410	0.672	
18:2 undifferentiated		0.680	42	1		2.074	0.578	
18:3 undifferentiated		0.020	42	1		0.061	0.017	
18:4								
20:2 n-6 c,c								
20:3 undifferentiated				_				
20:4 undifferentiated	-	0.050	42	1		0.153	0.043	
20:5 n-3								
22:5 n-3	-							
22:6 n-3								
Fatty acids, total trans				_				
Cholesterol		78	2.358 13	1		238	66	
Phytosterols	rng							
Amino Acids:								
Tryptophan	а	0.366	0	1		1.116	0.311	
Threonine		1.316	0	1		4.014	1.119	
Isoleucine	-	1.349	0	1		4.114	1.147	
Leucine		2.312	0	1		7.052	1.965	
Lysine		2.591	0	1		7.903	2.202	
Methionine	-	0.763	0	1		2.327	0.649	
Cystine	-	0.367	0	1		1.119	0.312	
Phenylalanine		1.150	0	1		3.508	0.978	
Tyrosine		1.004	0	1		3.062	0.853	
Valine	_	1.563	0	1		4.767	1.329	
Arginine		1.791	0	1		5.463	1.522	
Histidine	-	1.151	0	1		3.511	0.978	
Alanine	-	1.678	0	1		5.118	1.426	
Aspartic acid		2.672	0	1		8.150	2.271	
Glutamic acid		4.510	0	1		13.756	3.834	
Glycine	-	1.368	0	1		4.172	1.163	
Proline	-	1.157	0	1		3.529	0.983	
Serine		1.190	0	1		3.630	1.012	
Hydroxyproline	-	1.190	0	1		3.030	1.012	
11yuroxypronne	9							

Common Measures:

Measure 1 = 305g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 11% Connective tissue

		<u>A</u>	mount in 100 gı	Amount in edible portion of common					
			Nur	nber	measures of food				
			of I	Data Deri	v Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Po	nts Cod	e Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	67.05		0	1		19.01	304.14	
Energy	_	191		0 N			54	866	
Energy		799		0 1	4		227	3625	
0,		20.24		0	1		5.74		
Protein (N x 6.25)								91.81	
Total lipid (fat)		11.61		0	1		3.29	52.66	
Ash		0.91		0	1		0.26	4.13	
Carbohydrate, by difference		0.00			z 7		0.00	0.00	
Fiber, total dietary	g	0.0		0 :	z 7		0.0	0.0	
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	ma	19		0	1		5	86	
Iron, Fe	-	0.71		0	1		0.20	3.22	
Magnesium, Mg.	-	21		0	1		6	95	
Phosphorus, P		202		0	1		57	916	
Potassium, K	•	390		0	1		111	1769	
Sodium, Na	-	43		0	1		12	195	
Zinc, Zn	-	1.54		0	1		0.44	6.99	
-		0.055	:	0	1		0.016	0.249	
Copper, Cu Manganese, Mn		0.009		0	1		0.003	0.249	
Selenium, Se		30.0	,	0 PA			8.5	136.1	
Selenium, Se	nog	30.0		U FA	K I		0.5	130.1	
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid	<u>mg</u>	0.3		0	1		0.1	1.4	
Thiamin	mg	0.793	3	0	1		0.225	3.597	
Riboflavin	mg	0.251	L	0	1		0.071	1.139	
Niacin	mg	4.709)	0	1		1.335	21.360	
Pantothenic acid	mg	0.714	Į	0	1		0.202	3.239	
Vitamin B-6	mg	0.427	,	0	1		0.121	1.937	
Folate, total	mcg	6		0	1		2	27	
Folic acid		0		0 Z	7		0	0	
Folate, food		6		0	1		2	27	
Folate, DFE		6		0 NO	2 4		2	27	
Vitamin B-12		0.51		0	1		0.14	2.31	
Vitamin A, IU		6		0	1		2	27	
Vitamin A, RAE		2		0	1		1	8	
Retinol		2		0	1		1	8	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)									
Lipids:	0	4.020	,	0	1		1.140	18.235	
Fatty acids, total saturated		4.020	,	U	1		1.140	16.235	
4:0 6:0									
8:0									
10:0	-	0.010	1	0	1		0.003	0.045	
12:0		0.010		0	1				
	-	0.010	,	9	1		0.003	0.045	
13:0		0 1 1 1	,	0	-		0.040	0 635	
14:0	-	0.140	,	0	1		0.040	0.635	
15:0	-	0 511	,	0	-		0.710	11 00-	
16:0	-	2.510)	0	1		0.712	11.385	
17:0	-			•	_				
18:0	-	1.310)	0	1		0.371	5.942	
20:0	-								
22:0	-								
24:0	g								

		<u>Aı</u>	nount in 100 gr	ams of edi	Amount in edible portion of common measures of food				
Nutrients and Ur	nits	Mean		Data Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
F # 11 4 4 1	9	5.180		0	1		1 460	02.406	
Fatty acids, total monounsaturated		5.180		U	1		1.469	23.496	
14:1	_								
15:1 16:1 undifferentiated		0.330		0	1		0.094	1.497	
17:117:1	-	0.330		U	1		0.094	1.497	
18:1 undifferentiated		4.750		0	1		1.347	21.546	
	-	0.090		0	1				
20:1		0.090		U	1		0.026	0.408	
22:1 undifferentiated									
24:1 c	•	1.240		0	1		0.352	5.625	
Fatty acids, total polyunsaturated		1.240		0	1				
18:2 undifferentiated				0	1		0.292	4.672	
18:3 undifferentiated		0.080		U	1		0.023	0.363	
18:4									
20:2 n-6 c,c 20:3 undifferentiated									
		0.070		0	1		0.020	0.318	
20:4 undifferentiated	-	0.070		U	1		0.020	0.318	
20:5 n-3									
22:5 n-3	_								
22:6 n-3									
Fatty acids, total trans		59		0	1		17	268	
Phytosterols	• • • • • • • • • • • • • • • • • • • •	39		U	1		17	200	
Phytosterois									
Amino Acids:									
Tryptophan	g	0.251		0	1		0.071	1.139	
Threonine	g	0.915		0	1		0.259	4.150	
Isoleucine	g	0.934		0	1		0.265	4.237	
Leucine		1.613		0	1		0.457	7.317	
Lysine	g	1.812		0	1		0.514	8.219	
Methionine	g	0.528		0	1		0.150	2.395	
Cystine	-	0.255		0	1		0.072	1.157	
Phenylalanine		0.805		0	1		0.228	3.651	
Tyrosine		0.694		0	1		0.197	3.148	
Valine	_	1.091		0	1		0.309	4.949	
Arginine		1.275		0	1		0.361	5.783	
Histidine	-	0.791		0	1		0.224	3.588	
Alanine	-	1.187		0	1		0.337	5.384	
Aspartic acid	-	1.862		0	1		0.528	8.446	
Glutamic acid		3.125		0	1		0.886	14.175	
Glycine	-	1.038		0	1		0.294	4.708	
Proline	•	0.855		0	1		0.242	3.878	
Serine		0.836		0	1		0.237	3.792	
Hydroxyproline	-	0.050		-	-		0.237	352	
11ydroxypromic	9								

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 15% Connective tissue 8%, separable fat 7%

		<u>A</u>	mount in 100 gr		<u>n</u>	Amount in edible portion of common measures of food				
				mber Data	ineasures or roou					
Nutrients and Un	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.21	0.812	19		1		174.81	52.88	
Energy	kcal	194		0	NC	4		545	165	
Energy	kj	812				4		2281	690	
Protein (N x 6.25)	g	30.24	0.380	19		1		84.97	25.70	
Total lipid (fat)	g	7.21	0.607	21		1		20.26	6.13	
Ash	g	1.11	0.024	13		1		3.12	0.94	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	5	0.244	5		1		14	4	
Iron, Fe	-	1.06	0.098	11		1		2.98	0.90	
Magnesium, Mg		25	0.632	5		1		70	21	
Phosphorus, P		221	4.274	5		1		621	188	
Potassium, K		354	9.050	5		1		995	301	
Sodium, Na	mg	45	1.011	5		1		126	38	
Zinc, Zn	mg	2.31	0.215	5		1		6.49	1.96	
Copper, Cu	mg	0.016	0.008	5		1		0.045	0.014	
Manganese, Mn	mg	0.011		0		1		0.031	0.009	
Selenium, Se	mcg	48.2	5.130	5	A	1		135.4	41.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0		1		1.1	0.3	
Thiamin	-	0.639)	0		1		1.796	0.543	
Riboflavin		0.312	?	0		1		0.877	0.265	
Niacin	mg	5.355	i	0		1		15.048	4.552	
Pantothenic acid	mg	0.581	-	0		1		1.633	0.494	
Vitamin B-6	mg	0.400)	0		1		1.124	0.340	
Folate, total		9		0		1		25	8	
Folic acid		0		0	Z	7		0	0	
Folate, food		9		0		1		25	8	
Folate, DFE		9		0	NC	4		25	8	
Vitamin B-12		0.55		0		1		1.55	0.47	
Vitamin A, IU		8		0		1		22	7	
Vitamin A, RAE		2 2		0		1		7 7	2	
Retinol		2		U		1		,	2	
Vitamin E (alpha-tocopherol) Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:	~	2.620		0		1		7.362	2.227	
Fatty acids, total saturated4:0		2.620	,	U		1		7.362	2.221	
6:0	-									
8:0	-									
10:0		0.010)	13		1		0.028	0.009	
12:0		0.010		19		1		0.028	0.009	
13:0										
14:0	-	0.090)	19		1		0.253	0.077	
15:0	-									
16:0	g	1.650)	19		1		4.637	1.403	
17:0	g									
18:0	-	0.820)	19		1		2.304	0.697	
20:0	-									
22:0	-									
24:0	g									

		<u>Ar</u>	nount in 100 gram	Amount in edible portion of common measures of food				
Nutrients and Units	S	Mean	Number of Data Std. Error Points	a Deriv Sourc		Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		3.360	0	1		9.442	2.856	
14:1	-							
15:1								
16:1 undifferentiated	-	0.270	19	1		0.759	0.230	
17:1				_				
18:1 undifferentiated		2.990	19	1		8.402	2.542	
20:1		0.070	13	1		0.197	0.060	
22:1 undifferentiated	•							
24:1 c	•		_	_				
Fatty acids, total polyunsaturated		0.480	0	1		1.349	0.408	
18:2 undifferentiated		0.410	19	1		1.152	0.349	
18:3 undifferentiated		0.010	19	1		0.028	0.009	
18:4								
20:2 n-6 c,c								
20:3 undifferentiated								
20:4 undifferentiated	-	0.030	19	1		0.084	0.026	
20:5 n-3								
22:5 n-3	g							
22:6 n-3								
Fatty acids, total trans								
Cholesterol	• • • • • • • • • • • • • • • • • • • •	78	2.497 13	1		219	66	
Phytosterols	mg							
Amino Acids:								
Tryptophan	a	0.384	0	1		1.079	0.326	
Threonine		1.381	0	1		3.881	1.174	
Isoleucine	-	1.416	0	1		3.979	1.204	
Leucine		2.426	0	1		6.817	2.062	
Lysine		2.719	0	1		7.640	2.311	
Methionine	-	0.801	0	1		2.251	0.681	
Cystine	-	0.386	0	1		1.085	0.328	
ş		1.207	0	1		3.392	1.026	
Phenylalanine Tyrosine		1.207	0	1		2.959	0.895	
,	_	1.640	0	1		4.608	1.394	
Valine		1.840	0	1		5.283	1.394	
Arginine	-	1.880	0	1		5.283 3.394		
Histidine	-	1.208	0	1		3.394 4.948	1.027 1.497	
Alanine		2.804	0	1		4.948 7.879		
Aspartic acid			0	1			2.383	
Glutamic acid	-	4.733		=		13.300	4.023	
Glycine	-	1.436	0	1		4.035	1.221	
Proline		1.215	0	1		3.414	1.033	
Serine	-	1.249	0	1		3.510	1.062	
Hydroxyproline	g							

Common Measures:

Measure 1 = 281g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 20% Connective tissue 11%, separable fat 9%

		<u>Aı</u>	mount in 100 gr	rams of	Amount in edible portion of common					
			Nur	mber	measures of food					
			of I	Data D	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Poi			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:	a	71.92	0.005	12		1		20. 20	206.02	
Water	_		0.295	13		4		20.39	326.23	
Energy		141		0	NC			40	640	
Energy		590	0 220	F-2		4		167	2676	
Protein (N x 6.25)	_	21.80	0.330	53		1		6.18	98.88	
Total lipid (fat)		5.28	0.358	13		1 1		1.50	23.95	
Ash		0.98	0.013	49	_			0.28	4.45	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total	_	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	21	0.924	5		1		6	95	
Iron, Fe	mg	0.76	0.019	60		1		0.22	3.45	
Magnesium, Mg	mg	23	0.786	26		1		7	104	
Phosphorus, P	mg	215	0.705	5		1		61	975	
Potassium, K	mg	421	2.539	146		1		119	1910	
Sodium, Na	mg	45	1.077	164		1		13	204	
Zinc, Zn	mg	1.64	0.020	48		1		0.46	7.44	
Copper, Cu		0.058		60		1		0.016	0.263	
Manganese, Mn		0.010		2		1		0.003	0.045	
Selenium, Se	mcg	32.5	2.811	10	A	1		9.2	147.4	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.3	0.211	3		1		0.1	1.4	
Thiamin		0.856	0.032	49		1		0.243	3.883	
Riboflavin		0.268		52		1		0.076	1.216	
Niacin		5.036		11		1		1.428	22.843	
Pantothenic acid		0.766		4		1		0.217	3.475	
Vitamin B-6	-	0.470		4		1		0.133	2.132	
Folate, total		7	1.450	4		1		2	32	
Folic acid		0		0	Z	7		0	0	
Folate, food		7	1.450	4		1		2	32	
Folate, DFE		7		0	NC	4		2	32	
Vitamin B-12		0.53	0.044	11		1		0.15	2.40	
Vitamin A, IU		7		0	NC	4		2	30	
Vitamin A, RAE		2		0	NC	4		1	9	
Retinol		2		0	NR	4		1	9	
Vitamin E (alpha-tocopherol)	Ing	0.18		U .	BFSN	4		0.05	0.82	
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0	BFSN	4		0.0	0.0	
Lipids: Fatty acids, total saturated	ď	1.820		0		1		0.516	8.256	
4:0		0.000		0	z	7		0.000	0.000	
6:0		0.000		0	Z	7		0.000	0.000	
8:0	-	0.000		J	_	,		3.000	0.000	
10:0		0.000		73		1		0.000	0.000	
12:0	-	0.000		75 75		1		0.003	0.045	
13:0	-	0.010		. •		-		3.003	0.043	
14:0		0.070		378		1		0.020	0.318	
15:0	-	5.570		2.0		-		0.020	0.510	
16:0		1.160		378		1		0.329	5.262	
17:0		1.100		2.0		-		0.329	3.202	
18:0		0.570		378		1		0.162	2.586	
20:0	_	0.570		2.0		-		0.102	2.300	
22:0	-									
24:0	-									
44.U	9									

		<u>Aı</u>	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units		Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	2.390		0		1		0.678	10.841	
14:1	-									
15:1	-									
16:1 undifferentiated	-	0.170		378		1		0.048	0.771	
17:1	-									
18:1 undifferentiated	-	2.170		378		1		0.615	9.843	
20:1	-	0.040		71		1		0.011	0.181	
22:1 undifferentiated	•									
24:1 c										
Fatty acids, total polyunsaturated		0.570		0		1		0.162	2.586	
18:2 undifferentiated		0.460		378		1		0.130	2.087	
18:3 undifferentiated	-	0.020		190		1		0.006	0.091	
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.060		315		1		0.017	0.272	
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	55	1.0	54 58		1		16	249	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.277		0		1		0.079	1.256	
Threonine	-	0.995		0		1		0.282	4.513	
Isoleucine	g	1.021		0		1		0.289	4.631	
Leucine	g	1.749		0		1		0.496	7.933	
Lysine	g	1.960		0		1		0.556	8.891	
Methionine	g	0.577		0		1		0.164	2.617	
Cystine	g	0.278		0		1		0.079	1.261	
Phenylalanine	g	0.870		0		1		0.247	3.946	
Tyrosine		0.760		0		1		0.215	3.447	
Valine	g	1.183		0		1		0.335	5.366	
Arginine		1.355		0		1		0.384	6.146	
Histidine	-	0.871		0		1		0.247	3.951	
Alanine	_	1.270		0		1		0.360	5.761	
Aspartic acid		2.022		0		1		0.573	9.172	
Glutamic acid	-	3.413		0		1		0.968	15.481	
Glycine	-	1.035		0		1		0.293	4.695	
Proline		0.876		0		1		0.248	3.974	
Serine	_	0.900		0		1		0.255	4.082	
Hydroxyproline	-	0.500		·		-		0.233	1.002	
11ydroxypronne	9									
Others:										
Alcohol, ethyl	g	0.0		0	z	7		0.0	0.0	
Caffeine	mg	0		0	z	7		0	0	
Theobromine		0		0	z	7		0	0	
Carotenoids:										
		_		_		_				
Carotene, beta		0		0	z	7		0.000	0.000	
Carotene, alpha		0		0	z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	
Lycopene		0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 453.6g: 1 lb

Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 21% Bone

		<u>A</u>	mount in 100 gram	s of edil	ole portic	<u>on</u>	Amount in edible portion of common			
			Numbe	er			<u>m</u>	easures of food		
					Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	58.27	0		1		49.53	51.86		
Energy	kcal	239	0	NC	4		203	213		
Energy		1000			4		850	890		
Protein (N x 6.25)	g	27.23	0		1		23.15	24.23		
Total lipid (fat)		13.62	0		1		11.58	12.12		
Ash		1.35	0		1		1.15	1.20		
Carbohydrate, by difference		0.00	0	Z	7		0.00	0.00		
Fiber, total dietary		0.0	0	Z	7		0.0	0.0		
Sugars, total		0.00	0	Z	7		0.00	0.00		
Starch										
Minerals:		64	_		_		10	10		
Calcium, Ca	-	21	0		1		18	19		
Iron, Fe		1.07 19	0		1 1		0.91 16	0.95 17		
Magnesium, Mg		181	-		1		16 154	161		
Phosphorus, P Potassium, K	-	181 374	0		1		154 318	333		
Sodium, Na		48	0		1		41	43		
Zinc, Zn		2.38	0		1		2.02	2.12		
Copper, Cu		0.077			1		0.065	0.069		
Manganese, Mn		0.012			1		0.010	0.011		
Selenium, Se		45.3	0	PIE	4		38.5	40.3		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.6	0		1		0.5	0.5		
Thiamin		0.632			1		0.537	0.562		
Riboflavin		0.254			1		0.216	0.226		
Niacin	-	4.419			1		3.756	3.933		
Pantothenic acid		0.648			1		0.551	0.577		
Vitamin B-6	-	0.366			1		0.311	0.326		
Folate, total		3	0	_	1		3	3		
Folic acid		0 3	0	Z	7 1		0 3	0 3		
Folate, food	IIICG	3	0	NC	4		3			
Folate, DFE		0.54	0	NC	1		0.46	3 0.48		
Vitamin B-12 Vitamin A, IU		7	0	NC	4		6	6		
Vitamin A, IU Vitamin A, RAE		2	0	NC NC	4		2	2		
Retinol		2	0	NR NR	4		2	2		
Vitamin E (alpha-tocopherol)		0.24	0	BFSN	4		0.20	0.21		
Tocopherol, beta		0.24	·	DION	•		0.20	0.21		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0	0	BFSN	4		0.0	0.0		
<u>Lipids:</u>	a	F 111						4 540		
Fatty acids, total saturated		5.110			1		4.344	4.548		
4:0		0.000			1 1		0.000	0.000		
6:0		0.000			1		0.000 0.000	0.000 0.000		
8:0 10:0	-	0.000			1		0.000	0.000		
12:0	-	0.010			1		0.009	0.009		
13:0	-	0.010	. 0		_		0.009	0.009		
14:0	-	0.180	0		1		0.153	0.160		
15:0	-	0.100			1		0.133	0.100		
16:0	-	3.140	0		1		2.669	2.795		
17:0		3.140	•		-		2.003	2.755		
18:0	-	1.670	0		1		1.420	1.486		
20:0	-	1.070	•		-			1.400		
22:0	-									
24:0	-									

		<u>Ar</u>	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
				Number of Data	Deriv		Confidence			
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	6.060		0		1		5.151	5.393	
14:1	-									
15:1	-			_		_				
16:1 undifferentiated		0.420		0		1		0.357	0.374	
17:1	-	5.480		0		1		4 650	4 077	
18:1 undifferentiated 20:1	-	0.110		0		1		4.658 0.094	4.877 0.098	
20:1 undifferentiated		0.000		0		1		0.094	0.000	
24:1 c	•	0.000		U		_		0.000	0.000	
Fatty acids, total polyunsaturated		1.170		0		1		0.995	1.041	
18:2 undifferentiated		1.040		0		1		0.884	0.926	
18:3 undifferentiated		0.040		0		1		0.034	0.036	
18:4		0.000		0		1		0.000	0.000	
20:2 n-6 c,c	-									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.040		0		1		0.034	0.036	
20:5 n-3	g	0.000		0		1		0.000	0.000	
22:5 n-3	g	0.000		0		1		0.000	0.000	
22:6 n-3	g	0.000		0		1		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	mg	80		0		1		68	71	
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.336		0		1		0.286	0.299	
Threonine		1.229		0		1		1.045	1.094	
Isoleucine	-	1.254		0		1		1.066	1.116	
Leucine		2.168		0		1		1.843	1.930	
Lysine	-	2.436		0		1		2.071	2.168	
Methionine		0.708		0		1		0.602	0.630	
Cystine		0.343		0		1		0.292	0.305	
Phenylalanine		1.082		0		1		0.920	0.963	
Tyrosine		0.931		0		1		0.791	0.829	
Valine	g	1.467		0		1		1.247	1.306	
Arginine	g	1.719		0		1		1.461	1.530	
Histidine	g	1.061		0		1		0.902	0.944	
Alanine	g	1.598		0		1		1.358	1.422	
Aspartic acid	g	2.501		0		1		2.126	2.226	
Glutamic acid	g	4.195		0		1		3.566	3.734	
Glycine	g	1.413		0		1		1.201	1.258	
Proline	g	1.159		0		1		0.985	1.032	
Serine	g	1.124		0		1		0.955	1.000	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	q	0.0		0		7		0.0	0.0	
Caffeine		0		0	z	7		0	0	
Theobromine		0		0	z	7		0	0	
Carotenoids:										
		•		_	_	_		0 000		
Carotene, beta		0		0	Z	7		0.000	0.000	
Carotene, alpha		0		0	Z Z	7 7		0.000	0.000	
Cryptoxanthin, beta	-	-		0				0.000	0.000	
Lycopene		0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin	iicā	0		0	z	7		0.000	0.000	

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 89g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Pork, fresh, loin, whole, separable lean and fat, cooked, braised

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 21% Bone

		<u>A</u>	mount in 100 gram	s of edil	ole portic	<u>on</u>	Amount in edible portion of common			
			Numbe	er			<u>m</u>	easures of food	•	
			of Dat	a Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	57.87	0		1		49.19	50.35		
Energy	kcal	242	0	NC	4		206	211		
Energy		1013			4		861	881		
Protein (N x 6.25)	g	27.32	0		1		23.22	23.77		
Total lipid (fat)		13.92	0		1		11.83	12.11		
Ash		1.35	0		1		1.15	1.17		
Carbohydrate, by difference	g	0.00	0	z	7		0.00	0.00		
Fiber, total dietary	g	0.0	0	z	7		0.0	0.0		
Sugars, total	g	0.00	0	Z	7		0.00	0.00		
Starch										
Minerals:		4.0	_		_		1.0	1-		
Calcium, Ca	-	19	0		1		16	17		
Iron, Fe		0.87 28	0		1 1		0.74 24	0.76 24		
Magnesium, Mg		246	0		1		209	24 214		
Phosphorus, P Potassium, K	_	246 423	0		1		209 360	214 368		
Sodium, Na		62	0		1		53	54		
Zinc, Zn		2.39	0		1		2.03	2.08		
Copper, Cu		0.073			1		0.062	0.064		
Manganese, Mn.		0.009			1		0.008	0.008		
Selenium, Se		45.3	0	PIE	4		38.5	39.4		
	_									
<u>Vitamins:</u>			_							
Vitamin C, total ascorbic acid		0.6	0		1		0.5	0.5		
Thiamin		0.877			1 1		0.745	0.763		
Riboflavin		0.321			1		0.273	0.279		
Niacin	_	5.037 0.698			1		4.281	4.382		
Pantothenic acid Vitamin B-6		0.464			1		0.593 0.394	0.607 0.404		
	-	5	0		1		4	0.404 4		
Folate, totalFolic acid		0	0	z	7		0	0		
Folate, food		5	0	_	1		4	4		
Folate, DFE	mca DFF	5	0	NC	4		4	4		
Vitamin B-12		0.70	0		1		0.60	0.61		
Vitamin A, IU		7	0	NC	4		6	6		
Vitamin A, RAE		2	0	NC	4		2	2		
Retinol		2	0	NR	4		2	2		
Vitamin E (alpha-tocopherol)		0.29	0	BFSN	4		0.24	0.25		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0	0	BFSN	4		0.0	0.0		
Lipids:										
Fatty acids, total saturated	a	5.230	0		1		4.446	4.550		
4:0		0.000			1		0.000	0.000		
6:0		0.000			1		0.000	0.000		
8:0		0.000			1		0.000	0.000		
10:0	-	0.010			1		0.009	0.009		
12:0	-	0.010			1		0.009	0.009		
13:0	-									
14:0	-	0.180	0		1		0.153	0.157		
15:0	-									
16:0	g	3.210	0		1		2.729	2.793		
17:0	g									
18:0	g	1.710	0		1		1.454	1.488		
20:0	g									
22:0	g									
24:0	a									

						ole portio	<u>on</u>	Amount in edible portion of common measures of food		
				Number of Data		Source	Confidence	ineasures or roou		
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	atedg	6.190)	0		1		5.262	5.385	
14:1	-									
15:1 16:1 undifferentiated	-	0.420	1	0		1		0.357	0.365	
17:1	-	0.420	,	O		-		0.337	0.303	
18:1 undifferentiated	-	5.600)	0		1		4.760	4.872	
20:1	g	0.110)	0		1		0.094	0.096	
22:1 undifferentiated	g	0.000)	0		1		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturat	tedg	1.200)	0		1		1.020	1.044	
18:2 undifferentiated		1.070		0		1		0.910	0.931	
18:3 undifferentiated	=	0.040		0		1		0.034	0.035	
18:4	-	0.000)	0		1		0.000	0.000	
20:2 n-6 c,c	• • • • • • • • • • • • • • • • • • • •									
20:3 undifferentiated	-	0.050		0		1		0.043	0.044	
20:5 n-3		0.000		0		1		0.043 0.000	0.044 0.000	
22:5 n-3	-	0.000		0		1		0.000	0.000	
22:6 n-3	•••••••••••••••••••••••••••••••••••••••	0.000		0		1		0.000	0.000	
Fatty acids, total trans	-	0.000		·		-		0.000	0.000	
Cholesterol	-	80		0		1		68	70	
Phytosterols	-									
-	_									
Amino Acids:	_					_				
Tryptophan		0.338		0 0		1 1		0.287	0.294	
Threonine	-	1.234 1.260		0		1		1.049 1.071	1.074 1.096	
Isoleucine	-	2.177		0		1		1.850	1.894	
Lysine	-	2.446		0		1		2.079	2.128	
Methionine		0.712		0		1		0.605	0.619	
Cystine		0.344		0		1		0.292	0.299	
Phenylalanine		1.086	5	0		1		0.923	0.945	
Tyrosine		0.936	5	0		1		0.796	0.814	
Valine	g	1.473	3	0		1		1.252	1.282	
Arginine	g	1.723	3	0		1		1.465	1.499	
Histidine	g	1.067	1	0		1		0.907	0.928	
Alanine	g	1.603	3	0		1		1.363	1.395	
Aspartic acid		2.512		0		1		2.135	2.185	
Glutamic acid		4.215		0		1		3.583	3.667	
Glycine		1.409		0		1		1.198	1.226	
Proline	-	1.158		0		1		0.984	1.007	
Serine		1.128	1	0		1		0.959	0.981	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine		0		0	z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta	mcq	0		0	z	7		0.000	0.000	
Carotene, alpha		0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	z	7		0.000	0.000	
Lycopene		0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin		0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 87g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Pork, fresh, loin, whole, separable lean and fat, cooked, broiled

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 21% Bone

		<u>A</u>	mount in 100 gram	s of edil	ole portio	<u>on</u>	Amount in edible portion of common			
			Numb	er			<u>m</u>	easures of food	<u>[</u>	
			of Dat	a Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	57.51	0		1		48.88	51.18		
Energy	kcal	248	0	NC	4		211	221		
Energy		1038			4		882	923		
Protein (N x 6.25)		27.09	0		1		23.03	24.11		
Total lipid (fat)		14.65	0		1		12.45	13.04		
Ash		1.21	0		1		1.03	1.08		
Carbohydrate, by difference	g	0.00	0	Z	7		0.00	0.00		
Fiber, total dietary	g	0.0	0	Z	7		0.0	0.0		
Sugars, total	g	0.00	0	Z	7		0.00	0.00		
Starch	g									
Mr. I										
Minerals:	ma	19	0		1		16	17		
Calcium, Ca Iron, Fe	-	0.99	0		1		0.84	0.88		
Magnesium, Mg		26	0		1		22	23		
Phosphorus, P		242	0		1		206	215		
Potassium, K	_	408	0		1		347	363		
Sodium, Na		59	0		1		50	53		
Zinc, Zn		2.32	0		1		1.97	2.06		
Copper, Cu		0.056	0		1		0.048	0.050		
Manganese, Mn		0.011	. 0		1		0.009	0.010		
Selenium, Se	mcg	33.4	0	PIE	4		28.4	29.7		
Vitamins:										
	ma	0.6	0		1		0.5	0.5		
Vitamin C, total ascorbic acid Thiamin		0.8			1		0.840	0.5		
Riboflavin		0.313			1		0.266	0.279		
Niacin		5.572			1		4.736	4.959		
Pantothenic acid	_	0.760			1		0.646	0.676		
Vitamin B-6		0.516			1		0.439	0.459		
Folate, total	-	6	0		1		5	5		
Folic acid		0	0	Z	7		0	0		
Folate, food		6	0		1		5	5		
Folate, DFE	mcg_DFE	6	0	NC	4		5	5		
Vitamin B-12		0.71	0		1		0.60	0.63		
Vitamin A, IU		10	0	NC	4		9	9		
Vitamin A, RAE	mcg_RAE	3	0	NC	4		3	3		
Retinol	mcg	3	0	NR	4		3	3		
Vitamin E (alpha-tocopherol)	mg	0.19	0	BFYN	4		0.16	0.17		
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D			•				0.0			
Vitamin K (phylloquinone)	Incg	0.0	0	BFYN	4		0.0	0.0		
Lipids:										
Fatty acids, total saturated	g	5.370	0		1		4.565	4.779		
4:0		0.000	0		1		0.000	0.000		
6:0	g	0.000	0		1		0.000	0.000		
8:0	g	0.000	0		1		0.000	0.000		
10:0	_	0.010			1		0.009	0.009		
12:0	-	0.010	0		1		0.009	0.009		
13:0	_									
14:0	_	0.190	0		1		0.162	0.169		
15:0	_		_		_					
16:0		3.310	0		1		2.814	2.946		
17:0	_	1 85					1 400	1 550		
18:0	_	1.750	0		1		1.488	1.558		
20:0 22:0	_									
7.731	u									

	<u>A</u>	mount in 100 gram		ble portic	<u>on</u>	Amount in edible portion of common measures of food		
		Number of Date Std. Error Points	a Deriv	Source Code	Confidence Code			
Nutrients and Units	Mean	Sta. Error Follis	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	.g 6.510	0		1		5.534	5.794	
14:1	.g							
15:1	-							
16:1 undifferentiated	-	0		1		0.391	0.409	
17:1	-							
18:1 undifferentiated	-			1		4.981	5.215	
20:1				1		0.111	0.116	
22:1 undifferentiated	•	0		1		0.000	0.000	
24:1 c								
Fatty acids, total polyunsaturated				1		1.029	1.077	
18:2 undifferentiated				1		0.910	0.952	
18:3 undifferentiated				1		0.026	0.027	
18:4	-	0		1		0.000	0.000	
20:2 n-6 c,c	-							
20:3 undifferentiated				_				
20:4 undifferentiated	-			1		0.051	0.053	
20:5 n-3	-			1		0.000	0.000	
22:5 n-3				1		0.000	0.000	
22:6 n-3		0		1		0.000	0.000	
Fatty acids, total trans								
Cholesterol		0		1		70	73	
Phytosterols	mg							
Amino Acids:								
Tryptophan	q 0.341	. 0		1		0.290	0.303	
Threonine				1		1.047	1.096	
Isoleucine	.0			1		1.072	1.122	
Leucine	•			1		1.843	1.930	
Lysine	. •			1		2.067	2.164	
Methionine				1		0.606	0.635	
Cystine				1		0.292	0.306	
Phenylalanine				1		0.918	0.961	
Tyrosine				1		0.797	0.835	
Valine	. •			1		1.246	1.305	
Arginine				1		1.439	1.507	
Histidine				1		0.912	0.955	
Alanine				1		1.345	1.408	
				1		2.128	2.229	
Aspartic acid				1		3.585	3.754	
Glutamic acid				1		1.128	1.181	
Glycine				1				
Proline	-			1		0.944 0.951	0.988 0.996	
Serine	_	U		_		0.951	0.996	
Hydroxypronne	.9							
Others:								
Alcohol, ethyl9	0.0	0		7		0.0	0.0	
Caffeine n		0	Z	7		0	0	
Theobromine		0	Z	7		0	0	
Carotenoids:								
<u> </u>		_	_	_				
Carotene, beta		0	Z	7		0.000	0.000	
Carotene, alpha		0	Z	7		0.000	0.000	
Cryptoxanthin, beta		0	z	7		0.000	0.000	
Lycopenen		0	z	7		0.000	0.000	
Lutein + zeaxanthin	ncg 0	0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 89g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Pork, fresh, loin, whole, separable lean and fat, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 22% Bone

		<u>A</u>	mount in 100 grams	of edib	ole portio	<u>on</u>	Amount in edible portion of common		
			Numbe	r			<u>m</u>	easures of food	<u> </u>
			of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	66.92	0		1		303.55	78.30	
Energy	kcal	198	0	NC	4		898	232	
Energy		828			4		3758	969	
Protein (N x 6.25)	g	19.74	0		1		89.54	23.10	
Total lipid (fat)	g	12.58	0		1		57.06	14.72	
Ash	g	0.96	0		1		4.35	1.12	
Carbohydrate, by difference	g	0.00	0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0	0	Z	7		0.0	0.0	
Sugars, total	g	0.00	0	Z	7		0.00	0.00	
Starch	g								
Minerals:									
Calcium, Ca	ma	18	0		1		82	21	
Iron, Fe	-	0.79	0		1		3.58	0.92	
Magnesium, Mg		21	0		1		95	25	
Phosphorus, P		197	0		1		894	230	
Potassium, K	-	356	0		1		1615	417	
Sodium, Na		50	0		1		227	59	
Zinc, Zn	mg	1.74	0		1		7.89	2.04	
Copper, Cu	mg	0.056	0		1		0.254	0.066	
Manganese, Mn		0.011			1		0.050	0.013	
Selenium, Se	mcg	33.2	0	PIE	4		150.6	38.8	
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.6	0		1		2.7	0.7	
Thiamin		0.901			1		4.087	1.054	
Riboflavin		0.248			1		1.125	0.290	
Niacin		4.580			1		20.775	5.359	
Pantothenic acid	-	0.723	3 0		1		3.280	0.846	
Vitamin B-6	mg	0.472	2 0		1		2.141	0.552	
Folate, total	mcg	1	0	BFZN	4		5	1	
Folic acid		0	0	Z	7		0	0	
Folate, food	mcg	1	0	BFZN	4		5	1	
Folate, DFE	mcg_DFE	1	0	NC	4		5	1	
Vitamin B-12		0.53	0		1		2.40	0.62	
Vitamin A, IU		7	0	NC	4		30	8	
Vitamin A, RAE		2	0	NC	4		9	2	
Retinol		2	0	NR	4		9	2	
Vitamin E (alpha-tocopherol)		0.21	0	BFSN	4		0.93	0.24	
Tocopherol, beta		0.00	0	BFSN	4		0.00	0.00	
Tocopherol, gamma		0.04	0	BFSN BFSN	4		0.20	0.05	
Tocopherol, delta Vitamin D		0.00	· ·	DESN	4		0.00	0.00	
Vitamin K (phylloquinone)		0.0	0	BFSN	4		0.0	0.0	
<u>Lipids:</u>									
Fatty acids, total saturated		4.360			1		19.777	5.101	
4:0		0.000			1		0.000	0.000	
6:0		0.000			1		0.000	0.000	
8:0		0.000			1 1		0.000	0.000	
10:0		0.010 0.010			1		0.045 0.045	0.012 0.012	
12:0 13:0.		0.010	, 0		1		0.045	0.012	
14:0		0.160	0		1		0.726	0.187	
15:0	-	0.100	. 0		-		0.726	0.10/	
16:0	-	2.720	0		1		12.338	3.182	
17:0	-	2.,20	•		-		555	3.102	
18:0	-	1.420	0		1		6.441	1.661	
20:0	_								
22:0									
24:0	-								

	<u>Aı</u>	mount in 100 gram		ble portic	<u>on</u>	Amount in edible portion of common measures of food		
		Numbe		0	0 5 - 1	1111	easures or roou	
Nutrients and Units	Mean	Std. Error Points	Deriv Code	Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	5.610	0		1		25.447	6.564	
14:1	•	·		_		23.117	0.301	
15:19)							
16:1 undifferentiated	0.360	0		1		1.633	0.421	
17:19)							
18:1 undifferentiatedQ	5.140	0		1		23.315	6.014	
20:1	0.090	0		1		0.408	0.105	
22:1 undifferentiated9	0.000	0		1		0.000	0.000	
24:1 c9)							
Fatty acids, total polyunsaturated	1.340	0		1		6.078	1.568	
18:2 undifferentiated	1.110			1		5.035	1.299	
18:3 undifferentiated	0.090	0		1		0.408	0.105	
18:4	0.000	0		1		0.000	0.000	
20:2 n-6 c,c	J							
20:3 undifferentiated)							
20:4 undifferentiated	0.080	0		1		0.363	0.094	
20:5 n-3	0.000	0		1		0.000	0.000	
22:5 n-3	0.000	0		1		0.000	0.000	
22:6 n-3	0.000	0		1		0.000	0.000	
Fatty acids, total trans)							
Cholesterolr	ng 63	0		1		286	74	
Phytosterolsr	ng							
A A J								
Amino Acids:		•		_		4 400		
Tryptophan				1		1.107	0.285	
Threonine				1		4.042	1.042	
Isoleucine				1		4.128	1.065	
Leucine				1		7.131	1.839	
Lysine				1		8.011	2.066	
Methionine				1		2.332	0.601	
Cystine				1		1.125	0.290	
Phenylalanine				1		3.561	0.918	
Tyrosine				1		3.066	0.791	
Valine				1		4.826	1.245	
Arginine				1		5.647	1.457	
HistidineQ				1		3.493	0.901	
AlanineQ				1		5.253	1.355	
Aspartic acid				1		8.228	2.122	
Glutamic acid				1		13.808	3.561	
Glycine				1		4.622	1.192	
Proline				1		3.801	0.980	
Serine		0		1		3.697	0.954	
HydroxyprolineQ	J							
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	
Caffeine me		0	z	7		0	0	
Theobromine me	•	0	z	7		0	0	
Carotenoids:	-	·	_	•		-	•	
<u> </u>		=	_	_				
Carotene, beta mo		0	z	7		0.000	0.000	
Carotene, alphamo		0	Z	7		0.000	0.000	
Cryptoxanthin, betamo	-	0	Z	7		0.000	0.000	
Lycopene mo		0	z	7		0.000	0.000	
Lutein + zeaxanthin me	cg 0	0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 117g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Pork, fresh, loin, whole, separable lean and fat, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 28% Bone 21%, separable fat 7%

		<u>A</u>	mount in 100	grams	of edit	ole portio	<u>n</u>	Amount in edible portion of common			
			N	umber	,				easures of food		
						Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error P			Code	Code	Measure 1	Measure 2	Measure 3	
D											
Proximates: Water	q	61.40		0		1		52.19	49.12		
Energy	_	204		0	NC	4		173	163		
Energy		854				4		726	683		
Protein (N x 6.25)		28.57		0		1		24.28	22.86		
Total lipid (fat)	_	9.12		0		1		7.75	7.30		
Ash		1.40		0		1		1.19	1.12		
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00		
Fiber, total dietary		0.0		0	Z	7		0.0	0.0		
Sugars, total		0.00		0	z	7		0.00	0.00		
Starch	-										
Minerals:				_		_		4-			
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	18		0		1		15	14		
Iron, Fe.		1.13		0		1		0.96	0.90		
Magnesium, Mg		20 183		0		1 1		17 156	16		
Phosphorus, P Potassium, K	_	183 387		0		1		156 329	146 310		
Sodium, Na	_	50		0		1		43	40		
Zinc, Zn	-	2.48		0		1		2.11	1.98		
Copper, Cu		0.079	a	0		1		0.067	0.063		
Manganese, Mn		0.013		0		1		0.011	0.010		
Selenium, Se		48.2		0	BFYN	4		41.0	38.6		
·											
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid		0.6		0		1		0.5	0.5		
Thiamin		0.659		0		1		0.560	0.527		
Riboflavin	_	0.267		0		1		0.227	0.214		
Niacin		4.588		0		1		3.900	3.670		
Pantothenic acid		0.677		0		1		0.575	0.542		
Vitamin B-6		0.387	/	0		1		0.329 3	0.310		
Foliate, total		4 0		0	z	1 7		0	3 0		
Folic acidFolate, food		4		0	2	1		3	3		
Folate, DFE		4		0	NC	4		3	3		
Vitamin B-12		0.55		0	140	1		0.47	0.44		
Vitamin A, IU		7		0	NC	4		6	5		
Vitamin A, RAE	mca RAF	2		0	NC	4		2	2		
Retinol		2		0	NR	4		2	2		
Vitamin E (alpha-tocopherol)		0.21		0	BFSN	4		0.18	0.17		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.0		0	BFSN	4		0.0	0.0		
Lipids:											
Fatty acids, total saturated	a	3.380	1	0		1		2.873	2.704		
4:0		0.000		0		1		0.000	0.000		
6:0		0.000		0		1		0.000	0.000		
8:0	-	0.000		0		1		0.000	0.000		
10:0		0.010		0		1		0.009	0.008		
12:0	-	0.010		0		1		0.009	0.008		
13:0				-							
14:0		0.120)	0		1		0.102	0.096		
15:0											
16:0		2.090)	0		1		1.777	1.672		
17:0											
18:0	_	1.090)	0		1		0.927	0.872		
20:0	_										
22:0	g										
24:0	g										

					of edil	ole portio	<u>on</u>	Amount in edible portion of common measures of food		
			c	lumber of Data			Confidence	<u>m</u>	easures of food	
Nutrients and	Units	Mean	Std. Error F	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatur	atedg	4.160	1	0		1		3.536	3.328	
14:1	_									
15:1 16:1 undifferentiated	-	0.300		0		1		0.255	0.240	
17:1	_	0.300	•	Ū		-		0.233	0.240	
18:1 undifferentiated	-	3.740	1	0		1		3.179	2.992	
20:1	-	0.080	1	0		1		0.068	0.064	
22:1 undifferentiated	g	0.000	1	0		1		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsatura	tedg	0.700	1	0		1		0.595	0.560	
18:2 undifferentiated	g	0.620	1	0		1		0.527	0.496	
18:3 undifferentiated	g	0.020)	0		1		0.017	0.016	
18:4	_	0.000	1	0		1		0.000	0.000	
20:2 n-6 c,c	_									
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.040		0		1		0.034	0.032	
20:5 n-3		0.000		0		1		0.000	0.000	
22:5 n-3		0.000		0		1		0.000	0.000	
22:6 n-3		0.000)	0		1		0.000	0.000	
Fatty acids, total trans				_						
Cholesterol	_	79		0		1		67	63	
Phytosterols	rrig									
Amino Acids:										
Tryptophan	g	0.363	1	0		1		0.309	0.290	
Threonine	g	1.305	i	0		1		1.109	1.044	
Isoleucine	g	1.338	1	0		1		1.137	1.070	
Leucine	g	2.292	!	0		1		1.948	1.834	
Lysine	g	2.569)	0		1		2.184	2.055	
Methionine	g	0.756	i	0		1		0.643	0.605	
Cystine	g	0.364		0		1		0.309	0.291	
Phenylalanine	g	1.140	1	0		1		0.969	0.912	
Tyrosine	g	0.995	i	0		1		0.846	0.796	
Valine	g	1.550	1	0		1		1.318	1.240	
Arginine	g	1.776	i	0		1		1.510	1.421	
Histidine	-	1.141	•	0		1		0.970	0.913	
Alanine	g	1.664		0		1		1.414	1.331	
Aspartic acid	g	2.650)	0		1		2.253	2.120	
Glutamic acid		4.472		0		1		3.801	3.578	
Glycine	g	1.357		0		1		1.153	1.086	
Proline	g	1.148		0		1		0.976	0.918	
Serine		1.180)	0		1		1.003	0.944	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine		0		0	z	7		0	0	
Theobromine	-	0		0	z	7		0	0	
Carotenoids:										
	maa	^		^	_	-		0.000	0.000	
Carotene, beta		0		0	z z	7 7		0.000	0.000	
Carotene, alpha		0		0	z Z	7		0.000 0.000	0.000 0.000	
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	
Lycopene		0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin	iiicg	U		U	Z	,		0.000	0.000	

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 80g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Pork, fresh, loin, whole, separable lean only, cooked, braised

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 28% Bone 21%, separable fat 7%

		<u>A</u>	mount in 10			ole portio	o <u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Unit	ts	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		60.72		0		1		51.61	47.97	
Energy		210		0	NC	4		179	166	
Energy		879				4		747	694	
Protein (N x 6.25)	_	28.57		0 0		1 1		24.28	22.57	
Total lipid (fat) Ash		9.80 1.40		0		1		8.33 1.19	7.74 1.11	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary	-	0.00		0	Z	7		0.00	0.00	
Sugars, total		0.00		0	z	7		0.00	0.00	
Starch		0.00		•	_	•		0.00	0.00	
Minerals:				_						
Calcium, Ca	-	17 0.91		0		1		14 0.77	13 0.72	
Iron, Fe	-	29		0		1 1		25	23	
Magnesium, Mg Phosphorus, P		253		0		1		25 215	200	
Potassium, K	•	438		0		1		372	346	
Sodium, Na		64		0		1		54	51	
Zinc, Zn		2.48		0		1		2.11	1.96	
Copper, Cu		0.075	5	0		1		0.064	0.059	
Manganese, Mn	mg	0.009	•	0		1		0.008	0.007	
Selenium, Se	mcg	48.2		0	BFYN	4		41.0	38.1	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.7		0		1		0.6	0.6	
Thiamin	_	0.923	3	0		1		0.785	0.729	
Riboflavin	_	0.338		0		1		0.287	0.267	
Niacin	_	5.243	3	0		1		4.457	4.142	
Pantothenic acid		0.729)	0		1		0.620	0.576	
Vitamin B-6	mg	0.492	2	0		1		0.418	0.389	
Folate, total		6		0		1		5	5	
Folic acid		0		0	Z	7		0	0	
Folate, food		6		0		1		5	5	
Folate, DFE		6		0	NC	4		5	5	
Vitamin B-12		0.72 7		0	***	1 4		0.61 6	0.57	
Vitamin A, IUVitamin A, RAE	IU	2		0	NC NC	4		2	5 2	
Retinol		2		0	NR NR	4		2	2	
Vitamin E (alpha-tocopherol)		0.27		0	BFSN	4		0.23	0.21	
Tocopherol, beta				-		=		***		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	3.640)	0		1		3.094	2.876	
4:0		0.000)	0		1		0.000	0.000	
6:0	g	0.000)	0		1		0.000	0.000	
8:0	g	0.000)	0		1		0.000	0.000	
10:0	-	0.010		0		1		0.009	0.008	
12:0	-	0.010)	0		1		0.009	0.008	
13:0	-			_		_		_		
14:0	-	0.130)	0		1		0.111	0.103	
15:0		0 0-0		^		-		1 010		
16:0		2.250	,	0		1		1.913	1.778	
17:0 18:0		1.180	1	0		1		1.003	0.932	
20:0	-	1.100	•	U		1		1.003	0.332	
22:0	-									
24:0	-									

	<u>Ar</u>	nount in 100 grams	of edib	le portio	<u>on</u>	Amount in edible portion of common			
		Numbe				<u>m</u>	easures of food		
Nutrients and Units	Mean	of Data Std. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fetter with total management and a	4.450	0		1		2 702	2 516		
Fatty acids, total monounsaturatedg	4.450	0		1		3.783	3.516		
15:1g									
16:1 undifferentiatedg	0.320	0		1		0.272	0.253		
17:1g									
18:1 undifferentiatedg	4.000			1		3.400	3.160		
20:1g	0.090	0		1		0.077	0.071		
22:1 undifferentiatedg	0.000	0		1		0.000	0.000		
24:1 cg									
Fatty acids, total polyunsaturatedg	0.770			1		0.655	0.608		
18:2 undifferentiatedg	0.680			1		0.578	0.537		
18:3 undifferentiatedg	0.020	0		1		0.017	0.016		
18:4g	0.000	0		1		0.000	0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.040	0		1		0.034	0.032		
20:5 n-3g	0.000	0		1		0.000	0.000		
22:5 n-3g	0.000	0		1		0.000	0.000		
22:6 n-3g	0.000	0		1		0.000	0.000		
Fatty acids, total transg									
Cholesterolmg	79	0		1		67	62		
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.363	0		1		0.309	0.287		
Threonine	1.305			1		1.109	1.031		
Isoleucine 9	1.338			1		1.137	1.057		
Leucine	2.292			1		1.948	1.811		
Lysine	2.569			1		2.184	2.030		
Methionine	0.756			1		0.643	0.597		
Cystine	0.364			1		0.309	0.288		
Phenylalanine	1.140			1		0.969	0.901		
Tyrosine	0.995			1		0.846	0.786		
Valineg	1.550			1		1.318	1.225		
Arginine	1.776			1		1.510	1.403		
Histidine	1.141			1		0.970	0.901		
Alanine9	1.664			1		1.414	1.315		
Aspartic acid	2.650			1		2.253	2.094		
Glutamic acid	4.472			1		3.801	3.533		
Glycine9	1.357			1		1.153	1.072		
Proline	1.148			1		0.976	0.907		
Serine	1.180			1		1.003	0.932		
Hydroxyproline	1.100	U		_		1.003	0.932		
nydroxypronne9									
Others:									
Alcohol, ethylg	0.0	0		7		0.0	0.0		
Caffeine mg	0	0	Z	7		0	0		
Theobrominemg	0	0	Z	7		0	0		
Carotenoids:									
Carotene, betamcg	0	0	z	7		0.000	0.000		
Carotene, alphamcg	0	0	Z	7		0.000	0.000		
Cryptoxanthin, beta mcg	0	0	Z	7		0.000	0.000		
Lycopene mcg	0	0	Z	7		0.000	0.000		
Lutein + zeaxanthinmcg	0	0	Z	7		0.000	0.000		
Latein - Zearantiiniiilog	· ·	•		•		3.000	3.000		

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 79g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Pork, fresh, loin, whole, separable lean only, cooked, broiled

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 28% Bone 21%, separable fat 7%

		<u>Aı</u>	mount in 100 gram	s of edil	ole portio	<u>on</u>	Amount in edible portion of common		
			Numb	er			<u>m</u>	easures of food	<u> </u>
					Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Points		Code	Code	Measure 1	Measure 2	Measure 3
n									
Proximates: Water	q	61.02	0		1		51.87	49.43	
Energy	_	209	0	NC	4		178	169	
Energy		874			4		743	708	
Protein (N x 6.25)		28.62	0		1		24.33	23.18	
Total lipid (fat)	_	9.63	0		1		8.19	7.80	
Ash		1.25	0		1		1.06	1.01	
Carbohydrate, by difference		0.00	0	Z	7		0.00	0.00	
Fiber, total dietary		0.0	0	Z	7		0.0	0.0	
Sugars, total		0.00	0	Z	7		0.00	0.00	
Starch									
Minerals:									
Calcium, Ca	-	18	0		1		15	15	
Iron, Fe		1.09	0		1		0.93	0.88	
Magnesium, Mg		28	0		1		24	23	
Phosphorus, P		249	0		1 1		212	202	
Potassium, K		425 58	0		1		361 49	344 47	
Sodium, Na		2.53	0		1		2.15	2.05	
Zinc, Zn Copper, Cu		0.059			1		0.050	0.048	
Manganese, Mn		0.016			1		0.014	0.013	
Selenium, Se		35.1	3.067 28	A	1		29.8	28.4	
·					_				
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid		0.6	0		1		0.5	0.5	
Thiamin		1.017			1		0.864	0.824	
Riboflavin	-	0.329			1		0.280	0.266	
Niacin		5.893			1		5.009	4.773	
Pantothenic acid		0.782			1		0.665	0.633	
Vitamin B-6		0.552			1		0.469	0.447	
Folate, total		1	0	BFZN			1	1	
Folic acid		0	0	Z	7		0	0	
Folate, food		1 1	0	BFZN	4 4		1 1	1	
Folate, DFE		0.73	0	NC	1		0.62	1 0.59	
Vitamin B-12		7	0	NC	4		6	5	
Vitamin A, IU Vitamin A, RAE	mca DAE	2	0	NC NC	4		2	2	
Retinol		2	0	NC NR	4		2	2	
Vitamin E (alpha-tocopherol)		0.20	0	BFYN			0.17	0.17	
Tocopherol, beta		0.20	0	BFSN			0.00	0.00	
Tocopherol, gamma		0.05	0	BFSN			0.04	0.04	
Tocopherol, delta		0.00	0	BFSN			0.00	0.00	
Vitamin D		0.00	·	22.01	-		0.00	0.00	
Vitamin K (phylloquinone)		0.0	0	BFYN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated	α	3.510	0		1		2.984	2.843	
4:0		0.000			1		0.000	0.000	
6:0	-	0.000			1		0.000	0.000	
8:0		0.000			1		0.000	0.000	
10:0		0.010			1		0.009	0.008	
12:0		0.010			1		0.009	0.008	
13:0									
14:0	-	0.120	0		1		0.102	0.097	
15:0									
16:0	-	2.170	0		1		1.845	1.758	
17:0	-								
18:0	-	1.130	0		1		0.961	0.915	
20:0	-								
22:0	-								
24:0	-								

		<u>A</u>	mount in 100 grams		Amount in edible portion of common measures of food				
Nutrients and Ui	nits	Mean		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		4.320	0		1		3.672	3.499	
14:1		1.520	·		-		3.072	3.433	
15:1	g								
16:1 undifferentiated	-	0.310	0		1		0.264	0.251	
17:1		2 000						2 1 1 2	
18:1 undifferentiated 20:1	_	3.880 0.090			1 1		3.298 0.077	3.143 0.073	
22:1 undifferentiated	-	0.000			1		0.000	0.073	
24:1 c	•	0.000	·		-		0.000	0.000	
Fatty acids, total polyunsaturated.		0.760	0		1		0.646	0.616	
18:2 undifferentiated	g	0.660	0		1		0.561	0.535	
18:3 undifferentiated	g	0.020	0		1		0.017	0.016	
18:4	g	0.000	0		1		0.000	0.000	
20:2 n-6 c,c	-								
20:3 undifferentiated	-		_		_				
20:4 undifferentiated	-	0.040			1		0.034	0.032	
20:5 n-3		0.000			1		0.000	0.000	
22:5 n-3		0.000			1 1		0.000	0.000	
22:6 n-3	_	0.000	U		1		0.000	0.000	
Fatty acids, total trans Cholesterol		81	0		1		69	66	
Phytosterols		01	v		-		03	00	
,									
Amino Acids:									
Tryptophan		0.364			1		0.309	0.295	
Threonine	-	1.307			1		1.111	1.059	
Isoleucine	_	1.340			1		1.139	1.085	
Leucine	_	2.297 2.574			1 1		1.952 2.188	1.861 2.085	
Lysine Methionine		0.758			1		0.644	0.614	
Cystine		0.365			1		0.310	0.296	
Phenylalanine		1.143			1		0.972	0.926	
Tyrosine		0.997			1		0.847	0.808	
Valine	_	1.553			1		1.320	1.258	
Arginine	-	1.779	0		1		1.512	1.441	
Histidine		1.143	0		1		0.972	0.926	
Alanine	g	1.668	0		1		1.418	1.351	
Aspartic acid	g	2.655	0		1		2.257	2.151	
Glutamic acid	g	4.481	. 0		1		3.809	3.630	
Glycine	g	1.359	0		1		1.155	1.101	
Proline	g	1.150			1		0.978	0.932	
Serine		1.182	0		1		1.005	0.957	
Hydroxyproline	g								
Others:									
Alcohol, ethyl	g	0.0	0		7		0.0	0.0	
Caffeine	mg	0	0	Z	7		0	0	
Theobromine	<u>mg</u>	0	0	Z	7		0	0	
Carotenoids:									
Carotene, beta	mca	0	0	z	7		0.000	0.000	
Carotene, alpha		0	0	z	7		0.000	0.000	
Cryptoxanthin, beta		0	0	Z	7		0.000	0.000	
Lycopene		0	0	Z	7		0.000	0.000	
Lutein + zeaxanthin		0	0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 81g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Pork, fresh, loin, whole, separable lean only, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 30% Bone 22%, separable fat 8%

		<u>A</u>	mount in 100 gram	s of edil	ole portio	<u>on</u>	Amount in edible portion of common		
			Numbe	r			m	easures of food	<u> </u>
					Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	72.23	0		1		327.64	76.56	
Energy	kcal	143	0	NC	4		649	152	
Energy		598			4		2714	634	
Protein (N x 6.25)		21.43	0		1		97.21	22.72	
Total lipid (fat)		5.66	0		1		25.67	6.00	
Ash		1.05	0		1		4.76	1.11	
Carbohydrate, by difference		0.00	0	Z	7		0.00	0.00	
Fiber, total dietary		0.0	0	Z	7		0.0	0.0	
Sugars, total		0.00	0	Z	7		0.00	0.00	
Starch									
Minerals:	m~	1.77	_					10	
Calcium, Ca	-	17	0		1		77	18	
Iron, Fe		0.84 23	0		1 1		3.81 104	0.89 24	
Magnesium, Mg		211	-		1		104 957	24	
Phosphorus, P Potassium, K	-	389	0		1		957 1765	224 412	
Sodium, Na		52	0		1		236	55	
Zinc, Zn		1.84	0		1		8.35	1.95	
Copper, Cu		0.062			1		0.281	0.066	
Manganese, Mn		0.012			1		0.054	0.013	
Selenium, Se		36.1	0	BFNN	4		163.7	38.3	
<u>Vitamins:</u>			_						
Vitamin C, total ascorbic acid		0.6	0		1		2.7	0.6	
Thiamin		0.989			1		4.486	1.048	
Riboflavin		0.267			1		1.211	0.283	
Niacin	-	4.915			1		22.294	5.210	
Pantothenic acid		0.781			1 1		3.543	0.828	
Vitamin B-6	-	0.527 5	7 0 0		1		2.390 23	0.559 5	
Foliate, total		0	0	z	7		0	0	
Folic acid		5	0	4	1		23	5	
Folate, foodFolate, DFE	mca DEE	5	0	NC	4		23	5	
Vitamin B-12		0.63	0	NC	1		2.86	0.67	
Vitamin A, IU		7	0	NC	4		30	7	
Vitamin A, RAE		2	0	NC	4		9	2	
Retinol		2	0	NR NR	4		9	2	
Vitamin E (alpha-tocopherol)		0.18	0	BFSN	4		0.81	0.19	
Tocopherol, beta		***	-		_			**	
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)		0.0	0	BFSN	4		0.0	0.0	
T :: J									
Lipids:	a	1.950	0		1		8.845	2.067	
Fatty acids, total saturated		0.000			1				
4:0 6:0		0.000			1		0.000 0.000	0.000 0.000	
8:0		0.000			1		0.000	0.000	
10:0	-	0.010			1		0.000	0.011	
12:0	-	0.010			1		0.045	0.011	
13:0	-	0.010			-		3.043	0.011	
14:0	-	0.070	0		1		0.318	0.074	
15:0	-		·		=		3.525	0.0.1	
16:0	-	1.250	0		1		5.670	1.325	
17:0			·		•				
18:0	-	0.610	0		1		2.767	0.647	
20:0	-		•						
22:0	-								
	g								

	Ar	nount in 100 grams		le portio	<u>on</u>	Amount in edible portion of common measures of food			
		Numbe		Cauraa	Confidence	1111	easures or 1000		
Nutrients and Units	Mean	Std. Error Points	Deriv Code	Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated9	2.560	0		1		11.612	2.714		
14:19	J								
15:19									
16:1 undifferentiated9		0		1		0.816	0.191		
17:19		_							
18:1 undifferentiated		0		1		10.524	2.459		
20:1		0		1		0.181	0.042		
22:1 undifferentiated		0		1		0.000	0.000		
24:1 c9 Fatty acids, total polyunsaturated9		0		1		2.767	0.647		
18:2 undifferentiated9		0		1		2.767	0.519		
18:3 undifferentiated		0		1		0.091	0.021		
18:49		0		1		0.000	0.000		
20:2 n-6 c.c		v		-		0.000	0.000		
20:3 undifferentiated9									
20:4 undifferentiated		0		1		0.318	0.074		
20:5 n-3		0		1		0.000	0.000		
22:5 n-39		0		1		0.000	0.000		
22:6 n-39		0		1		0.000	0.000		
Fatty acids, total trans9	I								
Cholesteroln	ng 59	0		1		268	63		
Phytosterolsn	ng								
Amino Asido									
Amino Acids:	0.272	0		1		1.234	0.000		
Tryptophan9		0		1		4.436	0.288		
Threonine		0		1		4.436	1.037		
Isoleucine		0		1		4.550 7.797	1.063 1.822		
Lysine		0		1		8.741	2.043		
Methionine		0		1		2.572	0.601		
Cystine				1		1.238	0.289		
Phenylalanine		0		1		3.878	0.906		
Tyrosine		0		1		3.388	0.792		
Valine				1		5.271	1.232		
Arginine9				1		6.042	1.412		
Histidine9		0		1		3.883	0.907		
Alanine9		0		1		5.661	1.323		
Aspartic acid		0		1		9.013	2.106		
Glutamic acid		0		1		15.214	3.555		
Glycine9		0		1		4.613	1.078		
Proline 9		0		1		3.905	0.913		
Serine 9				1		4.014	0.938		
Hydroxyproline									
, , , , , , , , , , , , , , , , , , ,									
Others:		_		_					
Alcohol, ethyl	0.0	0	_	7		0.0	0.0		
Caffeine mg		0	Z Z	7 7		0	0		
Theobromine mg	g 0	0	z	7		0	0		
<u>Carotenoids:</u>									
Carotene, betamo	cg 0	0	Z	7		0.000	0.000		
Carotene, alphamo	og 0	0	Z	7		0.000	0.000		
Cryptoxanthin, betamo		0	Z	7		0.000	0.000		
Lycopene mo		0	Z	7		0.000	0.000		
Lutein + zeaxanthin mo	og 0	0	Z	7		0.000	0.000		

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 106g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Pork, fresh, loin, whole, separable lean only, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 0%

		<u>A</u>	mount in 100 gram	s of edi	ble portic	<u>on</u>	Amount in edible portion of common		
			Numbe	r			<u>m</u>	easures of food	
			of Data	a Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	41.57	1	A	1		11.79	46.97	
Energy		418	0	NC	4		119	472	
Energy		1749	0	NC	4		496	1976	
Protein (N x 6.25)		21.94	1	A	1		6.22	24.79	
Total lipid (fat)		35.96	1	A	1		10.19	40.63	
Ash		1.47	1	A	1		0.42	1.66	
Carbohydrate, by difference	g	0.00	0	z	7		0.00	0.00	
Fiber, total dietary	g	0.0	0	Z	7		0.0	0.0	
Sugars, total	g	0.00	0	Z	7		0.00	0.00	
Starch	g								
Minerals:									
Calcium, Ca	ma	9	1	A	1		2	10	
Iron, Fe	-	0.69	1	A	1		0.20	0.78	
Magnesium, Mg		25	1	A	1		7	28	
Phosphorus, P		284	1	A	1		81	321	
Potassium, K	-	459	1	A	1		130	519	
Sodium, Na		168	1	A	1		48	190	
Zinc, Zn	mg	1.60	1	A	1		0.45	1.81	
Copper, Cu	mg	0.060		A	1		0.017	0.068	
Manganese, Mn		0.000		A	1		0.000	0.000	
Selenium, Se	mcg	12.8	1	A	1		3.6	14.5	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.0	0	z	7		0.0	0.0	
Thiamin		0.459) 1	A	1		0.130	0.519	
Riboflavin		0.138	3 1	A	1		0.039	0.156	
Niacin	mg	8.810	1	A	1		2.498	9.955	
Pantothenic acid	mg	0.834	1	A	1		0.236	0.942	
Vitamin B-6	mg	0.345	5 1	A	1		0.098	0.390	
Folate, total		0	0	Z	7		0	0	
Folic acid		0	0	Z	7		0	0	
Folate, food	mcg	0	0	Z	7		0	0	
Folate, DFE		0	0	NC	4		0	0	
Vitamin B-12		0.87	1	A	1		0.25	0.98	
Vitamin A, IU		73 22	0	AS	1		21 6	82 25	
Vitamin A, RAE		22	1	AS A	1 1		6	25 25	
Vitamin E (alpha-tocopherol)		0.40	2	A	1		0.11	0.45	
Tocopherol, beta		0.00	2	A	1		0.00	0.00	
Tocopherol, gamma		0.10	2	A	1		0.03	0.11	
Tocopherol, delta		0.00	2	A	1		0.00	0.00	
Vitamin D									
Vitamin K (phylloquinone)		0.0	1	A	1		0.0	0.0	
Linider									
Lipids: Fatty acids, total saturated	a	12.587	0	NC	4		3.568	14.223	
4:0		0.000		Z	7		0.000	0.000	
6:0		0.000		z	7		0.000	0.000	
8:0	-	0.000		A	1		0.000	0.000	
10:0	_	0.000		A	1		0.000	0.000	
12:0	_	0.000		A	1		0.000	0.000	
13:0	-								
14:0	_	0.438	3 1	A	1		0.124	0.495	
15:0	g	0.000	1	A	1		0.000	0.000	
16:0	g	7.627	1	A	1		2.162	8.619	
17:0	g	0.103	1	A	1		0.029	0.116	
18:0		4.349		A	1		1.233	4.914	
20:0	g	0.070		A	1		0.020	0.079	
22:0	g	0.000	1	A	1		0.000	0.000	
24:0	g								

	<u>A</u>	mount in 10			le portio	<u>on</u>		edible portion of	common
			Number		_	0 51	ine	asures or roou	
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	15.122	!	0	NC	4		4.287	17.088	
14:1g	0.000		1	A	1		0.000	0.000	
15:1g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated	0.793		1 1	A A	1 1		0.225 0.023	0.896 0.093	
18:1 undifferentiated Q	13.984		1	A	1		3.964	15.802	
20:1g	0.263		1	A	1		0.075	0.297	
22:1 undifferentiatedg	0.000)	0	z	7		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturatedg	6.257		0	NC	4		1.774	7.070	
18:2 undifferentiatedg	0.000 5.674		0 1	Z A	7 1		0.000 1.609	0.000 6.412	
18:2 n-6 c,cg 18:2 CLAsg	5.674	•	1	A	1		1.609	6.412	
18:2 c.tg									
18:2 t,cg									
18:2 t,tg									
18:2 ig									
18:2 t not further definedg	0 041		•	3.0			0.068	0.070	
18:3 n-6 c.c.c	0.241		0 1	AS A	1 1		0.068 0.000	0.272 0.000	
18:3ig	0.000	•	_		-		0.000	0.000	
18:4g	0.000)	0	z	7		0.000	0.000	
20:2 n-6 c,cg	0.231	<u>=</u>	1	A	1		0.065	0.261	
20:3 undifferentiatedg	0.000)	1	A	1		0.000	0.000	
20:3 n-3g									
20:3 n-6g	0 111		1	_				0.105	
20:4 undifferentiated	0.111	=	1	A	1		0.031	0.125	
20:4 n-6g									
20:5 n-3g	0.000)	0	z	7		0.000	0.000	
22:5 n-3g	0.000)	0	z	7		0.000	0.000	
22:6 n-3g	0.000)	0	Z	7		0.000	0.000	
Fatty acids, total transg	0.690)	1	A	1		0.196	0.780	
Cholesterol mg	78		1	A	1		22	88	
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.163		0	A	1		0.046	0.184	
Threonine	0.723 0.874		0 0	A A	1 1		0.205 0.248	0.817	
Isoleucine	1.531		0	A	1		0.434	0.988 1.730	
Lysineg	1.667		0	A	1		0.472	1.883	
Methionineg	0.467		0	A	1		0.132	0.527	
Cystineg	0.225	i	0	A	1		0.064	0.254	
Phenylalanineg	0.800)	0	A	1		0.227	0.904	
Tyrosineg	0.588		0	A	1		0.167	0.664	
Valineg	1.077		0	A	1		0.305	1.216	
Arginine	1.481 0.963		0	A A	1 1		0.420 0.273	1.674 1.088	
Alanine	1.523		0	A	1		0.432	1.721	
Aspartic acid	1.931		0	A	1		0.547	2.182	
Glutamic acidg	2.943	3	0	A	1		0.834	3.326	
Glycineg	2.272	?	0	A	1		0.644	2.567	
Prolineg	1.452		0	A	1		0.412	1.641	
Serineg	0.906		0	A	1		0.257	1.024	
Hydroxyprolineg	0.797	,	0	A	1		0.226	0.901	
Others:	•		_	_	_			2.2	
Alcohol, ethyl	0.0 0		0	Z Z	7 7		0.0	0.0	
Caffeine mg Theobromine mg	0		0	z Z	7		0	0 0	
Carotenoids:	•		J	4	,		v	•	
	0		0	Z	7		0.000	0.000	
Carotene, betamcg Carotene, alphamcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, betamcg	0		0	z	7		0.000	0.000	
J1 ,									

Pork, fresh, separable fat, cooked

	Δ	Amount in 10	00 grams Number		ole portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Error	of Data	Deriv		Confidence Code	Measure 1	Measure 2	Measure 3	
Lycopene mcg Lutein + zeaxanthin mcg	0		0	z z	7 7		0.000	0.000 0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 0%

		<u>A</u> 1	mount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	_	
				of Data	Deriv	Source	Confidence				
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	41.89		1	A	1		11.87	47.33		
Energy	kcal	468		0	NC	4		133	529		
Energy	kj	1957		0	NC	4		555	2211		
Protein (N x 6.25)	g	8.89		1	A	1		2.52	10.04		
Total lipid (fat)	g	47.64		1	A	1		13.51	53.84		
Ash		0.66		1	A	1		0.19	0.74		
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00		
Fiber, total dietary		0.0		0	Z	7		0.0	0.0		
Sugars, total		0.00		0	z	7		0.00	0.00		
Starch	_								0.00		
Starcii	9										
<u> Minerals:</u>											
Calcium, Ca		18		1	A	1		5	20		
Iron, Fe	-	0.53		1	A	1		0.15	0.60		
Magnesium, Mg		10		1	A	1		3	12		
Phosphorus, P	mg	139		1	A	1		39	157		
Potassium, K	mg	206		1	A	1		58	233		
Sodium, Na	mg	110		1	A	1		31	124		
Zinc, Zn	<u>mg</u>	0.90		1	A	1		0.25	1.01		
Copper, Cu	mg	0.036	5	1	A	1		0.010	0.041		
Manganese, Mn	<u>mg</u>	0.000)	1	A	1		0.000	0.000		
Selenium, Se	mcg	9.4		1	A	1		2.7	10.6		
itamins:											
	ma	0.0		0	z	7		0.0	0.0		
Vitamin C, total ascorbic acid	-	0.0		1	A	1		0.082	0.0		
ThiaminRiboflavin	-	0.291		1	A	1		0.082	0.329		
		3.690		1	A	1		1.046	4.170		
Niacin		0.367		1	A	1		0.104	0.414		
Pantothenic acid	-	0.367		1	A	1		0.104			
Vitamin B-6	-	0.258	•	0	A Z	7		0.073	0.292 0		
Folate, total		0			z Z	7					
Folic acid		0		0				0	0		
Folate, food		0		0	Z	7		0 0	0		
Folate, DFE		-		0	NC	4			0		
Vitamin B-12		0.59		1	A	1		0.17	0.67		
Vitamin A, IU		96		0	AS	1		27	108		
Vitamin A, RAE		29		0	AS	1		8	33		
Retinol		29		1	A	1		8	33		
Vitamin E (alpha-tocopherol)		0.00		0	Z	7		0.00	0.00		
Tocopherol, beta		0.00		0	z	7		0.00	0.00		
Tocopherol, gamma		0.00		0	Z	7		0.00	0.00		
Tocopherol, delta		0.00		0	z	7		0.00	0.00		
Vitamin D Vitamin K (phylloquinone)		0.0		0	z	7		0.0	0.0		
	nicg	0.0		U	2	,		0.0	0.0		
ipids:	a	18 101		_				4 040	10 000		
Fatty acids, total saturated		17.100		0	NC	4		4.848	19.323		
4:0		0.000		0	Z	7		0.000	0.000		
6:0		0.000		0	Z	7		0.000	0.000		
8:0		0.000		1	A	1		0.000	0.000		
10:0		0.000		1	A	1		0.000	0.000		
12:0		0.000	,	1	A	1		0.000	0.000		
13:0	_			_	-	_					
14:0	_	0.612		1	A	1		0.174	0.692		
15:0	-	0.000		1	A	1		0.000	0.000		
16:0		10.190		1	A	1		2.889	11.515		
		0 100)	1	A	1		0.052	0.206		
17:0	_	0.182									
17:0 18:0	g	6.027	1	1	A	1		1.709	6.811		
17:0	g g)								

	<u>A</u> 1	mount in 10	0 grams Number		ole portio	<u>on</u>		edible portion of	f common
Nutrients and Units	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	18.809)	0	NC	4		5.332	21.254	
14:1g	0.000		1	A	1		0.000	0.000	
15:1	0.000		1 1	A A	1 1		0.000 0.282	0.000 1.124	
17:1g	0.138		1	A	1		0.282	0.156	
18:1 undifferentiated	17.347		1	A	1		4.918	19.602	
20:1g	0.329		1	A	1		0.093	0.372	
22:1 undifferentiated	0.000)	0	Z	7		0.000	0.000	
24:1 cg Fatty acids, total polyunsaturatedg	7.186	:	0	NC	4		2.037	8.120	
18:2 undifferentiatedg	0.000		0	NC Z	7		0.000	0.000	
18:2 n-6 c.c	6.526		1	A	1		1.850	7.374	
18:2 CLAsg									
18:2 c,tg									
18:2 t,c									
18:2 t,t									
18:2 t not further definedg									
18:3 undifferentiatedg	0.000)	0	A	1		0.000	0.000	
18:3 n-6 c,c,cg	0.000	1	1	A	1		0.000	0.000	
18:3ig				_	_				
18:4g 20:2 n-6 c,cg	0.000 0.251		0 1	Z A	7 1		0.000 0.071	0.000 0.284	
20.2 in-6 c,cg	0.000		1	A	1		0.000	0.284	
20:3 n-3	0.000		_		_		0.000	0.000	
20:3 n-69									
20:4 undifferentiated	0.108	1	1	A	1		0.031	0.122	
20:4 n-3g									
20:4 n-6g 20:5 n-3g	0.000		0	z	7		0.000	0.000	
22:5 n-3	0.000		0	z	, 7		0.000	0.000	
22:6 n-3g	0.000		0	z	7		0.000	0.000	
Fatty acids, total transg	0.840	1	1	A	1		0.238	0.949	
Cholesterolmg	74		1	A	1		21	84	
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.066		0	A	1		0.019	0.075	
Threonine	0.293		0	A	1		0.083	0.331	
Isoleucine	0.354		0 0	A	1 1		0.100	0.400	
Leucine	0.620 0.675		0	A A	1		0.176 0.191	0.701 0.763	
Methionineg	0.189		0	A	1		0.054	0.214	
Cystineg	0.091		0	A	1		0.026	0.103	
Phenylalanineg	0.324		0	A	1		0.092	0.366	
Tyrosineg	0.238		0	A	1		0.067	0.269	
Valineg	0.436		0	A A	1 1		0.124 0.170	0. 4 93 0.678	
Arginine	0.800		0	A	1		0.170	0.441	
Alanineg	0.617		Ö	A	1		0.175	0.697	
Aspartic acidg	0.782	!	0	A	1		0.222	0.884	
Glutamic acidg	1.192		0	A	1		0.338	1.347	
Glycineg	0.920		0	A	1		0.261	1.040	
Proline	0.588		0	A	1 1		0.167	0.664	
Serine	0.367 0.323		0 1	A A	1		0.104 0.092	0.415 0.365	
	0.323		-		-			3.303	
Others:			^	_	-		0.0	0.0	
Alcohol, ethylg Caffeineg	0.0 0		0	z z	7 7		0.0	0.0 0	
Theobromine mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, betamcg	0		0	Z	7		0.000	0.000	
Carotene, alphamcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, betamcg	0		0	Z	7		0.000	0.000	

Pork, fresh, separable fat, raw

	<u>A</u>	mount in 10	0 grams Number		Amount in edible portion of common measures of food				
Nutrients and Units	Mean	Std. Error	of Data	Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Lycopenemcg Lutein + zeaxanthinmcg	0 0		0 0	z z	7 7		0.000 0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 25% Bone and skin

		<u>A</u>	mount in 100	grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common		
			N	umber				<u>m</u>	easures of food	
			o	f Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error P			Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	47.65		0		1		64.33	40.50	
Energy	-	329		0	NC	4		444	280	
Energy		1377		Ū	МС	4		1858	1170	
Protein (N x 6.25)		27.99		0		1		37.79	23.79	
Total lipid (fat)	-	23.22		0		1		31.35	19.74	
Ash		1.16		0		1		1.57	0.99	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total		0.00		0	z	7		0.00	0.00	
Starch	-	0.00		Ū		,		0.00	0.00	
Starcii	9									
Minerals:										
Calcium, Ca	-	18		0		1		24	15	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.61		0		1		2.17	1.37	
Magnesium, Mg		19		0		1		26	16	
Phosphorus, P	-	212		0		1		286	180	
Potassium, K	-	369 88		0		1 1		498 119	31 4 75	
Sodium, Na	_	88 4.18		0		1		5.64	75 3.55	
Zinc, Zn Copper, Cu		0.138	1	0		1		0.186	0.117	
Manganese, Mn		0.136		0		1		0.019	0.117	
Selenium, Se		32.6	_	0	PIE	4		44.0	27.7	
						=				
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.3		0		1		0.4	0.3	
Thiamin		0.541		0		1		0.730	0.460	
Riboflavin	-	0.307		0		1		0.414	0.261	
Niacin		5.214		0		1		7.039	4.432	
Pantothenic acid		0.595		0		1		0.803	0.506	
Vitamin B-6		0.350)	0		1		0.473	0.298	
Folate, total		4		0	_	1		5	3	
Folic acid		0		0	Z	7		0	0 3	
Folate, food		4 4		0	NG	1 4		5 5		
Folate, DFE				0	NC	4 1		0.88	3 0.55	
Vitamin B-12		0.65 10		0	NC	4		14	9	
Vitamin A, IU Vitamin A, RAE	mca BAE	3		0	NC	4		4	3	
Retinol		3		0	NR NR	4		4	3	
Vitamin E (alpha-tocopherol)		0.30		0	BFSN	4		0.40	0.25	
Tocopherol, beta		0.50		·	DION	-		0.40	0.23	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0	BFSN	4		0.0	0.0	
<u>Lipids:</u>				_						
Fatty acids, total saturated		8.490		0		1		11.462	7.217	
4:0		0.000		0		1		0.000	0.000	
6:0		0.000		0		1		0.000	0.000	
8:0	-	0.000		0		1		0.000	0.000	
10:0		0.010		0		1 1		0.014	0.009	
12:0		0.010	,	U		1		0.014	0.009	
13:0		0.290)	0		1		0 202	0.247	
14:0		0.290	,	U		1		0.392	0.247	
15:0		5.240	1	0		1		7 074	A 454	
16:0		5.240	,	U		1		7.074	4.454	
17:0	-	2.780	1	0		1		3.753	2.363	
18:0 20:0	-	2.780	•	U		_		3.733	2.303	
22:0	-									
44.U	9									

		Amount in 100 grams of edible portion						Amount in edible portion of common		
			Numb	er			measures of food			
				a Deriv		Confidence				
Nutrients and	Units	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsatura 14:1		10.380	0		1		14.013	8.823		
15:1 16:1 undifferentiated	g	0.620	0		1		0.837	0.527		
17:1 18:1 undifferentiated	_	9.470	0		1		12.785	8.050		
20:1	g	0.200	0		1		0.270	0.170		
22:1 undifferentiated	•	0.000	0		1		0.000	0.000		
Fatty acids, total polyunsaturate	edg	2.280	0		1		3.078	1.938		
18:2 undifferentiated	g	2.020	0		1		2.727	1.717		
18:3 undifferentiated	g	0.070	0		1		0.095	0.060		
18:4	g	0.000	0		1		0.000	0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.090	0		1		0.122	0.077		
20:5 n-3	g	0.000	0		1		0.000	0.000		
22:5 n-3	g	0.000	0		1		0.000	0.000		
22:6 n-3	g	0.000	0		1		0.000	0.000		
Fatty acids, total trans	g									
Cholesterol	mg	109	0		1		147	93		
Phytosterols	mg									
Amino Acids										
Amino Acids:	a	0.331	. 0		1		0.447	0.281		
Tryptophan		1.240			1		1.674	1.054		
ThreonineIsoleucine	_	1.240			1		1.696	1.068		
Leucine	_	2.203			1		2.974	1.873		
Lysine	_	2.485			1		3.355	2.112		
Methionine		0.708			1		0.956	0.602		
		0.700			1		0.466	0.802		
Cystine		1.105			1		1.492	0.293		
Phenylalanine		0.929			1		1.254	0.790		
Tyrosine		1.492			1		2.014	1.268		
Valine	_	1.492			1		2.442	1.538		
Arginine		1.048			1					
Histidine					1		1.415	0.891		
Alanine		1.662 2.534			1		2.244 3.421	1.413		
Aspartic acid								2.154		
Glutamic acid		4.207			1 1		5.679	3.576		
Glycine		1.640			_		2.214	1.394		
Proline		1.295			1		1.748	1.101		
Serine		1.156	U		1		1.561	0.983		
Hydroxyproline	9									
Others:										
Alcohol, ethyl	g	0.0	0		7		0.0	0.0		
Caffeine		0	0	z	7		0	0		
Theobromine		0	0	z	7		0	0		
Carotenoids:	-									
	mea	0	0		7		0.000	0 000		
Carotene, beta	-	0	0	Z Z	7 7			0.000		
Carotene, alpha		0	0	Z	7		0.000	0.000		
Cryptoxanthin, beta			_				0.000	0.000		
Lycopene		0	0	Z	7		0.000	0.000		
Lutein + zeaxanthin	iica	0	0	Z	7		0.000	0.000		

Common Measures:

Measure 1 = 135g: 1 cup, diced

Measure 2 = 85g: 3 oz

Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

NDB No. 10076 Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted

Refuse: 27% Bone and skin

		Amount in 100 grams of edible portion					Amount in edible portion of common			
			1	Number	•			<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	52.04		0		1		70.25	44.23	
Energy	kcal	317		0	NC	4		428	269	
Energy	kj	1326				4		1791	1127	
Protein (N x 6.25)	g	23.47		0		1		31.68	19.95	
Total lipid (fat)	g	24.01		0		1		32.41	20.41	
Ash	g	0.99		0		1		1.34	0.84	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minorals										
Minerals: Calcium, Ca	ma	19		0		1		26	16	
Iron, Fe	-	1.18		0		1		1.59	1.00	
Magnesium, Mg.	-	17		0		1		23	14	
Phosphorus, P		228		0		1		308	194	
Potassium. K	-	325		0		1		439	276	
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	70		0		1		95	60	
Zinc, Zn	mg	3.45		0		1		4.66	2.93	
Copper, Cu	mg	0.111	L	0		1		0.150	0.094	
Manganese, Mn	mg	0.033	3	0		1		0.045	0.028	
Selenium, Se	mcg	33.6		0	PIE	4		45.4	28.6	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.2		0		1		0.3	0.2	
Thiamin		0.522	>	0		1		0.705	0.444	
Riboflavin		0.302		0		1		0.408	0.257	
Niacin	-	3.918		0		1		5.289	3.330	
Pantothenic acid		0.532	2	0		1		0.718	0.452	
Vitamin B-6		0.348	3	0		1		0.470	0.296	
Folate, total		4		0		1		5	3	
Folic acid		0		0	Z	7		0	0	
Folate, food		4		0		1		5	3	
Folate, DFE	mcg_DFE	4		0	NC	4		5	3	
Vitamin B-12		0.71		0		1		0.96	0.60	
Vitamin A, IU	IU	8		0		1		11	7	
Vitamin A, RAE		2		0		1		3	2	
Retinol	-	2		0		1		3	2	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>			_							
Fatty acids, total saturated		8.780)	0		1		11.853	7.463	
4:0 6:0										
8:0										
10:0	-	0.020)	0		1		0.027	0.017	
12:0		0.010		0		1		0.014	0.009	
13:0				-		-		0.011	2.003	
14:0		0.300)	0		1		0.405	0.255	
15:0				-						
16:0	_	5.420)	0		1		7.317	4.607	
17:0	_									
18:0	g	2.870)	0		1		3.875	2.440	
20:0	g									
22:0	g									
24:0	g									

		<u>Ar</u>	mount in 100		of edib	le portio	o <u>n</u>		Amount in edible portion of come measures of food		
			c				Confidence				
Nutrients and Units	5	Mean	Std. Error F	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	q	10.720		0		1		14.472	9.112		
14:1											
15:1	_										
16:1 undifferentiated		0.640		0		1		0.864	0.544		
17:1	-										
18:1 undifferentiated	g	9.780		0		1		13.203	8.313		
20:1		0.200		0		1		0.270	0.170		
22:1 undifferentiated											
24:1 c	•										
Fatty acids, total polyunsaturated	•	2.350		0		1		3.173	1.998		
18:2 undifferentiated		2.090		0		1		2.822	1.777		
18:3 undifferentiated		0.070		0		1		0.095	0.060		
18:4											
20:2 n-6 c,c											
20:3 undifferentiated											
20:4 undifferentiated		0.090		0		1		0.122	0.077		
20:5 n-3	-										
22:5 n-3											
22:6 n-3	_										
Fatty acids, total trans											
Cholesterol		94		0		1		127	80		
Phytosterols	mg										
Amino Acids:											
Tryptophan	a	0.273		0		1		0.369	0.232		
Threonine		1.032		0		1		1.393	0.232		
	-	1.032		0		1		1.407	0.877		
Isoleucine		1.042		0		1		2.481	1.562		
Leucine				0		1					
Lysine	_	2.077		0		1		2.804	1.765		
Methionine	_	0.587		0		1		0.792	0.499		
Cystine		0.286				1		0.386	0.243		
Phenylalanine		0.924		0		_		1.247	0.785		
Tyrosine	-	0.770		0		1		1.040	0.655		
Valine		1.246		0		1		1.682	1.059		
Arginine	_	1.531		0		1		2.067	1.301		
Histidine	_	0.864		0		1		1.166	0.734		
Alanine		1.400		0		1		1.890	1.190		
Aspartic acid		2.112		0		1		2.851	1.795		
Glutamic acid	-	3.492		0		1		4.714	2.968		
Glycine	-	1.439		0		1		1.943	1.223		
Proline		1.120		0		1		1.512	0.952		
Serine	-	0.969		0		1		1.308	0.824		
Hydroxyproline	g										

Common Measures:

Measure 1 = 135g: 1 cup, diced

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 27% Bone

		<u>A</u>	mount in 100 gra	ms of edi	ble portic	<u>on</u>	Amount in	edible portion	of common
			Num	ber			<u>m</u>	easures of food	<u>l</u>
			of D	ata Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Poir	ts Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	62.06		0	1		17.59	281.50	
Energy	-	253		0 NC	4		72	1148	
Energy		1059			4		300	4802	
Protein (N x 6.25)		16.69		0	1		4.73	75.71	
Total lipid (fat)		20.19		0	1		5.72	91.58	
Ash		0.84		0	1		0.24	3.81	
Carbohydrate, by difference		0.00		0 z	7		0.00	0.00	
Fiber, total dietary		0.0		0 z	7		0.0	0.0	
Sugars, total									
Starch	_								
Survi									
Minerals:									
Calcium, Ca	-	5		0	1		1	23	
Iron, Fe	-	0.99		0	1		0.28	4.49	
Magnesium, Mg		17		0	1		5	77	
Phosphorus, P	mg	189		0	1		54	857	
Potassium, K	mg	291		0	1		82	1320	
Sodium, Na	mg	68		0	1		19	308	
Zinc, Zn	mg	2.37		0	1		0.67	10.75	
Copper, Cu		0.081		0	1		0.023	0.367	
Manganese, Mn	<u>mg</u>	0.011		0	1		0.003	0.050	
Selenium, Se	mcg	24.4		O PIE	4		6.9	110.7	
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.7		0	1		0.2	3.2	
Thiamin		0.727		0	1		0.206	3.298	
Riboflavin		0.72		0	1		0.073	1.175	
Niacin		3.983		0	1		1.129	18.067	
Pantothenic acid		0.656		0	1		0.186	2.976	
Vitamin B-6		0.387		0	1		0.110	1.755	
Folate, total	_	4	,	0	1		1	18	
Folic acid		0		0 0 z	7		0	0	
Folate, food		4		0 2	1		1	18	
Folate, DFE	mcg DEE	4		0 NC	4		1	18	
		0.64		0 NC	1		0.18	2.90	
Vitamin B-12		6		0	1		2		
Vitamin A, IU		2		0	1		1	27 8	
Vitamin A, RAE		2		0	1		1	8	
Retinol		2		U	1		1	8	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D Vitamin K (phylloquinone)									
* * * * * * * * * * * * * * * * * * * *	9								
<u>Lipids:</u>									
Fatty acids, total saturated	g	7.000)	0	1		1.985	31.752	
4:0	-								
6:0	g								
8:0									
10:0		0.010		0	1		0.003	0.045	
12:0		0.020)	0	1		0.006	0.091	
13:0									
14:0	_	0.250)	0	1		0.071	1.134	
15:0	_								
16:0	_	4.340)	0	1		1.230	19.686	
17:0	-								
18:0	g	2.310)	0	1		0.655	10.478	
20:0	g								
22:0	g								
24:0	a								

		<u>Aı</u>	mount in 10		ole portio	<u>n</u>		edible portion	
				Number	_		m	easures of food	
Nutrients and Uni	its	Mean	Std. Error	of Data Points	 Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	8.970		0	1		2.543	40.688	
14:1									
15:1	_	0.500			_		0.450	0.540	
16:1 undifferentiated	-	0.560		0	1		0.159	2.540	
17:1		8.250		0	1		0 220	27. 400	
18:1 undifferentiated		0.150		0	1		2.339	37.422	
20:1	_	0.150		U	1		0.043	0.680	
22:1 undifferentiated 24:1 c									
Fatty acids, total polyunsaturated	•	2.160		0	1		0.612	9.798	
18:2 undifferentiated	_	1.810		0	1		0.513	8.210	
18:3 undifferentiated		0.150		0	1		0.043	0.680	
18:4		0.130		v	-		0.043	0.000	
20:2 n-6 c,c	-								
20:3 undifferentiated									
20:4 undifferentiated		0.100		0	1		0.028	0.454	
20:5 n-3									
22:5 n-3	-								
22:6 n-3	g								
Fatty acids, total trans	g								
Cholesterol	mg	71		0	1		20	322	
Phytosterols	mg								
Amino Acids:									
Tryptophan	a	0.198		0	1		0.056	0.898	
Threonine		0.741		0	1		0.210	3.361	
Isoleucine		0.752		0	1		0.213	3.411	
Leucine	• • • • • • • • • • • • • • • • • • • •	1.315		0	1		0.213	5.965	
Lysine		1.484		0	1		0.421	6.731	
Methionine		0.424		0	1		0.120	1.923	
Cystine		0.206		0	1		0.058	0.934	
Phenylalanine	-	0.660		0	1		0.187	2.994	
Tyrosine		0.556		0	1		0.158	2.522	
Valine		0.891		0	1		0.253	4.042	
Arginine		1.076		0	1		0.305	4.881	
Histidine	-	0.628		0	1		0.178	2.849	
Alanine	-	0.990		0	1		0.281	4.491	
Aspartic acid		1.514		0	1		0.429	6.868	
Glutamic acid		2.516		0	1		0.713	11.413	
Glycine	-	0.966		0	1		0.274	4.382	
Proline	_	0.765		0	1		0.217	3.470	
Serine	-	0.689		0	1		0.195	3.125	
Hydroxyproline	g								

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 41% Bone and skin 25%, separable fat 16%

		<u>A</u>	mount in 100	0 grams	of edit	ole portio	<u>n</u>	Amount in	edible portion o	f common
			ı	Number					easures of food	
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Durationatory										
Proximates: Water	q	54.26		0		1		107.43	46.12	
Energy	-	248		0	NC	4		491	211	
Energy		1038				4		2055	882	
Protein (N x 6.25)		32.26		0		1		63.87	27.42	
Total lipid (fat)	-	12.21		0		1		24.18	10.38	
Ash		1.27		0		1		2.51	1.08	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total		0.00		0	z	7		0.00	0.00	
Starch	_									
Minerals:		_							_	
Calcium, Ca	-	8		0		1		16	7	
Iron, Fe.		1.95		0		1		3.86	1.66	
Magnesium, Mg		22 226		0		1 1		44 447	19 192	
Phosphorus, P	-	405		0		1		44 / 802	192 344	
Potassium, KSodium, Na	-	102		0		1		202	87	
Zinc, Zn	-	4.97		0		1		9.84	4.22	
Copper, Cu		0.161	ı	0		1		0.319	0.137	
Manganese, Mn		0.017		0		1		0.034	0.014	
Selenium, Se		37.0		0	BFYN	4		73.3	31.5	
·										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.4		0		1		0.8	0.3	
Thiamin		0.600		0		1		1.188	0.510	
Riboflavin	-	0.360		0		1		0.713	0.306	
Niacin		5.940		0		1		11.761	5.049	
Pantothenic acid		0.670		0		1		1.327	0.570	
Vitamin B-6	-	0.410 5	,	0		1		0.812	0.349	
Foliate, total		0		0	z	1 7		10 0	4 0	
Folic acidFolate, food		5		0	2	1		10	4	
Folate, DFE		5		0	NC	4		10	4	
Vitamin B-12		0.71		0	140	1		1.41	0.60	
Vitamin A, IU		7		0	NC	4		13	6	
Vitamin A, RAE	mca RAF	2		0	NC	4		4	2	
Retinol		2		0	NR	4		4	2	
Vitamin E (alpha-tocopherol)		0.29		0	BFSN	4		0.58	0.25	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	a	4.160	1	0		1		8.237	3.536	
4:0		0.000		0		1		0.000	0.000	
6:0	-	0.000		0		1		0.000	0.000	
8:0	_	0.000		0		1		0.000	0.000	
10:0	_	0.000		11		1		0.000	0.000	
12:0	-	0.000		11		1		0.000	0.000	
13:0										
14:0		0.130)	11		1		0.257	0.111	
15:0										
16:0		2.610)	11		1		5.168	2.219	
17:0										
18:0	_	1.320)	11		1		2.614	1.122	
20:0	_									
22:0	g									
24:0	g									

		<u>A</u>	mount in 100 gran		ible portic	<u>on</u>	Amount in edible portion of common measures of food			
			Numb of Da	er ta Deriv	Source	Confidence	<u>m</u>	easures of 1000	i	
Nutrients and	l Units	Mean	Std. Error Point			Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsatur	ratedg	5.780	0		1		11.444	4.913		
14:1	=									
15:1	-	0.246					0 (72	0.000		
16:1 undifferentiated 17:1	=	0.340	11		1		0.673	0.289		
18:1 undifferentiated	-	5.260	11		1		10.415	4.471		
20:1	=	0.130			1		0.257	0.111		
22:1 undifferentiated	-	0.000			1		0.000	0.000		
24:1 c	•									
Fatty acids, total polyunsatura		1.160	0		1		2.297	0.986		
18:2 undifferentiated	g	1.010	11		1		2.000	0.859		
18:3 undifferentiated	g	0.030	11		1		0.059	0.026		
18:4	g	0.000	0		1		0.000	0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.080			1		0.158	0.068		
20:5 n-3	• • • • • • • • • • • • • • • • • • • •	0.000			1		0.000	0.000		
22:5 n-3	-	0.000			1		0.000	0.000		
22:6 n-3	=	0.000	0		1		0.000	0.000		
Fatty acids, total trans		114	1		1		226	97		
CholesterolPhytosterols	-	114	1		1		226	91		
1 hytosterois										
Amino Acids:										
Tryptophan		0.410			1		0.812	0.349		
Threonine	-	1.473			1		2.917	1.252		
Isoleucine	_	1.511			1		2.992	1.284		
Leucine	-	2.588			1		5.124	2.200		
Lysine		2.901			1 1		5.744	2.466		
Methionine		0.854 0.411			1		1.691 0.814	0.726		
Cystine		1.288			1		2.550	0.349 1.095		
Phenylalanine Tyrosine		1.124			1		2.226	0.955		
Valine	-	1.750			1		3.465	1.488		
Arginine	-	2.005			1		3.970	1.704		
Histidine	_	1.289			1		2.552	1.096		
Alanine	-	1.879			1		3.720	1.597		
Aspartic acid		2.992			1		5.924	2.543		
Glutamic acid		5.050	0		1		9.999	4.293		
Glycine	g	1.532	. 0		1		3.033	1.302		
Proline	g	1.296	0		1		2.566	1.102		
Serine		1.333	0		1		2.639	1.133		
Hydroxyproline	g									
Others:										
Alcohol, ethyl	a	0.0	0		7		0.0	0.0		
Caffeine		0	0	z	, 7		0	0.0		
Theobromine	-	0	0	Z	7		0	0		
Carotenoids:	g	-	·	_	•		-	•		
<u> </u>	m-~	•	•	_	-		0.000	0.000		
Carotene, beta		0	0	Z Z	7 7		0.000	0.000		
Carotene, alpha		0	0	z z	7		0.000 0.000	0.000 0.000		
Cryptoxanthin, beta		0	0	Z	7		0.000	0.000		
LycopeneLutein + zeaxanthin		0	0	Z	7		0.000	0.000		
Lutem + Zeaxantinii			0	4	,		3.000	0.000		

Common Measures:

Measure 1 = 198g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 43% Bone and skin 27%, separable fat 16%

		<u>Aı</u>	mount in 100 gr	ams (of edik	ole portio	<u>n</u>	Amount in	edible portion o	f common
			Nun	nber				m	easures of food	_
					Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Poi			Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	g	60.27	0.872	12		1		115.12	51.23	
Energy	kcal	228		0	NC	4		435	194	
Energy	kj	954				4		1822	811	
Protein (N x 6.25)		26.68	0.675	12		1		50.96	22.68	
Total lipid (fat)		12.62	0.851	12		1		24.10	10.73	
Ash		1.06	0.023	12		1		2.02	0.90	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total										
Starch	-									
Minerals:										
Calcium, Ca	-	9		1		1		17	8	
Iron, Fe	_	1.42	0.051	12		1		2.71	1.21	
Magnesium, Mg		20		1		1		38	17	
Phosphorus, P	-	247		1		1		472	210	
Potassium, K		351		12		1		670	298	
Sodium, Na		80		12		1		153	68	
Zinc, Zn		4.07		12		1		7.77	3.46	
Copper, Cu		0.128		12		1		0.244	0.109	
Manganese, Mn		0.041		1		1		0.078	0.035	
Selenium, Se	mcg	38.5		0	BFYN	4		73.5	32.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		0		1		0.6	0.3	
Thiamin		0.578	0.049	12		1		1.104	0.491	
Riboflavin		0.357		12		1		0.682	0.303	
Niacin	_	4.314	0.135	12		1		8.240	3.667	
Pantothenic acid		0.592		0		1		1.131	0.503	
Vitamin B-6		0.410	1	0		1		0.783	0.349	
Folate, total		5		0		1		10	4	
Folic acid		0		0	z	7		0	0	
Folate, food		5		0		1		10	4	
Folate, DFE		5		0	NC	4		10	4	
Vitamin B-12		0.78	0.066	12		1		1.49	0.66	
Vitamin A, IU		7		0		1		13	6	
Vitamin A, RAE	mcg RAE	2		0		1		4	2	
Retinol		2		0		1		4	2	
Vitamin E (alpha-tocopherol)	_									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
·	0	4.300		0		1		8.213	3.655	
Fatty acids, total saturated		4.300		U		_		0.213	3.655	
6:0	_									
8:0	_									
10:0	_	0.000		11		1		0.000	0.000	
12:0		0.000		11		1		0.000	0.000	
13:0		0.000				-		0.000	0.000	
14:0		0.140		11		1		0.267	0.119	
15:0		0.140				-		0.207	0.119	
16:0	_	2.700		11		1		5.157	2.295	
17:0	_	2.700				-		3.137	2.233	
18:0	_	1.360		11		1		2.598	1.156	
20:0	_	1.500				-		2.330	1.150	
∠ ∪.∪	_									
22:0	a									

		<u>Ar</u>	nount in 100 gram Numbe		<u>on</u>		Amount in edible portion of measures of food		
Nutrients and Unit	s	Mean		a Deriv Source	Confidence Code	Measure 1	Measure 2	Measure 3	
				_					
Fatty acids, total monounsaturated		5.980	0	1		11.422	5.083		
14:1	_								
15:1		0.350	11	1		0.669	0.298		
16:1 undifferentiated	-	0.350	11	1		0.669	0.298		
		5.440	11	1		10 200	4 604		
18:1 undifferentiated		0.130	11	1		10.390	4.624		
20:1		0.130	11	1		0.248	0.111		
22:1 undifferentiated 24:1 c	•								
	•	1 000	0			2.292	1 000		
Fatty acids, total polyunsaturated		1.200	11	1 1			1.020		
18:2 undifferentiated		1.040				1.986	0.884		
18:3 undifferentiated		0.030	11	1		0.057	0.026		
18:4									
20:2 n-6 c,c									
20:3 undifferentiated		0.000	11	1		0 150	0.000		
20:4 undifferentiated	_	0.080	11	1		0.153	0.068		
20:5 n-3									
22:5 n-3	_								
22:6 n-3									
Fatty acids, total trans		95	3.596 11	1		181	81		
Phytosterols		95	3.596 11	1		101	91		
Phytosterois									
Amino Acids:									
Tryptophan	g	0.339	0	1		0.647	0.288		
Threonine	g	1.218	0	1		2.326	1.035		
Isoleucine	g	1.249	0	1		2.386	1.062		
Leucine		2.141	0	1		4.089	1.820		
Lysine	g	2.399	0	1		4.582	2.039		
Methionine	-	0.706	0	1		1.348	0.600		
Cystine	g	0.340	0	1		0.649	0.289		
Phenylalanine		1.065	0	1		2.034	0.905		
Tyrosine		0.930	0	1		1.776	0.791		
Valine	_	1.447	0	1		2.764	1.230		
Arginine		1.659	0	1		3.169	1.410		
Histidine	-	1.066	0	1		2.036	0.906		
Alanine	-	1.554	0	1		2.968	1.321		
Aspartic acid		2.475	0	1		4.727	2.104		
Glutamic acid		4.176	0	1		7.976	3.550		
Glycine	-	1.267	0	1		2.420	1.077		
Proline	-	1.072	0	1		2.048	0.911		
Serine		1.102	0	1		2.105	0.937		
Hydroxyproline	-	v_	· ·	-					
11, a.o., promic									

Common Measures:

Measure 1 = 191g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 44% Bone 27%, separable fat 17%

		<u>Aı</u>	mount in 100 g	rams	of edik	ole portio	<u>n</u>	Amount in	edible portion of	of common
			Nu	mber	•			<u>m</u>	easures of food	_
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
D										
Proximates: Water	g	73.13	0.167	40		1		20.73	331.72	
Energy	_	140		0	NC	4		40	635	
Energy		586				4		166	2657	
Protein (N x 6.25)		19.75	0.146	40		1		5.60	89.59	
Total lipid (fat)	-	6.16	0.236	40		1		1.75	27.94	
Ash		1.01	0.016	24		1		0.29	4.58	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total		0.00		0	z	7		0.00	0.00	
Starch	_			-	_	•			0.00	
Starch	9									
Minerals:										
Calcium, Ca	-	6	0.304	12		1		2	27	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.19	0.040	23		1		0.34	5.40	
Magnesium, Mg		21	0.777	12		1		6	95	
Phosphorus, P		218		0		1		62	989	
Potassium, K		341	5.414	11		1		97	1547	
Sodium, Na	-	82	2.088	23		1		23	372	
Zinc, Zn		2.86	0.071	11		1		0.81	12.97	
Copper, Cu		0.097		23		1		0.027	0.440	
Manganese, Mn		0.013		0		1		0.004	0.059	
Selenium, Se	mcg	30.2		0	BFZN	4		8.6	137.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9		0		1		0.3	4.1	
Thiamin		0.874	0.049	23		1		0.248	3.964	
Riboflavin		0.306	0.015	23		1		0.087	1.388	
Niacin	-	4.628	0.265	11		1		1.312	20.993	
Pantothenic acid		0.776		0		1		0.220	3.520	
Vitamin B-6		0.490		0		1		0.139	2.223	
Folate, total		4		0		1		1	18	
Folic acid		0		0	z	7		0	0	
Folate, food		4		0		1		1	18	
Folate, DFE		4		0	NC	4		1	18	
Vitamin B-12		0.73	0.057	12		1		0.21	3.31	
Vitamin A, IU		7		0	NC	4		2	30	
Vitamin A, RAE	mcg RAE	2		0	NC	4		1	9	
Retinol		2		0	NR	4		1	9	
Vitamin E (alpha-tocopherol)	mg	0.17		0	BFSN	4		0.05	0.78	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0		0	BFSN	4		0.0	0.0	
Linide:										
Lipids:	σ.	2.130		0		1		0.604	9.662	
Fatty acids, total saturated		0.000		0	z	7		0.000	0.000	
	·····	0.000		0	z	7		0.000		
6:0 8:0	-	0.000		U	4	,		0.000	0.000	
10:0		0.010		73		1		0.003	0.045	
12:0	-	0.010		75		1		0.003	0.045	
13:0	-	0.010		, ,		1		0.003	0.043	
14:0	-	0.080		378		1		0.023	0.363	
15:0		0.080		5,0		1		0.023	0.303	
16:0		1.360		378		1		0.386	6.169	
		1.300		5,0		_		0.300	0.109	
17:0		0.670		378		1		0.190	3.039	
18:0		0.670		510		-		0.190	3.039	
20:0	-									
22:0	-									
24:0	y									

		<u>Aı</u>	mount in 10			ole portio	o <u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Units		Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated		2.780		0		1		0.788	12.610		
15:1	g										
16:1 undifferentiated	g	0.190		378		1		0.054	0.862		
17:1	g										
18:1 undifferentiated	g	2.530		378		1		0.717	11.476		
20:1	g	0.040		71		1		0.011	0.181		
22:1 undifferentiated	g										
24:1 c	g										
Fatty acids, total polyunsaturated	g	0.660		0		1		0.187	2.994		
18:2 undifferentiated	g	0.530		378		1		0.150	2.404		
18:3 undifferentiated	g	0.030		190		1		0.009	0.136		
18:4	g										
20:2 n-6 c,c	g										
20:3 undifferentiated	g										
20:4 undifferentiated	g	0.070		315		1		0.020	0.318		
20:5 n-3	g										
22:5 n-3	g										
22:6 n-3	g										
Fatty acids, total trans	g										
Cholesterol	mg	65	1.0	04 11		1		18	295		
Phytosterols	mg										
Amino Acids											
Amino Acids:	0	0.251		0		1		0.071	1 120		
Tryptophan				0		1		0.256	1.139		
Threonine	_	0.902		0		1			4.091		
Isoleucine		0.925		0		1		0.262 0.449	4.196		
Leucine		1.585				1			7.190		
Lysine		1.776		0 0		1		0.503	8.056		
Methionine		0.523						0.148	2.372		
Cystine		0.252		0		1		0.071	1.143		
Phenylalanine		0.788		0		1		0.223	3.574		
Tyrosine	_	0.688		0		1		0.195	3.121		
Valine		1.071		0		1		0.304	4.858		
Arginine	_	1.228		0		1		0.348	5.570		
Histidine	-	0.789		0		1		0.224	3.579		
Alanine		1.151		0		1		0.326	5.221		
Aspartic acid	-	1.832		0		1		0.519	8.310		
Glutamic acid	-	3.092		0		1		0.877	14.025		
Glycine		0.938		0		1		0.266	4.255		
Proline		0.793		0		1		0.225	3.597		
Serine		0.816		0		1		0.231	3.701		
Hydroxyproline	g										
Others:											
Alcohol, ethyl	a	0.0		0	z	7		0.0	0.0		
Caffeine	-	0		0	z	7		0	0.0		
Theobromine		0		0	z	7		0	0		
Carotenoids:		Ü		J		•		•	•		
Carotene, beta		0		0	Z	7		0.000	0.000		
Carotene, alpha		0		0	Z	7		0.000	0.000		
Cryptoxanthin, beta	mcg	0		0	Z	7		0.000	0.000		
Lycopene	mcg	0		0	Z	7		0.000	0.000		
Lutein + zeaxanthin	_mcg	0		0	Z	7		0.000	0.000		

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 453.6g: 1 lb

Pork, fresh, shoulder, arm picnic, separable lean only, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 24% Bone

		<u>A</u>	mount in 100 grams	of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
			Numbe	r			m	easures of food	
					Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	65.96	0		1		299.19	150.39	
Energy	kcal	218	0	NC	4		989	497	
Energy		912			4		4137	2080	
Protein (N x 6.25)	g	17.66	0		1		80.11	40.26	
Total lipid (fat)	g	15.82	0		1		71.76	36.07	
Ash	g	0.92	0		1		4.17	2.10	
Carbohydrate, by difference	g	0.00	0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0	0	Z	7		0.0	0.0	
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	ma	25	0		1		113	57	
Iron, Fe	-	1.12	0		1		5.08	2.55	
Magnesium, Mg		18	0		1		82	41	
Phosphorus, P		175	0		1		794	399	
Potassium, K	•	313	0		1		1420	714	
Sodium, Na		63	0		1		286	144	
Zinc, Zn	mg	3.03	0		1		13.74	6.91	
Copper, Cu	mg	0.088	0		1		0.399	0.201	
Manganese, Mn		0.011			1		0.050	0.025	
Selenium, Se	mcg	25.9	0	PAK	1		117.5	59.1	
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.7	0		1		3.2	1.6	
Thiamin		0.806			1		3.656	1.838	
Riboflavin		0.291			1		1.320	0.663	
Niacin		3.684			1		16.711	8.400	
Pantothenic acid	-	0.781			1		3.543	1.781	
Vitamin B-6		0.309	0		1		1.402	0.705	
Folate, total	-	6	0		1		27	14	
Folic acid		0	0	z	7		0	0	
Folate, food	mcg	6	0		1		27	14	
Folate, DFE	mcg_DFE	6	0	NC	4		27	14	
Vitamin B-12	mcg	0.85	0		1		3.86	1.94	
Vitamin A, IU		7	0		1		32	16	
Vitamin A, RAE		2	0		1		10	5	
Retinol		2	0		1		10	5	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D Vitamin K (phylloquinone)									
vitanini K (phynoquinone)	nog								
<u>Lipids:</u>									
Fatty acids, total saturated		5.480	0		1		24.857	12.494	
4:0	-								
6:0									
8:0		0.016							
10:0		0.010			1 1		0.045	0.023	
12:0		0.020	, 0		1		0.091	0.046	
13:0 14:0	-	0.200	0		1		0.907	0.456	
15:0	-	0.200	. 0		_		0.907	0.450	
16:0	-	3.420	0		1		15.513	7.798	
17:0	-	3.420	•		-		13.313	7.750	
18:0	-	1.780	0		1		8.074	4.058	
20:0	-	=	v		-		- · • · •		
22:0	-								
24:0	-								

		Ar	mount in 100		f edible poi	tion		edible portion o	of common
Nutrients and Units		Mean				ce Confidence e Code	Measure 1	Measure 2	Measure 3
Nationto and Office	•	Wouli	Ota. Error				measure i	Micasare 2	medoure o
Fatty acids, total monounsaturated	g	7.060		0	1		32.024	16.097	
14:1									
15:1	_								
16:1 undifferentiated		0.460		0	1		2.087	1.049	
17:1	-								
18:1 undifferentiated	g	6.470		0	1		29.348	14.752	
20:1		0.120		0	1		0.544	0.274	
22:1 undifferentiated									
24:1 c	•								
Fatty acids, total polyunsaturated	•	1.690		0	1		7.666	3.853	
18:2 undifferentiated		1.400		0	1		6.350	3.192	
18:3 undifferentiated		0.110		0	1		0.499	0.251	
18:4									
20:2 n-6 c,c									
20:3 undifferentiated									
20:4 undifferentiated		0.110		0	1		0.499	0.251	
20:5 n-3	-								
22:5 n-3									
22:6 n-3	_								
Fatty acids, total trans									
Cholesterol		71		0	1		322	162	
Phytosterols	• • • • • • • • • • • • • • • • • • • •								
Amino Acids:									
Tryptophan	g	0.217		0	1		0.984	0.495	
Threonine	g	0.795		0	1		3.606	1.813	
Isoleucine	g	0.810		0	1		3.674	1.847	
Leucine	g	1.404		0	1		6.369	3.201	
Lysine	g	1.578		0	1		7.158	3.598	
Methionine	g	0.457		0	1		2.073	1.042	
Cystine	g	0.221		0	1		1.002	0.504	
Phenylalanine		0.701		0	1		3.180	1.598	
Tyrosine		0.601		0	1		2.726	1.370	
Valine	_	0.950		0	1		4.309	2.166	
Arginine		1.120		0	1		5.080	2.554	
Histidine	_	0.683		0	1		3.098	1.557	
Alanine	_	1.039		0	1		4.713	2.369	
Aspartic acid		1.619		0	1		7.344	3.691	
Glutamic acid		2.710		0	1		12.293	6.179	
Glycine	-	0.938		0	1		4.255	2.139	
Proline	-	0.764		0	1		3.466	1.742	
Serine		0.729		0	1		3.307	1.662	
Hydroxyproline	-	0.723		•	-		3.307	1.002	
ттушохургонис	9								

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 228g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 300 g)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 34% Bone 24%, separable fat 10%

		<u>Aı</u>	mount in 100 gr	rams	of edib	ole portio	<u>n</u>	Amount in	edible portion of	of common
			Nur	mber					easures of food	
					Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Poi			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	-	72.19	0.272	21		1		327.45	142.94	
Energy		155		0	NC	4		703	307	
Energy		649				4		2942	1284	
Protein (N x 6.25)	_	19.37	0.176	23		1		87.86	38.35	
Total lipid (fat)		8.00	0.357	21		1		36.29	15.84	
Ash		1.02	0.011	23		1		4.63	2.02	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total	-	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium. Ca	ma	22	1.182	5		1		100	44	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.25		19		1		5.67	2.48	
Magnesium, Mg		21	0.577	8		1		95	42	
Phosphorus, P		188	7.619	5		1		853	372	
Potassium, K	_	342	7.951	16		1		1551	677	
Sodium, Na	_	70	1.819	20		1		318	139	
Zinc, Zn	-	3.38	0.104	16		1		15.33	6.69	
Copper, Cu		0.096		20		1		0.435	0.190	
Manganese, Mn.		0.012		0		1		0.054	0.024	
Selenium, Se		28.9	4.723	5	A	1		131.1	57.2	
·	_									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.8		0		1		3.6	1.6	
Thiamin		0.892		24		1		4.046	1.766	
Riboflavin	_	0.320		26		1		1.452	0.634	
Niacin		3.968		16		1		17.999	7.857	
Pantothenic acid		0.861		8		1		3.905	1.705	
Vitamin B-6		0.350		8		1		1.588	0.693	
Folate, total		6	1.710	7		1		27	12	
Folic acid		0		0	Z	7		0	0	
Folate, food		6	1.710	7		1		27	12	
Folate, DFE		6		0	NC	4		27	12	
Vitamin B-12		0.93	0.062	19		1		4.22	1.84	
Vitamin A, IU	IU	7		0	NC	4		30	13	
Vitamin A, RAE		2		0	NC	4		9	4	
Retinol		2		0	NR	4		9	4	
Vitamin E (alpha-tocopherol)		0.18		0	BFSN	4		0.81	0.35	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D				•						
Vitamin K (phylloquinone)	mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	q	2.760)	0		1		12.519	5.465	
4:0		0.000)	0		1		0.000	0.000	
6:0		0.000)	0		1		0.000	0.000	
8:0	-	0.000		0		1		0.000	0.000	
10:0		0.010		73		1		0.045	0.020	
12:0	-	0.010		75		1		0.045	0.020	
13:0										
14:0		0.100	1	378		1		0.454	0.198	
15:0						_		0.101	0.250	
16:0		1.760	1	378		1		7.983	3.485	
17:0		200				-			3.403	
18:0	_	0.860)	378		1		3.901	1.703	
20:0	_	0.000		J . U		-		3.301	1.705	
22:0	_									
24:0	_									
∠¬.∪	ອ									

		<u>A</u> 1	mount in 100 grams		ble portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Uni	its	Mean		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	3.610	0		1		16.375	7.148	
14:1	g								
15:1	g	0.250	378		1		1.134	0.495	
17:1 18:1 undifferentiated	_	3.280	378		1		14.878	6.494	
20:1	g	0.060	71		1		0.272	0.119	
22:1 undifferentiated	•	0.000	0		1		0.000	0.000	
24:1 c			•		_				
Fatty acids, total polyunsaturated		0.860			1 1		3.901	1.703	
18:2 undifferentiated		0.690 0.030			1		3.130 0.136	1.366 0.059	
18:4	_	0.000			1		0.136	0.000	
20:2 n-6 c.c.	-	0.000	O .		-		0.000	0.000	
20:3 undifferentiated	-								
20:4 undifferentiated	-	0.100	315		1		0.454	0.198	
20:5 n-3	-	0.000	0		1		0.000	0.000	
22:5 n-3	-	0.000	0		1		0.000	0.000	
22:6 n-3	g	0.000	0		1		0.000	0.000	
Fatty acids, total trans	g								
Cholesterol	mg	68	0.948 15		1		308	135	
Phytosterols	mg								
Amino Acids:									
Tryptophan	а	0.246	0		1		1.116	0.487	
Threonine		0.885			1		4.014	1.752	
Isoleucine	-	0.907			1		4.114	1.796	
Leucine	_	1.554	0		1		7.049	3.077	
Lysine	g	1.742	0		1		7.902	3.449	
Methionine		0.513	0		1		2.327	1.016	
Cystine	g	0.247	0		1		1.120	0.489	
Phenylalanine	g	0.773	0		1		3.506	1.531	
Tyrosine	g	0.675	0		1		3.062	1.337	
Valine	-	1.051			1		4.767	2.081	
Arginine		1.204			1		5.461	2.384	
Histidine	_	0.774			1		3.511	1.533	
Alanine		1.129			1		5.121	2.235	
Aspartic acid		1.797			1		8.151	3.558	
Glutamic acid	_	3.032			1 1		13.753	6.003	
Glycine		0.920 0.778			1		4.173 3.529	1.822	
Proline	_	0.800			1		3.629	1.540 1.584	
Hydroxyproline		0.800	O .		-		3.029	1.364	
Trydroxypromic	9								
Others:									
Alcohol, ethyl		0.0	0		7		0.0	0.0	
Caffeine		0	0	Z	7		0	0	
Theobromine	g	0	0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta	mcg	0	0	Z	7		0.000	0.000	
Carotene, alpha		0	0	Z	7		0.000	0.000	
Cryptoxanthin, beta		0	0	Z	7		0.000	0.000	
Lycopene		0	0	Z	7		0.000	0.000	
Lutein + zeaxanthin	mcg	0	0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 198g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 300 g)

Pork, fresh, shoulder, blade, boston (roasts or steaks), separable lean only, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 24% Bone

		<u>A</u>	mount in 100 gram	s of edil	ole portio	<u>on</u>	Amount in edible portion of common			
			Numbe	r			<u>m</u>	easures of food	<u>.</u>	
			of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	57.47	0		1		150.57	48.85		
Energy	kcal	269	0	NC	4		705	229		
Energy		1125			4		2949	957		
Protein (N x 6.25)	g	23.11	0		1		60.55	19.64		
Total lipid (fat)		18.86	0		1		49.41	16.03		
Ash		1.23	0		1		3.22	1.05		
Carbohydrate, by difference		0.00	0	Z	7		0.00	0.00		
Fiber, total dietary		0.0	0	Z	7		0.0	0.0		
Sugars, total		0.00	0	z	7		0.00	0.00		
Starch										
Minerals:					_					
Calcium, Ca	_	28	0		1		73	24		
Iron, Fe		1.45	0		1		3.80	1.23		
Magnesium, Mg		18	•		1		47	15		
Phosphorus, P	•	197 332	0		1 1		516 870	167 282		
Potassium, K		332 67	0		1		870 176	282 57		
Sodium, NaZinc, Zn		3.96	0		1		10.38	3.37		
Copper, Cu		0.114			1		0.299	0.097		
Manganese, Mn		0.012			1		0.031	0.010		
Selenium, Se		34.3	. 0	PIE	4		89.9	29.2		
•										
Vitamins:										
Vitamin C, total ascorbic acid		0.7	0		1		1.8	0.6		
Thiamin		0.638			1		1.672	0.542		
Riboflavin		0.355			1		0.930	0.302		
Niacin	-	4.061			1		10.640	3.452		
Pantothenic acid		0.665			1		1.742	0.565		
Vitamin B-6	_	0.230			1		0.603	0.196		
Folate, total		5 0	0	z	1 7		13 0	4		
Folic acid		5		Z	1			0 4		
Folate, food	IIICG	5 5	0	NC	4		13 13	4		
Folate, DFE		0.88	0	NC	1		2.31	4 0.75		
Vitamin B-12 Vitamin A, IU		7	0	NC	4		2.31 17	6		
Vitamin A, RAE		2	0	NC	4		5	2		
Retinol		2	0	NR NR	4		5	2		
Vitamin E (alpha-tocopherol)		0.19	0	BFYN	4		0.49	0.16		
Tocopherol, beta		0.13	v	2111	•		0.45	0.10		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0	0	BFYN	4		0.0	0.0		
<u>Lipids:</u>	~	6 076					10.001	F 00F		
Fatty acids, total saturated		6.970			1 1		18.261	5.925		
4:0		0.000			1		0.000	0.000		
6:0		0.000			1		0.000	0.000		
8:0 10:0		0.000			1		0.000 0.026	0.000 0.009		
12:0		0.010			1		0.026	0.009		
13:0	-	0.010	, 0		_		0.026	0.009		
14:0	_	0.230	0		1		0.603	0.196		
15:0	_	0.230	. 0		-		0.003	0.190		
16:0	_	4.260	0		1		11.161	3.621		
17:0		4.200			-		11.101	3.021		
18:0	_	2.310	0		1		6.052	1.964		
20:0	_	2.510	•		-		3.032	1.504		
22:0	_									
24:0	-									

		<u>A</u>	mount in 100 grams		e portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and U	nits	Mean	Numbe of Data Std. Error Points	Deriv S	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated		8.270	0		1		21.667	7.030		
15:1	-									
16:1 undifferentiated	-	0.520	0		1		1.362	0.442		
17:1	g									
18:1 undifferentiated	g	7.490	0		1		19.624	6.367		
20:1	g	0.170	0		1		0.445	0.145		
22:1 undifferentiated	•	0.000	0		1		0.000	0.000		
24:1 c										
Fatty acids, total polyunsaturated.		1.760			1		4.611	1.496		
18:2 undifferentiated		1.550			1		4.061	1.318		
18:3 undifferentiated		0.060			1		0.157	0.051		
18:4		0.000	0		1		0.000	0.000		
20:2 n-6 c,c	-									
20:3 undifferentiated		0.066			1		0 155	0.051		
20:4 undifferentiated	-	0.060			1		0.157	0.051		
20:5 n-3	-				1		0.000	0.000		
22:5 n-3 22:6 n-3		0.000			1		0.000	0.000		
	-	0.000	U		_		0.000	0.000		
Fatty acids, total trans Cholesterol		86	0		1		225	73		
Phytosterols		00	U		_		225	73		
Fliytosterois										
Amino Acids:										
Tryptophan	g	0.283	0		1		0.741	0.241		
Threonine	g	1.039	0		1		2.722	0.883		
Isoleucine	-	1.059			1		2.775	0.900		
Leucine	-	1.836			1		4.810	1.561		
Lysine		2.064			1		5.408	1.754		
Methionine		0.598			1		1.567	0.508		
Cystine		0.289			1		0.757	0.246		
Phenylalanine		0.917			1		2.403	0.779		
Tyrosine	-	0.785			1		2.057	0.667		
Valine	_	1.242			1		3.254	1.056		
Arginine		1.467			1		3.844	1.247		
Histidine	-	0.893			1		2.340	0.759		
Alanine		1.360			1 1		3.563	1.156		
Aspartic acid	-	2.117			1		5.547 9.280	1.799		
Glutamic acid	-	3.542 1.232			1			3.011		
Glycine		1.232					3.228 2.625	1.047		
Proline	-				1 1			0.852		
Serine		0.954	ı U		1		2.499	0.811		
Hydroxyproline	9									
Others:										
Alcohol, ethyl	g	0.0	0		7		0.0	0.0		
Caffeine	<u>mg</u>	0	0	Z	7		0	0		
Theobromine	mg	0	0	Z	7		0	0		
Carotenoids:										
Carotene, beta	mca	0	0	z	7		0.000	0.000		
Carotene, alpha		0	0	Z	7		0.000	0.000		
Cryptoxanthin, beta	-	0	0	Z	7		0.000	0.000		
Lycopene		0	0	z	7		0.000	0.000		
Lutein + zeaxanthin		0	0	Z	7		0.000	0.000		

Common Measures:

Measure 1 = 262g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 31% Bone 24%, separable fat 7%

		<u>A</u>	mount in 100 grams	s of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			Numbe	r			m	easures of food		
					Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	60.94	0		1		145.04	51.80		
Energy	kcal	232	0	NC	4		552	197		
Energy		971			4		2310	825		
Protein (N x 6.25)	g	24.21	0		1		57.62	20.58		
Total lipid (fat)		14.30	0		1		34.03	12.16		
Ash		1.27	0		1		3.02	1.08		
Carbohydrate, by difference	g	0.00	0	Z	7		0.00	0.00		
Fiber, total dietary	g	0.0	0	Z	7		0.0	0.0		
Sugars, total	g	0.00	0	Z	7		0.00	0.00		
Starch	g									
X.C. 1										
Minerals:	ma	27	^		4		64	22		
Calcium, Ca	-	27 1.56	0		1 1		64 3.71	23 1.33		
Iron, FeMagnesium, Mg		26	0		1		3.71 62	22		
Phosphorus, P		235	0		1		559	200		
Potassium, K	•	427	0		1		1016	363		
Sodium, Na		88	0		1		209	75		
Zinc, Zn		4.23	0		1		10.07	3.60		
Copper, Cu		0.121			1		0.288	0.103		
Manganese, Mn		0.015			1		0.036	0.013		
Selenium, Se		36.1	0	BFYN	4		85.9	30.7		
¥7*4										
Vitamins:			•							
Vitamin C, total ascorbic acid		1.0	0		1		2.4	0.9		
Thiamin		1.116			1 1		2.656 0.952	0.949		
Riboflavin		4.960			1		11.805	0.340 4.216		
Niacin Pantothenic acid	-	1.077			1		2.563	0.915		
Vitamin B-6		0.437			1		1.040	0.371		
Folate, total	-	8	0		1		19	7		
Folic acid		0	0	z	7		0	0		
Folate, food		8	0	-	1		19	7		
Folate, DFE	mca DFE	8	0	NC	4		19	, 7		
Vitamin B-12		1.16	0		1		2.76	0.99		
Vitamin A, IU		10	0	NC	4		24	9		
Vitamin A, RAE		3	0	NC	4		7	3		
Retinol		3	0	NR	4		7	3		
Vitamin E (alpha-tocopherol)		0.24	0	BFYN	4		0.56	0.20		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0	0	BFYN	4		0.0	0.0		
Lipids:										
Fatty acids, total saturated	а	5.190	0		1		12.352	4.412		
4:0		0.000			1		0.000	0.000		
6:0		0.000			1		0.000	0.000		
8:0		0.000			1		0.000	0.000		
10:0		0.010			1		0.024	0.009		
12:0	_	0.010			1		0.024	0.009		
13:0	-									
14:0	_	0.170	0		1		0.405	0.145		
15:0	_									
16:0	g	3.180	0		1		7.568	2.703		
17:0										
18:0	g	1.720	0		1		4.094	1.462		
20:0	g									
22:0	g									
24:0	a									

		<u>Aı</u>	mount in 100 gram		ole portio	<u>n</u>	Amount in edible portion of common measures of food		
			Numbe	er			<u>m</u> e	easures of food	
Nutrients and	l Inite	Mean	of Data Std. Error Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Nutrients and	Units	Weali	Stu. Ellor 1 omto				Wedsure i	Weasure 2	ivieasure 3
Fatty saids total manayestyro	tod O	6.340	0		1		15.089	5.389	
Fatty acids, total monounsaturat	g	0.540	· ·		_		15.069	5.369	
15:1 16:1 undifferentiated	g	0.410	0		1		0.976	0.349	
17:1 18:1 undifferentiated	_	5.720	0		1		13.614	4.862	
20:1	_	0.150			1		0.357	0.128	
22:1 undifferentiated	•	0.000	0		1		0.000	0.000	
Fatty acids, total polyunsaturate	edg	1.290	0		1		3.070	1.097	
18:2 undifferentiated	g	1.120			1		2.666	0.952	
18:3 undifferentiated	g	0.050	0		1		0.119	0.043	
18:4	g	0.000	0		1		0.000	0.000	
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated	_	0.050	0		1		0.119	0.043	
20:5 n-3	g	0.000	0		1		0.000	0.000	
22:5 n-3		0.000			1		0.000	0.000	
22:6 n-3	g	0.000	0		1		0.000	0.000	
Fatty acids, total trans	g								
Cholesterol	mg	85	0		1		202	72	
Phytosterols	mg								
Amino Acids:									
Tryptophan	a	0.308	0		1		0.733	0.262	
Threonine		1.106			1		2.632	0.940	
Isoleucine	-	1.134			1		2.699	0.964	
Leucine	_	1.943			1		4.624	1.652	
Lysine	-	2.178			1		5.184	1.851	
Methionine		0.641			1		1.526	0.545	
Cystine		0.309			1		0.735	0.263	
Phenylalanine		0.967			1		2.301	0.822	
Tyrosine		0.844			1		2.009	0.717	
Valine		1.314			1		3.127	1.117	
Arginine	-	1.505			1		3.582	1.279	
Histidine		0.967			1		2.301	0.822	
Alanine		1.411			1		3.358	1.199	
Aspartic acid		2.246			1		5.345	1.909	
Glutamic acid		3.791			1		9.023	3.222	
Glycine		1.150			1		2.737	0.978	
Proline		0.973			1		2.316	0.827	
Serine		1.000			1		2.380	0.850	
Hydroxyproline		1.000	v		-		2.500	0.050	
Trydroxypronne	9								
Others:									
Alcohol, ethyl	g	0.0	0		7		0.0	0.0	
Caffeine	mg	0	0	Z	7		0	0	
Theobromine	mg	0	0	Z	7		0	0	
Carotenoids:									
Carotene, beta	mca	0	0	z	7		0.000	0.000	
Carotene, alpha		0	0	Z	7		0.000	0.000	
Cryptoxanthin, beta		0	0	Z	7		0.000	0.000	
Lycopene		0	0	Z	7		0.000	0.000	
Lutein + zeaxanthin		0	0	Z	7		0.000	0.000	
Lutem + Zeardilliiii	g	U	0	4	,		0.000	0.000	

Common Measures:

Measure 1 = 238g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 22% Bone

		<u>A</u>	mount in 100 gram	s of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			Numbe	r			<u>m</u>	easures of food	<u>[</u>	
			of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	48.35	0		1		41.10	67.69		
Energy	kcal	319	0	NC	4		271	447		
Energy		1335			4		1134	1869		
Protein (N x 6.25)	g	28.67	0		1		24.37	40.14		
Total lipid (fat)		21.74	0		1		18.48	30.44		
Ash		1.19	0		1		1.01	1.67		
Carbohydrate, by difference		0.00	0	Z	7		0.00	0.00		
Fiber, total dietary		0.0	0	Z	7		0.0	0.0		
Sugars, total		0.00	0	Z	7		0.00	0.00		
Starch										
Minerals:					_					
Calcium, Ca	_	32	0		1		27	45		
Iron, Fe		1.83	0		1		1.56	2.56		
Magnesium, Mg		18	-		1		15	25		
Phosphorus, P	•	179 389	0		1 1		152 331	251 545		
Potassium, K		389 70	0		1		331 60	545 98		
Sodium, NaZinc, Zn		5.02	0		1		4.27	7.03		
Copper, Cu		0.151			1		0.128	0.211		
Manganese, Mn		0.014			1		0.012	0.020		
Selenium, Se		42.7	. 0	PIE	4		36.3	59.8		
Vitamins:										
Vitamin C, total ascorbic acid		0.3	0		1		0.3	0.4		
Thiamin		0.668			1		0.568	0.935		
Riboflavin		0.361			1		0.307	0.505		
Niacin	-	4.056			1		3.448	5.678		
Pantothenic acid		0.782			1		0.665	1.095		
Vitamin B-6	_	0.270			1		0.230	0.378		
Folate, total		2	0	_	1		2	3		
Folic acid		0 2	0	Z	7 1		0 2	0 3		
Folate, food	IIICG	2	0	NC	4		2	3		
Folate, DFE		0.91	0	NC	1		0.77	1.27		
Vitamin B-12 Vitamin A, IU		10	0		1		9	1.27		
Vitamin A, RAE		3	0	NC	4		3	4		
Retinol		3	0	NR NR	4		3	4		
Vitamin E (alpha-tocopherol)		0.29	0	BFSN	4		0.25	0.41		
Tocopherol, beta		0.23	v	21011	-		0.23	0.11		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0	0	BFSN	4		0.0	0.0		
<u>Lipids:</u>	~	- A - A					6.749	11 112		
Fatty acids, total saturated		7.940			1 1			11.116		
4:0		0.000			1		0.000	0.000		
6:0		0.000			1		0.000	0.000		
8:0 10:0		0.000			1		0.000 0.017	0.000 0.028		
12:0	_	0.020			1		0.017	0.028		
13:0	-	0.010	. 0		-		0.009	0.014		
14:0	_	0.270	0		1		0.230	0.378		
15:0	_	0.270	. 0		_		0.230	0.376		
16:0	_	4.860	0		1		4.131	6.804		
17:0		4.500	•		-		4.131	0.004		
18:0	_	2.630	0		1		2.236	3.682		
20:0	_	2.030	•		-		255	3.002		
22:0	_									
24:0	-									

		<u>Aı</u>	mount in 100	grams umber	of edil	ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and U	nits	Mean		f Data		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate	d a	9.600		0		1		8.160	13.440	
14:1	g	3.000		ŭ		_		0.100	13.440	
15:1	g	0.610		0		1		0.519	0.854	
17:1 18:1 undifferentiated	g	8.670		0		1		7.370	12.138	
20:1		0.220		0		1		0.187	0.308	
22:1 undifferentiated	•	0.000		0		1		0.000	0.000	
24:1 cFatty acids, total polyunsaturated		1.980		0		1		1.683	2.772	
18:2 undifferentiated		1.740		0		1		1.479	2.436	
18:3 undifferentiated		0.070		0		1		0.060	0.098	
18:4	_	0.000		0		1		0.000	0.000	
20:2 n-6 c,c	-									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.080		0		1		0.068	0.112	
20:5 n-3	g	0.000		0		1		0.000	0.000	
22:5 n-3	-	0.000		0		1		0.000	0.000	
22:6 n-3		0.000		0		1		0.000	0.000	
Fatty acids, total trans										
Cholesterol	_	113		0		1		96	158	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.350		0		1		0.298	0.490	
Threonine		1.287		0		1		1.094	1.802	
Isoleucine	g	1.310		0		1		1.114	1.834	
Leucine	g	2.275		0		1		1.934	3.185	
Lysine	g	2.560		0		1		2.176	3.584	
Methionine	g	0.740		0		1		0.629	1.036	
Cystine	g	0.358		0		1		0.304	0.501	
Phenylalanine	g	1.137		0		1		0.966	1.592	
Tyrosine	g	0.972		0		1		0.826	1.361	
Valine	-	1.540		0		1		1.309	2.156	
Arginine	-	1.824		0		1		1.550	2.554	
Histidine		1.103		0		1		0.938	1.544	
Alanine		1.689		0		1		1.436	2.365	
Aspartic acid		2.622		0		1 1		2.229	3.671 6.138	
Glutamic acid	-	4.384 1.549		0		1		3.726 1.317	2.169	
- 3	-	1.254		0		1		1.066	1.756	
Proline Serine	-	1.184		0		1		1.006	1.658	
Hydroxyproline		1.104		Ů		-		1.000	1.000	
	9									
Others:										
Alcohol, ethyl		0.0		0	_	7		0.0	0.0	
Caffeine		0		0	Z	7		0	0	
Theobromine	iiig	0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta	mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha		0		0	z	7		0.000	0.000	
Cryptoxanthin, beta	<u>m</u> cg	0		0	Z	7		0.000	0.000	
Lycopene		0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 140g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 300 g)

Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, braised

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

NDB No. 10082 Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled

Refuse: 23% Bone

		<u>A</u>	mount in 100 gi	rams or	i eaib	ie portio	<u>n</u>	Amount in edible portion of common			
			Nur	mber				<u>m</u>	easures of food		
			of l	Data D	eriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	ints C	ode	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	a	57.25	0.875	13		1		48.66	96.75		
Energy	=	259		0	NC	4		220	438		
Energy		1084				4		921	1831		
Protein (N x 6.25)		25.58	0.312	13		1		21.74	43.23		
Total lipid (fat)	_	16.61	0.747	13		1		14.12	28.07		
Ash		1.08	0.028	13		1		0.92	1.83		
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00		
Fiber, total dietary		0.0		0	Z	7		0.0	0.0		
Sugars, total		0.00		0	Z	7		0.00	0.00		
Starch	=										
Minerals: Calcium, Ca	ma	36		0		1		31	61		
Iron. Fe.	_	1.40		0		1		1.19	2.37		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	21		0		1		18	35		
Phosphorus, P		210		0		1		179	355		
Potassium, K		326		0		1		277	551		
Sodium, Na		69		0		1		59	117		
Zinc, Zn	-	4.51		0		1		3.83	7.62		
Copper, Cu		0.058	3	0		1		0.049	0.098		
Manganese, Mn	mg	0.003	3	0		1		0.003	0.005		
Selenium, Se	mcg	36.3		0	PAK	1		30.9	61.3		
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.3		0		1		0.3	0.5		
Thiamin		0.695	5	0		1		0.591	1.175		
Riboflavin		0.397	7	0		1		0.337	0.671		
Niacin	mg	4.070)	0		1		3.460	6.878		
Pantothenic acid	mg	0.727	,	0		1		0.618	1.229		
Vitamin B-6	mg	0.277	1	0		1		0.235	0.468		
Folate, total	mcg	4		0		1		3	7		
Folic acid	mcg	0		0	Z	7		0	0		
Folate, food		4		0		1		3	7		
Folate, DFE		4		0	NC	4		3	7		
Vitamin B-12		1.06		0		1		0.90	1.79		
Vitamin A, IU	IU	10		0	NC	4		9	17		
Vitamin A, RAE		3		0	NC	4		3	5		
Retinol		3		0	NR	4		3	5		
Vitamin E (alpha-tocopherol)		0.29		0 1	BFSN	4		0.25	0.49		
Tocopherol, beta											
Tocopherol, gamma Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		0.0		0 1	BFSN	4		0.0	0.0		
	-										
Lipids:	a	5.950	1	0		1		5.058	10.056		
Fatty acids, total saturated		0.000		0		1		0.000	0.000		
6:0		0.000		0		1		0.000	0.000		
8:0	-	0.000		0		1		0.000	0.000		
10:0	_	0.010		0		1		0.009	0.017		
12:0		0.010		0		1		0.009	0.017		
13:0		3.010		-		_					
14:0		0.200)	0		1		0.170	0.338		
15:0									- 1000		
16:0		3.650)	0		1		3.103	6.169		
17:0									- /		
18:0	-	1.970)	0		1		1.675	3.329		
20:0	-										
22:0	-										
24:0	-										

	<u>Aı</u>	mount in 100 gram	s of edi	Amount in edible portion of common measures of food				
		Numbe	r			<u>m</u>	easures of food	
			Deriv	Source	Confidence			
Nutrients and Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Estimated to the management of the control of the c	7.420	0		1		6 207	10 540	
Fatty acids, total monounsaturatedg 14:1	7.420	O .		_		6.307	12.540	
13.1	0.480	0		1		0.408	0.811	
18:1 undifferentiatedg	6.670	0		1		5.670	11.272	
20:1g	0.180	0		1		0.153	0.304	
22:1 undifferentiatedg	0.000	0		1		0.000	0.000	
24:1 cg				_				
Fatty acids, total polyunsaturatedg	1.460			1		1.241	2.467	
18:2 undifferentiated	1.260			1		1.071	2.129	
18:3 undifferentiatedg	0.050			1		0.043	0.085	
18:4g	0.000	0		1		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiated	0 070	0		1		0.000	0 110	
20:4 undifferentiated	0.070			1		0.060	0.118	
20:5 n-3g	0.000			1		0.000	0.000	
22:5 n-3g	0.000			1		0.000	0.000	
22:6 n-3g Fatty acids, total transg	0.000	U		1		0.000	0.000	
Cholesterolmg	95	2.323 13		1		81	161	
Phytosterolsmg	33	2.323 13		-		01	101	
1 hytosterois								
Amino Acids:								
Tryptophang	0.325	0		1		0.276	0.549	
Threonineg	1.168	0		1		0.993	1.974	
Isoleucineg	1.198	0		1		1.018	2.025	
Leucineg	2.052			1		1.744	3.468	
Lysineg	2.300			1		1.955	3.887	
Methionineg	0.677			1		0.575	1.144	
Cystineg	0.326			1		0.277	0.551	
Phenylalanineg	1.021			1		0.868	1.725	
Tyrosineg	0.891			1		0.757	1.506	
Valineg	1.388			1		1.180	2.346	
Arginineg	1.590			1		1.352	2.687	
Histidine9	1.022			1		0.869	1.727	
Alanineg	1.490			1		1.267	2.518	
Aspartic acidg	2.373			1		2.017	4.010	
Glutamic acidg	4.004			1		3.403	6.767	
Glycine9	1.215			1		1.033	2.053	
Prolineg	1.028			1		0.874	1.737	
Serineg	1.057	0		1		0.898	1.786	
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	
Caffeine mg	0	0	Z	7		0	0	
Theobrominemg	0	0	z	7		0	0	
Carotenoids:								
Carotene, betamcg	0	0	Z	7		0.000	0.000	
Carotene, alpha mcg	0	0	Z	7		0.000	0.000	
Cryptoxanthin, beta mcg	0	0	Z	7		0.000	0.000	
Lycopenemcg	0	0	Z	7		0.000	0.000	
L, copene	•	0	-	•		3.000	3.000	

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 169g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 300 g)

Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 32% Bone 22%, separable fat 10%

		<u>Aı</u>	mount in 100 g	rams	of edik	ole portic	<u>n</u>	Amount in edible portion of common		
			Nu	mber	•			<u>m</u>	easures of food	
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:	a	52.04	1.118	10		1		44.23	62.40	
Water	_	273	1.118	19 0	NC	4		232	63.49	
Energy				U	NC	4		232 971	333	
Energy		1142	0.051	10					1394	
Protein (N x 6.25)	_	31.09	0.351	19		1		26.43	37.93	
Total lipid (fat)		15.55	1.111	19		1 1		13.22	18.97	
Ash		1.25	0.024	19	_			1.06	1.53	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total	_	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	29		0		1		25	35	
Iron, Fe.	_	2.05	0.044	11		1		1.74	2.50	
Magnesium, Mg		20		0		1		17	24	
Phosphorus, P		182		0		1		155	222	
Potassium, K	mg	412	10.489	11		1		350	503	
Sodium, Na	mg	75	1.844	11		1		64	92	
Zinc, Zn	mg	5.57	0.152	11		1		4.73	6.80	
Copper, Cu		0.165	0.006	11		1		0.140	0.201	
Manganese, Mn	mg	0.016	i	0		1		0.014	0.020	
Selenium, Se	mcg	46.6		0	BFYN	4		39.6	56.9	
Vitamina										
Vitamins:		0.4		^				0.0		
Vitamin C, total ascorbic acid		0.4		0		1		0.3	0.5	
Thiamin		0.718		19 19		1 1		0.610	0.876	
Riboflavin	_	0.398						0.338	0.486	
Niacin		4.280		15		1 1		3.638	5.222	
Pantothenic acid		0.850		9				0.723	1.037	
Vitamin B-6		0.290		8		1		0.247	0.354	
Folate, total		2 0	0.476	7	_	1 7		2 0	2	
Folic acid		2	0.476	0	Z	1		2	0 2	
Folate, food		2	0.476	7	170	4		2		
Folate, DFE			0.000	0	NC				2 1.20	
Vitamin B-12		0.98	0.080	18	***	1		0.83		
Vitamin A, IU	IU	10		0	NC	4		9	12	
Vitamin A, RAE		3		0	NC	4		3	4	
Retinol		3		0	NR	4		3	4	
Vitamin E (alpha-tocopherol)		0.26		0	BFSN	4		0.22	0.32	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin D Vitamin K (phylloquinone)		0.0		0	BFSN	4		0.0	0.0	
Vitamin K (pnylloquinone)	nicg	0.0		U	DESN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	5.510)	0		1		4.684	6.722	
4:0		0.000)	0		1		0.000	0.000	
6:0	g	0.000	1	0		1		0.000	0.000	
8:0	g	0.000	1	0		1		0.000	0.000	
10:0	g	0.010)	19		1		0.009	0.012	
12:0	g	0.010)	19		1		0.009	0.012	
13:0										
14:0		0.180)	30		1		0.153	0.220	
15:0										
16:0		3.380	1	30		1		2.873	4.124	
17:0										
18:0	_	1.820	1	30		1		1.547	2.220	
20:0	_									
22:0	_									
24:0	_									

	<u>Aı</u>	nount in 100 grams	of edible	Amount in edible portion of common measures of food				
		Number				<u>me</u>	easures of food	
		of Data		Source	Confidence			
Nutrients and Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	6.990	0		1		5.942	8.528	
15:1	0.460	30		1		0.391	0.561	
18:1 undifferentiated	6.270	30		1		5.330	7.649	
20:1g	0.180	13		1		0.153	0.220	
22:1 undifferentiatedg	0.000	0		1		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturated9	1.330	0		1		1.131	1.623	
18:2 undifferentiatedg	1.140	30		1		0.969	1.391	
18:3 undifferentiatedg	0.050	30		1		0.043	0.061	
18:4g	0.000	0		1		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg				_				
20:4 undifferentiatedg	0.070	30		1		0.060	0.085	
20:5 n-3g	0.000	0		1		0.000	0.000	
22:5 n-3g	0.000	0		1		0.000	0.000	
22:6 n-3g	0.000	0		1		0.000	0.000	
Fatty acids, total transg		0.405.44		_			4.40	
Cholesterol mg	116	3.195 11		1		99	142	
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.395	0		1		0.336	0.482	
Threonineg	1.420	0		1		1.207	1.732	
Isoleucineg	1.456	0		1		1.238	1.776	
Leucineg	2.495	0		1		2.121	3.044	
Lysineg	2.796	0		1		2.377	3.411	
Methionineg	0.823	0		1		0.700	1.004	
Cystineg	0.397	0		1		0.337	0.484	
Phenylalanineg	1.241	0		1		1.055	1.514	
Tyrosineg	1.083	0		1		0.921	1.321	
Valineg	1.687	0		1		1.434	2.058	
Arginineg	1.933	0		1		1.643	2.358	
Histidineg	1.242	0		1		1.056	1.515	
Alanineg	1.811	0		1		1.539	2.209	
Aspartic acidg	2.884	0		1		2.451	3.518	
Glutamic acidg	4.867	0		1		4.137	5.938	
Glycine9	1.476	0		1		1.255	1.801	
Proline	1.249	0		1		1.062	1.524	
Serineg	1.284	0		1		1.091	1.566	
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	
Caffeine mg	0	0	Z	7		0	0	
Theobrominemg	0	0	Z	7		0	0	
Carotenoids:								
Carotene, beta	0	0	Z	7		0.000	0.000	
Carotene, alpha mcg	Ö	0	Z	7		0.000	0.000	
Cryptoxanthin, betamcg	o	0	z	7		0.000	0.000	
Lycopenemcg	0	0	z	7		0.000	0.000	
Lutein + zeaxanthin mcg	ō	0	z	7		0.000	0.000	

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 122g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 300 g)

Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, braised

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 33% Bone 23%, separable fat 10%

		<u>Aı</u>	mount in 100 gr	rams	of edib	ole portio	<u>n</u>	Amount in edible portion of common		
			Nui	mber					easures of food	
					Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	O	60.07	0.910	13		1		51.06	88.30	
	-	227	0.910	0	NC	4		193	334	
Energy		950		U	NC	4		807	1396	
Energy		26.74	0.326	13		1		22.73	39.31	
Protein (N x 6.25)	_	12.54	0.326	13		1		10.66		
Total lipid (fat)		1.10	0.029	13		1		0.94	18.43	
Ash		0.00	0.029	0	z	7		0.94	1.62	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary									0.0	
Sugars, total	-	0.00		0	Z	7		0.00	0.00	
Starch	9									
Minerals:										
Calcium, Ca	mg	33	2.648	5		1		28	49	
Iron, Fe	_	1.56	0.051	5		1		1.33	2.29	
Magnesium, Mg		24	0.502	5		1		20	35	
Phosphorus, P	mg	220	4.546	5		1		187	323	
Potassium, K	mg	343	10.614	5		1		292	504	
Sodium, Na	mg	74	1.935	5		1		63	109	
Zinc, Zn	mg	5.02	0.374	5		1		4.27	7.38	
Copper, Cu	mg	0.059	0.020	5		1		0.050	0.087	
Manganese, Mn	mg	0.009	ı	0		1		0.008	0.013	
Selenium, Se	mcg	39.3	5.881	5	A	1		33.4	57.8	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.3		0		1		0.3	0.4	
Thiamin		0.3		0		1		0.638	1.103	
Riboflavin		0.730		0		1		0.038	0.647	
Niacin	_	4.300		0		1		3.655	6.321	
Pantothenic acid		0.816		0		1		0.694	1.200	
Vitamin B-6		0.310		0		1		0.264	0.456	
Folate, total		5		0		1		4	7	
Folic acid		0		0	z	7		0	0	
Folate, food		5		0	_	1		4	7	
Folate, DFE		5		0	NC	4		4	7	
Vitamin B-12		1.13		0	110	1		0.96	1.66	
Vitamin B-12		7		0	NC	4		6	10	
Vitamin A, RAE	mca RAF	2		0	NC	4		2	3	
Retinol		2		0	NR	4		2	3	
Vitamin E (alpha-tocopherol)		0.27		0	BFSN	4		0.23	0.40	
Tocopherol, beta		0.27		Ü	DESIN	-		0.25	0.40	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0	BFSN	4		0.0	0.0	
<u>Lipids:</u>										
Fatty acids, total saturated		4.450		0		1		3.783	6.542	
4:0		0.000		0		1		0.000	0.000	
6:0	-	0.000		0		1		0.000	0.000	
8:0		0.000		0		1		0.000	0.000	
10:0		0.010		19		1		0.009	0.015	
12:0		0.010		19		1		0.009	0.015	
13:0						_		_		
14:0		0.140		30		1		0.119	0.206	
15:0										
16:0		2.730		30		1		2.321	4.013	
17:0	_			_						
18:0	_	1.470		30		1		1.250	2.161	
20:0	_									
22:0	_									
24:0	g									

	<u>Aı</u>	mount in 100 grams		Amount in edible portion of common			
		Number	•		<u>m</u>	easures of food	
		of Data		ırce Confidence			
Nutrients and Units	Mean	Std. Error Points	Code Co	ode Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	5.640	0		1	4.794	8.291	
14:1g							
15:1g							
16:1 undifferentiatedg	0.370	30		1	0.315	0.544	
17:1g							
18:1 undifferentiatedg	5.060			1	4.301	7.438	
20:1g	0.150			1	0.128	0.221	
22:1 undifferentiatedg	0.000	0		1	0.000	0.000	
24:1 cg							
Fatty acids, total polyunsaturatedg	1.080			1	0.918	1.588	
18:2 undifferentiatedg	0.920			1	0.782	1.352	
18:3 undifferentiatedg	0.040			1	0.034	0.059	
18:4g	0.000	0		1	0.000	0.000	
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg	0.060			1	0.051	0.088	
20:5 n-3g	0.000			1	0.000	0.000	
22:5 n-3g	0.000			1	0.000	0.000	
22:6 n-3g	0.000	0		1	0.000	0.000	
Fatty acids, total transg							
Cholesterolmg	94	2.049 13		1	80	138	
Phytosterolsmg							
Amino Acids:							
Tryptophang	0.340	0		1	0.289	0.500	
Threonine	1.221			1	1.038	1.795	
Isoleucine	1.252			1	1.064	1.840	
Leucine	2.145			- 1	1.823	3.153	
Lysineg	2.405			1	2.044	3.535	
Methionine	0.708			- 1	0.602	1.041	
Cystineg	0.341			1	0.290	0.501	
Phenylalanineg	1.067			1	0.907	1.568	
Tyrosine	0.932			- 1	0.792	1.370	
Valineg	1.451			- 1	1.233	2.133	
Arginine	1.662			- 1	1.413	2.443	
Histidine	1.068			- 1	0.908	1.570	
Alanineg	1.558			1	1.324	2.290	
Aspartic acid	2.480			1	2.108	3.646	
Glutamic acid	4.186			1	3.558	6.153	
Glycine	1.270			1	1.080	1.867	
Prolineg	1.074	-		1	0.913	1.579	
Serine 9	1.105			1	0.939	1.624	
Hydroxyproline	1.103	v		-	0.555	1.024	
Trydroxypromie9							
Others:							
Alcohol, ethylg	0.0	0		7	0.0	0.0	
Caffeineg	0	0	z	7	0	0	
Theobrominemg	0	0	z	7	0	0	
Carotenoids:							
	0	0	Z	7	0.000	0.000	
Carotene, beta mcg	0	0		7	0.000	0.000	
Carotene, alpha mcg	0	0		7	0.000	0.000	
Cryptoxanthin, betamcg	0	0		7	0.000	0.000	
Lycopene mcg	0	0		7	0.000		
Lutein + zeaxanthinmcg	U	U	4	·	0.000	0.000	

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 147g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 300 g)

Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 25% Bone and skin

		Amount in 100 grams of edible portion					Amount in edible portion of common			
			N	Number				<u>m</u>	easures of food	
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	54.80		0		1		73.98	46.58	
Energy	-	292		0	NC	4		394	248	
Energy		1222		-		4		1649	1038	
Protein (N x 6.25)		23.28		0		1		31.43	19.79	
Total lipid (fat)	-	21.39		0		1		28.88	18.18	
Ash		1.11		0		1		1.50	0.94	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total		0.00		0	z	7		0.00	0.00	
Starch	_			-	_	-			0.00	
Staron										
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	24		0		1		32	20	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.32		0		1		1.78	1.12	
Magnesium, Mg		18		0		1		24	15	
Phosphorus, P	-	212		0		1		286	180	
Potassium, K	-	329		0		1		444	280	
Sodium, Na	_	68		0		1		92	58	
Zinc, Zn		3.71		0		1		5.01	3.15	
Copper, Cu		0.113		0		1 1		0.153	0.096 0.019	
Manganese, Mn Selenium, Se		0.022 33.4	2	0	PIE	4		0.030 4 5.1	28.4	
Seienium, Se	Illog	33.4		U	PIE	4		45.1	20.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		0		1		0.7	0.4	
Thiamin	mg	0.581	L	0		1		0.784	0.494	
Riboflavin		0.329	9	0		1		0.444	0.280	
Niacin	<u>mg</u>	3.991	L	0		1		5.388	3.392	
Pantothenic acid	mg	0.600)	0		1		0.810	0.510	
Vitamin B-6	mg	0.288	3	0		1		0.389	0.245	
Folate, total	mcg	5		0		1		7	4	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food		5		0		1		7	4	
Folate, DFE		5		0	NC	4		7	4	
Vitamin B-12		0.80		0		1		1.08	0.68	
Vitamin A, IU	IU	7		0	NC	4		9	6	
Vitamin A, RAE		2		0	NC	4		3	2	
Retinol		2		0	NR	4		3	2	
Vitamin E (alpha-tocopherol)		0.19		0	BFYN	4		0.25	0.16	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin D Vitamin K (phylloquinone)		0.0		0	BFYN	4		0.0	0.0	
vitaiiiii K (piiyiioquiiioiie)	Illog	0.0		Ū	DIIM	-		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	7.860)	0		1		10.611	6.681	
4:0	g	0.000)	0		1		0.000	0.000	
6:0	g	0.000)	0		1		0.000	0.000	
8:0	-	0.000		0		1		0.000	0.000	
10:0	-	0.010)	0		1		0.014	0.009	
12:0		0.010)	0		1		0.014	0.009	
13:0			_							
14:0		0.270)	0		1		0.365	0.230	
15:0										
16:0		4.830)	0		1		6.521	4.106	
17:0	-		_					_		
18:0	-	2.590)	0		1		3.497	2.202	
20:0	-									
22:0	-									
24:0	g									

	Ar	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Numbe		0	Confidence	<u> </u>	easures or roou			
Nutrients and Units	Mean	Std. Error Points	Deriv Code	Code	Confidence Code	Measure 1	Measure 2	Measure 3		
Fatty acids, total monounsaturated9	9.470	0		1		12.785	8.050			
14:19										
15:1g										
16:1 undifferentiated9		0		1		0.783	0.493			
17:1g										
18:1 undifferentiated9		0		1		11.637	7.327			
20:19		0		1		0.257	0.162			
22:1 undifferentiatedg		0		1		0.000	0.000			
24:1 c		0		1		0.760	1 740			
Fatty acids, total polyunsaturated9		0		1		2.768 2.457	1.743 1.547			
18:2 undifferentiated		0		1		0.095	0.060			
18:4		0		1		0.095	0.000			
20:2 n-6 c.c. 9		· ·		-		0.000	0.000			
20:3 undifferentiated										
20:4 undifferentiated 9		0		1		0.095	0.060			
20:5 n-3	•	0		1		0.000	0.000			
22:5 n-39		0		1		0.000	0.000			
22:6 n-39		0		1		0.000	0.000			
Fatty acids, total trans9										
Cholesteroln		0		1		122	77			
Phytosterolsn	ng									
Amino Asida										
Amino Acids:	0.070	0				0 275	0.006			
Tryptophan9		0		1 1		0.375 1.399	0.236			
Threonine		0		1		1.399	0.881 0.893			
Isoleucine		0		1		2.480	1.561			
Lysine		0		1		2.796	1.760			
Methionine9		0		1		0.801	0.504			
Cystine		0		1		0.389	0.245			
Phenylalanine9		0		1		1.243	0.783			
Tyrosine		0		1		1.050	0.661			
Valine 9		0		1		1.679	1.057			
Arginine9		0		1		2.022	1.273			
Histidine9		0		1		1.187	0.747			
Alanine9		0		1		1.863	1.173			
Aspartic acid9		0		1		2.854	1.797			
Glutamic acid		0		1		4.749	2.990			
Glycine9	1.333	0		1		1.800	1.133			
Proline		0		1		1.431	0.901			
Serine9	0.961	0		1		1.297	0.817			
Hydroxyproline9										
Others:										
	0.0	0		7		0.0	0.0			
Alcohol, ethyl		0	z	7		0.0	0.0 0			
Theobromine mg	•	0	Z	7		0	0			
	, •	v	-	,		U	U			
Carotenoids:										
Carotene, betamo		0	Z	7		0.000	0.000			
Carotene, alpha mo		0	Z	7		0.000	0.000			
Cryptoxanthin, beta mo	-	0	Z	7		0.000	0.000			
Lycopene mo		0	z	7		0.000	0.000			
Lutein + zeaxanthin mo	cg 0	0	Z	7		0.000	0.000			

Common Measures:

Measure 1 = 135g: 1 cup, diced

Measure 2 = 85g: 3 oz

NDB No. 10071

Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 25% Bone and skin

		<u>A</u>	mount in 100 gram	s of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
			Numb	er			<u>m</u>	easures of food	<u>[</u>
			of Dat	a Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	64.02	0		1		18.15	290.39	
Energy	kcal	236	0	NC	4		67	1070	
Energy		987			4		280	4479	
Protein (N x 6.25)		17.18	0		1		4.87	77.93	
Total lipid (fat)		17.99	0		1		5.10	81.60	
Ash		0.88	0		1		0.25	3.99	
Carbohydrate, by difference		0.00	0	Z	7		0.00	0.00	
Fiber, total dietary		0.0	0	Z	7		0.0	0.0	
Sugars, total		0.00	0	z	7		0.00	0.00	
Starch									
Minerals:					_		_		
Calcium, Ca	-	15	0		1		4	68	
Iron, Fe.		1.05	0		1		0.30	4.76	
Magnesium, Mg		18	0		1		5	82 826	
Phosphorus, P	-	182 302	0		1 1		52 86	826 1370	
Potassium, K		302 65	0		1		18	1370 295	
Sodium, NaZinc, Zn		2.70	0		1		0.77	12.25	
Copper, Cu		0.084			1		0.77	0.381	
Manganese, Mn		0.004			1		0.003	0.050	
Selenium, Se		25.5	. 0	PIE	4		7.2	115.7	
			•		=				
Vitamins:									
Vitamin C, total ascorbic acid		0.7	0		1		0.2	3.2	
Thiamin		0.767			1		0.217	3.479	
Riboflavin		0.275			1		0.078	1.247	
Niacin	-	3.833			1		1.087	17.386	
Pantothenic acid		0.719			1		0.204	3.261	
Vitamin B-6	-	0.348			1		0.099	1.579	
Folate, total		5 0	0	z	1 7		1 0	23	
Folic acid		5		Z	1		1	0 23	
Folate, food	IIICY	5	0	NC	4		1		
Folate, DFE		0.74	0	NC	1		0.21	23 3.36	
Vitamin B-12 Vitamin A, IU		7	0	NC	4		2	3.36	
Vitamin A, RAE		2	0	NC	4		1	9	
Retinol		2	0	NR NR	4		1	9	
Vitamin E (alpha-tocopherol)		0.19	0	BFSN			0.05	0.87	
Tocopherol, beta		0.13	Ü	DION	-		0.03	0.07	
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)		0.0	0	BFSN	4		0.0	0.0	
<u>Lipids:</u>							1 760	00 205	
Fatty acids, total saturated		6.240			1 1		1.769	28.305	
4:0		0.000			1		0.000	0.000	
6:0		0.000			1		0.000	0.000	
8:0 10:0		0.000			1		0.000 0.003	0.000 0.045	
12:0	-	0.010			1		0.003	0.045	
13:0	-	0.020	,		_		0.000	0.091	
14:0	-	0.220	0		1		0.062	0.998	
15:0	-	0.220	. 0		-		0.062	0.996	
16:0	-	3.880	0		1		1.100	17.600	
17:0		3.000	•		-		2.100	17.000	
18:0	-	2.040	0		1		0.578	9.253	
20:0	-	2.040			-		0.570	7.233	
22:0	-								
24:0	-								

		<u>Ar</u>	mount in 100			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and U	nits	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Nutricino dila Ol		Moun	Ota. Error					measure r	moudule 2	mousure e	
Fatty acids, total monounsaturated		8.010		0		1		2.271	36.333		
14:1	_										
15:1	-										
16:1 undifferentiated	-	0.510		0		1		0.145	2.313		
17:1	-	7.250		•							
18:1 undifferentiated	-	7.350		0		1		2.084	33.340		
20:1		0.130		0		1		0.037	0.590		
22:1 undifferentiated	•	0.000		0		1		0.000	0.000		
24:1 c		1 000		•		1		0.544	0.700		
Fatty acids, total polyunsaturated.		1.920		0 0		1		0.544	8.709		
18:2 undifferentiated		1.600		0		1		0.454	7.258		
18:3 undifferentiated		0.130 0.000		0		1		0.037 0.000	0.590 0.000		
18:4	-	0.000		U		1		0.000	0.000		
20:2 n-6 c,c											
20:3 undifferentiated 20:4 undifferentiated		0.100		0		1		0.028	0.454		
		0.000		0		1					
20:5 n-3	-			0		1		0.000	0.000		
22:5 n-3		0.000 0.000		0		1		0.000	0.000		
22:6 n-3		0.000		U		1		0.000	0.000		
Fatty acids, total trans		71		•		1		20	322		
Cholesterol		/1		0		1		20	322		
Phytosterols	IIIg										
Amino Acids:											
Tryptophan	g	0.208		0		1		0.059	0.943		
Threonine		0.768		0		1		0.218	3.484		
Isoleucine	_	0.781		0		1		0.221	3.543		
Leucine	g	1.360		0		1		0.386	6.169		
Lysine	g	1.531		0		1		0.434	6.945		
Methionine		0.441		0		1		0.125	2.000		
Cystine		0.214		0		1		0.061	0.971		
Phenylalanine		0.681		0		1		0.193	3.089		
Tyrosine		0.579		0		1		0.164	2.626		
Valine	_	0.921		0		1		0.261	4.178		
Arginine	-	1.098		0		1		0.311	4.981		
Histidine		0.656		0		1		0.186	2.976		
Alanine		1.015		0		1		0.288	4.604		
Aspartic acid		1.567		0		1		0.444	7.108		
Glutamic acid		2.614		0		1		0.741	11.857		
Glycine		0.952		0		1		0.270	4.318		
Proline		0.765		0		1		0.217	3.470		
Serine	_	0.709		0		1		0.201	3.216		
Hydroxyproline	-										
3.											
Others:											
Alcohol, ethyl		0.0		0		7		0.0	0.0		
Caffeine	mg	0		0	Z	7		0	0		
Theobromine	mg	0		0	Z	7		0	0		
Carotenoids:											
Carotene, beta	mca	0		0	z	7		0.000	0.000		
Carotene, alpha		0		0	z	7		0.000	0.000		
Cryptoxanthin, beta		0		0	z	7		0.000	0.000		
Lycopene		0		0	Z	7		0.000	0.000		
Lutein + zeaxanthin		0		0	Z	7		0.000	0.000		
Luiciii + Zcaxaiilliiii	9			<u> </u>				0.000	0.000		

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 453.6g: 1 lb NDB No. 10070

Pork, fresh, shoulder, whole, separable lean and fat, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 39% Bone and skin 25%, separable fat 14%

		<u>A</u>	mount in 100	grams	of edib	le portio	<u>n</u>	Amount in	edible portion o	f common
			N	Number				m	easures of food	
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
n										
Proximates: Water	a	60.64		0		1		81.86	51.54	
Energy	-	230		0	NC	4		311	196	
Energy		962		-		4		1299	818	
Protein (N x 6.25)		25.33		0		1		34.20	21.53	
Total lipid (fat)	-	13.54		0		1		18.28	11.51	
Ash		1.18		0		1		1.59	1.00	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total		0.00		0	z	7		0.00	0.00	
Starch	_			-	_	•			0.00	
Staren	9									
Minerals:										
Calcium, Ca	-	18		0		1		24	15	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.50		0		1		2.03	1.28	
Magnesium, Mg		20		0		1		27	17	
Phosphorus, P	-	221		0		1		298	188	
Potassium, K	-	346		0		1		467	294	
Sodium, Na	-	75		0 0		1 1		101	64 3.54	
Zinc, Zn		4.16 0.124		0		1		5.62 0.167	3.54 0.105	
Copper, Cu		0.124		0		1		0.167	0.103	
Selenium, Se		37.4	,	0	BFYN	4		50.5	31.8	
Scienium, Se	1110g	37.4		Ū	DI III	-		30.3	31.0	
Vitamins:										
Vitamin C, total ascorbic acid		0.6		0		1		0.8	0.5	
Thiamin		0.628	3	0		1		0.848	0.534	
Riboflavin	mg	0.370)	0		1		0.500	0.315	
Niacin		4.260)	0		1		5.751	3.621	
Pantothenic acid		0.651		0		1		0.879	0.553	
Vitamin B-6		0.317	7	0		1		0.428	0.269	
Folate, total		5		0		1		7	4	
Folic acid		0		0	Z	7		0	0	
Folate, food		5		0		1		7	4	
Folate, DFE		5		0	NC	4		7	4	
Vitamin B-12		0.86		0		1		1.16	0.73	
Vitamin A, IU	IU	7		0	NC	4		9	6	
Vitamin A, RAE		2		0	NC	4		3	2	
Retinol		2		0	NR	4		3	2	
Vitamin E (alpha-tocopherol)		0.25		0	BFSN	4		0.34	0.21	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)		0.0		0	BFSN	4		0.0	0.0	
vitanini K (phynodunione)	g	0.0		Ŭ	21 011	•		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	4.790)	0		1		6.467	4.072	
4:0	g	0.000)	0		1		0.000	0.000	
6:0	-	0.000		0		1		0.000	0.000	
8:0		0.000		0		1		0.000	0.000	
10:0	-	0.010		0		1		0.014	0.009	
12:0		0.010)	0		1		0.014	0.009	
13:0			_							
14:0		0.160)	0		1		0.216	0.136	
15:0										
16:0		2.960)	0		1		3.996	2.516	
17:0	-		_					_		
18:0	-	1.560)	0		1		2.106	1.326	
20:0	-									
22:0	-									
24:0	g									

		<u>Ar</u>	mount in 100			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
	_			Number of Data	Deriv		Confidence				
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated.	g	6.170		0		1		8.330	5.245		
14:1	g										
15:1	-										
16:1 undifferentiated	-	0.380		0		1		0.513	0.323		
17:1	-					_					
18:1 undifferentiated	-	5.590		0		1		7.547	4.752		
20:1		0.140		0		1		0.189	0.119		
22:1 undifferentiated 24:1 c	•	0.000		0		1		0.000	0.000		
Fatty acids, total polyunsaturated		1.250		0		1		1.688	1.063		
18:2 undifferentiated		1.090		0		1		1.472	0.927		
18:3 undifferentiated		0.040		0		1		0.054	0.034		
18:4		0.000		0		1		0.000	0.000		
20:2 n-6 c.c	_										
20:3 undifferentiated	_										
20:4 undifferentiated		0.070		0		1		0.095	0.060		
20:5 n-3	g	0.000		0		1		0.000	0.000		
22:5 n-3	g	0.000		0		1		0.000	0.000		
22:6 n-3	g	0.000		0		1		0.000	0.000		
Fatty acids, total trans	g										
Cholesterol	mg	90		0		1		122	77		
Phytosterols	mg										
Amino Acids:											
	a	0.322		0		1		0.435	0.274		
Tryptophan Threonine		1.157		0		1		1.562	0.274		
Isoleucine	_	1.186		0		1		1.601	1.008		
Leucine		2.032		0		1		2.743	1.727		
Lysine	_	2.278		0		1		3.075	1.936		
Methionine		0.671		0		1		0.906	0.570		
Cystine		0.323		0		1		0.436	0.275		
Phenylalanine		1.011		0		1		1.365	0.859		
Tyrosine		0.883		0		1		1.192	0.751		
Valine	_	1.374		0		1		1.855	1.168		
Arginine	-	1.575		0		1		2.126	1.339		
Histidine		1.012		0		1		1.366	0.860		
Alanine		1.476		0		1		1.993	1.255		
Aspartic acid		2.350		0		1		3.173	1.998		
Glutamic acid	g	3.965		0		1		5.353	3.370		
Glycine	g	1.203		0		1		1.624	1.023		
Proline		1.018		0		1		1.374	0.865		
Serine	g	1.046		0		1		1.412	0.889		
Hydroxyproline	g										
Others:											
Alcohol, ethyl	а	0.0		0		7		0.0	0.0		
Caffeine		0		0	z	7		0	0		
Theobromine		0		0	z	7		0	0		
Carotenoids:											
<u> </u>	moc	•		^	_	-		0.000	0.000		
Carotene, beta		0		0	z z	7 7		0.000	0.000		
Carotene, alpha		0		0	z z	7		0.000 0.000	0.000 0.000		
Cryptoxanthin, beta	-	0		0	z Z	7		0.000	0.000		
LycopeneLutein + zeaxanthin		0		0	Z	7		0.000	0.000		
Lutem + zeaxantnin	g	U		U	4	,		0.000	0.000		

Common Measures:

Measure 1 = 135g: 1 cup, diced

Measure 2 = 85g: 3 oz

NDB No. 10073

Pork, fresh, shoulder, whole, separable lean only, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 39% Bone and skin 25%, separable fat 14%

		<u>A</u>	mount in 100 g	rams	ot edik	ole portic	<u>on</u>	Amount in	edible portion	of common
			Nu	mber				<u>m</u> .	easures of food	<u>[</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	72.63		0		1		20.59	329.45	
Energy	=	148		0	NC	4		42	671	
0,		619		U	NC	4		176		
Energy				•					2809	
Protein (N x 6.25)		19.55		0		1		5.54	88.68	
Total lipid (fat)		7.14		0		1		2.02	32.39	
Ash		1.02		0		1		0.29	4.63	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:						_				
Calcium, Ca	-	14		0		1		4	64	
Iron, Fe	-	1.22		0		1		0.35	5.53	
Magnesium, Mg	-	21		0		1		6	95	
Phosphorus, P	•	202		0		1		57	916	
Potassium, K	mg	341		0		1		97	1547	
Sodium, Na	-	76		0		1		22	345	
Zinc, Zn	mg	3.14		0		1		0.89	14.24	
Copper, Cu	mg	0.097	7	0		1		0.027	0.440	
Manganese, Mn	mg	0.012	2	0		1		0.003	0.054	
Selenium, Se	mcg	29.5		0	BFNN	4		8.4	133.8	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.8		0		1		0.2	3.6	
Thiamin		0.884	1	0		1		0.251	4.010	
Riboflavin	-	0.314		0		1		0.089	1.424	
Niacin.	-	4.275		0		1		1.212	19.391	
Pantothenic acid		0.822		0		1		0.233	3.729	
		0.822		0		1		0.233		
Vitamin B-6	-)						1.882	
Folate, total		5		0	_	1		1	23	
Folic acid		0		0	Z	7		0	0	
Folate, food		5		0		1		1	23	
Folate, DFE		5		0	NC	4		1	23	
Vitamin B-12		0.84		0		1		0.24	3.81	
Vitamin A, IU		6		0		1		2	27	
Vitamin A, RAE	mcg_RAE	2		0		1		1	8	
Retinol		2		0		1		1	8	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
<u>lipids:</u>										
Fatty acids, total saturated	а	2.470)	0		1		0.700	11.204	
4:0				·		_		01.700		
6:0										
8:0	-									
10:0	-	0.010	1	0		1		0.003	0.045	
12:0		0.010		0		1		0.003	0.045	
		0.010	,	U		_		0.003	0.045	
13:0	-	0.000	,	^				0.000	A	
14:0	_	0.090	J	0		1		0.026	0.408	
15:0	-			_		_		_		
16:0	_	1.570)	0		1		0.445	7.122	
17:0	_									
18:0	g	0.770)	0		1		0.218	3.493	
20:0	g									
22:0	g									
24:0	g									
	•									

	<u>Aı</u>	mount in 100 grar	ns of edi	<u>on</u>	Amount in edible portion of common			
		Numb	er			<u>m</u>	easures of food	
				Source	Confidence			
Nutrients and Units	Mean	Std. Error Point		Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	3.230	0		1		0.916	14.651	
14:1g								
15:1g				_			1 010	
16:1 undifferentiatedg	0.230	0		1		0.065	1.043	
17:1g	2.930	0		1		0 001	12 000	
18:1 undifferentiated	0.050			1		0.831	13.290	
20:1	0.050	U		1		0.014	0.227	
22:1 undifferentiatedg 24:1 cg								
_	0.770	0		1		0.218	3.493	
Fatty acids, total polyunsaturatedg 18:2 undifferentiated	0.770			1		0.218	2.812	
	0.030			1		0.176	0.136	
18:3 undifferentiatedg 18:4g	0.030	·		_		0.009	0.136	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiated	0.090	0		1		0.026	0.408	
20:5 n-3g	0.000	•		_		0.020	0.400	
22:5 n-3								
22:6 n-3g								
Fatty acids, total trans								
Cholesterolmg	67	0		1		19	304	
Phytosterolsmg								
Amino Acids:								
Tryptophan	0.248	0		1		0.070	1.125	
Threonineg	0.893			1		0.253	4.051	
Isoleucine	0.915			1		0.259	4.150	
Leucineg	1.568			1		0.445	7.112	
Lysine	1.758			1		0.498	7.112	
Methionineg	0.518			1		0.147	2.350	
Cystineg	0.249			1		0.071	1.129	
Phenylalanine	0.780			1		0.221	3.538	
Tyrosineg	0.681			1		0.193	3.089	
Valine	1.060			1		0.301	4.808	
Arginine	1.215			1		0.344	5.511	
Histidine	0.781			1		0.221	3.543	
Alanine	1.139			1		0.323	5.167	
Aspartic acid	1.813			1		0.514	8.224	
Glutamic acid	3.060			1		0.868	13.880	
Glycineg	0.928			1		0.263	4.209	
Prolineg	0.785			1		0.223	3.561	
	0.807			1		0.229	3.661	
Serineg								

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 38% Bone

		<u>Aı</u>	mount in 100 gr	rams c	ot edib	ne portio	<u>n</u>		edible portion	
			Nur	nber				<u>m</u>	easures of food	•
			of I	Data [Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	ints (Code	Code	Code	Measure 1	Measure 2	Measure
<u>'roximates:</u> Water	a	40.42	1.364	6		1		71.54	34.36	
Energy	=	397	1.304	0	NC	4		703	337	
Energy		1661		Ū	110	4		2940	1412	
Protein (N x 6.25)		29.06	1.920	6		1		51.44	24.70	
Total lipid (fat)		30.30	3.181	6		1		53.63	25.76	
Ash		1.12	0.068	6		1		1.98	0.95	
Carbohydrate, by difference		0.00	0.000	0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total		0.00		0	z	7		0.00	0.00	
Starch	=	0.00		Ū	_	•		0.00	0.00	
Starcii	9									
<u> Minerals:</u>										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	47		2		1		83	40	
Iron, Fe	-	1.85	0.154	5		1		3.27	1.57	
Magnesium, Mg		24		2		1		42	20	
Phosphorus, P		261		0		1		462	222	
Potassium, K		320	11.313	6		1		566	272	
Sodium, Na		93	8.412	5		1		165	79	
Zinc, Zn		4.60	0.228	6		1 1		8.14	3.91	
Copper, Cu		0.142 0.014		6 2		1		0.251 0.025	0.121 0.012	
Manganese, Mn		37.4		0	BFYN	4		66.2	31.8	
Seienium, Se	nicg	37.4		U	Drin	4		66.2	31.6	
<u>'itamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.408	0.035	6		1		0.722	0.347	
Riboflavin	mg	0.382	0.015	6		1		0.676	0.325	
Niacin	mg	5.475	0.359	6		1		9.691	4.654	
Pantothenic acid	mg	0.750		3		1		1.328	0.638	
Vitamin B-6	-	0.350		0		1		0.620	0.298	
Folate, total	mcg	4		0		1		7	3	
Folic acid		0		0	Z	7		0	0	
Folate, food		4		0		1		7	3	
Folate, DFE		4		0	NC	4		7	3	
Vitamin B-12		1.08	0.078	6		1		1.91	0.92	
Vitamin A, IU		10		2		1		18	9	
Vitamin A, RAE		3		0	NC	4		5	3	
Retinol		3		0	NR	4		5	3	
Vitamin E (alpha-tocopherol)	mg	0.34		0	BFSN	4		0.60	0.29	
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0	BFSN	4		0.0	0.0	
vitamin K (phynoquinone)	9	0.0		·		-		0.0	0.0	
<u> Lipids:</u>										
Fatty acids, total saturated		11.120		0		1		19.682	9.452	
4:0		0.000		0		1		0.000	0.000	
6:0	-	0.000		0		1		0.000	0.000	
8:0	-	0.000		0		1		0.000	0.000	
10:0	-	0.010		6		1		0.018	0.009	
12:0		0.010		6		1		0.018	0.009	
13:0		_ = .		_		_		_	_	
14:0	-	0.360		6		1		0.637	0.306	
15:0				_		_		a a	_ ===	
16:0		6.800		6		1		12.036	5.780	
17:0	-			_		_		4 =		
18:0	-	3.820		6		1		6.761	3.247	
20:0	-									
22:0	g									

		<u>Aı</u>	nount in 100 grams		ole portion	<u>n</u>	Amount in edible portion of common measures of food		
			Numbe	r			m	easures or roou	
				Deriv	Source	Confidence			
Nutrients and l	Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
F		13.480	0		1		02.000	11 450	
Fatty acids, total monounsaturat	g	13.480	O .		1		23.860	11.458	
15:1 16:1 undifferentiated	g	0.720	6		1		1.274	0.612	
17:1 18:1 undifferentiated		12.520	6		1		22.160	10.642	
20:1	g	0.240	6		1		0.425	0.204	
22:1 undifferentiated	g	0.000	0		1		0.000	0.000	
24:1 c	g								
Fatty acids, total polyunsaturate		2.730	0		1		4.832	2.321	
18:2 undifferentiated		2.510	6		1		4.443	2.134	
18:3 undifferentiated		0.110	6		1		0.195	0.094	
18:4	-	0.000	0		1		0.000	0.000	
20:2 n-6 c,c									
20:3 undifferentiated	_								
20:4 undifferentiated	_	0.110	6		1		0.195	0.094	
20:5 n-3	-	0.000	0		1		0.000	0.000	
22:5 n-3		0.000	0		1		0.000	0.000	
22:6 n-3		0.000	0		1		0.000	0.000	
Fatty acids, total trans									
Cholesterol		121	3.643 6		1		214	103	
Phytosterols	mg								
Amino Acids:									
Tryptophan	q	0.369	0		1		0.653	0.314	
Threonine		1.327	0		1		2.349	1.128	
Isoleucine	-	1.361	0		1		2.409	1.157	
Leucine	_	2.332	0		1		4.128	1.982	
Lysine	g	2.613	0		1		4.625	2.221	
Methionine		0.769	0		1		1.361	0.654	
Cystine	g	0.371	0		1		0.657	0.315	
Phenylalanine		1.160	0		1		2.053	0.986	
Tyrosine		1.013	0		1		1.793	0.861	
Valine		1.577	0		1		2.791	1.340	
Arginine	g	1.806	0		1		3.197	1.535	
Histidine		1.161	0		1		2.055	0.987	
Alanine		1.693	0		1		2.997	1.439	
Aspartic acid		2.695	0		1		4.770	2.291	
Glutamic acid		4.549	0		1		8.052	3.867	
Glycine		1.380	0		1		2.443	1.173	
Proline		1.167	0		1		2.066	0.992	
Serine	_	1.200	0		1		2.124	1.020	
Hydroxyproline	g								
Others:	~		_		_		0 0		
Alcohol, ethyl		0.0	0	_	7		0.0	0.0	
Caffeine	_	0	0	z z	7		0	0	
Theobromine	iiig	0	0	z	7		0	0	
Carotenoids: Carotene, beta	mca	0	0	z	7		0.000	0.000	
Carotene, alpha		0	0	Z	7		0.000	0.000	
· •		0	0	Z	7		0.000	0.000	
Cryptoxanthin, beta Lycopene		0	0	Z	7		0.000	0.000	
Lutein + zeaxanthin		0	0	Z	7		0.000	0.000	
Lutem + Zeardillilli	g						0.000	0.000	

Common Measures:

Measure 1 = 177g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 10089

Pork, fresh, spareribs, separable lean and fat, cooked, braised

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 38% Bone

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>n</u>	Amount in	edible portion	of common
			Nu	mbei	r			m	easures of food	
					Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
2										
Proximates: Water	a	56.88	2.665	6		1		16.13	258.01	
Energy	-	286		0	NC	4		81	1297	
Energy		1197		•		4		339	5428	
Protein (N x 6.25)	=	17.09	0.859	6		1		4.85	77.52	
Total lipid (fat)		23.60	3.946	6		1		6.69	107.05	
Ash		0.91	0.060	6		1		0.26	4.13	
Carbohydrate, by difference		0.00	0.000	0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total		0.00		0	z	7		0.00	0.00	
Starch		0.00		·	_	•		0.00	0.00	
Starcii	9									
<u>Minerals:</u>										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	31		0		1		9	141	
Iron, Fe	-	0.99	0.050	4		1		0.28	4.49	
Magnesium, Mg		22		0		1		6	100	
Phosphorus, P	-	239		0		1		68	1084	
Potassium, K	mg	259	14.884	6		1		73	1175	
Sodium, Na		76	8.425	6		1		22	345	
Zinc, Zn		2.70	0.115	5		1		0.77	12.25	
Copper, Cu		0.085		5		1		0.024	0.386	
Manganese, Mn		0.010)	0		1		0.003	0.045	
Selenium, Se	mcg	27.3		0	BFNN	4		7.7	123.8	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin		0.619	0.024	10	_	1		0.175	2.808	
Riboflavin	_	0.273		10		1		0.077	1.238	
Niacin		4.860		6		1		1.378	22.045	
Pantothenic acid	_	0.793		3		1		0.225	3.597	
Vitamin B-6		0.420		0		1		0.119	1.905	
Folate, total	-	4		0		1		1	18	
Folic acid		0		0	z	7		0	0	
Folate, food		4		0	_	1		1	18	
Folate, DFE	mca DFF	4		0	NC	4		1	18	
Vitamin B-12		0.87	0.091	6		1		0.25	3.95	
Vitamin A, IU		10	0.031	0	NC	4		3	45	
Vitamin A, RAE		3		0	NC	4		1	14	
Retinol		3		0	NR	4		1	14	
Vitamin E (alpha-tocopherol)		0.23		0	BFSN	4		0.07	1.05	
Tocopherol, beta		0.23		Ū	DISK	-		0.07	1.05	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0	BFSN	4		0.0	0.0	
	<u>.</u>			-						
<u> ipids:</u>								_		
Fatty acids, total saturated		8.930		0		1		2.532	40.506	
4:0		0.000		0		1		0.000	0.000	
6:0	-	0.000		0		1		0.000	0.000	
8:0		0.000		0		1		0.000	0.000	
10:0		0.010		6		1		0.003	0.045	
12:0	-	0.010)	6		1		0.003	0.045	
13:0	-			_		_				
14:0	-	0.280)	6		1		0.079	1.270	
15:0	-			_		_			_	
16:0		5.470)	6		1		1.551	24.812	
17:0	-							_		
18:0	-	3.080)	6		1		0.873	13.971	
20:0	-									
22:0	g									
24:0	g									

	<u>An</u>	nount in 100 gram		ble portic	<u>on</u>	Amount in edible portion of common measures of food			
		Numbe		Cauras	Confidence	1111	easures or roou		
Nutrients and Units	Mean	Std. Error Points	a Deriv Code	Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	10.210	0		1		2.895	46.313		
14:1g									
15:1g									
16:1 undifferentiatedg	0.560	6		1		0.159	2.540		
17:1g									
18:1 undifferentiatedg	9.460	6		1		2.682	42.911		
20:1g	0.180	0		1		0.051	0.816		
22:1 undifferentiatedg	0.000	0		1		0.000	0.000		
24:1 cg	0.150	0		1					
Fatty acids, total polyunsaturated9	2.150	6		1		0.610	9.752		
18:2 undifferentiated	1.970 0.090	6		1		0.558 0.026	8.936 0.408		
18:3 undifferentiated	0.090	0		1		0.026	0.408		
20:2 n-6 c.c	0.000	U		_		0.000	0.000		
20:2 n-6 c,c									
20:4 undifferentiated	0.090	6		1		0.026	0.408		
20:5 n-3	0.000	0		1		0.000	0.000		
22:5 n-3	0.000	0		1		0.000	0.000		
22:6 n-3	0.000	0		1		0.000	0.000		
Fatty acids, total trans	0.000	·		_		0.000	0.000		
Cholesterolmg	78	1.684 6		1		22	354		
Phytosterols. mg				_					
Thy tosterois.									
Amino Acids:									
Tryptophang	0.217	0		1		0.062	0.984		
Threonineg	0.780	0		1		0.221	3.538		
Isoleucineg	0.800	0		1		0.227	3.629		
Leucineg	1.371	0		1		0.389	6.219		
Lysineg	1.537	0		1		0.436	6.972		
Methionineg	0.452	0		1		0.128	2.050		
Cystineg	0.218	0		1		0.062	0.989		
Phenylalanine	0.682	0		1		0.193	3.094		
Tyrosine	0.595	0		1		0.169	2.699		
Valine	0.927	0		1 1		0.263	4.205		
Arginine	1.062	0		1		0.301	4.817		
Histidine	0.683	0		1		0.194 0.282	3.098 4.518		
Alanine	0.996 1.585	0		1		0.282	7.190		
Aspartic acid	2.675	0		1		0.758	12.134		
Glycine	0.811	0		1		0.738	3.679		
Proline	0.687	0		1		0.195	3.116		
Serine	0.706	0		1		0.200	3.202		
Hydroxyproline	0.700	Ů		-		0.200	3.202		
Trydroxypronneg									
Others:									
Alcohol, ethylg	0.0	0		7		0.0	0.0		
Caffeinemg	0	0	Z	7		0	0		
Theobrominemg	0	0	Z	7		0	0		
Carotenoids:									
Carotene, betamcg	0	0	Z	7		0.000	0.000		
Carotene, alphamcg	0	0	z	7		0.000	0.000		
Cryptoxanthin, betamcg	0	0	z	7		0.000	0.000		
Lycopene mcg	0	0	z	7		0.000	0.000		
Lutein + zeaxanthinmcg	0	0	z	7		0.000	0.000		

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 453.6g: 1 lb NDB No. 10088

Pork, fresh, spareribs, separable lean and fat, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 0%

		<u>Aı</u>	mount in 100 gı	rams c	of edik	ole portio	<u>n</u>		edible portion	
			Nur	mber				<u>m</u>	easures of food	<u>.</u>
			of I	Data I	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	ints (Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.88	0.442	4		1		289.86	64.50	
Energy	kcal	138		0	NC	4		527	117	
Energy	kj	577				4		2206	491	
Protein (N x 6.25)	g	12.14	0.103	4		1		46.37	10.32	
Total lipid (fat)	g	9.51	0.821	4		1		36.33	8.08	
Ash	g	1.40	0.023	3		1		5.35	1.19	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	9		0		1		34	8	
Iron, Fe	_	1.82		0		1		6.95	1.55	
Magnesium, Mg	_	12		0		1		46	10	
Phosphorus, P		220		0		1		840	187	
Potassium, K	_	195		0		1		745	166	
Sodium, Na		91		0		1		348	77	
Zinc, Zn	mg	1.48		0		1		5.65	1.26	
Copper, Cu	mg	0.263	3	0		1		1.005	0.224	
Manganese, Mn		0.085	5	0		4		0.325	0.072	
Selenium, Se	mcg	18.5		0	BFYN	4		70.7	15.7	
Vitamins:										
Vitamin C, total ascorbic acid	ma	14.0		0		1		53.5	11.9	
Thiamin	_	0.078	3	0		1		0.298	0.066	
Riboflavin	_	0.223		0		1		0.852	0.190	
Niacin	-	3.330)	0		1		12.721	2.831	
Pantothenic acid	_	1.823	3	0		1		6.964	1.550	
Vitamin B-6	mg	0.140)	0		1		0.535	0.119	
Folate, total	mcg	4		0		4		15	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food		4		0		4		15	3	
Folate, DFE	mcg_DFE	4		0	NC	4		15	3	
Vitamin B-12		1.42		0		1		5.42	1.21	
Vitamin A, IU		0		0		1		0	0	
Vitamin A, RAE		0		0		1		0	0	
Retinol		0		0		1		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)										
vitamin K (phynodumone)										
<u>Lipids:</u>										
Fatty acids, total saturated		2.150		0		1		8.213	1.828	
4:0		0.000		0		4		0.000	0.000	
6:0	_	0.000		0		4		0.000	0.000	
8:0	-	0.000		0		4		0.000	0.000	
10:0	-	0.000		0		4		0.000	0.000	
12:0		0.000	,	0		4		0.000	0.000	
13:0 14:0	-	0.040	1	0		1		0.153	0.034	
15:0	-	0.040	•	J		_		0.153	0.034	
16:0		1.060	1	0		1		4.049	0.901	
17:0	-	1.000	•	Ü		1		4.043	0.501	
18:0		1.030)	0		1		3.935	0.876	
20:0		1.030		•		-		3.755	0.070	
22:0	-									
24:0	-									

Pork, fresh, variety meats and by-products, brain, cooked, braised

					of edik	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	1	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
F	9	1.720		0		1		6 570	1 460	
Fatty acids, total monounsaturated		1.720		U		1		6.570	1.462	
14:1	_									
15:1 16:1 undifferentiated		0.130		0		1		0.497	0.111	
16:1 undifferentiated	-	0.130		U		1		0.497	0.111	
		1.100		0		1		4.202	0.035	
18:1 undifferentiated	-	0.000		0		4			0.935	
20:1						_		0.000	0.000	
22:1 undifferentiated		0.000		0		4		0.000	0.000	
24:1 c				_		_				
Fatty acids, total polyunsaturated		1.470		0		1		5.615	1.250	
18:2 undifferentiated		0.090		0		1		0.344	0.077	
18:3 undifferentiated		0.120		0		1		0.458	0.102	
18:4	-	0.000		0		4		0.000	0.000	
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated	g	0.490		0		1		1.872	0.417	
20:5 n-3	-									
22:5 n-3	g	0.220		0		1		0.840	0.187	
22:6 n-3	g	0.460		0		1		1.757	0.391	
Fatty acids, total trans	g									
Cholesterol	mg	2552		0		1		9749	2169	
Phytosterols	mg	0		0		4		0	0	
Amino Acids:										
Tryptophan	g	0.155		0		1		0.592	0.132	
Threonine	g	0.567		0		1		2.166	0.482	
Isoleucine	g	0.561		0		1		2.143	0.477	
Leucine	g	1.058		0		1		4.042	0.899	
Lysine		0.954		0		1		3.644	0.811	
Methionine		0.241		0		1		0.921	0.205	
Cystine		0.214		0		4		0.817	0.182	
Phenylalanine	-	0.618		0		1		2.361	0.525	
Tyrosine		0.509		0		1		1.944	0.433	
Valine	-	0.691		0		1		2.640	0.587	
Arginine	-	0.635		0		1		2.426	0.540	
Histidine	-	0.326		0		1		1.245	0.277	
Alanine	-	0.660		0		4		2.521	0.561	
Aspartic acid	-	1.214		0		1		4.637	1.032	
Glutamic acid		1.420		0		1		5.424	1.207	
Glycine		0.583		0		1		2.227	0.496	
Proline		0.660		0		4		2.521	0.561	
Serine	-	0.641		0		4		2.449	0.545	
	-	0.641		U		4		2.449	0.545	
Hydroxyproline	9									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 382g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 2% Blood clots and membrane

		<u>Aı</u>	mount in 100 gr	<u>rams</u> nber		ole portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Un	nits	Mean		Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	78.36	0.152	9		1		22.22	88.55	
Energy	kcal	127		0	NC	4		36	144	
Energy	kj	531				4		151	600	
Protein (N x 6.25)	g	10.28	0.005	13		1		2.91	11.62	
Total lipid (fat)		9.21	0.206	8		1		2.61	10.41	
Ash	g	1.13	0.178	5		1		0.32	1.28	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total										
Starch	g									
Minerals:										
Calcium. Ca	ma	10	1.445	3		1		3	11	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.60	0.131	5		1		0.45	1.81	
Magnesium, Mg	-	14	1.350	3		1		4	16	
Phosphorus, P	_	282	15.567	3		1		80	319	
Potassium, K		258	28.903	6		1		73	292	
Sodium, Na		120	12.242	5		1		34	136	
Zinc, Zn	mg	1.27		0		1		0.36	1.44	
Copper, Cu	mg	0.240)	2		1		0.068	0.271	
Manganese, Mn	mg	0.094	0.005	16		1		0.027	0.106	
Selenium, Se	mcg	15.9		0	BFZN	4		4.5	18.0	
Vitamins:										
Vitamin C, total ascorbic acid	ma	13.5	0.805	5		1		3.8	15.3	
Thiamin	-	0.155		2		1		0.044	0.175	
Riboflavin	-	0.275		2		1		0.078	0.311	
Niacin		4.275		2		1		1.212	4.831	
Pantothenic acid		2.800		2		1		0.794	3.164	
Vitamin B-6		0.190		1		1		0.054	0.215	
Folate, total		6		0		1		2	7	
Folic acid		0		0	Z	7		0	0	
Folate, food		6		0		1		2	7	
Folate, DFE		6		0	NC	4		2	7	
Vitamin B-12		2.19	0.407	3		1		0.62	2.47	
Vitamin A, IU	IU	0		3		1		0	0	
Vitamin A, RAE	mcg_RAE	0	0.000	3		1		0	0	
Retinol	mcg	0	0.000	3		1		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	nicg									
Lipids:										
Fatty acids, total saturated	g	2.079)	0		1		0.589	2.349	
4:0										
6:0	g									
8:0	g									
10:0	-									
12:0										
13:0						_		_		
14:0	_	0.040)	2		1		0.011	0.045	
15:0	-			_		_		_	_	
16:0	_	1.029	,	2		1		0.292	1.163	
17:0	_					_				
18:0		0.999	,	4		1		0.283	1.129	
20:0	_									
22:0	-									
24:0	9									

		<u>An</u>	nount in 100 g		Amount in edible portion of common measures of food				
				mber	•		<u></u>	easures or roou	
Nutrients and Units	5	Mean	Std. Error Po			Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	1.659		0	1		0.470	1.875	
14:1	g								
15:1	g								
16:1 undifferentiated	g	0.120		4	1		0.034	0.136	
17:1	g								
18:1 undifferentiated	g	1.069		4	1		0.303	1.208	
20:1	g								
22:1 undifferentiated	g								
24:1 c	g								
Fatty acids, total polyunsaturated	g	1.429		0	1		0.405	1.615	
18:2 undifferentiated		0.090		4	1		0.026	0.102	
18:3 undifferentiated	g	0.120		2	1		0.034	0.136	
18:4	g								
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated	g	0.470		4	1		0.133	0.531	
20:5 n-3	g								
22:5 n-3	g	0.220		1	1		0.062	0.249	
22:6 n-3	g	0.450		1	1		0.128	0.509	
Fatty acids, total trans	g								
Cholesterol	mg	2195	249.128	27	1		622	2480	
Phytosterols	mg								
Amino Acids:									
Tryptophan	g	0.132		3	1		0.037	0.149	
Threonine	g	0.480		4	1		0.136	0.542	
Isoleucine		0.475		4	1		0.135	0.537	
Leucine		0.896		4	1		0.254	1.012	
Lysine		0.808		4	1		0.229	0.913	
Methionine	g	0.204		4	1		0.058	0.231	
Cystine									
Phenylalanine	-	0.523		4	1		0.148	0.591	
Tyrosine		0.431		1	1		0.122	0.487	
Valine	-	0.586		4	1		0.166	0.662	
Arginine		0.538		3	1		0.153	0.608	
Histidine	-	0.276		3	1		0.078	0.312	
Alanine	-								
Aspartic acid		1.028		1	1		0.291	1.162	
Glutamic acid		1.202		1	1		0.341	1.358	
Glycine	-	0.493		1	1		0.140	0.557	
Proline									
Serine	•								
Hydroxyproline	-								

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 0%

		<u>A</u> 1	mount in 10	0 grams	of edib	ole portio	<u>n</u>		Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food	<u> </u>		
				of Data	Deriv	Source	Confidence					
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure		
Proximates:												
Water	g	67.87		1	A	1		57.69				
Energy	kcal	237		0	NC	4		201				
Energy	kj	990		0	NC	4		841				
Protein (N x 6.25)	g	12.49		1	A	1		10.61				
Total lipid (fat)	g	20.32		1	A	1		17.27				
Ash	g	0.30		1	A	1		0.25				
Carbohydrate, by difference	g	0.00		0	Z	7		0.00				
Fiber, total dietary	g	0.0		0	Z	7		0.0				
Sugars, total	g	0.00		0	Z	7		0.00				
Starch	g											
Miss and Inc.												
Minerals:	ma	25		4	3	4		21				
Calcium, Ca	-	25 1.47		1 1	A A	1 1		21 1.25				
Iron, Fe		9		1	A A	1		1.25 8				
Magnesium, Mg Phosphorus, P		66		1	A	1		8 56				
Potassium, K	-	14		1	A	1		12				
Sodium. Na	-	18		1	A	1		16				
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	1.85		1	A	1		1.57				
Copper, Cu		0.046	;	1	A	1		0.039				
Manganese, Mn		0.040		1	A	1		0.033				
Selenium, Se		27.0		1	A	1		23.0				
Selenium, Se				_		_						
<u> Vitamins:</u>												
Vitamin C, total ascorbic acid	_	0.0		1	A	1		0.0				
Thiamin	-	0.014		1	A	1		0.012				
Riboflavin		0.046		1	A	1		0.039				
Niacin	_	0.087		1	A	1		0.074				
Pantothenic acid	-	0.087		1	A	1		0.074				
Vitamin B-6	-	0.000)	1	A	1		0.000				
Folate, total		1		1	A	1		1				
Folic acid		0		0	Z	7		0				
Folate, food		1		1	A	1		1				
Folate, DFE		1		0	NC	4		1				
Vitamin B-12		0.42		1	A	1		0.36				
Vitamin A, IU		0		0	AS	1		0				
Vitamin A, RAE		0		0	AS	1		0				
Retinol		0		1	A	1		0				
Vitamin E (alpha-tocopherol)		0.23		2	A	1		0.20				
Tocopherol, beta		0.00		2 2	A	1		0.00				
Tocopherol, gamma		0.03		2	A A	1 1		0.03				
Tocopherol, delta Vitamin D		0.00		2	A	1		0.00				
Vitamin K (phylloquinone)		0.0		2	A	1		0.0				
				_		-						
<u> Lipids:</u>												
Fatty acids, total saturated		9.520		1	A	1		8.092				
4:0		0.000		0	Z	7		0.000				
6:0		0.000		0	Z	7		0.000				
8:0		0.020		1	A	1		0.017				
10:0		0.000		1	A	1		0.000				
12:0		0.000)	1	A	1		0.000				
13:0	-			_	_	_						
14:0		0.289		1	A	1		0.246				
15:0	-	0.000		1	A	1		0.000				
16:0	g	5.132		1	A	1		4.362				
16:0				1	A	1		0.133				
17:0		0.156		_	_	_						
17:0 18:0	g	3.885	i	1	A	1		3.302				
17:0	g g		i	1 1 1	A A A	1 1 1						

		<u>Ar</u>	nount in 10	00 grams Numbei		ole portion	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and U	nits	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate	a a	7.073		1	A	1		6.012		
14:1		0.000		1	A	1		0.012		
15:1		0.000		1	A	1		0.000		
16:1 undifferentiated		0.368		1	A	1		0.313		
17:1		0.500		-		-		0.313		
18:1 undifferentiated	-	6.572		1	A	1		5.586		
20:1	_	0.133		1	A	1		0.113		
22:1 undifferentiated	_	0.000		0	z	7		0.000		
24:1 c	• • • • • • • • • • • • • • • • • • • •	0.000		·	-	•		0.000		
Fatty acids, total polyunsaturated.		1.217		1	A	1		1.034		
18:2 undifferentiated		0.980		1	A	1		0.833		
18:3 undifferentiated	-	0.033		0	AS	1		0.028		
18:3 n-6 c.c.c		0.000		1	A	1		0.000		
18:3i	-	0.000		-		-		0.000		
18:4	-	0.000		0	z	7		0.000		
20:2 n-6 c,c	-	0.058		1	A	1		0.049		
20:3 undifferentiated		0.000		1	A	1		0.000		
20:3 n-3		0.000		_		_		0.000		
20:3 n-6										
20:4 undifferentiated		0.146		1	A	1		0.124		
20:4 n-3								V		
20:4 n-6	_									
20:5 n-3	_	0.000		0	z	7		0.000		
22:5 n-3	-	0.000		0	z	7		0.000		
22:6 n-3		0.000		0	Z	7		0.000		
Fatty acids, total trans		0.000		1	A	1		0.000		
Cholesterol	-	277		1	A	1		235		
Phytosterols	-									
Others:	······································									
Alcohol, ethyl	0	0.0		0	z	7		0.0		
Caffeine	-	0.0		0	Z	7		0.0		
Theobromine	-	0		0	z	7		0		
Carotenoids:	g	U		U	2	,		U		
	ma a ==	•		_	_	_		0.000		
Carotene, beta		0		1	A	1		0.000		
Carotene, alpha		0		1	A	1		0.000		
Cryptoxanthin, beta		0		1	A	1		0.000		
Lycopene		0		1 0	A Z	1 7		0.000		
Lutein + zeaxanthin	liicg	U		U	z	/		0.000		

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 18% Separable fat

		<u>A</u> 1	mount in 100 g	rams	ot edik	ne portio	<u>n</u>	Amount in edible portion of common			
			Nu	ımber				<u>m</u>	easures of food		
					Deriv	Source	Confidence				
Nutrients and Units	e	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure	
Nutrionts and only		Mean	Ota: Elloi					Micusure 1	measure 2	Measure	
Proximates:											
Water	g	76.11		1	A	1		21.58			
Energy	kcal	182		0	NC	4		52			
Energy	kj	764		0	NC	4		216			
Protein (N x 6.25)	g	7.64		1	A	1		2.17			
Total lipid (fat)	g	16.61		1	A	1		4.71			
Ash	g	0.20		1	A	1		0.06			
Carbohydrate, by difference	g	0.00		0	Z	7		0.00			
Fiber, total dietary	g	0.0		0	Z	7		0.0			
Sugars, total	g	0.00		0	Z	7		0.00			
Starch	g										
Minerals:	ma	16		1	7.	1		4			
Calcium, Ca	-	1.02		1	A A	1		4 0.29			
Magnesium, Mg	-	6		1	A	1		2			
Phosphorus, P		48		1	A	1		14			
Potassium, K		18		1	A	1		5			
Sodium, Na	-	24		1	A	1		7			
Zinc, Zn	-	1.02		1	A	1		0.29			
Copper, Cu		0.076	5	1	A	1		0.022			
Manganese, Mn		0.051		1	A	1		0.014			
Selenium, Se		15.1	-	1	A	1		4.3			
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid		1.1		1	A	1		0.3			
Thiamin	-	0.020)	1	A	1		0.006			
Riboflavin	mg	0.091	L	1	A	1		0.026			
Niacin	-	0.215		1	A	1		0.061			
Pantothenic acid		0.227	1	1	A	1		0.064			
Vitamin B-6	mg	0.014	l	1	A	1		0.004			
Folate, total		3		1	A	1		1			
Folic acid		0		0	Z	7		0			
Folate, food		3		1	A	1		1			
Folate, DFE	mcg_DFE	3		0	NC	4		1			
Vitamin B-12		0.82		1	A	1		0.23			
Vitamin A, IU	IU	0		0	AS	1		0			
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0			
Retinol		0		1	A	1		0			
Vitamin E (alpha-tocopherol)	mg	0.18		2	A	1		0.05			
Tocopherol, beta		0.00		2	A	1		0.00			
Tocopherol, gamma	mg	0.02		2	A	1		0.01			
Tocopherol, delta		0.00		2	A	1		0.00			
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.0		2	A	1		0.0			
<u>Lipids:</u>											
Fatty acids, total saturated	g	7.619	•	1	A	1		2.160			
4:0	g	0.000)	0	Z	7		0.000			
6:0	g	0.000)	0	Z	7		0.000			
8:0	g	0.000)	1	A	1		0.000			
10:0	g	0.000)	1	A	1		0.000			
12:0	9	0.000)	1	A	1		0.000			
13:0	g										
14:0	g	0.232	2	1	A	1		0.066			
15:0	g	0.020)	1	A	1		0.006			
16:0	g	4.057	7	1	A	1		1.150			
17:0	g	0.133	3	1	A	1		0.038			
		0.450	,	1	A	1		0.894			
18:0	g	3.152	4	_	_			0.034			
		0.025		1	A	1		0.007			

		<u>A</u> 1	mount in 10	00 grams	of edil	ole portic	<u>on</u>	Amount in	edible portion of	of common
				Number				<u>m</u>	easures of food	
Nutrients and	Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	ted Q	5.367	,	1	A	1		1.522		
14:1		0.000		1	A	1		0.000		
15:1	g	0.000)	1	A	1		0.000		
16:1 undifferentiated		0.263	3	1	A	1		0.075		
17:1										
18:1 undifferentiated	-	4.994	Į	1	A	1		1.416		
20:1	-	0.110)	1	A	1		0.031		
22:1 undifferentiated	g	0.000)	0	Z	7		0.000		
24:1 c	g									
Fatty acids, total polyunsaturate		0.968	3	1	A	1		0.274		
18:2 undifferentiated		0.799)	1	A	1		0.227		
18:3 undifferentiated	-	0.028	3	0	AS	1		0.008		
18:3 n-6 c.c.c		0.000)	1	A	1		0.000		
18:3i	g									
18:4	-	0.000)	0	Z	7		0.000		
20:2 n-6 c,c	g	0.046	5	1	A	1		0.013		
20:3 undifferentiated		0.000)	1	A	1		0.000		
20:3 n-3										
20:3 n-6										
20:4 undifferentiated		0.095	5	1	A	1		0.027		
20:4 n-3										
20:4 n-6										
20:5 n-3	g	0.000)	0	Z	7		0.000		
22:5 n-3	g	0.000)	0	Z	7		0.000		
22:6 n-3	g	0.000)	0	Z	7		0.000		
Fatty acids, total trans	g	0.000)	1	A	1		0.000		
Cholesterol	mg	154		1	A	1		44		
Phytosterols	mg									
Others:										
Alcohol, ethyl	a	0.0		0	Z	7		0.0		
Caffeine	-	0		0	z	7		0		
Theobromine	-	0		0	z	7		0		
Carotenoids:	g	-		-	=	-		-		
Carotene, beta	mcg	0		1	A	1		0.000		
Carotene, alpha		0		1	A	1		0.000		
Cryptoxanthin, beta		0		1	A	1		0.000		
Lycopene		0		1	A	1		0.000		
Lutein + zeaxanthin		0		0	Z	7		0.000		

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

NDB No. 10101 Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered

Refuse: 0%

		<u>A</u> 1	mount in 100 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			Numbei	•			<u>m</u>	easures of food		
			of Data	Deriv	Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:										
Water	g	72.65	2		1		80.64	306.58		
Energy	kcal	166	0	NC	4		184	701		
Energy		695			4		771	2931		
Protein (N x 6.25)	g	15.95	2		1		17.70	67.31		
Total lipid (fat)	g	10.80	2		1		11.99	45.58		
Ash	g	0.40	1		1		0.44	1.69		
Carbohydrate, by difference	g	0.20	0	NC	4		0.22	0.84		
Fiber, total dietary	g	0.0	0	Z	7		0.0	0.0		
Sugars, total	g									
Starch	g									
Minavala										
Minerals: Calcium, Ca	ma	18	1		1		20	76		
Iron, Fe	-	1.50	1		1		1.67	6.33		
Magnesium, Mg		7	1		1		8	30		
Phosphorus, P		24	1		1		27	101		
Potassium, K	•	40	1		1		44	169		
Sodium, Na		167	1		1		185	705		
Zinc, Zn		0.20	0		4		0.22	0.84		
Copper, Cu	mg	0.006	0		4		0.007	0.025		
Manganese, Mn		0.010			4		0.011	0.042		
Selenium, Se	mcg	4.4	0	BFYN	4		4.9	18.6		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0	1		1		0.0	0.0		
Thiamin		0.020			1		0.022	0.084		
Riboflavin		0.070			1		0.078	0.295		
Niacin		0.560) 1		1		0.622	2.363		
Pantothenic acid	-	0.037	0		4		0.041	0.156		
Vitamin B-6	mg	0.010	0		4		0.011	0.042		
Folate, total	mcg	0	0		4		0	0		
Folic acid		0	0	Z	7		0	0		
Folate, food	mcg	0	0		4		0	0		
Folate, DFE	mcg_DFE	0	0	NC	4		0	0		
Vitamin B-12		0.04	0		4		0.04	0.17		
Vitamin A, IU		0	1		1		0	0		
Vitamin A, RAE		0	1		1		0	0		
Retinol		0	1		1		0	0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated		3.860			4		4.285	16.289		
4:0		0.000			4		0.000	0.000		
6:0		0.000			4		0.000	0.000		
8:0		0.000			4		0.000	0.000		
10:0	-	0.000			4		0.000 0.011	0.000 0.042		
12:0 13:0		0.010	, 0		4		0.011	0.042		
14:0	-	0.140	0		4		0.155	0.591		
15:0		0.110			•		3.133	0.551		
16:0	-	2.420	0		4		2.686	10.212		
17:0	-		J		-					
18:0		1.290	0		4		1.432	5.444		
~·~								-		
20:0	y									

	<u>A</u>	mount in 100 grams		<u>on</u>	Amount in edible portion of common measures of food			
		Number	r Deriv Source	Confidence	<u></u>	<u> </u>	•	
Nutrients and Units	Mean	Std. Error Points		Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	4.910	0	4		5.450	20.720		
14:1g								
15:1g								
16:1 undifferentiatedg	0.310	0	4		0.344	1.308		
17:1g								
18:1 undifferentiatedg	4.600		4		5.106	19.412		
20:1g	0.000		4		0.000	0.000		
22:1 undifferentiatedg	0.000	0	4		0.000	0.000		
24:1 cg								
Fatty acids, total polyunsaturated9	1.150		4		1.277	4.853		
18:2 undifferentiated	1.010		4		1.121	4.262		
18:3 undifferentiatedg	0.090		4		0.100	0.380		
18:4g	0.000	0	4		0.000	0.000		
20:2 n-6 c,cg								
20:3 undifferentiatedg	0.050							
20:4 undifferentiated	0.050		4		0.056	0.211		
20:5 n-3g	0.000		4		0.000	0.000		
22:5 n-3g	0.000		4		0.000	0.000		
22:6 n-3g	0.000	U	4		0.000	0.000		
Fatty acids, total trans	90	1	1		100	380		
Cholesterol mg	90	0	4		0	0		
Phytosterolsmg	U	U	4		U	U		
Amino Acids:								
Tryptophang	0.031	. 1	1		0.034	0.131		
Threonineg	0.477	1	1		0.529	2.013		
Isoleucineg	0.365		1		0.405	1.540		
Leucineg	0.875		1		0.971	3.693		
Lysineg	0.732		1		0.813	3.089		
Methionineg	0.128		1		0.142	0.540		
Cystineg	0.142		4		0.158	0.599		
Phenylalanineg	0.510		1		0.566	2.152		
Tyrosineg	0.319		1		0.354	1.346		
Valineg	0.638		1		0.708	2.692		
Arginineg	1.276		1		1.416	5.385		
Histidineg	0.191		1		0.212	0.806		
Alanineg	1.531		1		1.699	6.461		
Aspartic acidg	1.179		1		1.309	4.975		
Glutamic acid	2.008		1		2.229	8.474		
Glycineg	3.142		1		3.488	13.259		
Prolineg	1.914		1		2.125	8.077		
Serine	0.684	1	1		0.759	2.886		
Hydroxyproline9								
Others:								
Alcohol, ethylg	0.0	0	7		0.0	0.0		
Caffeine mg								
Theobrominemg								

Common Measures:

Measure 1 = 111g: 1 ear (yield after cooking)

Measure 2 = 422g: 1 unit, cooked (yield from 1 lb raw meat)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 5% Thaw juice and trim

		<u>A</u>	mount in 100 gram	s ot edil	ole portio	<u>n</u>	Amount in edible portion of common			
			Numbe	r			<u>m</u>	easures of food	<u> </u>	
				Deriv	Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:										
Water	а	61.25	2		1		17.36	69.21		
Energy	_	234	0	NC	4		66	264		
Energy		979			4		278	1106		
Protein (N x 6.25)		22.45	2		1		6.36	25.37		
Total lipid (fat)		15.10	2		1		4.28	17.06		
Ash		0.60	1		1		0.17	0.68		
Carbohydrate, by difference		0.60	0	NC	4		0.17	0.68		
Fiber, total dietary		0.0	0	Z	7		0.0	0.0		
Sugars, total			-	_	-					
Starch	_									
Starch	9									
<u>Minerals:</u>										
Calcium, Ca	mg	21	1		1		6	24		
Iron, Fe	mg	2.40	1		1		0.68	2.71		
Magnesium, Mg	mg	7	1		1		2	8		
Phosphorus, P	mg	41	1		1		12	46		
Potassium, K		55	1		1		16	62		
Sodium, Na	mg	191	1		1		54	216		
Zinc, Zn	<u>mg</u>	0.19	0		4		0.05	0.21		
Copper, Cu	mg	0.006	5 0		4		0.002	0.007		
Manganese, Mn	<u>mg</u>	0.012	2 0		4		0.003	0.014		
Selenium, Se	mcg	4.3	0	BFZN	4		1.2	4.9		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0	1		1		0.0	0.0		
Thiamin		0.080			1		0.023	0.090		
Riboflavin		0.110			1		0.023	0.124		
Niacin		0.780			1		0.221	0.881		
Pantothenic acid		0.068			4		0.019	0.077		
Vitamin B-6		0.020			4		0.006	0.023		
Folate, total	-	0.020	0		4		0	0.023		
Folic acid		Ö	0	z	7		Ö	Ö		
Folate, food		0	0		4		0	0		
Folate, DFE	mcg DFF	0	0	NC	4		0	0		
Vitamin B-12		0.07	0	NC	4		0.02	0.08		
Vitamin A, IU		0.07	1		1		0.02	0.08		
Vitamin A, RAE		0	1		1		0	0		
Retinol		0	1		1		0	0		
Vitamin E (alpha-tocopherol)		· ·	_		_		U	U		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u> ipids:</u>										
Fatty acids, total saturated		5.390			4		1.528	6.091		
4:0		0.000			4		0.000	0.000		
6:0	-	0.000			4		0.000	0.000		
8:0		0.000			4		0.000	0.000		
10:0		0.000			4		0.000	0.000		
12:0	-	0.010	0		4		0.003	0.011		
13:0	-									
14:0		0.200	0		4		0.057	0.226		
15:0	-									
16:0	g	3.380	0		4		0.958	3.819		
17:0	g									
18:0	g	1.800	0		4		0.510	2.034		
20:0	g									
22:0	a									

		<u>Amoun</u>	t in 100 grams of ed	dible portion	Amount in edible portion of common measures of food			
Nutrients and U	Inits	Mean Std.	of Data Deri Error Points Cod	v Source Confidence le Code Code	Measure 1	Measure 2	Measure 3	
Fatty acids total management	. a	6.860	0	4	1.945	7.752		
Fatty acids, total monounsaturate 14:1		6.860	O	4	1.945	7.752		
15:1	g							
16:1 undifferentiated		0.430	0	4	0.122	0.486		
17:1	-							
18:1 undifferentiated		6.430	0	4	1.823	7.266		
20:1	••••••	0.000	0	4	0.000	0.000		
22:1 undifferentiated	g	0.000	0	4	0.000	0.000		
24:1 c	g							
Fatty acids, total polyunsaturated	-	1.610	0	4	0.456	1.819		
18:2 undifferentiated	-	1.410	0	4	0.400	1.593		
18:3 undifferentiated	g	0.130	0	4	0.037	0.147		
18:4	g	0.000	0	4	0.000	0.000		
20:2 n-6 c,c	-							
20:3 undifferentiated								
20:4 undifferentiated	-	0.070	0	4	0.020	0.079		
20:5 n-3	g	0.000	0	4	0.000	0.000		
22:5 n-3	g	0.000	0	4	0.000	0.000		
22:6 n-3	g	0.000	0	4	0.000	0.000		
Fatty acids, total trans								
Cholesterol		82	1	1	23	93		
Phytosterols	mg	0	0	4	0	0		
Amino Acids:								
Tryptophan	а	0.043	1	1	0.012	0.049		
Threonine		0.629	1	1	0.178	0.711		
Isoleucine	-	0.492	1	1	0.139	0.556		
Leucine	-	1.167	1	1	0.331	1.319		
Lysine	_	1.052	1	1	0.298	1.189		
Methionine		0.133	1	1	0.038	0.150		
Cystine		0.200	0	4	0.057	0.226		
Phenylalanine		0.718	1	1	0.204	0.811		
Tyrosine		0.402	1	1	0.114	0.454		
Valine	-	0.830	1	1	0.235	0.938		
Arginine	-	1.861	1	1	0.528	2.103		
Histidine		0.269	1	1	0.076	0.304		
Alanine	-	2.220	1	1	0.629	2.509		
Aspartic acid		1.660	1	1	0.471	1.876		
Glutamic acid		2.805	1	1	0.795	3.170		
Glycine	-	4.400	1	1	1.247	4.972		
Proline	-	2.848	1	1	0.807	3.218		
Serine		0.941	1	1	0.267	1.063		
Hydroxyproline			_			2.003		
, ,,,								
Others:	a	0.0	0 z	7	0.0	0.0		
Alcohol, ethyl	-	0.0	U Z	· /	0.0	0.0		
	-							
Theobromine	y							

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 113g: 1 ear

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 60% Bone and hard tissue

		A	mount in 10			ole portio	on	Amount in edible portion of common measures of food		
Nutrients and Uni	ts	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		62.85		1	A	1		53.42		
Energy		238		0	NC	4		203		
Energy		998		0	NC	4		848		
Protein (N x 6.25)		21.94		1	A	1		18.65		
Total lipid (fat)		16.05		1 1	A	1 1		13.64		
Ash		0.66		0	A Z	7		0.56 0.00		
Carbohydrate, by difference		0.00 0.0		0	Z	7		0.00		
Fiber, total dietary		0.00		0	Z	7		0.00		
Sugars, total		0.00		U	4	,		0.00		
Starcn	9									
Minerals:										
Calcium, Ca	-	0		1	A	1		0		
Iron, Fe		0.98		1	A	1		0.83		
Magnesium, Mg		5		1	A	1		5		
Phosphorus, P		82 33		1 1	A A	1 1		70 28		
Potassium, KSodium, Na		33 73		1	A	1		28 62		
Zinc, Zn		1.05		1	A	1		0.89		
Copper, Cu		0.062	!	1	A	1		0.053		
Manganese, Mn		0.018		1	A	1		0.015		
Selenium, Se		23.0		1	A	1		19.6		
•										
Vitamins:	ma	0.0				1		0.0		
Vitamin C, total ascorbic acid Thiamin	_	0.0 0.016		1 1	A A	1 1		0.0 0.014		
Riboflavin		0.010		1	A	1		0.014		
Niacin	-	0.585		1	A	1		0.497		
Pantothenic acid		0.240		1	A	1		0.204		
Vitamin B-6		0.038	1	1	A	1		0.032		
Folate, total		2		1	A	1		2		
Folic acid	mcg	0		0	Z	7		0		
Folate, food		2		1	A	1		2		
Folate, DFE	mcg_DFE	2		0	NC	4		2		
Vitamin B-12		0.41		1	A	1		0.35		
Vitamin A, IU	IU	0		0	AS	1		0		
Vitamin A, RAE		0		0	AS	1		0		
Retinol		0		1	A	1		0		
Vitamin E (alpha-tocopherol)		0.09		2	A A	1 1		0.08		
Tocopherol, beta		0.00		2	A	1		0.03		
Tocopherol, gamma Tocopherol, delta		0.00		2	A	1		0.00		
Vitamin D		0.00		_		_		0.00		
Vitamin K (phylloquinone)		0.0		2	A	1		0.0		
Lipids:	~	4 245			_			2 600		
Fatty acids, total saturated	-	4.343 0.000		1 0	A Z	1 7		3.692 0.000		
4:0 6:0		0.000		0	Z	7		0.000		
8:0	-	0.000		1	A	1		0.000		
10:0		0.000		1	A	1		0.000		
12:0		0.000		1	A	1		0.000		
13:0										
14:0		0.189	1	1	A	1		0.161		
15:0		0.000)	1	A	1		0.000		
16:0	g	3.019)	1	A	1		2.566		
17:0	-	0.041		1	A	1		0.035		
18:0	-	1.094		1	A	1		0.930		
20:0	-	0.000		1	A	1		0.000		
22:0	-	0.000	1	1	A	1		0.000		
24:0	g									

		<u>Aı</u>	mount in 10	00 grams	of edil	ole portic	<u>on</u>	Amount in	edible portion of	of common
				Number	•			<u>m</u>	easures of food	
Nutrients and U	Inits	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate	:dg	8.005	i	1	A	1		6.804		
14:1		0.000)	1	A	1		0.000		
15:1	g	0.000)	1	A	1		0.000		
16:1 undifferentiated	g	0.612		1	A	1		0.520		
17:1										
18:1 undifferentiated	g	7.232		1	A	1		6.147		
20:1	g	0.161		1	A	1		0.137		
22:1 undifferentiated	g	0.000)	0	z	7		0.000		
24:1 c	g									
Fatty acids, total polyunsaturated	lg	1.540)	1	A	1		1.309		
18:2 undifferentiated		1.319)	1	A	1		1.121		
18:3 undifferentiated	g	0.064		0	AS	1		0.054		
18:3 n-6 c,c,c	g	0.000)	1	A	1		0.000		
18:3i	g									
18:4	g	0.000	1	0	Z	7		0.000		
20:2 n-6 c,c	g	0.081		1	A	1		0.069		
20:3 undifferentiated	g	0.000	1	1	A	1		0.000		
20:3 n-3	g									
20:3 n-6	g									
20:4 undifferentiated		0.076	i	1	A	1		0.065		
20:4 n-3	g									
20:4 n-6	g									
20:5 n-3	g	0.000)	0	Z	7		0.000		
22:5 n-3	g	0.000)	0	Z	7		0.000		
22:6 n-3	g	0.000)	0	Z	7		0.000		
Fatty acids, total trans	g	0.000)	1	A	1		0.000		
Cholesterol	mg	107		1	A	1		91		
Phytosterols	mg									
Others:										
Alcohol, ethyl	a	0.0		0	z	7		0.0		
Caffeine	-	0		0	z	7		0		
Theobromine	_	0		0	z	7		0		
Carotenoids:		· ·		·	_	•		•		
Carotene, beta	mca	0		0	z	7		0.000		
Carotene, alpha		0		1	A	1		0.000		
Cryptoxanthin, beta		0		1	A	1		0.000		
Lycopene		0		1	A	1		0.000		
Lutein + zeaxanthin		0		0	z	7		0.000		

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 29% Bone and hard tissue

	Aı	mount in 10			Amount in edible portion of common measures of food					
Nutrients and Units		Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		64.99		1	A	1		18.42		
Energy	kcal	212		0	NC	4		60		
Energy	kj	889		0	NC	4		252		
Protein (N x 6.25)		23.16		1	A	1		6.57		
Total lipid (fat)		12.59		1	A	1		3.57		
Ash	9	0.68		1	A	1		0.19		
Carbohydrate, by difference		0.00		0	Z	7		0.00		
Fiber, total dietary		0.0		0	Z	7		0.0		
Sugars, total		0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	70		1	A	1		20		
Iron, Fe	_	0.58		1	A	1		0.16		
Magnesium, Mg	mg	6		1	A	1		2		
Phosphorus, P		75		1	A	1		21		
Potassium, K		63		1	A	1		18		
Sodium, Na		132		1	A	1		37		
Zinc, Zn		0.76		1	A	1		0.22		
Copper, Cu		0.070		1 1	A A	1 1		0.020		
Manganese, Mn Selenium, Se		0.000 23.3	•	1	A	1		0.000 6.6		
Selenium, Se	Thog	23.3		-	•	-		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	-	0.0		1	A	1		0.0		
Thiamin		0.026		1	A	1		0.007		
Riboflavin	_	0.106		1	A	1		0.030		
Niacin		1.130		1	A	1		0.320		
Pantothenic acid		0.303		1	A	1		0.086		
Vitamin B-6		0.053	1	1 1	A	1 1		0.015		
Folate, totalFolic acid		10 0		0	A Z	7		3 0		
Folate, food	-	10		1	A	1		3		
Folate, DFE		10		0	NC	4		3		
Vitamin B-12		0.52		1	A	1		0.15		
Vitamin A, IU		0		0	AS	1		0		
Vitamin A, RAE	mcg RAE	0		0	AS	1		0		
Retinol		0		1	A	1		0		
Vitamin E (alpha-tocopherol)		0.02		2	A	1		0.01		
Tocopherol, beta	mg	0.00		2	A	1		0.00		
Tocopherol, gamma	mg	0.00		2	A	1		0.00		
Tocopherol, delta		0.00		2	A	1		0.00		
Vitamin D				_						
Vitamin K (phylloquinone)	mcg	0.0		2	A	1		0.0		
Lipids:										
Fatty acids, total saturated	g	3.570	1	1	A	1		1.012		
4:0	g	0.000)	0	z	7		0.000		
6:0	g	0.000)	0	Z	7		0.000		
8:0	g	0.000	1	1	A	1		0.000		
10:0		0.011		1	A	1		0.003		
12:0		0.000	1	1	A	1		0.000		
13:0		_				_				
14:0		0.154		1	A	1		0.044		
15:0	_	0.000		1	A	1		0.000		
16:0	_	2.464		1	A	1		0.699		
17:0	_	0.022		1 1	A	1		0.006		
18:0	_	0.905 0.014		1	A A	1 1		0.257		
20:0 22:0	_	0.014		1	A A	1		0.004 0.000		
24:0	_	0.000	•	1	A	1		0.000		
47.0	9									

		<u>A</u> 1	mount in 10	0 grams	Amount in edible portion of common					
				Number				<u>m</u>	easures of food	
Nutrients and U	Nutrients and Units		Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate	ed a	6.289)	1	A	1		1.783		
14:1		0.000)	1	A	1		0.000		
15:1	g	0.000)	1	A	1		0.000		
16:1 undifferentiated	g	0.493	3	1	A	1		0.140		
17:1	g									
18:1 undifferentiated	g	5.682	2	1	A	1		1.611		
20:1	g	0.114	Į.	1	A	1		0.032		
22:1 undifferentiated	g	0.000)	0	Z	7		0.000		
24:1 c	-									
Fatty acids, total polyunsaturated		1.092		1	A	1		0.310		
18:2 undifferentiated		0.930		1	A	1		0.264		
18:3 undifferentiated		0.043		0	AS	1		0.012		
18:3 n-6 c,c,c	_	0.000)	1	A	1		0.000		
18:3i	_			_	_	_				
18:4	_	0.000		0	Z	7		0.000		
20:2 n-6 c,c		0.054		1 1	A	1		0.015		
20:3 undifferentiated	-	0.012	1	1	A	1		0.003		
20:3 n-3										
20:3 n-6 20:4 undifferentiated		0.053	,	1	A	1		0.015		
20:4 undifferentiated		0.055	•	_		_		0.015		
20:4 n-6	-									
20:5 n-3	• • • • • • • • • • • • • • • • • • • •	0.000)	0	z	7		0.000		
22:5 n-3		0.000		0	z	7		0.000		
22:6 n-3		0.000		0	z	7		0.000		
Fatty acids, total trans		0.000		1	A	1		0.000		
Cholesterol		88		1	A	1		25		
Phytosterols	_									
Others:										
Alcohol, ethyl	а	0.0		0	z	7		0.0		
Caffeine	-	0		0	z	7		0		
Theobromine		0		0	z	7		0		
Carotenoids:	······································									
Carotene, beta	mcq	0		1	A	1		0.000		
Carotene, alpha		0		1	A	1		0.000		
Cryptoxanthin, beta		0		1	A	1		0.000		
Lycopene		0		1	A	1		0.000		
Lutein + zeaxanthin		0		0	Z	7		0.000		

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

NDB No. 10104 Pork, fresh, variety meats and by-products, heart, cooked, braised

Refuse: 0%

		<u>A</u> :	mount in 100 gra	ams of ec	Amount in edible portion of common				
			Num	ber			<u>m</u>	easures of food	
					/ Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Poi			Code	Measure 1	Measure 2	Measure 3
_									
Proximates: Water	g	68.08	0.693	8	1		98.72	87.82	
Energy	-	148		0 N	2 4		215	191	
Energy		619			4		898	799	
Protein (N x 6.25)		23.60	0.462	3	1		34.22	30.44	
Total lipid (fat)	_	5.05	0.208	8	1		7.32	6.51	
Ash		1.00	0.000	3	1		1.45	1.29	
Carbohydrate, by difference		0.40		0 N	C 4		0.58	0.52	
Fiber, total dietary		0.0		0 z			0.0	0.0	
Sugars, total								0.0	
Starch	-								
Staren	9								
Minerals:									
Calcium, Ca	_	7		0	1		10	9	
Iron, Fe		5.83		0	1		8.45	7.52	
Magnesium, Mg		24		0	1		35	31	
Phosphorus, P	-	178		0	1		258	230	
Potassium, K	• • • • • • • • • • • • • • • • • • • •	206		0	1		299	266	
Sodium, Na		35		0	1		51	45	
Zinc, Zn		3.09		0	1		4.48	3.99	
Copper, Cu		0.508		0	1		0.737	0.655	
Manganese, Mn		0.073	3	0 0 BFY	1 N 4		0.106	0.094	
Selenium, Se	mcg	18.3		0 BFY	N 4		26.5	23.6	
Vitamins:									
Vitamin C, total ascorbic acid	mg	2.0		0	1		2.9	2.6	
Thiamin	mg	0.555	0.039	5	1		0.805	0.716	
Riboflavin		1.702	0.093	5	1		2.468	2.196	
Niacin	mg	6.050)	0	1		8.773	7.805	
Pantothenic acid	mg	2.470)	0	1		3.582	3.186	
Vitamin B-6	mg	0.390)	0	1		0.566	0.503	
Folate, total	mcg	4		0	1		6	5	
Folic acid	mcg	0		0 z	7		0	0	
Folate, food		4		0	1		6	5	
Folate, DFE		4		0 NC	4		6	5	
Vitamin B-12		3.79		0	1		5.50	4.89	
Vitamin A, IU	IU	22		0	1		32	28	
Vitamin A, RAE	mcg_RAE	7		0	1		10	9	
Retinol	_	7		0	1		10	9	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D.									
Vitamin K (phylloquinone)	nicg								
Lipids:									
Fatty acids, total saturated	g	1.340)	0	1		1.943	1.729	
4:0	g	0.000)	0	4		0.000	0.000	
6:0	g	0.000)	0	4		0.000	0.000	
8:0	g	0.000)	0	4		0.000	0.000	
10:0	_	0.000		0	1		0.000	0.000	
12:0	_	0.010)	0	1		0.015	0.013	
13:0	_								
14:0	_	0.100)	0	1		0.145	0.129	
15:0									
16:0		0.690)	0	1		1.001	0.890	
17:0				_					
18:0		0.520)	0	1		0.754	0.671	
20:0									
22:0									
24:0	g								

	<u>Aı</u>	nount in 100 grams		Amount in edible portion of common measures of food			
		Numbe	='	Confidence	<u></u>	easures or roou	
Nutrients and Units	Mean	Std. Error Points		Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	1.180	0	1		1.711	1.522	
14:19							
15:1g							
16:1 undifferentiatedg	0.110	0	1		0.160	0.142	
17:1g							
18:1 undifferentiatedg	1.050	0	1		1.523	1.355	
20:1g	0.020	0	1		0.029	0.026	
22:1 undifferentiatedg	0.000	0	4		0.000	0.000	
24:1 cg	1 200	0	1		1 005	1 (77	
Fatty acids, total polyunsaturatedg	1.300		1		1.885	1.677 1.148	
18:2 undifferentiatedg	0.890	0	1		1.291		
18:3 undifferentiated	0.100	0			0.145	0.129	
18:4g	0.000	0	4		0.000	0.000	
20:2 n-6 c,cg							
20:3 undifferentiated	0 210	•	1		0.450	0 400	
20:4 undifferentiatedg	0.310	0	4		0.450	0.400	
20:5 n-3g		•	4		0.000	0.000	
22:5 n-3g	0.000	0	=		0.000	0.000	
22:6 n-3	0.000	U	4		0.000	0.000	
Fatty acids, total trans	221	0	1		320	285	
Cholesterol mg	0	0	4		0	0	
Phytosterolsmg	O .	Ū	*		U	U	
Amino Acids:							
Tryptophang	0.272	4	1		0.394	0.351	
Threonineg	1.035	11	1		1.501	1.335	
Isoleucineg	1.137	9	1		1.649	1.467	
Leucineg	2.130	9	1		3.089	2.748	
Lysineg	1.952		1		2.830	2.518	
Methionineg	0.604	9	1		0.876	0.779	
Cystineg	0.423		1		0.613	0.546	
Phenylalanineg	1.042	9	1		1.511	1.344	
Tyrosineg	0.808	5	1		1.172	1.042	
Valineg	1.250	9	1		1.813	1.613	
Arginineg	1.586		1		2.300	2.046	
Histidine9	0.600	9	1		0.870	0.774	
Alanineg	1.514	5	1		2.195	1.953	
Aspartic acidg	2.137	6	1		3.099	2.757	
Glutamic acidg	3.787	6	1		5.491	4.885	
Glycineg	1.284	6	1		1.862	1.656	
Prolineg	1.087	5	1		1.576	1.402	
Serineg	1.110	5	1		1.610	1.432	
Hydroxyprolineg							

Common Measures:

Measure 1 = 145g: 1 cup Measure 2 = 129g: 1 heart

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 0%

		<u>Aı</u>	mount in 100 g		Amount in edible portion of common					
			Nu	mber				<u>m</u>	easures of food	<u>.</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	76.21	0.265	30		1		21.61	172.23	
Energy	kcal	118		0	NC	4		33	267	
Energy	kj	494				4		140	1116	
Protein (N x 6.25)	g	17.27	0.118	23		1		4.90	39.03	
Total lipid (fat)	g	4.36	0.250	35		1		1.24	9.85	
Ash	g	0.84	0.045	7		1		0.24	1.90	
Carbohydrate, by difference	g	1.33		0	NC	4		0.38	3.01	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Aim awalas										
<u> Minerals:</u> Calcium, Ca	ma	5	0.163	8		1		1	11	
Iron, Fe	-	4.68	0.163	10		1		1.33	10.58	
Magnesium, Mg	-	19	1.211	10		1		5	43	
Phosphorus, P		169	12.008	7		1		48	382	
Potassium, K	_	294	8.883	9		1		83	664	
Sodium, Na	_	56	2.517	3		1		16	127	
Zinc, Zn	-	2.80	0.256	10		1		0.79	6.33	
Copper, Cu		0.408	0.042	7		1		0.116	0.922	
Manganese, Mn	<u>mg</u>	0.063	0.003	4		1		0.018	0.142	
Selenium, Se	mcg	10.4		0	BFZN	4		2.9	23.5	
/itamins:										
Vitamin C, total ascorbic acid	ma	5.3	0.650	10		1		1.5	12.0	
Thiamin	-	0.613		17		1		0.174	1.385	
Riboflavin		1.185		15		1		0.336	2.678	
Niacin		6.765		6		1		1.918	15.289	
Pantothenic acid		2.515		2		1		0.713	5.684	
Vitamin B-6	_	0.390		3		1		0.111	0.881	
Folate, total	_	4	1.100	4		1		1	9	
Folic acid		0		0	Z	7		0	0	
Folate, food		4	1.100	4		1		1	9	
Folate, DFE		4		0	NC	4		1	9	
Vitamin B-12		3.79	0.265	3		1		1.07	8.57	
Vitamin A, IU		25	13.229	3		1		7	57	
Vitamin A, RAE		8	3.973	3		1		2	17	
Retinol	mcg	8	3.973	3		1		2	17	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.160		0		1		0.329	2.622	
4:0		0.000		0		1		0.000	0.000	
6:0	_	0.000		0		1		0.000	0.000	
8:0	-	0.000		0		1		0.000	0.000	
10:0	g	0.000		2		1		0.000	0.000	
12:0	g	0.010		2		1		0.003	0.023	
13:0	g									
14:0	g	0.080	0.047	4		1		0.023	0.181	
15:0	g									
16:0		0.590	0.100	5		1		0.167	1.333	
17:0										
18:0		0.450	0.080	5		1		0.128	1.017	
20:0	g									
22:0	a									

Nutrients and Units Nutrients Nu			<u>Ar</u>	nount in 100 g	rams of edi	Amount in edible portion of common measures of food				
14	Nutrients and Un	iits	Mean	of	Data Deriv			Measure 1	Measure 2	Measure 3
14	E-wid- A-A-I	9	1 020		0	1		0.200	2 205	
15-1			1.020		U	_		0.289	2.305	
16.1 undifferentiated. g 0.100 0.031 5 1 0.028 0.226 18.1 undifferentiated. g 0.900 0.227 5 1 0.005 0.041 20.1										
17-1			0.100	0.031	5	1		0.028	0.226	
18.1 undifferentiated. 9 0.900 0.227 5 1 0.0255 2.034 20-1 20-1 9 0.018 2 1 1 0.005 0.041 22-1 undifferentiated. 9 0.000 0 1 0.000 0.000 24-1 0.000 0.000 24-1 0.000 0.000 24-1 0.000 0.000 24-1 0.000			0.200	0.002	J	_		0.020	0.220	
201		-	0.900	0.227	5	1		0.255	2.034	
22-1 undifferentiated. 9 0.000 0 1 0.000 0.000 0.000 0.41 0.000 0.000 0.41 0.018 0.000 0.000 0.41 0.018 0.018 0.000 0.			0.018		2	1				
24 1 c 9 Fatty acids, total polyunsaturated. 9 1.120 0 1 0.318 2.531 18.2 undifferentiated. 9 0.700 0.205 5 1 0.023 0.181 18.3 undifferentiated. 9 0.000 0 1 0.000 0.000 20.2 n.6 c.c. 9 20.3 undifferentiated. 9 0.270 0.091 4 1 0.007 0.610 20.2 n.6 c.c. 9 20.4 undifferentiated. 9 0.270 0.091 4 1 0.000 0.000 22.5 n.3 9 0.000 0 1 0.000 0.000 23.5 n.3 9 0.000 0 1 0.000 0.000 24.5 n.3 9 0.000 0 1 0.000 0.000 25.5 n.3 9 0.000 0 1 0.000 0.000 25.5 n.3 9 0.000 0 1 0.000 0.000 26.5 n.3 9 0.000 0 1 0.000 0.000 27.5 n.3 9 0.000 0 1 0.000 0.000 28.5 n.3 9 0.000 0 1 0.000 0.000 29.5 n.3 9 0 0.000 0 1 0.000 0.000 20.5 n.3 9 0 0.000 0 1 0.000 0.000 20.5 n.3 9 0 0.000 0 1 0.000 0.000 20.5 n.3 9 0 0.000 0 1 0.000 0.000 20.5 n.3 9 0 0.000 0 1 0.000 0.000 20.5 n.3 9 0 0.000 0 1 0.000 0.000 20.5 n.3 9 0 0.000 0 0 1 0.000 0.000 20.5 n.3 9 0 0.000 0 0 1 0.000 0.000 20.5 n.3 9 0 0.000 0 0 1 0.000 0.000 20.5 n.3 9 0 0.000 0 0 1 0.000 0.000 20.5 n.3 9 0 0.000 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0						1				
Fatty acids, total polyunsaturated 9 1.120 0 1 0.318 2.531 18.2 undifferentiated 9 0.770 0.205 5 1 0.218 1.740 18.3 undifferentiated 9 0.000 0 0 1 0.000 0.000 18.4 9 0.000 0 1 0.000 0.000 20.2 n-6 c, c 9 0.201 0.091 4 1 0.007 0.610 20.3 undifferentiated 9 0.270 0.091 4 1 0.007 0.610 20.5 n-3 9 0.000 0 1 0.000 0.000 22.5 n-3 9 0.000 0 1 0.000 0.000 23.5 n-3 9 0.000 0 1 0.000 0.000 24.5 n-3 9 0.000 0 1 0.000 0.000 25.5 n-3 9 0.000 0 1 0.000 0.000 26.5 n-3 9 0.000 0 1 0.000 0.000 27.5 n-3 9 0.000 0 1 0.000 0.000 28.5 n-3 9 0.000 0 1 0.000 0.000 29.5 n-3 9 0 0 0 0 0 20.5 n-3 0 0 0 0 0 0 20.5 n-3 0 0 0 0 0 20.5 n-3 0 0 0 0 0 0 20.5 n-3 0 0 0 0 0 0 20.5 n-3 0 0 0 0 0		_								
18.2 undifferentiated g 0.770 0.205 5 1 0.218 1.740 18.3 undifferentiated g 0.080 0.084 3 1 0.023 0.181 18.4 g 0.000 0 1 0.000 0 20.2 undifferentiated g 0.000 0 1 0.000 0.000 20.5 n-3 g 0.000 0 1 0.000 0.000 22.6 n-3 g 0.000 0 1 0.000 0.000 22.6 n-3 g 0.000 0 1 0.000 0.000 Fatty acids, total trans. g 0 0 4 0 0 Phytosterolos mg 0 0 4 0 0 Amino Acids: Tryptoplan g 0.199 4 1 0.056 0.450 Threatine g 0.757 1 1 1 0.216 1.711 Is			1.120		0	1		0.318	2.531	
18.3 undifferentiated 9 0.080 0.084 3 1 0.023 0.181 184 9 0.000 0.000 20.0000 20.000 20.000 20.000 20.000 20.000 20.000 20.000 20.000 20.0000 20.000 20.000 20.000 20.000 20.000 20.000 20.000 20.000 20.0000 20.000 20.000 20.000 20.000 20.000 20.000 20.000 20.000 20.0000 20.000 20.000 20.000 20.000 20.000 20.000 20.000 20.000 20.0000 20.000 20.000 20.000 20.000 20.000 20.000 20.000 20.000 20.0000 20.000 20.000 20.000 20.000 20.000 20.000 20.000 20.000 20.0000 20.000 20.000 20.000 20.000 20.000 20.000 20.000 20.000 20.00000 20.0000 20.00000 20.00000 20.00000 20.00000 20.00000 20.00000 20.00000 20.00000 20.00000 20.00000 20.00000 20.00000 20.0000000 20.00000 20.00000 20.00000 20.00000000			0.770	0.205	5	1		0.218	1.740	
18.4.		_	0.080	0.084	3	1		0.023	0.181	
202 nd cc		-	0.000		0	1		0.000	0.000	
20.4 undifferentiated		_								
20:5 n-3.	*	-								
20.5 n-3	20:4 undifferentiated	g	0.270	0.091	4	1		0.077	0.610	
22:5 n-3 g 0.000 0 1 0.000 0.000 22:6 n-3 g 0.000 0 1 0.000 0.000 Extra colspan="6">22:6 n-3 g 0.000 0	20:5 n-3	g	0.000		0	1		0.000	0.000	
22.6 n-3			0.000		0	1		0.000	0.000	
Cholesterol. .mg 131 12.852 32 1 37 296 Phytosterols. mg 0 0 4 0 0 Amino Acids: Tryptophan. .g 0.199 4 1 0.056 0.450 Threonine. .g 0.757 11 1 0.215 1.711 Isolectine. .g 0.831 .g 1 0.236 1.878 Leucine. .g 1.558 .g 1 0.442 3.521 Lysine. .g 1.428 .g 1 0.405 3.227 Methionine. .g 0.442 .g 1 0.125 0999 Cystine. .g 0.309 .0 4 0.088 0.698 Phenylalanine. .g 0.762 .g 1 0.168 1.336 Valine. .g 0.591 .g 1 0.126 1.722 Tyrosine. .g<		_	0.000		0	1		0.000	0.000	
Cholesterol. .mg 131 12.852 32 1 37 296 Phytosterols. mg 0 0 4 0 0 Amino Acids: Tryptophan. .g 0.199 4 1 0.056 0.450 Threonine. .g 0.757 11 1 0.215 1.711 Isolectine. .g 0.831 .g 1 0.236 1.878 Leucine. .g 1.558 .g 1 0.442 3.521 Lysine. .g 1.428 .g 1 0.405 3.227 Methionine. .g 0.442 .g 1 0.125 0999 Cystine. .g 0.309 .0 4 0.088 0.698 Phenylalanine. .g 0.762 .g 1 0.168 1.336 Valine. .g 0.591 .g 1 0.126 1.722 Tyrosine. .g<	Fatty acids, total trans	g								
Phytosterols mg 0 0 4 0 0 0			131	12.852	32	1		37	296	
Tryptophan g 0.199 4 1 0.056 0.450 Threonine g 0.757 11 1 0.215 1.711 Isoleucine g 0.831 9 1 0.236 1.878 Leucine g 0.831 9 1 0.236 1.878 Leucine g 1.558 9 1 0.442 3.521 Lysine g 1.428 9 1 0.405 3.227 Methionine g 0.442 9 1 0.125 0.999 Cystine g 0.309 0 4 0.088 0.698 Phenylalaine g 0.762 9 1 0.216 1.722 Tyrosine g 0.591 5 1 0.168 1.336 Valine g 0.914 9 1 0.259 2.066 Arginine g 0.439 9 1 0.124 0.992 <td>Phytosterols</td> <td>mg</td> <td>0</td> <td></td> <td>0</td> <td>4</td> <td></td> <td>0</td> <td>0</td> <td></td>	Phytosterols	mg	0		0	4		0	0	
Tryptophan g 0.199 4 1 0.056 0.450 Threonine g 0.757 11 1 0.215 1.711 Isoleucine g 0.831 9 1 0.236 1.878 Leucine g 0.831 9 1 0.236 1.878 Leucine g 1.558 9 1 0.442 3.521 Lysine g 1.428 9 1 0.405 3.227 Methionine g 0.442 9 1 0.125 0.999 Cystine g 0.309 0 4 0.088 0.698 Phenylalaine g 0.309 0 4 0.088 0.698 Phenylalaine g 0.762 9 1 0.216 1.722 Tyrosine g 0.591 5 1 0.168 1.336 Valine g 0.914 9 1 0.259 2.06	Amino Acids:									
Threonine 9 0.757 11 1 0.215 1.711 Isoleucine 9 0.831 9 1 0.236 1.878 Leucine 9 1.558 9 1 0.442 3.521 Lysine 9 1.428 9 1 0.405 3.227 Methionine 9 0.442 9 1 0.125 0.999 Cystine 9 0.309 0 4 0.088 0.698 Phenylalanine 9 0.762 9 1 0.216 1.722 Tyrosine 9 0.591 5 1 0.168 1.336 Valine 9 0.591 5 1 0.168 1.336 Valine 9 0.914 9 1 0.259 2.666 Arginine 9 1.160 9 1 0.329 2.622 Histidine 9 1.108 5 1 0.314 2.504 <td></td> <td>a</td> <td>0 199</td> <td></td> <td>4</td> <td>1</td> <td></td> <td>0.056</td> <td>0.450</td> <td></td>		a	0 199		4	1		0.056	0.450	
Isoleucine	2					_				
Leucine 9 1.558 9 1 0.442 3.521 Lysine 9 1.428 9 1 0.405 3.227 Methionine 9 0.442 9 1 0.125 0.999 Cystine 9 0.309 0 4 0.088 0.698 Phenylalanine 9 0.762 9 1 0.216 1.722 Tyrosine 9 0.591 5 1 0.168 1.336 Valine 9 0.591 5 1 0.168 1.336 Valine 9 0.914 9 1 0.259 2.066 Arginine 9 1.160 9 1 0.329 2.622 Histidine 9 0.439 9 1 0.329 2.622 Histidine 9 1.108 5 1 0.314 2.504 Aspartic acid 9 1.563 6 1 0.443 3.532 Glutamic acid 9 2.770 6 1 0.785 6.2		_								
Lysine 9 1 0.405 3.227 Methionine 9 1 0.125 0.999 Cystine 9 0.309 0 4 0.088 0.698 Phenylalanine 9 0.762 9 1 0.216 1.722 Tyrosine 9 0.591 5 1 0.168 1.336 Valine 9 0.914 9 1 0.259 2.066 Arginine 9 1 0.329 2.622 Histidine 9 1 0.329 2.622 Histidine 9 1 0.329 2.622 Histidine 9 1 0.124 0.992 Alanine 9 1 0.124 0.992 Alanine 9 1.108 5 1 0.314 2.504 Aspartic acid 9 2.770 6 1 0.785 6.260 Glycine 9 0.795 5 1 0.225 1.797 Serine 9										
Methionine g 0.442 9 1 0.125 0.999 Cystine g 0.309 0 4 0.088 0.698 Phenylalanine g 0.762 9 1 0.216 1.722 Tyrosine g 0.591 5 1 0.168 1.336 Valine g 0.914 9 1 0.259 2.066 Arginine g 1.160 9 1 0.329 2.622 Histidine g 0.439 9 1 0.124 0.992 Alanine g 1.108 5 1 0.314 2.504 Aspartic acid g 1.563 6 1 0.443 3.532 Glutamic acid g 2.770 6 1 0.785 6.260 Glycine g 0.795 5 1 0.225 1.797 Serine g 0.812 5 1 0.225 1.797 Serine g 0.812 5 1 0.230 1.835										
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Phenylalanine g 0.762 9 1 0.216 1.722 Tyrosine g 0.591 5 1 0.168 1.336 Valine g 0.914 9 1 0.259 2.066 Arginine g 1.160 9 1 0.329 2.622 Histidine g 0.439 9 1 0.124 0.992 Alanine g 1.108 5 1 0.314 2.504 Aspartic acid g 1.563 6 1 0.314 2.504 Aspartic acid g 2.770 6 1 0.785 6.260 Glycine g 0.939 6 1 0.266 2.122 Proline g 0.795 5 1 0.225 1.797 Serine g 0.812 5 1 0.230 1.835 Hydroxyproline g 0.00 0 7 0.0 0.0 Cothers: Alcohol, ethyl g 0.0						_				
Tyrosine	2					=				
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Arginine 9 1.160 9 1 0.329 2.622 Histidine 9 0.439 9 1 0.124 0.992 Alanine 9 1.108 5 1 0.314 2.504 Aspartic acid 9 1.563 6 1 0.443 3.532 Glutamic acid 9 2.770 6 1 0.785 6.260 Glycine 9 0.939 6 1 0.266 2.122 Proline 9 0.795 5 1 0.225 1.797 Serine 9 0.812 5 1 0.230 1.835 Hydroxyproline 9 Others: Alcohol, ethyl 9 0.0 0 7 0.0 0.0 Caffeine mg	2					_				
Histidine g 0.439 9 1 0.124 0.992 Alanine g 1.108 5 1 0.314 2.504 Aspartic acid g 1.563 6 1 0.443 3.532 Glutamic acid g 2.770 6 1 0.785 6.260 Glycine g 0.939 6 1 0.266 2.122 Proline g 0.795 5 1 0.225 1.797 Serine g 0.812 5 1 0.230 1.835 Hydroxyproline g Others: Alcohol, ethyl g 0.0 0 7 0.0 0.0 Caffeine mg						_				
Alanine. g 1.108 5 1 0.314 2.504 Aspartic acid. g 1.563 6 1 0.443 3.532 Glutamic acid. g 2.770 6 1 0.785 6.260 Glycine. g 0.939 6 1 0.266 2.122 Proline. g 0.795 5 1 0.225 1.797 Serine. g 0.812 5 1 0.230 1.835 Hydroxyproline. g Others: Alcohol, ethyl. g 0.0 0 7 0.0 0.0 Caffeine. mg	2	_								
Aspartic acid 9 1.563 6 1 0.443 3.532 Glutamic acid 9 2.770 6 1 0.785 6.260 Glycine 9 0.939 6 1 0.266 2.122 Proline 9 0.795 5 1 0.225 1.797 Serine 9 0.812 5 1 0.230 1.835 Hydroxyproline. 9 Others: Alcohol, ethyl 9 0.0 0 7 0.0 0.0 Caffeine mg		-			-	_				
Glutamic acid 9 2.770 6 1 0.785 6.260 Glycine 9 0.939 6 1 0.266 2.122 Proline 9 0.795 5 1 0.225 1.797 Serine 9 0.812 5 1 0.230 1.835 Hydroxyproline 9 Others: Alcohol, ethyl 9 0.0 0 7 0.0 0.0 Caffeine mg		-								
Glycine	•					_				
Proline .g 0.795 5 1 0.225 1.797 Serine .g 0.812 5 1 0.230 1.835 Hydroxyproline .g .g 0.0 0 7 0.0 0.0 Alcohol, ethyl .g 0.0 0 7 0.0 0.0 Caffeine .mg .mg .mg .mg .mg .mg										
Serine	-)					_				
Hydroxyproline		_								
Others: Alcohol, ethylg 0.0 0 7 0.0 0.0 Caffeinemg mg		-			-	_			2.000	
Alcohol, ethylg 0.0 0 7 0.0 0.0 Caffeinemg		-								
Caffeinemg		a	0.0		0	7		0 0	0 0	
-	, ,	-	0.0		U	,		0.0	0.0	
Theobrominemg		-								

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 226g: 1 heart

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 0%

		<u>A</u> 1	mount in 100 g	Amount in edible portion of common						
			Nu	mber	•			<u>m</u>	easures of food	<u>.</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	22.19	1.004	8		1		6.29	25.07	
Energy	kcal	655		0	NC	4		186	740	
Energy	kj	2741				4		777	3097	
Protein (N x 6.25)	g	6.38	0.479	8		1		1.81	7.21	
Total lipid (fat)	g	69.61	1.951	8		1		19.73	78.66	
Ash	g	0.32	0.022	8		1		0.09	0.36	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	4		0		1		1	5	
Iron, Fe	-	0.42		0		1		0.12	0.47	
Magnesium, Mg	-	3		0		1		1	3	
Phosphorus, P		86		0		1		24	97	
Potassium, K	-	148		0		1		42	167	
Sodium, Na		25		0		1		7	28	
Zinc, Zn	mg	0.84		0		4		0.24	0.95	
Copper, Cu	mg	0.040	1	0		1		0.011	0.045	
Manganese, Mn	<u>mg</u>	0.005	i	0		1		0.001	0.006	
Selenium, Se	mcg	1.5		0	BFNN	4		0.4	1.7	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin	-	0.386	:	0		1		0.109	0.436	
Riboflavin	-	0.236		0		1		0.067	0.267	
Niacin	_	4.535		0		1		1.286	5.125	
Pantothenic acid	-	0.250		0		1		0.071	0.283	
Vitamin B-6	_	0.090		0		1		0.026	0.102	
Folate, total	_	1		0		1		0	1	
Folic acid		0		0	z	7		0	0	
Folate, food		1		0		1		0	1	
Folate, DFE		1		0	NC	4		0	1	
Vitamin B-12		0.82		0		1		0.23	0.93	
Vitamin A, IU		9		0		1		3	10	
Vitamin A, RAE		3		0		1		1	3	
Retinol	mcg	3		0		1		1	3	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	25.260	ı	0		1		7.161	28.544	
4:0	g	0.000	1	0		4		0.000	0.000	
6:0	g	0.000	1	0		4		0.000	0.000	
8:0	g	0.000	1	0		4		0.000	0.000	
10:0	g	0.050		0		1		0.014	0.057	
12:0	_	0.150		0		1		0.043	0.170	
13:0	_									
14:0	-	0.880		0		1		0.249	0.994	
15:0										
16:0	-	15.240		0		1		4.321	17.221	
17:0										
18:0		8.940		0		1		2.534	10.102	
20:0	_									
22:0	~									

		<u>Aı</u>	nount in 100 gra		ible portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Un	its	Mean	Num of Da Std. Error Poin	ıta Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.		32.890)	1		9.324	37.166	
15:1	g	0.160			_		0.610		
16:1 undifferentiated		2.160	()	1		0.612	2.441	
18:1 undifferentiated	g	30.170	()	1		8.553	34.092	
20:1	g	0.560	()	1		0.159	0.633	
22:1 undifferentiated	g	0.000)	4		0.000	0.000	
24:1 c	-								
Fatty acids, total polyunsaturated		8.110)	1		2.299	9.164	
18:2 undifferentiated		7.450)	1		2.112	8.419	
18:3 undifferentiated	-	0.580)	1		0.164	0.655	
18:4	_	0.000		,)	4		0.000	0.000	
20:2 n-6 c.c	-	0.000	· ·	,	-		0.000	0.000	
20:3 undifferentiated	-								
		0.080			1		0.000	0.000	
20:4 undifferentiated	_				_		0.023	0.090	
20:5 n-3		0.000)	4		0.000	0.000	
22:5 n-3	-	0.000)	4		0.000	0.000	
22:6 n-3		0.000	•)	4		0.000	0.000	
Fatty acids, total trans									
Cholesterol	mg	90			1		26	102	
Phytosterols	mg	0	•)	4		0	0	
Amino Acids:									
Tryptophan	g	0.021	()	1		0.006	0.024	
Threonine	g	0.210	()	1		0.060	0.237	
Isoleucine	g	0.168	()	1		0.048	0.190	
Leucine	g	0.446)	1		0.126	0.504	
Lysine	-	0.528	()	1		0.150	0.597	
Methionine		0.095)	1		0.027	0.107	
Cystine		0.056)	1		0.016	0.063	
Phenylalanine		0.239		,)	1		0.068	0.270	
Tyrosine		0.104		,)	1		0.029	0.118	
2		0.305		,)	1		0.025	0.345	
Valine		0.659		,)	1		0.187	0.345	
Arginine	-	0.039		,)	1		0.187	0.745	
Histidine					_				
Alanine	_	0.378)	4		0.107	0.427	
Aspartic acid		0.592)	4		0.168	0.669	
Glutamic acid		0.991)	4		0.281	1.120	
Glycine		0.291)	4		0.082	0.329	
Proline		0.242)	4		0.069	0.273	
Serine	g	0.262)	4		0.074	0.296	
Hydroxyproline	g								
Others:					_				
Alcohol, ethyl	_	0.0) Z	7		0.0	0.0	
Caffeine	-								
Theobromine	mg								

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

NDB No. 10107 Pork, fresh, variety meats and by-products, kidneys, cooked, braised

		<u>A</u> :	mount in 100 gran	ıs of edi	ble portio	<u>on</u>	Amount in edible portion of common			
			Numb	er			measures of food			
					Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Point		Code	Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	q	68.70	0.231 3		1		96.18	58.40		
Energy	_	151	0	NC	4		211	128		
Energy		632			4		884	537		
Protein (N x 6.25)		25.40	0.173 3		1		35.56	21.59		
Total lipid (fat)	_	4.70	0.289 3		1		6.58	4.00		
Ash		1.30	0.023 3		1		1.82	1.11		
Carbohydrate, by difference		0.00	0	z	7		0.00	0.00		
Fiber, total dietary		0.0	0	z	7		0.0	0.0		
Sugars, total								0.0		
Starch	=									
Starch	9									
Minerals:										
Calcium, Ca	_	13	0		1		18	11		
Iron, Fe		5.29	0		1		7.41	4.50		
Magnesium, Mg		18	0		1		25	15		
Phosphorus, P	_	240	0		1		336	204		
Potassium, K	_	143	0		1		200	122		
Sodium, Na	-	80	0		1		112	68		
Zinc, Zn		4.15	0		1		5.81	3.53		
Copper, Cu		0.683			1		0.956	0.581		
Manganese, Mn		0.149			1		0.209	0.127		
Selenium, Se	mcg	311.5	0	BFZN	4		436.1	264.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	10.6	0		1		14.8	9.0		
Thiamin	mg	0.396	5 0		1		0.554	0.337		
Riboflavin		1.586	5 0		1		2.220	1.348		
Niacin	mg	5.785	5 0		4		8.099	4.917		
Pantothenic acid	mg	2.873	3 0		1		4.022	2.442		
Vitamin B-6	mg	0.460	0		1		0.644	0.391		
Folate, total	mcg	41	0		1		57	35		
Folic acid	mcg	0	0	Z	7		0	0		
Folate, food	mcg	41	0		1		57	35		
Folate, DFE		41	0	NC	4		57	35		
Vitamin B-12		7.79	0		1		10.91	6.62		
Vitamin A, IU	IU	260	0		1		364	221		
Vitamin A, RAE	mcg_RAE	78	0		1		109	66		
Retinol		78	0		1		109	66		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	q	1.510	0		1		2.114	1.284		
4:0		0.000			4		0.000	0.000		
6:0		0.000	0		4		0.000	0.000		
8:0	-	0.000			4		0.000	0.000		
10:0	g	0.000	0		1		0.000	0.000		
12:0	_	0.010			1		0.014	0.009		
13:0	_									
14:0	_	0.050	0		1		0.070	0.043		
15:0	g									
16:0		0.850	0		1		1.190	0.723		
17:0										
18:0		0.600	0		1		0.840	0.510		
20:0										
22:0										
24:0										

	<u>Aı</u>	mount in 10		of edik	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.550		0		1		2.170	1.318	
14:1g									
15:1g									
16:1 undifferentiatedg	0.120		0		1		0.168	0.102	
17:1g									
18:1 undifferentiated	1.400		0		1		1.960	1.190	
20:1g	0.020		0		1		0.028	0.017	
22:1 undifferentiatedg 24:1 cg	0.000		0		4		0.000	0.000	
Fatty acids, total polyunsaturatedg	0.380		0		1		0.532	0.323	
18:2 undifferentiatedg	0.250		0		1		0.350	0.213	
18:3 undifferentiated	0.010		0		1		0.014	0.009	
18:4g	0.000		0		4		0.000	0.000	
20:2 n-6 c.cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.120		0		1		0.168	0.102	
20:5 n-3g	0.000		0		4		0.000	0.000	
22:5 n-3g	0.000		0		4		0.000	0.000	
22:6 n-3g	0.000		0		4		0.000	0.000	
Fatty acids, total trans9							0.000	0.000	
Cholesterol mg	480		0		1		672	408	
Phytosterolsmg	0		0		4		0	0	
Amino Acids:									
Tryptophang	0.329		0		1		0.461	0.280	
Threonine	1.053		0		1		1.474	0.895	
Isoleucine 9	1.357		0		1		1.900	1.153	
Leucineg	2.280		0		1		3.192	1.938	
Lysineg	1.829		0		1		2.561	1.555	
Methionine 9	0.545		0		1		0.763	0.463	
Cystineg	0.557		0		1		0.780	0.473	
Phenylalanineg	1.199		0		1		1.679	1.019	
Tyrosine 9	0.914		0		1		1.280	0.777	
Valineg	1.463		0		1		2.048	1.244	
Arginine	1.561		0		1		2.185	1.327	
Histidine	0.610		0		1		0.854	0.519	
Alanine	1.597		0		1		2.236	1.357	
Aspartic acid	2.386		0		1		3.340	2.028	
Glutamic acid	3.032		0		1		4.245	2.577	
Glycineg	1.609		0		1		2.253	1.368	
Proline 9	1.573		0		1		2.202	1.337	
Serine 9	1.345		0		1		1.883	1.143	
Hydroxyproline	1.545		v		-		2.003	1.143	

Common Measures:

Measure 1 = 140g: 1 cup Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 7% Fat, veins, and membranes

Nutrients and Uni			Nun				m	oacures of food	_
Nutrients and Uni			114411	nber		measures of food			
Nutrients and Un			of [Data Deri	Source	Confidence			
	its	Mean	Std. Error Poi			Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	_	80.06	0.181	87	1		22.70	186.54	
Energy		100		0 NO			28	233	
Energy		418			4		119	975	
Protein (N x 6.25)		16.46	0.372	9	1		4.67	38.35	
Total lipid (fat)		3.25	0.298	10	1		0.92	7.57	
Ash		1.17	0.029	10	1		0.33	2.73	
Carbohydrate, by difference		0.00		0 z			0.00	0.00	
Fiber, total dietary		0.0		0 z	7		0.0	0.0	
Sugars, total	_								
Starch	g								
Minerals:									
Calcium, Ca	mg	9	0.552	12	1		3	21	
Iron, Fe	-	4.89		83	1		1.39	11.39	
Magnesium, Mg.		17		11	1		5	40	
Phosphorus, P		204	7.975	8	1		58	475	
Potassium, K		229		12	1		65	534	
Sodium, Na		121	12.756	4	1		34	282	
Zinc, Zn	mg	2.75	0.076	52	1		0.78	6.41	
Copper, Cu	mg	0.622	0.014	447	1		0.176	1.449	
Manganese, Mn	mg	0.123	0.014	3	1		0.035	0.287	
Selenium, Se	mcg	190.0		1 A	1		53.9	442.7	
Vitamins:									
Vitamin C, total ascorbic acid	mg	13.3	1.750	9	1		3.8	31.0	
Thiamin		0.340	0.033	9	1		0.096	0.792	
Riboflavin		1.697		8	1		0.481	3.954	
Niacin		8.207		12	1		2.327	19.122	
Pantothenic acid		3.130		2	1		0.887	7.293	
Vitamin B-6	-	0.440	0.036	5	1		0.125	1.025	
Folate, total		42		1	1		12	98	
Folic acid		0		0 z	7		0	0	
Folate, food		42		1	1		12	98	
Folate, DFE		42		0 NC			12	98	
Vitamin B-12		8.49	1.858	3	1		2.41	19.78	
Vitamin A, IU		198	56.500	4	1		56	461	
Vitamin A, RAE		59	16.967	4	1		17	139	
Retinol		59	16.967	4	1		17	139	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)									
Lipids:									
Fatty acids, total saturated	a	1.040	1	0	1		0.295	2.423	
4:0		0.000		0	4		0.000	0.000	
6:0		0.000		0	4		0.000	0.000	
8:0	-	0.000		0	4		0.000	0.000	
10:0	-	0.000		1	1		0.000	0.000	
12:0	-	0.010		2	1		0.003	0.023	
13:0	-							-	
14:0	-	0.040)	2	1		0.011	0.093	
15:0	-				_		3.022	0.000	
16:0		0.580	1	2	1		0.164	1.351	
17:0		2.000			-				
18:0		0.410	1	2	1		0.116	0.955	
					-		0.110	2.333	
20:0	_								

		<u>Ar</u>	nount in 100 gram		<u>ion</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	its	Mean	Number of Date Std. Error Points	a Deriv Sourc		Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	a	1.070	0	1		0.303	2.493		
14:1	-	1.070	U	_		0.303	2.493		
15:1									
16:1 undifferentiated	-	0.090	2	1		0.026	0.210		
17:1	-								
18:1 undifferentiated		0.970	2	1		0.275	2.260		
20:1	g	0.020	1	1		0.006	0.047		
22:1 undifferentiated	-	0.000	0	4		0.000	0.000		
24:1 c									
Fatty acids, total polyunsaturated		0.260	0	1		0.074	0.606		
18:2 undifferentiated		0.170	2	1		0.048	0.396		
18:3 undifferentiated	g	0.010	1	1		0.003	0.023		
18:4	g	0.000	0	4		0.000	0.000		
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated	g	0.080	1	1		0.023	0.186		
20:5 n-3	g	0.000	0	4		0.000	0.000		
22:5 n-3	g	0.000	0	4		0.000	0.000		
22:6 n-3	g	0.000	0	4		0.000	0.000		
Fatty acids, total trans	g								
Cholesterol	mg	319	18.568 30	1		90	743		
Phytosterols	<u>mg</u>	0	0	4		0	0		
Amino Acids:									
Tryptophan	а	0.213	5	1		0.060	0.496		
Threonine		0.682	8	1		0.193	1.589		
Isoleucine	-	0.879	6	1		0.249	2.048		
Leucine	_	1.477	6	1		0.419	3.441		
Lysine	-	1.185	6	1		0.336	2.761		
Methionine		0.353	6	1		0.100	0.822		
Cystine		0.361	1	1		0.102	0.841		
Phenylalanine	-	0.777	6	1		0.220	1.810		
Tyrosine		0.592	2	1		0.168	1.379		
Valine		0.948	6	1		0.269	2.209		
Arginine	g	1.011	5	1		0.287	2.356		
Histidine		0.395	5	1		0.112	0.920		
Alanine	-	1.035	1	1		0.293	2.412		
Aspartic acid	g	1.546	2	1		0.438	3.602		
Glutamic acid		1.964	2	1		0.557	4.576		
Glycine	g	1.043	2	1		0.296	2.430		
Proline	g	1.019	1	1		0.289	2.374		
Serine	g	0.872	1	1		0.247	2.032		
Hydroxyproline	g								

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 233g: 1 kidney

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

		<u>A</u> 1	mount in 100 g	<u>ırams</u>	<u>on</u>	Amount in edible portion of common				
			Nu	ımber				<u>m</u>	easures of food	<u>[</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	4.09	0.192	24		1		1.16	4.62	
Energy	-	857	0.132	0	NC	4		243	968	
23		3586		U	NC	4		1017	968 4052	
Energy			0 110			=				
Protein (N x 6.25)		1.76	0.112	24		1		0.50	1.99	
Total lipid (fat)		94.16	0.298	24		1		26.69	106.40	
Ash		0.10		0	_	1		0.03	0.11	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total	-									
Starch	g									
Minerals:										
Calcium, Ca	mg	1		0		1		0	1	
Iron, Fe	-	0.09		0		1		0.03	0.10	
Magnesium, Mg		1		0		1		0	1	
Phosphorus, P		19		0		4		5	21	
Potassium, K	-	31		0		4		9	35	
Sodium, Na		5		0		1		1	6	
Zinc, Zn	_	0.18		0		4		0.05	0.20	
Copper, Cu		0.009	a	0		1		0.003	0.010	
Manganese, Mn		0.001		0		4		0.000	0.001	
Selenium, Se		8.0	=	0	BFZN	4		2.3	9.0	
·						=				
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid		0.0		0	Z	7		0.0	0.0	
Thiamin		0.106		0		1		0.030	0.120	
Riboflavin		0.065		0		1		0.018	0.073	
Niacin		1.249		0		1		0.354	1.411	
Pantothenic acid		0.000		0		4		0.000	0.000	
Vitamin B-6	_	0.030)	0		1		0.009	0.034	
Folate, total	mcg	0		0		4		0	0	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	0		0		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.23		0		1		0.07	0.26	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol		0		0		4		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	а	45.230)	0		1		12.823	51.110	
4:0		0.000		0		4		0.000	0.000	
6:0		0.000		0		4		0.000	0.000	
8:0		0.000		0		4		0.000	0.000	
10:0		0.000		0		4 ⊿		0.000	0.000	
12:0		0.000		0		4		0.000	0.000	
13:0		0.000	•	J		-		3.000	0.000	
13:0		1.370	0.037	21		1		0.388	1.548	
		1.3/0	, 0.037	21		_		0.388	1.548	
15:0	_	26.770	0 271	22		1		7.589	20 250	
16:0	_	20.770	0.371	22		1		1.589	30.250	
17:0		17 000	0 255	22		4		4 045	10 010	
18:0		17.090	0.375	22		1		4.845	19.312	
20:0	_									
22:0	g g									

		<u>Ar</u>	nount in 100 g	arams of ed	ible portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Un	its	Mean		Data Deriv		Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	a	37.220		0	1		10.552	42.059		
14:1		37.220		Ü	-		10.552	42.039		
15:1										
16:1 undifferentiated		1.970	0.116	22	1		0.558	2.226		
17:1	_									
18:1 undifferentiated		35.250	0.301	22	1		9.993	39.833		
20:1	g	0.000		0	4		0.000	0.000		
22:1 undifferentiated	g	0.000		0	4		0.000	0.000		
24:1 c	g									
Fatty acids, total polyunsaturated		7.280		0	1		2.064	8.226		
18:2 undifferentiated	g	6.340	0.269	22	1		1.797	7.164		
18:3 undifferentiated	g	0.940	0.029	21	1		0.266	1.062		
18:4	g	0.000		0	4		0.000	0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	-									
20:4 undifferentiated	g	0.000		0	4		0.000	0.000		
20:5 n-3	g	0.000		0	4		0.000	0.000		
22:5 n-3	-	0.000		0	4		0.000	0.000		
22:6 n-3		0.000		0	4		0.000	0.000		
Fatty acids, total trans	_			_						
Cholesterol	_	110		0	1		31	124		
Phytosterols	mg	0		0	4		0	0		
Amino Acids:										
Tryptophan	q	0.006		1	1		0.002	0.007		
Threonine		0.058		1	1		0.016	0.066		
Isoleucine		0.046		1	1		0.013	0.052		
Leucine	_	0.123		1	1		0.035	0.139		
Lysine	_	0.146		1	1		0.041	0.165		
Methionine	g	0.026		1	1		0.007	0.029		
Cystine	g	0.015		1	1		0.004	0.017		
Phenylalanine	g	0.066		1	1		0.019	0.075		
Tyrosine		0.029		1	1		0.008	0.033		
Valine	g	0.084		1	1		0.024	0.095		
Arginine	g	0.182		1	1		0.052	0.206		
Histidine	g	0.020		1	1		0.006	0.023		
Alanine	g	0.104		0	4		0.029	0.118		
Aspartic acid	g	0.163		0	4		0.046	0.184		
Glutamic acid	g	0.273		0	4		0.077	0.308		
Glycine		0.080		0	4		0.023	0.090		
Proline	_	0.067		0	4		0.019	0.076		
Serine	_	0.072		0	4		0.020	0.081		
Hydroxyproline	g									

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

NDB No. 10111 Pork, fresh, variety meats and by-products, liver, cooked, braised

		<u>A</u> :	mount in 100 grai	ns of edi	ble portion	<u>on</u>	Amount in edible portion of common		
			Numb	er			<u>m</u>	easures of food	<u> </u>
					Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Point		Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	а	64.32	()	1		227.69	54.67	
Energy	-	165			4		584	140	
Energy		690			4		2444	587	
Protein (N x 6.25)		26.02	()	1		92.11	22.12	
Total lipid (fat)	_	4.40			1		15.58	3.74	
Ash		1.50			1		5.31	1.28	
Carbohydrate, by difference		3.76			4		13.31	3.20	
Fiber, total dietary		0.0			7		0.0	0.0	
Sugars, total		• • • • • • • • • • • • • • • • • • • •	·	_	•		0.0	0.0	
Starch	-								
Staten	9								
Minerals:									
Calcium, Ca	-	10	C		1		35	9	
Iron, Fe		17.92	C		1		63.44	15.23	
Magnesium, Mg		14	С		1		50	12	
Phosphorus, P	•	241	0		1		853	205	
Potassium, K	-	150	С		1		531	128	
Sodium, Na	-	49	С		1		173	42	
Zinc, Zn		6.72			1		23.79	5.71	
Copper, Cu		0.634			1		2.244	0.539	
Manganese, Mn		0.300			1		1.062	0.255	
Selenium, Se	mcg	67.5	C	BFYN	4		239.0	57.4	
Vitamins:									
Vitamin C, total ascorbic acid	mg	23.6	2.916 6		1		83.5	20.1	
Thiamin		0.258	3 0		1		0.913	0.219	
Riboflavin		2.196	5 0		1		7.774	1.867	
Niacin	-	8.435	5 0		4		29.860	7.170	
Pantothenic acid		4.774	Į C		1		16.900	4.058	
Vitamin B-6		0.570) 0		1		2.018	0.485	
Folate, total	-	163	C		1		577	139	
Folic acid		0	C	Z	7		0	0	
Folate, food		163	C		1		577	139	
Folate, DFE		163	C	NC	4		577	139	
Vitamin B-12		18.67	C		1		66.09	15.87	
Vitamin A, IU		17997	2883.188 6		1		63709	15297	
Vitamin A, RAE	mcg_RAE	5405	865.822		1		19132	4594	
Retinol		5405	865.822		1		19132	4594	
Vitamin E (alpha-tocopherol)	mg								
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta	mg								
Vitamin D									
Vitamin K (phylloquinone)	mcg								
Lipids:									
Fatty acids, total saturated	a	1.410) (1		4.991	1.199	
4:0		0.000			1		0.000	0.000	
6:0		0.000			1		0.000	0.000	
8:0	_	0.000			1		0.000	0.000	
10:0	_	0.000			1		0.000	0.000	
12:0	_	0.000			1		0.000	0.000	
13:0	_	0.000			-		5.000	0.000	
14:0	_	0.020) (1		0.071	0.017	
15:0	_	0.020			-		3.071	0.017	
16:0		0.530) (1		1.876	0.451	
17:0		0.550			-		1.070	0.451	
18:0		0.840) (1		2.974	0.714	
20:0		3.540	•		-		2.3/4	V./14	
22:0									
24:0									
≟ ⊤.∨									

		<u>Am</u>	ount in 100 grams		<u>on</u>	Amount in edible portion of common			
			Number	•		<u>m</u>	easures of food		
Nutrients and Un	its	Mean	of Data Std. Error Points		Confidence Code	Measure 1	Measure 2	Measure 3	
			_	_					
Fatty acids, total monounsaturated. 14:1	g	0.630	0	1		2.230	0.536		
16:1 undifferentiated 17:1	g	0.030	0	1		0.106	0.026		
18:1 undifferentiated		0.560	0	1		1.982	0.476		
20:1	g	0.000	0	1		0.000	0.000		
22:1 undifferentiated	g	0.040	0	1		0.142	0.034		
24:1 c	g								
Fatty acids, total polyunsaturated		1.050	0	1		3.717	0.893		
18:2 undifferentiated		0.420	0	1		1.487	0.357		
18:3 undifferentiated		0.040	0	1		0.142	0.034		
18:4	g	0.000	0	1		0.000	0.000		
20:2 n-6 c,c									
20:3 undifferentiated	g								
20:4 undifferentiated	g	0.530	0	1		1.876	0.451		
20:5 n-3	g	0.000	0	1		0.000	0.000		
22:5 n-3	g	0.040	0	1		0.142	0.034		
22:6 n-3		0.030	0	1		0.106	0.026		
Fatty acids, total trans	g								
Cholesterol	mg	355	0	1		1257	302		
Phytosterols	mg	0	0	4		0	0		
Amino Acids:									
Tryptophan	g	0.366	7	1		1.296	0.311		
Threonine		1.107	15	1		3.919	0.941		
Isoleucine	-	1.320	13	1		4.673	1.122		
Leucine	-	2.319	13	1		8.209	1.971		
Lysine	-	2.007	13	1		7.105	1.706		
Methionine		0.645	14	1		2.283	0.548		
Cystine	g	0.491	1	1		1.738	0.417		
Phenylalanine		1.274	13	1		4.510	1.083		
Tyrosine	g	0.887	6	1		3.140	0.754		
Valine		1.607	13	1		5.689	1.366		
Arginine	g	1.603	13	1		5.675	1.363		
Histidine	g	0.708	13	1		2.506	0.602		
Alanine	g	1.553	6	1		5.498	1.320		
Aspartic acid	g	2.356	8	1		8.340	2.003		
Glutamic acid		3.385	8	1		11.983	2.877		
Glycine	g	1.507	8	1		5.335	1.281		
Proline		1.395	6	1		4.938	1.186		
Serine	g	1.407	6	1		4.981	1.196		
Hydroxyproline	g								
Others:									
Alcohol, ethyl	g	0.0	0	7		0.0	0.0		
Caffeine									
Theobromine	mg								

Common Measures:

Measure 1 = 354g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

		<u>Ar</u>	mount in 100 g	grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common		
			Nι	ımbeı	•			<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	71.06	0.451	42		1		20.15	80.30	
Energy	kcal	134		0	NC	4		38	151	
Energy	kj	561				4		159	634	
Protein (N x 6.25)	g	21.39	0.304	8		1		6.06	24.17	
Total lipid (fat)	g	3.65	0.177	30		1		1.03	4.12	
Ash	g	1.44	0.028	6		1		0.41	1.63	
Carbohydrate, by difference	g	2.47		0	NC	4		0.70	2.79	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Ainavals.										
<u>linerals:</u> Calcium, Ca	ma	9	0.800	10		1		3	10	
Iron, Fe	_	23.30	1.553	30		1		6.61	26.33	
Magnesium, Mg	_	18	0.601	11		1		5	20.33	
Phosphorus, P		288	21.397	8		1		82	325	
Potassium, K	_	273	10.980	11		1		77	308	
Sodium, Na		87	15.502	3		1		25	98	
Zinc, Zn	-	5.76	0.269	22		1		1.63	6.51	
Copper, Cu	mg	0.677	0.026	446		1		0.192	0.765	
Manganese, Mn	mg	0.344	0.015	6		1		0.098	0.389	
Selenium, Se	mcg	52.7		0	BFZN	4		14.9	59.6	
itamins:										
Vitamin C, total ascorbic acid	ma	25.3	1.743	14		1		7.2	28.6	
Thiamin	_	0.283		24		1		0.080	0.320	
Riboflavin	-	3.005		26		1		0.852	3.396	
Niacin		15.301		31		1		4.338	17.290	
Pantothenic acid	_	6.650		6		1		1.885	7.515	
Vitamin B-6	-	0.690		8		1		0.196	0.780	
Folate, total	-	212	36.770	7		1		60	240	
Folic acid		0		0	z	7		0	0	
Folate, food		212	36.770	7		1		60	240	
Folate, DFE		212		0	NC	4		60	240	
Vitamin B-12		26.00	2.881	5		1		7.37	29.38	
Vitamin A, IU		21650	3334.623	13		1		6138	24465	
Vitamin A, RAE		6502	1001.388	13		1		1843	7347	
Retinol		6502	1001.388	13		1		1843	7347	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
ipids:										
Fatty acids, total saturated	g	1.170		0		1		0.332	1.322	
4:0		0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0		0.000		0		1		0.000	0.000	
10:0	g	0.000		1		1		0.000	0.000	
12:0	g	0.000		1		1		0.000	0.000	
13:0	-									
14:0	g	0.020	0.003	42		1		0.006	0.023	
15:0										
16:0		0.440	0.017	59		1		0.125	0.497	
17:0										
18:0		0.700	0.026	59		1		0.198	0.791	
20:0	-									
22:0	g									

		<u>Am</u>	ount in 100 gr Nur	<u>ams of edi</u> nber	ble portion		Amount in edible portion of common measures of food		
Nutrients and Units		Mean	of I Std. Error Poi	Data Deriv ints Code		onfidence Code	Measure 1	Measure 2	Measure 3
	_								
Fatty acids, total monounsaturated		0.520		0	1		0.147	0.588	
14:1 15:1	-								
16:1 undifferentiated	-	0.030	0.002	43	1		0.009	0.034	
17:1		0.030	0.002	43	-		0.003	0.034	
18:1 undifferentiated		0.460	0.021	59	1		0.130	0.520	
20:1		0.000	0.022	1	1		0.000	0.000	
22:1 undifferentiated	-	0.000		0	1		0.000	0.000	
24:1 c	•	0.000		•	-		0.000	0.000	
Fatty acids, total polyunsaturated		0.870		0	1		0.247	0.983	
18:2 undifferentiated		0.350	0.013	59	1		0.099	0.396	
18:3 undifferentiated		0.030	0.025	2	1		0.009	0.034	
18:4		0.000		0	1		0.000	0.000	
20:2 n-6 c.c.				-	_				
20:3 undifferentiated									
20:4 undifferentiated		0.440	0.021	57	1		0.125	0.497	
20:5 n-3		0.000		0	1		0.000	0.000	
22:5 n-3	_	0.030		1	1		0.009	0.034	
22:6 n-3	_	0.020		1	1		0.006	0.023	
Fatty acids, total trans	_								
Cholesterol		301	5.687	109	1		85	340	
Phytosterols		0		0	4		0	0	
Amino Asido									
Amino Acids:		0 201		7	1		0 005	0.240	
Tryptophan		0.301			1		0.085 0.258	0.340 1.028	
Threonine	_	0.910 1.085		15 13	1		0.258		
Isoleucine	_	1.906		13	1		0.540	1.226 2.154	
Leucine	-	1.649		13	1		0.540	1.863	
Lysine		0.530		14	1		0.150	0.599	
Methionine		0.404		1	1		0.115	0.399	
Cystine		1.047		13	1		0.113	1.183	
Phenylalanine		0.729		6	1		0.207	0.824	
TyrosineValine	-	1.321		13	1		0.375	1.493	
		1.317		13	1		0.373	1.488	
Arginine		0.582		13	1		0.165	0.658	
Alanine	_	1.276		6	1		0.165	1.442	
Aspartic acid		1.937		8	1		0.549	2.189	
Glutamic acid		2.782		8	1		0.789	3.144	
Glycine	_	1.239		8	1		0.789	1.400	
Proline		1.146		6	1		0.325	1.400	
Serine		1.157		6	1		0.328	1.307	
Hydroxyproline		1.157		•	-		0.520	1.307	
тубголургонис	y								
Others:									
Alcohol, ethyl		0.0		0	7		0.0	0.0	
Caffeine	mg								
Theobromine	<u>mg</u>								

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

NDB No. 10113
Pork, fresh, variety meats and by-products, lungs, cooked, braised

		<u>A</u> 1	mount in 100 gra	ms of edi	ble portic	<u>on</u>	Amount in edible portion of common			
			Num	ber			<u>m</u>	easures of food	<u> </u>	
			of D	ata Deriv	Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error Poin	ts Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	80.00	0.635	3	1		240.00	68.00		
Energy	_	99		0 NC	4		297	84		
Energy		414			4		1243	352		
Protein (N x 6.25)		16.60	0.577	3	1		49.80	14.11		
Total lipid (fat)		3.10		3	1		9.30	2.64		
Ash		0.90		3	1		2.70	0.77		
Carbohydrate, by difference		0.00		0 z	7		0.00	0.00		
Fiber, total dietary		0.0		0 z	7		0.0	0.0		
Sugars, total		0.0		-	•		0.0	0.0		
Starch	_									
Starcii	9									
<u>Minerals:</u>										
Calcium, Ca	-	8)	1		24	7		
Iron, Fe	-	16.41)	1		49.23	13.95		
Magnesium, Mg	mg	12)	1		36	10		
Phosphorus, P	-	186)	1		558	158		
Potassium, K	mg	151)	1		453	128		
Sodium, Na		81)	1		243	69		
Zinc, Zn		2.45)	1		7.35	2.08		
Copper, Cu		0.080)	4		0.240	0.068		
Manganese, Mn		0.015)	4		0.045	0.013		
Selenium, Se	mcg	23.4) BFYN	4		70.2	19.9		
/itamins:										
Vitamin C, total ascorbic acid	ma	7.9)	1		23.7	6.7		
Thiamin		0.079)	1		0.237	0.067		
Riboflavin		0.322)	1		0.966	0.274		
Niacin		1.364)	1		4.092	1.159		
Pantothenic acid		0.663)	1		1.989	0.564		
Vitamin B-6		0.080)	1		0.240	0.068		
Folate, total	-	2)	4		6	2		
Folic acid		0) z	7		0	0		
Folate, food		2) -	4		6	2		
Folate, DFE	mca DFF	2) NC	4		6	2		
Vitamin B-12		2.03)	1		6.09	1.73		
Vitamin A, IU		0)	1		0.05	0		
Vitamin A, RAE		0)	1		0	0		
Retinol		0)	1		Ö	0		
Vitamin E (alpha-tocopherol)		Ū		,	-		Ü	U		
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u> Lipids:</u>										
Fatty acids, total saturated		1.090)	1		3.270	0.927		
4:0		0.000)	1		0.000	0.000		
6:0	-	0.000)	1		0.000	0.000		
8:0		0.000)	1		0.000	0.000		
10:0	-	0.000)	1		0.000	0.000		
12:0	-	0.000))	1		0.000	0.000		
13:0	-			_						
14:0	-	0.030))	1		0.090	0.026		
15:0	-									
16:0	g	0.720))	1		2.160	0.612		
17:0	g									
18:0	g	0.330))	1		0.990	0.281		
20:0	g									
22:0	a									

	<u>A</u> 1	mount in 100 grams	of edible portion	<u>on</u>	Amount in edible portion of common		
		Number		06	<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error Points	Deriv Source Code Code	Confidence	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.700	0	1		2.100	0.595	
14:1g	0.700	·	1		2.100	0.595	
15:1g							
16:1 undifferentiatedg	0.060	0	1		0.180	0.051	
17:1g							
18:1 undifferentiated	0.630	0	1		1.890	0.536	
20:1g	0.000	0	1		0.000	0.000	
22:1 undifferentiatedg	0.000	0	1		0.000	0.000	
24:1 cg							
Fatty acids, total polyunsaturated	0.380	0	1		1.140	0.323	
18:2 undifferentiatedg	0.130	0	1		0.390	0.111	
18:3 undifferentiated	0.000	0	1		0.000	0.000	
18:4g	0.000	0	1		0.000	0.000	
20:2 n-6 c,cg							
20:3 undifferentiated							
20:4 undifferentiatedg	0.200	0	1		0.600	0.170	
20:5 n-3g	0.010	0	1		0.030	0.009	
22:5 n-3g	0.030	0	1		0.090	0.026	
22:6 n-3g	0.010	0	1		0.030	0.009	
Fatty acids, total trans9							
Cholesterolmg	387	0	1		1161	329	
Phytosterolsmg	0	0	4		0	0	
Amino Acids:							
Tryptophang	0.146	2	1		0.438	0.124	
Threonineg	0.584	3	1		1.752	0.496	
Isoleucineg	0.664	3	1		1.992	0.564	
Leucineg	1.288	3	1		3.864	1.095	
Lysineg	1.211	. 3	1		3.633	1.029	
Methionineg	0.268	3	1		0.804	0.228	
Cystineg	0.261	. 0	4		0.783	0.222	
Phenylalanineg	0.691	. 3	1		2.073	0.587	
Tyrosineg	0.470	0	4		1.410	0.400	
Valineg	0.988	3	1		2.964	0.840	
Arginineg	0.863	3	1		2.589	0.734	
Histidineg	0.420	3	1		1.260	0.357	
Alanineg	1.049	0	4		3.147	0.892	
Aspartic acidg	1.493	1	1		4.479	1.269	
Glutamic acidg	1.726	1	1		5.178	1.467	
Glycineg	1.211	. 1	1		3.633	1.029	
Prolineg	1.062	. 0	4		3.186	0.903	
Serineg	0.732	. 0	4		2.196	0.622	
Hydroxyproline9							
Others:							
Alcohol, ethylg	0.0	0	7		0.0	0.0	
Caffeine mg							
Theobromine mg							

Common Measures:

Measure 1 = 300g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 13% Blood clots and membranes

		<u>Aı</u>	mount in 100 gr	rams (of edib	ole portio	<u>on</u>	Amount in edible portion of common		
			Nur	mber				m	easures of food	_
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	79.52	0.600	19		1		22.54	360.70	
Energy	=	85	0.000	0	NC	4		24	386	
		356		U	NC	4		101		
Energy			0.600	-					1613	
Protein (N x 6.25)		14.08	0.623	5		1		3.99	63.87	
Total lipid (fat)		2.72	0.350	6		1		0.77	12.34	
Ash		0.80	0.000	3		1		0.23	3.63	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
<u>Minerals:</u>								_	_	
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	7	0.374	14		1		2	32	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	18.90	0.115	3		1		5.36	85.73	
Magnesium, Mg		14	0.638	13		1		4	64	
Phosphorus, P		196	8.579	14		1		56	889	
Potassium, K	mg	303	16.281	16		1		86	1374	
Sodium, Na	mg	153	9.373	15		1		43	694	
Zinc, Zn	mg	2.03		2		1		0.58	9.21	
Copper, Cu	mg	0.083	1	0		4		0.024	0.376	
Manganese, Mn	mg	0.017		0		4		0.005	0.077	
Selenium, Se	mcg	17.8		0	BFZN	4		5.0	80.7	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	12.3	0.956	6		1		3.5	55.8	
Thiamin	mg	0.085	i	2		1		0.024	0.386	
Riboflavin		0.430	0.046	7		1		0.122	1.950	
Niacin		3.345	i	2		1		0.948	15.173	
Pantothenic acid		0.900)	2		1		0.255	4.082	
Vitamin B-6		0.100	0.029	4		1		0.028	0.454	
Folate, total	-	3		0		4		1	14	
Folic acid		0		0	z	7		0	0	
Folate, food		3		0	-	4		1	14	
Folate, DFE		3		0	NC	4		1	14	
		2.75		2	NC	1		0.78	12.47	
Vitamin B-12		0		3		1		0.78		
Vitamin A, IU			0.000					•	0	
Vitamin A, RAE		0	0.000	3		1		0	0	
Retinol		0	0.000	3		1		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	Illeg									
<u>.ipids:</u> Fatty acids, total saturated	a	0.960	•	0		1		0.272	4.355	
Fatty acids, total saturated		0.960		0		4		0.272	0.000	
	-	0.000		0		4				
6:0	_			-		4		0.000	0.000	
8:0	_	0.000		0		4		0.000	0.000	
10:0	_	0.000		3		1		0.000	0.000	
12:0	_	0.000	0.001	3		1		0.000	0.000	
13:0	_									
14:0	_	0.020	0.005	4		1		0.006	0.091	
15:0	g									
16:0	g	0.630	0.100	4		1		0.179	2.858	
17:0	g									
18:0		0.290	0.046	4		1		0.082	1.315	
20:0										
22:0	-									
24:0										

		An	nount in 100 g	rams of ed		Amount in edible portion of common measures of food			
Nutrients and Un	its	Mean		Data Deriv		fidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	a	0.610		0	1		0.173	2.767	
14:1		0.010		U	-		0.173	2.707	
15:1									
16:1 undifferentiated		0.050	0.009	4	1		0.014	0.227	
17:1	-								
18:1 undifferentiated		0.560	0.090	4	1		0.159	2.540	
20:1	g	0.010	0.001	4	1		0.003	0.045	
22:1 undifferentiated	g	0.000		0	4		0.000	0.000	
24:1 c	g								
Fatty acids, total polyunsaturated	g	0.340		0	1		0.096	1.542	
18:2 undifferentiated	g	0.120	0.018	4	1		0.034	0.544	
18:3 undifferentiated	g	0.000	0.001	4	1		0.000	0.000	
18:4	g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c	_								
20:3 undifferentiated	_								
20:4 undifferentiated	g	0.180	0.032	4	1		0.051	0.816	
20:5 n-3	g	0.010		1	1		0.003	0.045	
22:5 n-3	g	0.030		1	1		0.009	0.136	
22:6 n-3		0.010		1	1		0.003	0.045	
Fatty acids, total trans	-								
Cholesterol	-	320	20.546	28	1		91	1452	
Phytosterols	mg	0		0	4		0	0	
Amino Acids:									
Tryptophan	a	0.124		2	1		0.035	0.562	
Threonine		0.496		3	1		0.141	2.250	
Isoleucine		0.563		3	1		0.160	2.554	
Leucine	-	1.093		3	1		0.310	4.958	
Lysine	-	1.027		3	1		0.291	4.658	
Methionine		0.228		3	1		0.065	1.034	
Cystine		0.221		0	4		0.063	1.002	
Phenylalanine	-	0.586		3	1		0.166	2.658	
Tyrosine		0.398		0	4		0.113	1.805	
Valine	-	0.838		3	1		0.238	3.801	
Arginine	g	0.732		3	1		0.208	3.320	
Histidine		0.356		3	1		0.101	1.615	
Alanine	-	0.890		0	4		0.252	4.037	
Aspartic acid	g	1.266		1	1		0.359	5.743	
Glutamic acid		1.464		1	1		0.415	6.641	
Glycine	g	1.027		1	1		0.291	4.658	
Proline	g	0.901		0	4		0.255	4.087	
Serine	g	0.621		0	4		0.176	2.817	
Hydroxyproline	g								

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

NDB No. 10114
Pork, fresh, variety meats and by-products, mechanically separated, raw

		<u>Aı</u>	mount in 100 g	rams	of edik	le portio	<u>n</u>	Amount in edible portion of common		
			Nu	mber				measures of food		
					Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	56.87	0.943	9		1		16.12	257.96	
Energy	-	30.07	0.545	0	NC	4		86	1379	
63		1272		U	NC	4		361	1379 5770	
Energy			0.004	•		_				
Protein (N x 6.25)		15.03	0.284	9		1		4.26	68.18	
Total lipid (fat)		26.54	0.637 0.112	16		1		7.52	120.39	
Ash		1.56	0.112	9	_	1		0.44	7.08	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total	-									
Starch	g									
Minerals:										
Calcium, Ca	mg	315	22.889	23		1		89	1429	
Iron, Fe		4.25		2		1		1.20	19.28	
Magnesium, Mg	-	16		0		4		5	73	
Phosphorus, P		200		1		1		57	907	
Potassium, K	-	298		0		4		84	1352	
Sodium, Na		50		0		4		14	227	
Zinc, Zn		2.44	0.073	7		1		0.69	11.07	
Copper, Cu		0.082		8		1		0.023	0.372	
Manganese, Mn		0.011		0		4		0.003	0.050	
Selenium, Se		32.9		0	BFZN	4		9.3	149.2	
·	_									
Vitamins:		0.7		^				0.2		
Vitamin C, total ascorbic acid		0.7		0		4			3.2 3.162	
Thiamin		0.697		0		4 4		0.198		
Riboflavin		0.201		0		4		0.057	0.912	
Niacin		3.171		0		4		0.899	14.384	
Pantothenic acid		0.590		0		4		0.167 0.105	2.676	
Vitamin B-6	_	0.370 3				_		0.105	1.678	
Folate, total		0		0	z	4 7		0	14	
Folic acid		3			Z			1	0 14	
Folate, food	IIICY	3		0		4		1		
Folate, DFE					NC	4			14	
Vitamin B-12		0.58		0		4		0.16	2.63	
Vitamin A, IU		10		0		4		3	45	
Vitamin A, RAE		3		0		4		1	14	
Retinol		3		0		4		1	14	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
	inog									
<u> Lipids:</u>										
Fatty acids, total saturated		9.820		0		1		2.784	44.544	
4:0		0.000		0		4		0.000	0.000	
6:0		0.000		0		4		0.000	0.000	
8:0		0.000		0		4		0.000	0.000	
10:0		0.000		0		4		0.000	0.000	
12:0		0.000		0		4		0.000	0.000	
13:0										
14:0	g	0.220	1	2		1		0.062	0.998	
15:0	g									
16:0	g	6.130		2		1		1.738	27.806	
17:0	g									
18:0	g	3.370	1	2		1		0.955	15.286	
20:0	g									
22:0	a									

		An	nount in 100 gram Numbe		<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Uni	ts	Mean		a Deriv Source	Confidence Code	Measure 1	Measure 2	Measure 3
Two illustrations and the	a	12.260	0	1		2 476	FF 611	
Fatty acids, total monounsaturated		12.260	U	1		3.476	55.611	
15:1								
16:1 undifferentiated		0.440	2	1		0.125	1.996	
17:1	_	0.440	_	-		0.125	1.330	
18:1 undifferentiated		11.410	2	1		3.235	51.756	
20:1		0.320	1	1		0.091	1.452	
22:1 undifferentiated	-	0.000	0	4		0.000	0.000	
24:1 c		0.000	U	-		3.000	0.000	
Fatty acids, total polyunsaturated		2.440	0	1		0.692	11.068	
18:2 undifferentiated		2.140	2	1		0.692	9.707	
18:3 undifferentiated	-	0.160	2	1		0.045	0.726	
18:4		0.000	0	4		0.000	0.000	
20:2 n-6 c.c.		0.000	v	-		0.000	0.000	
20:3 undifferentiated	-							
20:4 undifferentiated	-	0.050	1	1		0.014	0.227	
20:5 n-3	-	0.000	0	4		0.000	0.000	
22:5 n-3	-	0.000	0	4		0.000	0.000	
22:6 n-3	-	0.000	0	4		0.000	0.000	
Fatty acids, total trans			•	_		0.000	0.000	
Cholesterol	_	77	11.227 6	1		22	349	
Phytosterols	_	0	0	4		0	0	
1 11/100101010101								
Amino Acids:								
Tryptophan	g	0.202	0	4		0.057	0.916	
Threonine		0.617	0	1		0.175	2.799	
Isoleucine	g	0.689	0	1		0.195	3.125	
Leucine	-	1.099	0	1		0.312	4.985	
Lysine	g	1.180	0	1		0.335	5.352	
Methionine	g	0.313	0	1		0.089	1.420	
Cystine	g	0.169	0	1		0.048	0.767	
Phenylalanine	g	0.648	0	1		0.184	2.939	
Tyrosine	-	0.518	0	1		0.147	2.350	
Valine	-	0.913	0	1		0.259	4.141	
Arginine	g	1.074	0	1		0.304	4.872	
Histidine	-	0.540	0	1		0.153	2.449	
Alanine	-	0.874	0	1		0.248	3.964	
Aspartic acid		1.152	0	1		0.327	5.225	
Glutamic acid	g	1.983	0	1		0.562	8.995	
Glycine		0.862	0	1		0.244	3.910	
Proline	-	0.718	0	1		0.204	3.257	
Serine	-	0.600	0	1		0.170	2.722	
Hydroxyproline	g							

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

NDB No. 10116
Pork, fresh, variety meats and by-products, pancreas, cooked, braised

Proximates Proximate Pro			<u>A</u>	mount in 100 gra	ms of edi	ble portic	<u>on</u>	Amount in edible portion of common		
Nutrients and Units				Num	ber			measures of food		
Nutrients and Units						Source	Confidence			
Water	Nutrients and Uni	its	Mean	Std. Error Poir	nts Code	Code	Code	Measure 1	Measure 2	Measure
Water										
Exergy		a	60 30	1 212	3	1		147 74	51 26	
Finergy		-		1.212						
Protein (N. 6.25).	23				0 NC					
Total lipid (fag)					_	_				
Ash. 9 1.20 0.023 3 1 2.94 1.02 Chrohydrafts, by difference 9 0.00 0 2 7 0.00 0.00 piber, total dictary 9 0.00 0 2 7 0.00 0.00 piber, total dictary 9 0.00 0 2 7 0.00 0.00 piber, total dictary 9 0.00 0 2 7 0.00 0.00 piber, total dictary 9 0.00 0 2 7 0.00 0.00 piber, total dictary 9 0.00 0 0 2 7 0.00 0.00 piber, total dictary 9 0 0 1 0.00 piber, total dictary 9 0 1 0.00 0 1 0.00 piber, total dictary 9 0 0 1 0.00 0 0 0 0 0 0 0 0 0 0 0 0 0 0										
Carbohydraic by difference										
Fibre 1 roll dictary Section S				0.023						
Sugars, total										
Starch			0.0		0 Z	7		0.0	0.0	
Chicking Cit.	<i>U</i> ,	-								
Calcium, Ca. mg 1.6 0 1 3.9 1.4 Ion, Fe. mg 2.3 0 1 6.59 2.29 Magnesium, Mg. mg 23 0 1 7.56 2.0 Photasium, K. mg 168 0 1 17.13 247 Potassium, K. mg 168 0 1 10.3 36 Sodium, Na. mg 4.29 0 1 10.51 3.65 Zine, Zh. mg 0.198 0 1 10.51 3.65 Zine, Zh. mg 0.198 0 1 10.51 3.65 Zine, Zh. mg 0.198 0 1 10.425 0.044 Selenium, Sc. mg 0.198 0 1 14.0 4.8 Tistamin, Sc. mg 0.198 0 1 14.0 4.8 Ribanium, Cotal ascorbic acid mg 0.658 0 1 14	Starch	g								
Calcium, Ca mg 1.6 0 1 3.9 1.4 Inn, Fe mg 2.3 0 1 6.59 2.29 Magnesium, Mg mg 23 0 1 7.33 247 Phosphorus, P mg 291 0 1 71.3 247 Phosphorus, P mg 168 0 1 11.2 13.3 247 Phosphorus, P mg 168 0 1 10.3 36 36 36 36 36 36 36 36 36 36 36 36 36 36 36 31 10.1 13 36	Ainerals:									
Iron, FC		mg	16		0	1		39	14	
Magnesium Mg. mg 23 0 1 56 20 Phosphorne, P. mg 168 0 1 412 143 Potasium, K. mg 168 0 1 103 36 Zinc, Za. mg 4.29 0 1 10.51 3.65 Zinc, Za. mg 0.110 0 1 0.270 0.094 Magness, Mn. mg 0.198 0 1 0.207 0.094 Magness, Mn. mg 0.198 0 1 1.04.6 61.8 Sclenium, Sc. mg 0.198 0 1 1.04.4 61.9 Vitamins mg 0.192 0 1 1.04.4 61.9 Vitamins mg 0.052 0 1 1.02.2 0.078 Ribolavia mg 0.658 0 1 1.04.2 4.2 0.59 Nacin mg 0.658 0 1 <t< td=""><td>*</td><td>-</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></t<>	*	-								
Phosphoris, P.	· · · · · · · · · · · · · · · · · · ·	-								
Potessium, K.					-	_				
Sodium, Na	1 /	•								
Zinc, Zin. mg 4.29 0 1 10.51 3.65 Copper, Cu. mg 0.110 0 1 0.270 0.94 Manganes, Mn. mg 0.198 0 1 0.485 0.168 Selenium, Sc. mCg 72.8 0 BFYN 4 178.4 61.9 Vitamin C. colspan="4">Selenium, Selenium,	· · · · · · · · · · · · · · · · · · ·	-				_				
Copper, Cu. mg 0.110 0 1 0.270 0.948 Manganese, Mn. mg 0.198 0 1 0.485 0.168 Sclenium, Se. mcg 72.8 0 BFYN 4 178.4 61.9 Vitamins: "Vitamins Ctoal ascorbic acid. mg 5.7 0 1 14.0 4.8 Thismin. mg 0.092 0 1 1.612 0.559 Riboflavin. mg 0.658 0 1 1.612 0.559 Nicain. mg 0.658 0 1 1.612 0.559 Nicain. mg 0.658 0 1 1.612 0.559 Pationia. mg 3.206 0 1 1.612 0.304 Vitamin B-6. mg 0.744 1.20 4 1.20 4 Folate, food. mg 5 0 NC 4 122 4										
Manganese, Mn. mg 0.198 0 1 0.485 0.168 Sclenium, Sc. mg 72.8 0 BFYN 4 178.4 61.9 Vitamins, Scotlanscorbic acid. mg 5.7 0 1 14.0 4.8 Thiamin. mg 0.092 0 1 1.22 0.78 Riboflavin. mg 0.0558 0 1 1.612 0.559 Niacin. mg 3.206 0 1 1.612 0.559 Niacin. mg 3.206 0 1 1.615 0.30 Platcheid. mg 0.440 0 4 1.078 0.374 Folia, cold. mg 0 4 12 4 1.030 0.374 Folia, DEC. mg 0 0 2 7 0 0 0 0 1 1 0 0 3.74 1 1 0 0 0 1	•)						
Selenium, Se.	• • •									
Vitamin C, total ascorbic acid										
Vitamin C, total ascorbic acid	ŕ									
Thiamin					•	_				
Riboflavin. mg 0.658 0 1 1.612 0.559 Niacin. mg 3.206 0 1 7.855 2.725 Pantothenic acid. mg 4.741 0 1 11.615 4.030 Vitamin B-6. mg 0.440 0 4 1.078 0.374 Folic acid. mcg 0 0 2 7 0 0 Folic acid. mcg 0 0 2 7 0 0 Folic pod. mcg 5 0 Nc 4 12 4 Folate, DFE mcg 5 0 Nc 4 12 4 Vitamin B-12 mcg 17.07 0 1 0 0 0 Vitamin A, IU. IU 0 0 1 0 0 0 Retiol. mcg 0 0 1 0 0 0 Retiol. mcg <td>5</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>	5									
Niacin mg 3.206 0 1 7.855 2.725 Pantothenic acid mg 4.741 0 1 11.615 4.030 Vitamin B-6 mg 0.440 0 4 11.615 4.030 Folate, fool mg 0.440 2 4 12 4 Folate, fool mcg 5 0 X 4 12 4 Folate, fool mcg 5 0 NC 4 12 4 Folate, DFE mcg_DFE 5 0 NC 4 12 4 Folate, DFE mcg_DFE 5 0 NC 4 12 4 Vitamin B-12 mcg 17.07 0 1 0 0 0 Vitamin A, RAE mcg_RAE 0 0 1 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0										
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Vitamin B-6. mg 0.440 0 4 1.078 0.374 Folae, total mcg 5 0 4 12 4 Folia cid. mcg 0 z 7 0 0 Folate, food mcg 5 0 Nc 4 12 4 Folate, DFE mcg 5 0 Nc 4 12 4 Folate, DFE mcg 17.07 0 1 41.82 14.51 Vitamin A, IU IU 0 0 1 0 0 Vitamin A, RAE mcg-RAE 0 0 1 0 0 Retinol mcg 0 1 0 0 0 Tocopherol, beta mg 0 1 0 0 0 Tocopherol, delta mg 1 0 0 4 9 3.171 4 0 1 0 0 0 0 0					-					
Folate, total										
Folic acid.		-)						
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Folate, DFE										
Vitamin B-12 mcg 17.07 0 1 41.82 14.51 Vitamin A, IU U 0 0 1 0 0 Vitamin A, RAE mcg 0 0 1 0 0 Retinol mcg 0 0 1 0 0 Vitamin E (alpha-tocopherol) mg 7 0 1 0 0 Tocopherol, gamma mg 7 0 1 0 0 0 Tocopherol, gamma mg 7 0	Folate, food	mcg								
Vitamin A, IU. IU 0 1 0 0 Vitamin A, RAE meg_RAE 0 0 1 0 0 Retinol meg_CAE 0 0 1 0 0 Vitamin E (alpha-tocopherol) mg 7 0 1 0 0 Vitamin E (alpha-tocopherol) mg 7 0 1 0 0 Tocopherol, beta mg 7 0									=	
Vitamin A, RAE mcg_RAE 0 0 1 0 0 Retinol mcg 0 0 1 0 0 Vitamin E (alpha-tocopherol) mg 7 0 1 0 0 Tocopherol, beta mg 7 0 0 2 0					-	_			14.51	
Retinol. mcg 0 1 0 0 Vitamin E (alpha-tocopherol). mg 1 0 0 Tocopherol, gamma mg 1 0 0 Tocopherol, gamma mg 1 0 0 Vitamin D. IU Vitamin K (phylloquinone). 0 4 9.139 3.171 Fatty acids, total saturated. 9 3.730 0 4 9.139 3.171 4:0. 9 0.000 0 4 0.000 0.000 6:0. 9 0.000 0 4 0.000 0.000 8:0. 9 0.000 0 4 0.000 0.000 10:0. 9 0.000 0 4 0.000 0.000 12:0. 9 0.000 0 4 0.000 0.000 13:0. 9 0.090 0 4 0.021 0.077 15:0. 9 0.090 0						_				
Vitamin E (alpha-tocopherol). mg Tocopherol, beta									0	
Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, delta mg Vitamin D. U Vitamin K (phylloquinone) mcg Fatty acids, total saturated g 0,000 0 4 0,000 0	Retinol	mcg	0		0	1		0	0	
Tocopherol, gamma mg Tocopherol, delta mg Vitamin D IU Vitamin K (phylloquinone) mcg Index	Vitamin E (alpha-tocopherol)	mg								
Tocopherol, delta	Tocopherol, beta	mg								
Vitamin D. IU Vitamin K (phylloquinone) mcg Lipids: Fatty acids, total saturated. g 3.730 0 4 9.139 3.171 4:0 g 0.000 0 4 0.000 0.000 6:0 g 0.000 0 4 0.000 0.000 8:0 g 0.000 0 4 0.000 0.000 10:0 g 0.000 0 4 0.000 0.000 13:0 g 0.090 0 4 0.000 0.000 15:0 g 0.090 0 4 0.221 0.077 15:0 g 2.000 0 4 4.900 1.700 17:0 g 1.400 0 4 3.430 1.190	Tocopherol, gamma	mg								
Vitamin K (phylloquinone) mcg 5.ipids: Fatty acids, total saturated g 3.730 0 4 9.139 3.171 4:0 g 0.000 0 4 0.000 0.000 6:0 g 0.000 0 4 0.000 0.000 8:0 g 0.000 0 4 0.000 0.000 10:0 g 0.000 0 4 0.000 0.000 12:0 g 0.000 0 4 0.000 0.000 13:0 g 0.090 0 4 0.221 0.077 15:0 g 2.000 0 4 4.900 1.700 17:0 g 18:0 g 1.400 0 4 3.430 1.190	-									
Lipids: Fatty acids, total saturated. g 3.730 0 4 9.139 3.171 4:0. g 0.000 0 4 0.000 0.000 6:0. g 0.000 0 4 0.000 0.000 8:0. g 0.000 0 4 0.000 0.000 10:0. g 0.000 0 4 0.000 0.000 12:0. g 0.000 0 4 0.000 0.000 13:0. g 0.090 0 4 0.221 0.077 15:0. g 2.000 0 4 4.900 1.700 17:0. g 18:0. g 1.400 0 4 3.430 1.190										
Fatty acids, total saturated. g 3.730 0 4 9.139 3.171 4:0 g 0.000 0 4 0.000 0.000 6:0 g 0.000 0 4 0.000 0.000 8:0 g 0.000 0 4 0.000 0.000 10:0 g 0.000 0 4 0.000 0.000 13:0 g 0.090 0 4 0.221 0.077 15:0 g 0.090 0 4 4.900 1.700 17:0 g 2.000 0 4 4.900 1.700 18:0 g 1.400 0 4 3.430 1.190	Vitamin K (phylloquinone)	mcg								
$ \begin{array}{cccccccccccccccccccccccccccccccccccc$	Lipids:									
$ \begin{array}{cccccccccccccccccccccccccccccccccccc$		g	3.730)	0	4		9.139	3.171	
$ \begin{array}{cccccccccccccccccccccccccccccccccccc$					0	4		0.000	0.000	
8:0. g 0.000 0 4 0.000 0.000 10:0. g 0.000 0 4 0.000 0.000 12:0. g 0.000 0 4 0.000 0.000 13:0. g 0.090 0 4 0.221 0.077 15:0. g 2.000 0 4 4.900 1.700 17:0. g 1.400 0 4 3.430 1.190			0.000)	0	4		0.000	0.000	
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13:0					0	4				
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15:0. g 16:0. g 2.000 0 4 4.900 1.700 17:0. g 18:0. g 1.400 0 4 3.430 1.190		_	0.090)	0	4		0.221	0.077	
16:0g 2.000 0 4 4.900 1.700 17:0g 9 18:0g 1.400 0 4 3.430 1.190		_								
17:0		_	2.000)	0	4		4.900	1.700	
18:0		_				=				
10.0			1.400)	0	4		3.430	1.190	
					-	-		3.430	1.150	
22:0g		_								

Nutrients and Units Mean Std. Error Points Code Code Code Measure 1 Measure 2 Measure 3		<u>A</u> 1	mount in 100 gran		Amount in edible portion of common measures of food			
Fairy acids, total monounsaturated 9					Confidence	<u></u>	0404100 01 1004	
141	Nutrients and Units	Mean				Measure 1	Measure 2	Measure 3
15.	Fatty acids, total monounsaturatedg	3.750	0	4		9.188	3.188	
16 undifferentiated. 9	14:1g							
17-1	15:1g							
181 undifferentiated 9 3.110 0 4 7.620 2.644 201 9 0.000 0 4 0.000 0.000 221 undifferentiated 9 0.000 0 4 0.000 0.000 241 c. 9 1.180 0 4 2.891 1.003 182 undifferentiated 9 1.180 0 4 0.196 0.068 184. 9 0.000 0 4 0.000 0.000 202 n-6 c. 9 203 undifferentiated 9 0.000 0 4 0.000 0.000 205 n-3 9 0.000 0 4 0.000	16:1 undifferentiatedg	0.650	0	4		1.593	0.553	
20-1	17:1g							
22-1 undifferentiated g 0 4 0.000 0.000 24-1 c g 1 1.726 1.726 18-2 undifferentiated g 1.180 0 4 4.974 1.726 18-2 undifferentiated g 1.008 0 4 0.196 0.068 18-4 g 0.000 0 4 0.000 0.000 20-2 n-6 c. g 20-2 undifferentiated g 2.04 undifferentiated g 0.400 0 4 1.152 0.400 20-5 n-3 g 0.000 0 4 0.000 0.000 0 <t< td=""><td>18:1 undifferentiatedg</td><td>3.110</td><td>0</td><td>4</td><td></td><td>7.620</td><td>2.644</td><td></td></t<>	18:1 undifferentiatedg	3.110	0	4		7.620	2.644	
Patry acids, total polyunsaturated	20:1g	0.000	0	4		0.000	0.000	
Fatty acids, total polyunsaturated	22:1 undifferentiatedg	0.000	0	4		0.000	0.000	
18.2 undifferentiated g 1.180 0 4 2.891 1.003 18.3 undifferentiated g 0.080 0 4 0.196 0.068 18.4 g 0.000 0 4 0.000 0.000 20.2 undifferentiated g 0.470 0 4 0.000 0.000 20.5 n-3 g 0.000 0 4 0.000 0.000 22.5 n-3 g 0.000 0 4 0.000 0.000 22.6 n-3 g 0.000 0 4 0.000 0.000 22.6 n-3 g 0.000 0 4 0.000 0.000 25 n-3 g 0.000 0 4 0.000 0.000 25 n-3 g 0 0 1 772 268 Phytosterols mg 3.15 0 1 772 268 Phytosterols mg 0 0 1	24:1 cg							
18:3 undifferentiated. 9 0.080 0 4 0.196 0.068 18:4. 9 0.000 0 4 0.000 0.000 20:2 n-6 c. 9 9 0 0 4 1.152 0.400 20:4 undifferentiated. 9 0.470 0 4 0.000 0.000 20:5 n-3. 9 0.000 0 4 0.000 0.000 22:6 n-3. 9 0.000 0 4 0.000 0.000 22:6 n-3. 9 0.000 0 4 0.000 0.000 Faty acids, total trans. 9 0.000 0 4 0.000 0.000 Faty acids, total trans. 9 0 0 1 772 268 Phytosterols. mg 0 0 1 772 268 Phytosterols. mg 0 1 1.531 0.531 Trytoplan. 9 0.625 0 1 1.531 0.531 Trytoplan. 9 1.496 0 <	Fatty acids, total polyunsaturated	2.030	0	4		4.974	1.726	
18:4. 9 0.000 0 4 0.000 0.000 20:2 n-6 c.c. 9 9 20:3 undifferentiated 9 0 4 1.152 0.400 20:5 n-3 9 0.000 0 4 0.000 0.000 22:5 n-3 9 0.000 0 4 0.000 0.000 22:5 n-3 9 0.000 0 4 0.000 0.000 22:5 n-3 9 0.000 0 4 0.000 0.000 22:6 n-3 9 0.000 0 4 0.000 0.000 22:6 n-3 9 0.000 0 4 0.000 0.000 Patty acids, total trans 9 0.000 0 4 0 0 0 Cholestero. mg 315 0 1 772 268 0 1 1.531 0.531 1 1.531 0.531 1 1.531 0.531 1 1.531	18:2 undifferentiatedg	1.180	0	4		2.891	1.003	
20.2 n.6 c,c	18:3 undifferentiatedg	0.080	0	4		0.196	0.068	
20:3 undifferentiated	18:4g	0.000	0	4		0.000	0.000	
20.4 undifferentiated 9	20:2 n-6 c,cg							
20.5 n-3	20:3 undifferentiatedg							
22.5 n-3 g 0.000 0 4 0.000 0.000 22.6 n-3 g 0.000 0 4 0.000 0.000 Fatty acids, total trans g Cholesterol. mg 315 0 1 772 268 Phytosterols mg 0 0 4 0 0 Amino Acids: Tryptophan. g 0.625 0 1 1.531 0.531 Threonine. g 1.281 0 1 3.138 1.089 Isoleucine. g 1.496 0 1 3.665 1.272 Leucine. g 2.130 0 1 5.219 1.811 Lysine. g 1.965 0 1 4.814 1.670 Methionine. g 0.365 0 4 0.894 0.310 Phenylalaine. g 1.522 0 1 2.994 1.039	20:4 undifferentiatedg	0.470	0	4		1.152	0.400	
22.5 n-3 g 0.000 0 4 0.000 0.000 22.6 n-3 g 0.000 0 4 0.000 0.000 Fatty acids, total trans g Cholesterol. mg 315 0 1 772 268 Phytosterols mg 0 0 4 0 0 Amino Acids: Tryptophan. g 0.625 0 1 1.531 0.531 Threonine. g 1.281 0 1 3.138 1.089 Isoleucine. g 1.496 0 1 3.665 1.272 Leucine. g 2.130 0 1 5.219 1.811 Lysine. g 1.965 0 1 4.814 1.670 Methionine. g 0.365 0 4 0.894 0.310 Phenylalaine. g 1.522 0 1 2.994 1.039	20:5 n-3g	0.000	0	4		0.000	0.000	
22:6 n-3 9 0.000 0 4 0.000 0.000 Fatty acids, total trans 9 Cholesterol .mg 315 0 1 772 268 Phytosterols .mg 0 4 0 0 Amino Acids: Tryptophan .9 0.625 0 1 1.531 0.531 Threonine .9 1.281 0 1 3.138 1.089 Including .9 1.496 0 1 3.665 1.272 Leucine .9 1.965 0 1 3.665 1.272 Leucine .9 1.965 0 1 4.814 1.670 Methionine .9 0.365 0 1 4.814 1.670 Methionine .9 0.365 0 4 0.894 0.310 Phenylalanine .9 1.537 0 1 2.928 1.016		0.000	0	4		0.000	0.000	
Cholesterol. mg 315 0 1 772 268 Phytosterols. mg 0 0 4 0 0 Amino Acids: Trypophan 9 0.625 0 1 1.531 0.531 Threonine. 9 1.281 0 1 3.138 1.089 Isoleucine. 9 1.281 0 1 3.665 1.272 Leuine. 9 2.130 0 1 5.219 1.811 Lysine. 9 1.965 0 1 4.814 1.670 Methionine. 9 0.470 0 1 4.814 1.670 Methionine. 9 0.365 0 4 0.894 0.310 Phenylalanine. 9 1.222 0 1 2.994 1.039 Tyrosine. 9 1.537 0 1 2.928 1.016 Valine. 9 1.537 0 1 <td></td> <td>0.000</td> <td>0</td> <td>4</td> <td></td> <td>0.000</td> <td>0.000</td> <td></td>		0.000	0	4		0.000	0.000	
Cholesterol. mg 315 0 1 772 268 Phytosterols. mg 0 0 4 0 0 Amino Acids: Trypophan 9 0.625 0 1 1.531 0.531 Threonine. 9 1.281 0 1 3.138 1.089 Isoleucine. 9 1.281 0 1 3.665 1.272 Leuine. 9 2.130 0 1 5.219 1.811 Lysine. 9 1.965 0 1 4.814 1.670 Methionine. 9 0.470 0 1 4.814 1.670 Methionine. 9 0.365 0 4 0.894 0.310 Phenylalanine. 9 1.222 0 1 2.994 1.039 Tyrosine. 9 1.537 0 1 2.928 1.016 Valine. 9 1.537 0 1 <td>Fatty acids, total transg</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>	Fatty acids, total transg							
Amino Acids: Tryptophan. g 0.625 0 1 1.531 0.531 Threonine. .9 1.281 0 1 3.138 1.089 Isoleucine. .9 1.496 0 1 3.665 1.272 Leucine. .9 2.130 0 1 5.219 1.811 Lysine. .9 1.965 0 1 4.814 1.670 Methionine. .9 0.470 0 1 1.152 0.400 Cystine. .9 0.365 0 4 0.894 0.310 Phenylalanine. .9 1.222 0 1 2.994 1.039 Phenylalanine. .9 1.195 0 1 2.994 1.039 Phenylalanine. .9 1.222 0 1 2.994 1.039 Tyrosine. .9 1.537 0 1 2.928 1.016 Valine. .9 1.642 0 <td></td> <td>315</td> <td>0</td> <td>1</td> <td></td> <td>772</td> <td>268</td> <td></td>		315	0	1		772	268	
Tryptophan g 0.625 0 1 1.531 0.531 Threonine g 1.281 0 1 3.138 1.089 Isoleucine g 1.496 0 1 3.665 1.272 Leucine g 2.130 0 1 5.219 1.811 Lysine g 1.965 0 1 4.814 1.670 Methionine g 0.470 0 1 1.152 0.400 Cystine g 0.365 0 4 0.894 0.310 Phenylalanine g 1.222 0 1 2.994 1.039 Tyrosine g 1.195 0 1 2.994 1.039 Tyrosine g 1.537 0 1 2.928 1.016 Valine g 1.537 0 1 3.766 1.306 Arginine g 0.552 0 1 1.352 0.469 </td <td>Phytosterolsmg</td> <td>0</td> <td>0</td> <td>4</td> <td></td> <td>0</td> <td>0</td> <td></td>	Phytosterolsmg	0	0	4		0	0	
Threonine g 1.281 0 1 3.138 1.089 Isoleucine g 1.496 0 1 3.665 1.272 Leucine g 2.130 0 1 5.219 1.811 Lysine g 1.965 0 1 4.814 1.670 Methionine g 0.470 0 1 1.152 0.400 Cystine g 0.365 0 4 0.894 0.310 Phenylalanine g 0.365 0 4 0.894 0.310 Phenylalanine g 1.222 0 1 2.994 1.039 Tyrosine g 1.155 0 1 2.928 1.016 Valine g 1.537 0 1 3.766 1.306 Arginine g 1.642 0 1 4.023 1.396 Histidine g 0 0 4 3.575 1.240 </td <td>Amino Acids:</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>	Amino Acids:							
Soleucine	Tryptophan	0.625	0	1		1.531	0.531	
Isoleucine 9 1.496 0 1 3.665 1.272 Leucine 9 2.130 0 1 5.219 1.811 Lysine 9 1.965 0 1 4.814 1.670 Methionine 9 0.470 0 1 1.152 0.400 Cystine 9 0.365 0 4 0.894 0.310 Phenylalanine 9 1.222 0 1 2.994 1.039 Tyrosine 9 1.195 0 1 2.928 1.016 Valine 9 1.537 0 1 3.766 1.306 Arginine 9 1.642 0 1 4.023 1.396 Histidine 9 0.552 0 1 1.352 0.469 Alanine 9 1.459 0 4 3.575 1.240 Aspartic acid 9 2.348 0 1 5.753 1.996 Glycine 9 1.459 0 4 3.575 1.240 </td <td>Threonineg</td> <td>1.281</td> <td>0</td> <td>1</td> <td></td> <td>3.138</td> <td>1.089</td> <td></td>	Threonineg	1.281	0	1		3.138	1.089	
Lysine 9 1.965 0 1 4.814 1.670 Methionine 9 0.470 0 1 1.152 0.400 Cystine 9 0.365 0 4 0.894 0.310 Phenylalanine 9 1.222 0 1 2.994 1.039 Tyrosine 9 1.195 0 1 2.928 1.016 Valine 9 1.537 0 1 3.766 1.306 Arginine 9 1.642 0 1 4.023 1.396 Histidine 9 0.552 0 1 1.352 0.469 Alanine 9 1.459 0 4 3.575 1.240 Aspartic acid 9 2.736 0 1 6.703 2.326 Glutamic acid 9 2.348 0 1 5.753 1.996 Glycine 9 1.459 0 4 3.575 1.240 Serine 9 1.459 0 4 3.575 1.240		1.496	0	1		3.665	1.272	
Methionine g 0.470 0 1 1.152 0.400 Cystine g 0.365 0 4 0.894 0.310 Phenylalanine g 1.222 0 1 2.994 1.039 Tyrosine g 1.195 0 1 2.928 1.016 Valine g 1.537 0 1 3.766 1.306 Arginine g 1.642 0 1 4.023 1.396 Histidine g 0.552 0 1 1.352 0.469 Alanine g 1.459 0 4 3.575 1.240 Aspartic acid g 2.348 0 1 6.703 2.326 Glutamic acid g 2.348 0 1 5.753 1.996 Glycine g 1.737 0 1 4.256 1.476 Proline g 1.459 0 4 3.575 1.240 Serine g 1.140 0 4 2.793 0.96	Leucineg	2.130	0	1		5.219	1.811	
Methionine 9 0.470 0 1 1.152 0.400 Cystine 9 0.365 0 4 0.894 0.310 Phenylalanine 9 1.222 0 1 2.994 1.039 Tyrosine 9 1.195 0 1 2.928 1.016 Valine 9 1.537 0 1 3.766 1.306 Arginine 9 1.642 0 1 4.023 1.396 Histidine 9 0.552 0 1 1.352 0.469 Alanine 9 1.459 0 4 3.575 1.240 Aspartic acid 9 2.736 0 1 6.703 2.326 Glutamic acid 9 2.348 0 1 5.753 1.996 Glycine 9 1.737 0 1 4.256 1.476 Proline 9 1.459 0 4 3.575 1	Lysineg	1.965	0	1		4.814	1.670	
Cystine 9 0.365 0 4 0.894 0.310 Phenylalanine 9 1.222 0 1 2.994 1.039 Tyrosine 9 1.195 0 1 2.928 1.016 Valine 9 1.537 0 1 3.766 1.306 Arginine 9 1.642 0 1 4.023 1.396 Histidine 9 0.552 0 1 1.352 0.469 Alanine 9 1.459 0 4 3.575 1.240 Aspartic acid 9 2.736 0 1 6.703 2.326 Glutamic acid 9 2.348 0 1 5.753 1.996 Glycine 9 1.737 0 1 4.256 1.476 Proline 9 1.459 0 4 3.575 1.240 Serine 9 1.140 0 4 2.793 0.969	Methionineg	0.470	0	1		1.152	0.400	
Phenylalanine g 1.222 0 1 2.994 1.039 Tyrosine g 1.195 0 1 2.928 1.016 Valine g 1.537 0 1 3.766 1.306 Arginine g 1.642 0 1 4.023 1.396 Histidine g 0.552 0 1 1.352 0.469 Alanine g 1.459 0 4 3.575 1.240 Aspartic acid g 2.736 0 1 6.703 2.326 Glutamic acid g 2.348 0 1 5.753 1.996 Glycine g 1.737 0 1 4.256 1.476 Proline g 1.459 0 4 3.575 1.240 Serine g 1.140 0 4 2.793 0.969		0.365	0	4		0.894	0.310	
Tyrosine g 1.195 0 1 2.928 1.016 Valine g 1.537 0 1 3.766 1.306 Arginine g 1.642 0 1 4.023 1.396 Histidine g 0.552 0 1 1.352 0.469 Alanine g 1.459 0 4 3.575 1.240 Aspartic acid g 2.736 0 1 6.703 2.326 Glutamic acid g 2.348 0 1 5.753 1.996 Glycine g 1.737 0 1 4.256 1.476 Proline g 1.459 0 4 3.575 1.240 Serine g 1.140 0 4 2.793 0.969		1.222	0	1		2.994	1.039	
Valine 9 1.537 0 1 3.766 1.306 Arginine 9 1.642 0 1 4.023 1.396 Histidine 9 0.552 0 1 1.352 0.469 Alanine 9 1.459 0 4 3.575 1.240 Aspartic acid 9 2.736 0 1 6.703 2.326 Glutamic acid 9 2.348 0 1 5.753 1.996 Glycine 9 1.737 0 1 4.256 1.476 Proline 9 1.459 0 4 3.575 1.240 Serine 9 1.140 0 4 2.793 0.969		1.195	0	1		2.928	1.016	
Histidine 9 0.552 0 1 1.352 0.469 Alanine 9 1.459 0 4 3.575 1.240 Aspartic acid 9 2.736 0 1 6.703 2.326 Glutamic acid 9 2.348 0 1 5.753 1.996 Glycine 9 1.737 0 1 4.256 1.476 Proline 9 1.459 0 4 3.575 1.240 Serine 9 1.140 0 4 2.793 0.969	-	1.537	0	1		3.766	1.306	
Histidine 9 0.552 0 1 1.352 0.469 Alanine 9 1.459 0 4 3.575 1.240 Aspartic acid 9 2.736 0 1 6.703 2.326 Glutamic acid 9 2.348 0 1 5.753 1.996 Glycine 9 1.737 0 1 4.256 1.476 Proline 9 1.459 0 4 3.575 1.240 Serine 9 1.140 0 4 2.793 0.969	_	1.642	0	1		4.023	1.396	
Alanine 9 1.459 0 4 3.575 1.240 Aspartic acid 9 2.736 0 1 6.703 2.326 Glutamic acid 9 2.348 0 1 5.753 1.996 Glycine 9 1.737 0 1 4.256 1.476 Proline 9 1.459 0 4 3.575 1.240 Serine 9 1.140 0 4 2.793 0.969	-	0.552	0	1		1.352	0.469	
Aspartic acid. g 2.736 0 1 6.703 2.326 Glutamic acid. g 2.348 0 1 5.753 1.996 Glycine g 1.737 0 1 4.256 1.476 Proline g 1.459 0 4 3.575 1.240 Serine g 1.140 0 4 2.793 0.969		1.459	0	4		3.575	1.240	
Glutamic acid 9 2.348 0 1 5.753 1.996 Glycine 9 1.737 0 1 4.256 1.476 Proline 9 1.459 0 4 3.575 1.240 Serine 9 1.140 0 4 2.793 0.969	_	2.736	0	1		6.703	2.326	
Glycine g 1.737 0 1 4.256 1.476 Proline g 1.459 0 4 3.575 1.240 Serine g 1.140 0 4 2.793 0.969		2.348	0	1				
Proline g 1.459 0 4 3.575 1.240 Serine g 1.140 0 4 2.793 0.969				1				
Serine				4				
				4				
	Hydroxyproline							

Common Measures:

Measure 1 = 245g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

		<u>Aı</u>	mount in 100 g	rams o	of edib	ole portio	<u>n</u>	Amount in edible portion of common		
			Nu	mber				<u>m</u>	easures of food	ı
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Duranian										
Proximates: Water	q	67.18	0.831	5		1		19.05	75.91	
Energy		199		0	NC	4		56	225	
Energy		833				4		236	941	
Protein (N x 6.25)		18.56	1.008	5		1		5.26	20.97	
Total lipid (fat)		13.24	1.007	5		1		3.75	14.96	
Ash		1.12	0.091	3		1		0.32	1.27	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total										
Starch										
Minerals:								_		
Calcium, Ca	-	11		1		1		3	12	
Iron, Fe.		2.13 17	0.384	4		1		0.60	2.41	
Magnesium, Mg				1		1		5	19	
Phosphorus, P	-	234 197		1 2		1 1		66 56	264 223	
Potassium, KSodium, Na		197		2		1		56 12	223 50	
Zinc, Zn		2.62	0.156	26		1		0.74	2.96	
Copper, Cu		0.090		1		1		0.026	0.102	
Manganese, Mn		0.157		5		1		0.045	0.102	
Selenium, Se		40.8	0.000	0	BFNN	4		11.6	46.1	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		15.3	0.671	5		1		4.3	17.3	
Thiamin		0.105		2		1		0.030	0.119	
Riboflavin		0.460		2		1		0.130	0.520	
Niacin	-	3.450		2		1		0.978	3.899	
Pantothenic acid		4.555		2		1		1.291	5.147	
Vitamin B-6	-	0.460 3		0		4 4		0.130 1	0.520 3	
Foliate, total		0		0	z	7		0	0	
Folic acid		3		0	4	4		1	3	
Folate, foodFolate, DFE	mca DEE	3		0	NC	4		1	3	
Vitamin B-12		16.40		2	NC	1		4.65	3 18.53	
Vitamin A, IU		0		3		1		0	0	
Vitamin A, RAE		0	0.000	3		1		0	0	
Retinol		0	0.000	3		1		0	0	
Vitamin E (alpha-tocopherol)		· ·	0.000	•		-		·	· ·	
Tocopherol, beta	=									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
T:-:a										
<u>Lipids:</u>	~	4.580		^				1.298	5.175	
Fatty acids, total saturated		0.000		0		4		0.000	0.000	
4:0 6:0		0.000		0		4		0.000	0.000	
	_	0.000		0		4		0.000	0.000	
8:0 10:0	-	0.000		0		4		0.000	0.000	
12:0	-	0.000		0		4		0.000	0.000	
13:0	-	0.000		,		-		0.000	0.000	
14:0	-	0.110		0		4		0.031	0.124	
15:0	_	0.110		•		•		0.031	0.124	
16:0	-	2.450		0		4		0.695	2.769	
17:0	-			-		-		2.000	255	
18:0		1.720		0		4		0.488	1.944	
20:0										
22:0	-									
24:0										

	<u>Ar</u>	nount in 100 grams		<u>on</u>	Amount in edible portion of common measures of food		
		Number of Data		Confidence	1111	easures or roou	
Nutrients and Units	Mean	Std. Error Points		Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	4.600	0	4		1.304	5.198	
14:1g							
15:1g							
16:1 undifferentiatedg	0.790	0	4		0.224	0.893	
17:1g							
18:1 undifferentiatedg	3.810	0	4		1.080	4.305	
20:1g	0.000	0	4		0.000	0.000	
22:1 undifferentiatedg	0.000	0	4		0.000	0.000	
24:1 cg							
Fatty acids, total polyunsaturatedg	2.480	0	4		0.703	2.802	
18:2 undifferentiatedg	1.450	0	4		0.411	1.639	
18:3 undifferentiatedg	0.090	0	4		0.026	0.102	
18:4g	0.000	0	4		0.000	0.000	
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg	0.570	0	4		0.162	0.644	
20:5 n-3g	0.000	0	4		0.000	0.000	
22:5 n-3g	0.000	0	4		0.000	0.000	
22:6 n-3g	0.000	0	4		0.000	0.000	
Fatty acids, total transg							
Cholesterolmg	193	10.043 6	1		55	218	
Phytosterolsmg	0	0	4		0	0	
Amino Acids:							
Tryptophang	0.407	2	1		0.115	0.460	
Threonineg	0.835	4	1		0.237	0.944	
Isoleucineg	0.974	4	1		0.276	1.101	
Leucineg	1.387	4	1		0.393	1.567	
Lysineg	1.280	4	1		0.363	1.446	
Methionineg	0.306	3	1		0.087	0.346	
Cystineg	0.238	0	4		0.067	0.269	
Phenylalanineg	0.796	4	1		0.226	0.899	
Tyrosineg	0.778	1	1		0.221	0.879	
Valineg	1.001	4	1		0.284	1.131	
Arginineg	1.069	4	1		0.303	1.208	
Histidine	0.359	4	1		0.102	0.406	
Alanine	0.950	0	4		0.269	1.074	
Aspartic acid	1.782	1	1		0.505	2.014	
Glutamic acid	1.530	2	1		0.434	1.729	
Glycineg	1.132	1	1		0.321	1.279	
Prolineg	0.950	0	4		0.269	1.074	
Serine	0.742	0	4		0.210	0.838	
Hydroxyprolineg							

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

NDB No. 10118
Pork, fresh, variety meats and by-products, spleen, cooked, braised

		<u>A</u> 1	mount in 100 gr	ams of e	dible porti	<u>ion</u>	Amount in edible portion of common		
			Nur	nber			m	easures of food	<u> </u>
				Data Dei	iv Source	e Confidence			
Nutrients and Unit	ts	Mean	Std. Error Poi	nts Co	de Code	Code	Measure 1	Measure 2	Measure
D									
Proximates: Water	a	66.70	0.981	3	1		199.43	56.70	
Energy.	_	149	0.502		NC 4		446	127	
Energy		623			4		1864	530	
Protein (N x 6.25)		28.20	0.981	3	1		84.32	23.97	
Total lipid (fat)		3.20	0.058	3	1		9.57	2.72	
Ash		1.70	0.023	3	1		5.08	1.45	
Carbohydrate, by difference		0.00		0	z 7		0.00	0.00	
Fiber, total dietary		0.0		0	z 7		0.0	0.0	
Sugars, total									
Starch	_								
	5								
<u>Minerals:</u>									
Calcium, Ca	-	13		0	1		39	11	
Iron, Fe.	-	22.23		0	1		66.47	18.90	
Magnesium, Mg		15		0	4		45	13	
Phosphorus, P	-	283 227		0	1 1		846 679	241 193	
Potassium, K		107		0	4		679 320	193 91	
Zinc, Zn		3.54		0	1		10.58	3.01	
Copper, Cu		0.133	ł	0	1		0.398	0.113	
Manganese, Mn		0.045		0	1		0.135	0.038	
Selenium, Se		49.6	•		'YN 4		148.3	42.2	
·									
<u> Vitamins:</u>									
Vitamin C, total ascorbic acid		11.6		0	1		34.7	9.9	
Thiamin		0.139		0	1		0.416	0.118	
Riboflavin		0.258		0	1		0.771	0.219	
Niacin		5.938		0	1		17.755	5.047	
Pantothenic acid		0.892		0	1		2.667	0.758	
Vitamin B-6	-	0.060 4	,	0	1 4		0.179 12	0.051 3	
Foliate, total		0			4 Z 7		0	0	
Folic acidFolate, food		4		0	4		12	3	
Folate, DFE	DFF	4			rc 4		12	3	
Vitamin B-12		2.76		0	1		8.25	2.35	
Vitamin A, IU		0		0	1		0.23	0	
Vitamin A, RAE		0		0	1		0	0	
Retinol		0		0	1		0	0	
Vitamin E (alpha-tocopherol)		•		•	-		·	ŭ	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	mcg								
inida									
Lipids: Fatty acids, total saturated	a	1.060	1	0	1		3.169	0.901	
4:0		0.000		0	4		0.000	0.901	
6:0		0.000		0	4		0.000	0.000	
8:0	-	0.000		0	4		0.000	0.000	
10:0	-	0.000		0	4		0.000	0.000	
12:0	-	0.010		0	1		0.030	0.009	
13:0	-				_				
14:0	-	0.070)	0	1		0.209	0.060	
15:0	-								
16:0	-	0.570)	0	1		1.704	0.485	
17:0	-								
18:0		0.400)	0	1		1.196	0.340	
20:0									
22:0	a								

Pork, fresh, variety meats and by-products, spleen, cooked, braised

Nutrients and Units Nutrients			<u>Aı</u>	mount in 100		<u>n</u>	Amount in edible portion of common measures of food			
141	Nutrients and Uni	ts	Mean	C	of Data					Measure 3
141	Fatty acids total monounsaturated	a	0.860	1	0	1		2 571	0 731	
15-1	2 ,	-	0.000	•	Ū	-		2.371	0.731	
1-11 1-12										
17-1		-	0.120)	0	1		0.359	0.102	
18.1 undifferentiated. 9 0.730 0 1 2.183 0.621 20:1 9 0.000 0 4 0.000 0.000 24:1 c. 9 0.000 0 4 0.000 0.000 18.2 undifferentiated. 9 0.230 0 1 0.688 0.196 18.3 undifferentiated. 9 0.000 0 4 0.000 0.000 18.4 9 0.000 0 4 0.000 0.000 18.4 9 0.000 0 4 0.000 0.000 18.4 9 0.000 0 4 0.000 0.000 20.3 undifferentiated. 9 0.000 0 4 0.000 0.000 20.5 n-3. 9 0.000 0 4 0.000 0.000 25.5 n-3. 9 0.000 0 4 0.000 0.000 25.5 n-3. 9 0.000 0 1		-								
221 undifferentiated g 0.000 0 4 0.000 0.000 241 0.000 0.000 241 0.000			0.730	1	0	1		2.183	0.621	
241 c. 9 0.230 0 1 0.688 0.196 18.2 undifferentiated. 9 0.230 0 1 0.688 0.196 18.3 undifferentiated. 9 0.000 0 4 0.000 0.000 18.4 9 0.000 0 4 0.000 0.000 20.2 undifferentiated. 9 0.000 0 4 0.000 0.000 20.3 undifferentiated. 9 0.000 0 4 0.000 0.000 20.5 n-3. 9 0.000 0 4 0.000 0.000 22.5 n-3. 9 0.000 0 4 0.000 0.000 22.6 n-3. 9 0.000 0 4 0.000 0.000 21 chysic laturas. 9 0 0 1 1507 428 Phyosterols. mg 0 0 1 1507 428 Typosinerols. g 0 1	20:1	g	0.000	1	0	4		0.000	0.000	
Fatty acids, total polyunsaturated. 9 0.230 0 1 0.688 0.196 182 undifferentiated. 9 0.000 0 4 0.000 0.000 184 9 0.000 0 4 0.000 0.000 202 and differentiated. 9 0.000 0 4 0.000 0.000 205 and differentiated. 9 0.000 0 4 0.000 0.000 205 and 3 9 0.000 0 4 0.000 0.000 225 and 3 9 0.000 0 4 0.000 0.000 225 and 3 9 0.000 0 4 0.000 0.000 225 and 3 9 0.000 0 4 0.000 0.000 Fatty acids, total trans. 9 0.000 0 1 1507 428 Phytosterob. mg 0 0 1 0 0 0 Tryposha. 9 <td>22:1 undifferentiated</td> <td>g</td> <td>0.000</td> <td>1</td> <td>0</td> <td>4</td> <td></td> <td>0.000</td> <td>0.000</td> <td></td>	22:1 undifferentiated	g	0.000	1	0	4		0.000	0.000	
Fatty acids, total polyunsaturated. 9 0.230 0 1 0.688 0.196 I8.2 undifferentiated. 9 0.000 0 4 0.000 0.000 18.4	24:1 c	g								
18.3 undifferentiated 9 0.000 0 4 0.000 0.000 18.4 9 0.000 0 4 0.000 0.000 20.2 n-6 c. 9 9 0.000 0 4 0.000 0.000 20.4 undifferentiated 9 0.000 0 4 0.000 0.000 20.5 n-3 9 0.000 0 4 0.000 0.000 22.5 n-3 9 0.000 0 4 0.000 0.000 22.5 n-3 9 0.000 0 4 0.000 0.000 Fatty acids, total trans 9 0.000 0 4 0.000 0.000 Fatty acids, total trans 9 0 0 1 1507 428 Phytosterols mg 0 0 1 1507 428 Phytosterols mg 0 2 1 0 0 0 Tryosine 9 1.128			0.230)	0	1		0.688	0.196	
18.4. g 0.000 0 4 0.000 0.000 20.2 n-6 c.c. g 9 20.3 undifferentiated. 9 0.000 0 4 0.000 0.000 0.000 20.5 n-3 g 0.000 0 4 0.000			0.230	1	0	1		0.688	0.196	
20.2 n-6 c, c.	18:3 undifferentiated	g	0.000)	0	4		0.000	0.000	
20.3 undifferentiated	18:4	g	0.000)	0	4		0.000	0.000	
20.4 undifferentiated 9 0.000 0 4 0.000 0.000 20.5 n-3 9 0.000 0 4 0.000 0.000 22.5 n-3 9 0.000 0 4 0.000 0.000 Faty acids, total trans 9 0 0 1 1507 428 Cholesterol mg 504 0 1 1507 428 Phytosterols mg 0 0 1 1507 428 Phytosterols mg 0 0 1 1507 428 Phytosterols mg 0 0 1 0 0 0 Amino Acids: Trytophan 9 0.289 0 1 0.864 0.246 1 Threonine 9 1.259 0 1 3.374 1.979 1 1 6.895 1.960 1 1 6.895 1.960	20:2 n-6 c,c	g								
20:5 n-3 9 0.000 0 4 0.000 0.000 22:5 n-3 9 0.000 0 4 0.000 0.000 22:6 n-3 9 0.000 0 4 0.000 0.000 Fatty acids, total trans 9 0 0 4 0.000 0 Phytosterols mg 504 0 1 1507 428 Phytosterols mg 0 0 4 0 0 Amino Acids: Tryptophan 9 0.289 0 1 0.864 0.246 Threonine 9 1.128 0 1 3.373 0.959 Isoleucine 9 1.259 0 1 3.764 1.070 Leucine 9 2.306 0 1 6.895 1.960 Lysine 9 2.107 0 1 6.895 1.960	20:3 undifferentiated	g								
22:5 n-3 g 0.000 0 4 0.000 0.000 22:6 n-3 g 0.000 0 4 0.000 0.000 Fatty acids, total trans g Cholesterol	20:4 undifferentiated	g	0.000)	0	4		0.000	0.000	
22:6 n-3 9 0.000 0 4 0.000 0.000 Fatty acids, total trans 9 <td>20:5 n-3</td> <td>g</td> <td>0.000</td> <td>)</td> <td>0</td> <td>4</td> <td></td> <td>0.000</td> <td>0.000</td> <td></td>	20:5 n-3	g	0.000)	0	4		0.000	0.000	
Fatty acids, total trans 9 Cholesterol. mg 504 0 1 1507 428 Phytosterols. mg 0 0 4 0 0 Amino Acids: Tryptophan. 9 0.289 0 1 0.864 0.246 Threonine. 9 1.128 0 1 3.373 0.959 Isoleucine. 9 1.259 0 1 3.764 1.070 Isoleucine. 9 1.259 0 1 6.895 1.960 Lysine. 9 2.306 0 1 6.895 1.960 Lysine. 9 2.107 0 1 6.300 1.791 Methionine. 9 0.523 0 1 1.564 0.445 Cystine. 9 0.361 0 4 1.079 0.307 Phenylalanine. 9 1.205 0 1 2.362 0.672 Valine.<	22:5 n-3	g	0.000)	0	4		0.000	0.000	
Cholesterol. mg 504 0 1 1507 428 Phytosterols. mg 0 0 4 0 0 Amino Acids: Tryptophan. 9 0.289 0 1 0.864 0.246 Threonine. 9 1.128 0 1 3.373 0.959 Isoleucine. 9 1.259 0 1 3.764 1.070 Leuine. 9 2.306 0 1 6.895 1.960 Lysine. 9 2.107 0 1 6.300 1.791 Methionine. 9 0.523 0 1 1.564 0.445 Cystine. 9 0.361 0 4 1.079 0.307 Phenylalanine. 9 0.790 0 1 2.362 0.672 Valine. 9 1.534 0 1 2.362 0.672 Valine. 9 1.534 0 1 <th< td=""><td>22:6 n-3</td><td>g</td><td>0.000</td><td>)</td><td>0</td><td>4</td><td></td><td>0.000</td><td>0.000</td><td></td></th<>	22:6 n-3	g	0.000)	0	4		0.000	0.000	
Phytosterols mg 0 4 0 0 Amino Acids: Tryptophan 9 0.289 0 1 0.864 0.246 Threonine 9 1.128 0 1 3.373 0.959 Isoleucine 9 1.259 0 1 3.764 1.070 Leucine 9 2.306 0 1 6.895 1.960 Lysine 9 2.107 0 1 6.300 1.791 Methionine 9 0.523 0 1 1.564 0.445 Cystine 9 0.361 0 4 1.079 0.307 Phenylalanine 9 0.790 0 1 2.362 0.672 Valine 9 0.790 0 1 2.362 0.672 Valine 9 1.534 0 1 4.587 1.304 Arginine 9 1.539 0 1 4.602 1.336	Fatty acids, total trans	g								
Amino Acids: Tryptophan	Cholesterol	mg						1507	428	
Tryptophan g 0.289 0 1 0.864 0.246 Threonine .g 1.128 0 1 3.373 0.959 Isoleucine .g 1.259 0 1 3.764 1.070 Leucine .g 2.306 0 1 6.895 1.960 Lysine .g 2.107 0 1 6.895 1.960 Lysine .g 0.523 0 1 1.564 0.445 Cystine .g 0.361 0 4 1.079 0.307 Phenylalanine .g 1.205 0 1 3.603 1.024 Tyrosine .g 0.790 0 1 2.362 0.672 Valine .g 1.534 0 1 4.587 1.304 Arginine .g 1.539 0 1 4.602 1.308 Histidine .g 0.672 0 1 2.009 <td< td=""><td>Phytosterols</td><td>mg</td><td>0</td><td></td><td>0</td><td>4</td><td></td><td>0</td><td>0</td><td></td></td<>	Phytosterols	mg	0		0	4		0	0	
Tryptophan g 0.289 0 1 0.864 0.246 Threonine g 1.128 0 1 3.373 0.959 Isoleucine g 1.259 0 1 3.764 1.070 Leucine g 2.306 0 1 6.895 1.960 Lysine g 2.107 0 1 6.895 1.960 Lysine g 0.523 0 1 1.564 0.445 Cystine g 0.361 0 4 1.079 0.307 Phenylalanine g 1.205 0 1 3.603 1.024 Tyrosine g 0.790 0 1 2.362 0.672 Valine g 1.534 0 1 4.587 1.304 Arginine g 1.539 0 1 4.602 1.308 Histidine g 0.672 0 1 2.009 0.571	Amino Acids:									
Threonine 9 1.128 0 1 3.373 0.959 Isoleucine 9 1.259 0 1 3.764 1.070 Leucine 9 2.306 0 1 6.895 1.960 Lysine 9 2.107 0 1 6.300 1.791 Methionine 9 0.523 0 1 1.564 0.445 Cystine 9 0.361 0 4 1.079 0.307 Phenylalanine 9 1.205 0 1 3.603 1.024 Tyrosine 9 0.790 0 1 2.362 0.672 Valine 9 1.534 0 1 4.587 1.304 Arginine 9 1.539 0 1 4.602 1.308 Histidine 9 0.672 0 1 2.009 0.571 Alanine 9 1.822 0 4 5.448 1.549 <td></td> <td>0</td> <td>0.200</td> <td></td> <td>0</td> <td>1</td> <td></td> <td>0 964</td> <td>0.246</td> <td></td>		0	0.200		0	1		0 964	0.246	
Soleucine	2									
Leucine 9 2.306 0 1 6.895 1.960 Lysine 9 2.107 0 1 6.300 1.791 Methionine 9 0.523 0 1 1.564 0.445 Cystine 9 0.361 0 4 1.079 0.307 Phenylalanine 9 1.205 0 1 3.603 1.024 Tyrosine 9 0.790 0 1 2.362 0.672 Valine 9 1.534 0 1 4.587 1.304 Arginine 9 1.534 0 1 4.602 1.308 Histidine 9 0.672 0 1 2.009 0.571 Alanine 9 1.822 0 4 5.448 1.549 Aspartic acid 9 3.240 0 1 9.688 2.754 Glycine 9 1.805 0 1 5.397 1.534 Proline 9 1.571 0 4 4.697 1.335		-				_				
Lysine 9 2.107 0 1 6.300 1.791 Methionine 9 0.523 0 1 1.564 0.445 Cystine 9 0.361 0 4 1.079 0.307 Phenylalanine 9 1.205 0 1 3.603 1.024 Tyrosine 9 0.790 0 1 2.362 0.672 Valine 9 1.534 0 1 4.587 1.304 Arginine 9 1.539 0 1 4.602 1.308 Histidine 9 0.672 0 1 2.009 0.571 Alanine 9 1.822 0 4 5.448 1.549 Aspartic acid 9 2.482 0 1 7.421 2.110 Glutamic acid 9 3.240 0 1 9.688 2.754 Glycine 9 1.805 0 1 5.397 1.534 Proline 9 1.571 0 4 4.697 1.33		-			-	_				
Methionine 9 0.523 0 1 1.564 0.445 Cystine 9 0.361 0 4 1.079 0.307 Phenylalanine 9 1.205 0 1 3.603 1.024 Tyrosine 9 0.790 0 1 2.362 0.672 Valine 9 1.534 0 1 4.587 1.304 Arginine 9 1.539 0 1 4.602 1.308 Histidine 9 0.672 0 1 2.009 0.571 Alanine 9 1.822 0 4 5.448 1.549 Aspartic acid 9 2.482 0 1 7.421 2.110 Glutamic acid 9 3.240 0 1 9.688 2.754 Glycine 9 1.805 0 1 5.397 1.534 Proline 9 1.571 0 4 4.697 1.335 Serine 9 1.232 0 4 3.684 1.04		-								
Cystine 9 0.361 0 4 1.079 0.307 Phenylalanine 9 1.205 0 1 3.603 1.024 Tyrosine 9 0.790 0 1 2.362 0.672 Valine 9 1.534 0 1 4.587 1.304 Arginine 9 1.539 0 1 4.602 1.308 Histidine 9 0.672 0 1 2.009 0.571 Alanine 9 1.822 0 4 5.448 1.549 Aspartic acid 9 2.482 0 1 7.421 2.110 Glutamic acid 9 3.240 0 1 9.688 2.754 Glycine 9 1.805 0 1 5.397 1.534 Proline 9 1.571 0 4 4.697 1.335 Serine 9 1.232 0 4 3.684 1.047	2									
Phenylalanine g 1.205 0 1 3.603 1.024 Tyrosine g 0.790 0 1 2.362 0.672 Valine g 1.534 0 1 4.587 1.304 Arginine g 1.539 0 1 4.602 1.308 Histidine g 0.672 0 1 2.009 0.571 Alanine g 1.822 0 4 5.448 1.549 Aspartic acid g 2.482 0 1 7.421 2.110 Glutamic acid g 3.240 0 1 9.688 2.754 Glycine g 1.805 0 1 5.397 1.534 Proline g 1.571 0 4 4.697 1.335 Serine g 1.232 0 4 3.684 1.047						_				
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Arginine. 9 1.539 0 1 4.602 1.308 Histidine. 9 0.672 0 1 2.009 0.571 Alanine. 9 1.822 0 4 5.448 1.549 Aspartic acid. 9 2.482 0 1 7.421 2.110 Glutamic acid. 9 3.240 0 1 9.688 2.754 Glycine 9 1.805 0 1 5.397 1.534 Proline 9 1.571 0 4 4.697 1.335 Serine 9 1.232 0 4 3.684 1.047	<u> </u>					_				
Histidine 9 0.672 0 1 2.009 0.571 Alanine 9 1.822 0 4 5.448 1.549 Aspartic acid 9 2.482 0 1 7.421 2.110 Glutamic acid 9 3.240 0 1 9.688 2.754 Glycine 9 1.805 0 1 5.397 1.534 Proline 9 1.571 0 4 4.697 1.335 Serine 9 1.232 0 4 3.684 1.047		-				_				
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Aspartic acid 9 2.482 0 1 7.421 2.110 Glutamic acid 9 3.240 0 1 9.688 2.754 Glycine 9 1.805 0 1 5.397 1.534 Proline 9 1.571 0 4 4.697 1.335 Serine 9 1.232 0 4 3.684 1.047		-								
Glutamic acid. g 3.240 0 1 9.688 2.754 Glycine						_				
Glycine g 1.805 0 1 5.397 1.534 Proline g 1.571 0 4 4.697 1.335 Serine g 1.232 0 4 3.684 1.047	•				-	_				
Proline g 1.571 0 4 4.697 1.335 Serine g 1.232 0 4 3.684 1.047						_				
Serine	2									
•		-				_				
		-	2.232	•	•	-		5.001	1.047	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 299g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

		<u>Aı</u>	mount in 100 g	rams	of edit	ole portio	<u>n</u>	Amount in edible portion of common		
			Nu	mber				<u>m</u>	easures of food	Ĺ
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
D										
Proximates: Water	q	78.43	0.182	16		1		22.23	88.63	
Energy		100		0	NC	4		28	113	
Energy		418				4		119	473	
Protein (N x 6.25)	' - '	17.86	0.166	15		1		5.06	20.18	
Total lipid (fat)		2.59	0.160	14		1		0.73	2.93	
Ash		1.53	0.073	13		1		0.43	1.73	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total										
Starch										
Minerals:		1.0		_		_		•		
Calcium, Ca	_	10 22.32	1 010	1		1 1		3 6.33	11	
Iron, Fe		22.32 13	1.919	17 0		4		6.33 4	25.22 15	
Magnesium, Mg Phosphorus, P		260	3.083	10		1		4 74	294	
Potassium, K	-	396	3.003	2		1		112	447	
Sodium, Na		98		0		4		28	111	
Zinc, Zn		2.54	0.085	8		1		0.72	2.87	
Copper, Cu		0.131		15		1		0.037	0.148	
Manganese, Mn		0.072		16		1		0.020	0.081	
Selenium, Se		32.8		0	BFZN	4		9.3	37.1	
Vitamins:	ma	20 5	1 752					8.1	20.0	
Vitamin C, total ascorbic acid		28.5 0.130	1.753	8 2		1 1		0.037	32.2 0.147	
ThiaminRiboflavin		0.130		2		1		0.037	0.147	
Niacin		5.867		3		1		1.663	6.630	
Pantothenic acid	-	1.055		2		1		0.299	1.192	
Vitamin B-6		0.060		1		1		0.017	0.068	
Folate, total	_	4		0		4		1	5	
Folic acid		0		0	z	7		0	0	
Folate, food		4		0		4		1	5	
Folate, DFE	mcg DFE	4		0	NC	4		1	5	
Vitamin B-12		3.26	1.156	3		1		0.92	3.68	
Vitamin A, IU		0		3		1		0	0	
Vitamin A, RAE		0	0.000	3		1		0	0	
Retinol		0	0.000	3		1		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.860	ı	0		1		0.244	0.972	
4:0		0.000	1	0		4		0.000	0.000	
6:0	g	0.000	1	0		4		0.000	0.000	
8:0	g	0.000	1	0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010	ı	1		1		0.003	0.011	
13:0	_									
14:0	-	0.060		1		1		0.017	0.068	
15:0										
16:0	_	0.460		1		1		0.130	0.520	
17:0				_		_		_	_	
18:0		0.330		1		1		0.094	0.373	
20:0	_									
22:0	g g									

		<u>Am</u>	ount in 100 grams Numbe		<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Un	its	Mean		Deriv Source	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated.	a	0.690	0	1		0.196	0.780		
14:1		0.030	v	-		0.190	0.780		
15:1									
16:1 undifferentiated		0.100	1	1		0.028	0.113		
17:1	-								
18:1 undifferentiated		0.590	1	1		0.167	0.667		
20:1	g	0.000	0	4		0.000	0.000		
22:1 undifferentiated	-	0.000	0	4		0.000	0.000		
24:1 c									
Fatty acids, total polyunsaturated		0.190	0	1		0.054	0.215		
18:2 undifferentiated		0.190	1	1		0.054	0.215		
18:3 undifferentiated	g	0.000	0	4		0.000	0.000		
18:4	g	0.000	0	4		0.000	0.000		
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated	g	0.000	0	4		0.000	0.000		
20:5 n-3	g	0.000	0	4		0.000	0.000		
22:5 n-3	g	0.000	0	4		0.000	0.000		
22:6 n-3	g	0.000	0	4		0.000	0.000		
Fatty acids, total trans	g								
Cholesterol	mg	363	32.912 8	1		103	410		
Phytosterols	mg	0	0	4		0	0		
Amino Asida									
Amino Acids:	~	0 100	2			0.050			
Tryptophan		0.183	3	1		0.052 0.202	0.207 0.807		
Threonine		0.714 0.797	4	1		0.202			
Isoleucine	_		-	1		0.226	0.901		
Leucine	-	1.460 1.334	4	1			1.650		
Lysine			4	1		0.378	1.507		
Methionine		0.331	-	_		0.094	0.374		
Cystine	-	0.229	0	4 1		0.065	0.259		
Phenylalanine		0.763	4	1		0.216	0.862		
Tyrosine	-	0.500 0.971	4	1		0.142	0.565		
Valine	-	0.971	3	1		0.275 0.276	1.097 1.101		
Arginine			3	1					
Histidine	_	0.426 1.154	3	4		0.121 0.327	0.481		
Alanine	-	1.154	1	1		0.327	1.304 1.775		
Aspartic acid		2.051	1	1		0.445	2.318		
Glutamic acid	-		1	1		0.581	2.318 1.292		
Glycine		1.143 0.995	0	4		0.324	1.292		
Proline	-	0.995	0	4		0.282 0.221			
Serine	_	0.780	U	4		0.221	0.881		
Hydroxyproline	g								

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

		<u>A</u>	mount in 100 gram	s of edil	ole portic	<u>on</u>	Amount in edible portion of common			
			Numbe	r			<u>m</u>	easures of food	<u>[</u>	
			of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	70.72	1	A	1					
Energy	kcal	157	0	NC	4					
Energy	kj	658	0	NC	4					
Protein (N x 6.25)	g	21.40	1	A	1					
Total lipid (fat)	g	7.26	1	A	1					
Ash		0.52	1	A	1					
Carbohydrate, by difference		0.09	0	NC	4					
Fiber, total dietary	g	0.0	0	Z	7					
Sugars, total		0.00	0	Z	7					
Starch										
Minerals:			-	_	_					
Calcium, Ca	_	15	1	A	1					
Iron, Fe	_	1.23 15	1	A A	1 1					
Magnesium, Mg		129	1	A	1					
Phosphorus, P	_	85	1	A	1					
Potassium, K		40	1	A	1					
Zinc, Zn	-	2.92	1	A	1					
Copper, Cu		0.239		A	1					
Manganese, Mn		0.071		A	1					
Selenium, Se		40.3	1	A	1					
•										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.0	1	A	1					
Thiamin		0.040		A	1					
Riboflavin		0.188		A	1					
Niacin	-	1.380		A	1					
Pantothenic acid		0.566		A	1					
Vitamin B-6	-	0.021		A	1					
Folate, total		3	1	A	1					
Folic acid		0	0	z	7					
Folate, food		3 3	1	A NC	1 4					
Folate, DFE		0.48	1	A.	1					
Vitamin B-12 Vitamin A, IU		0.48	0	AS	1					
Vitamin A, IUVitamin A, RAE		0	0	AS	1					
Retinol		0	1	A	1					
Vitamin E (alpha-tocopherol)		0.09	2	A	1					
Tocopherol, beta		0.00	2	A	1					
Tocopherol, gamma		0.02	2	A	1					
Tocopherol, delta		0.00	2	A	1					
Vitamin D			_	==	=					
Vitamin K (phylloquinone)		0.0	2	A	1					
<u>Lipids:</u>										
Fatty acids, total saturated	g	2.990	1	A	1					
4:0		0.000		z	7					
6:0		0.000	0	Z	7					
8:0	g	0.000	1	A	1					
10:0	g	0.000		A	1					
12:0	g	0.000	1	A	1					
13:0	g									
14:0	g	0.085	5 1	A	1					
15:0	g	0.000	1	A	1					
16:0	g	1.548	1	A	1					
17:0		0.022		A	1					
18:0	g	1.304		A	1					
20:0	g	0.020	1	A	1					
22:0	g	0.011	. 1	A	1					
24:0	g									

		<u>A</u>	mount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and	Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsatura	ated 0	2.126		1	A	1					
14:1		0.000		1	A	1					
15:1		0.000		1	A	1					
16:1 undifferentiated		0.094		1	A	1					
17:1											
18:1 undifferentiated	-	1.991		1	A	1					
20:1	-	0.041		1	A	1					
22:1 undifferentiated	-	0.000		0	z	7					
24:1 c	• • • • • • • • • • • • • • • • • • • •										
Fatty acids, total polyunsaturat		0.738	1	1	A	1					
18:2 undifferentiated		0.547	,	1	A	1					
18:3 undifferentiated		0.016		0	AS	1					
18:3 n-6 c.c.c		0.000)	1	A	1					
18:3i	-										
18:4	-	0.000)	0	z	7					
20:2 n-6 c,c	-	0.029		1	A	1					
20:3 undifferentiated		0.000)	1	A	1					
20:3 n-3											
20:3 n-6											
20:4 undifferentiated		0.146	;	1	A	1					
20:4 n-3											
20:4 n-6	-										
20:5 n-3	-	0.000)	0	z	7					
22:5 n-3	-	0.000	1	0	Z	7					
22:6 n-3	-	0.000)	0	z	7					
Fatty acids, total trans	-	0.110)	1	A	1					
Cholesterol		316		1	A	1					
Phytosterols	-										
-	-										
Others:	9	0.0		0	z	7					
Alcohol, ethyl	_	0.0		0	z Z	7					
Caffeine	-	0		0	z z	7					
Theobromine Carotenoids:		U		U	z	,					
Carotene, beta		0		1	A	1					
Carotene, alpha		0		1	A	1					
Cryptoxanthin, beta		0		1	A	1					
Lycopene		0		1	A	1					
Lutein + zeaxanthin	mcg	0		0	Z	7					

Common Measures:

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

		<u>A</u>	mount in 100	grams	of edib	ole portio	<u>n</u>		edible portion	
			N	lumber				<u>m</u>	easures of food	•
			o	of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error F	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		73.50		1	A	1		20.84	83.05	
Energy		163		0	NC	4		46	185	
Energy	kj	684		0	NC	4		194	773	
Protein (N x 6.25)		16.85		1	A	1		4.78	19.04	
Total lipid (fat)	g	10.14		1	A	1		2.88	11.46	
Ash		0.63		1	A	1		0.18	0.71	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total		0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	ma	11		1	A	1		3	12	
Iron, Fe	_	1.01		1	A	1		0.29	1.14	
Magnesium, Mg	_	11		1	A	1		3	13	
Phosphorus, P		130		1	A	1		3 37	147	
Potassium, K	-	140		1	A	1		40	158	
Sodium. Na.	-	75		1	A	1		21	84	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	1.85		1	A	1		0.52	2.09	
Copper, Cu		0.169)	1	A	1		0.048	0.191	
Manganese, Mn		0.038		1	A	1		0.011	0.043	
Selenium, Se		31.1		1	A	1		8.8	35.1	
	•									
Vitamins:										
Vitamin C, total ascorbic acid	_	0.0		1	A	1		0.0	0.0	
Thiamin	-	0.051		1	A	1		0.015	0.058	
Riboflavin		0.201		1	A	1		0.057	0.227	
Niacin	_	2.480		1	A	1		0.703	2.802	
Pantothenic acid	-	1.220		1	A	1		0.346	1.379	
Vitamin B-6	-	0.034	ŀ	1	A	1		0.010	0.039	
Folate, total		3		1	A	1		1	3	
Folic acid		0		0	Z	7		0	0	
Folate, food		3		1	A	1		1	3	
Folate, DFE		3		0	NC	4		1	3	
Vitamin B-12		0.30		1	A	1		0.09	0.34	
Vitamin A, IU		0		0	AS	1		0	0	
Vitamin A, RAE		0		0	AS	1		0	0	
Retinol		0		1	A	1		0	0	
Vitamin E (alpha-tocopherol)		0.04		2	A	1		0.01	0.05	
Tocopherol, beta		0.00		2	A	1		0.00	0.00	
Tocopherol, gamma		0.00		2 2	A	1		0.00	0.00	
Tocopherol, delta		0.00		2	A	1		0.00	0.00	
Vitamin D Vitamin K (phylloquinone)		0.0		2	A	1		0.0	0.0	
vitamin K (phynoquinone)	nicg	0.0		2		_		0.0	0.0	
<u>Lipids:</u>										
Fatty acids, total saturated	g	4.025	5	1	A	1		1.141	4.548	
4:0	g	0.000)	0	Z	7		0.000	0.000	
6:0	g	0.000)	0	Z	7		0.000	0.000	
8:0	g	0.000)	1	A	1		0.000	0.000	
10:0	g	0.000)	1	A	1		0.000	0.000	
12:0	g	0.000)	1	A	1		0.000	0.000	
13:0	g									
14:0	g	0.125	5	1	A	1		0.035	0.141	
15:0	g	0.000)	1	A	1		0.000	0.000	
16:0	g	2.264	Į.	1	A	1		0.642	2.558	
17:0	g	0.025	5	1	A	1		0.007	0.028	
18:0	g	1.591	L	1	A	1		0.451	1.798	
20:0		0.020)	1	A	1		0.006	0.023	
22:0		0.000)	1	A	1		0.000	0.000	
24:0	-									

		<u>Ai</u>	mount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
				Number				<u>m</u>	easures of food	
Nutrients and Uni	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	3.590		1	A	1		1.018	4.057	
14:1		0.000		1	A	1		0.000	0.000	
15:1		0.000		1	A	1		0.000	0.000	
16:1 undifferentiated		0.202		1	A	1		0.057	0.228	
17:1	-									
18:1 undifferentiated	-	3.320)	1	A	1		0.941	3.752	
20:1	•	0.068		1	A	1		0.019	0.077	
22:1 undifferentiated		0.000)	0	z	7		0.000	0.000	
24:1 c										
Fatty acids, total polyunsaturated		0.892		1	A	1		0.253	1.008	
18:2 undifferentiated		0.724		1	A	1		0.205	0.818	
18:3 undifferentiated	-	0.021		0	AS	1		0.006	0.024	
18:3 n-6 c.c.c.	-	0.000)	1	A	1		0.000	0.000	
18:3i										
18:4		0.000)	0	z	7		0.000	0.000	
20:2 n-6 c.c		0.037		1	A	1		0.010	0.042	
20:3 undifferentiated	-	0.000		1	A	1		0.000	0.000	
20:3 n-3	-									
20:3 n-6										
20:4 undifferentiated	-	0.110)	1	A	1		0.031	0.124	
20:4 n-3	g									
20:4 n-6	-									
20:5 n-3	g	0.000)	0	z	7		0.000	0.000	
22:5 n-3	g	0.000)	0	Z	7		0.000	0.000	
22:6 n-3		0.000	1	0	Z	7		0.000	0.000	
Fatty acids, total trans	g	0.130)	1	A	1		0.037	0.147	
Cholesterol	-	223		1	A	1		63	252	
Phytosterols	mg									
Others:										
Alcohol, ethyl	a	0.0		0	z	7		0.0	0.0	
Caffeine	_	0		0	z	7		0	0	
Theobromine	-	0		0	z	7		0	0	
Carotenoids:	J	-		-				-	-	
Carotene, beta	mcq	0		1	A	1		0.000	0.000	
Carotene, alpha		0		1	A	1		0.000	0.000	
Cryptoxanthin, beta		0		1	A	1		0.000	0.000	
Lycopene		0		1	A	1		0.000	0.000	
Lutein + zeaxanthin		0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 32% Bone and hard tissue

		<u>A</u>	mount in 100 gr	ams of ed	lible porti	<u>on</u>	Amount in edible portion of common			
			Nun	nber			<u>m</u>	easures of food	<u>l</u>	
			of E	ata Deri	v Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Poi	nts Cod	e Code	Code	Measure 1	Measure 2	Measure 3	
D										
Proximates: Water	а	46.70		1	1		128.43	39.70		
Energy	_	396		0 N			1089	33.70		
Energy		1657		•	4		4556	1408		
Protein (N x 6.25)		17.00		1	1		46.75	14.45		
Total lipid (fat)		35.80		1	1		98.45	30.43		
Ash		0.40		1	1		1.10	0.34		
Carbohydrate, by difference		0.00		0 2			0.00	0.00		
Fiber, total dietary		0.0		0 2			0.0	0.00		
Sugars, total		0.0			,		0.0	0.0		
Starch	_									
Starcn	9									
<u>Minerals:</u>										
Calcium, Ca	-	14		1	1		39	12		
Iron, Fe	-	0.79		0	4		2.17	0.67		
Magnesium, Mg	mg	7		1	1		19	6		
Phosphorus, P		47		1	1		129	40		
Potassium, K		157		0	4		432	133		
Sodium, Na	-	25		0	4		69	21		
Zinc, Zn		1.64		0	4		4.51	1.39		
Copper, Cu		0.067		0	4		0.184	0.057		
Manganese, Mn		0.006		0	4		0.017	0.005		
Selenium, Se	mcg	3.1		0 BFZ	N 4		8.5	2.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	1		0.0	0.0		
Thiamin		0.070)	1	1		0.193	0.060		
Riboflavin	-	0.070)	1	1		0.193	0.060		
Niacin		1.120)	1	1		3.080	0.952		
Pantothenic acid		0.423	3	0	4		1.163	0.360		
Vitamin B-6		0.270)	0	4		0.743	0.230		
Folate, total	-	4		0	4		11	3		
Folic acid		0		0 z	7		0	0		
Folate, food		4		0	4		11	3		
Folate, DFE		4		0 NC	4		11	3		
Vitamin B-12		0.55		0	4		1.51	0.47		
Vitamin A, IU		0		1	1		0	0		
Vitamin A, RAE		0		1	1		0	0		
Retinol		0		1	1		0	0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	12.450)	0	1		34.238	10.583		
4:0		0.000)	0	1		0.000	0.000		
6:0	g	0.000)	0	1		0.000	0.000		
8:0	_	0.000		0	1		0.000	0.000		
10:0	-	0.000		0	1		0.000	0.000		
12:0	g	0.000)	0	1		0.000	0.000		
13:0	-									
14:0		0.570)	0	1		1.568	0.485		
15:0	g									
16:0		8.130)	0	1		22.358	6.911		
17:0										
18:0	g	3.750)	0	1		10.313	3.188		
20:0	-									
22:0	g									
24:0	g									

	<u>A</u>	mount in 100 grams Number		<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean		Deriv Source	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	16.890	0	1		46.448	14.357		
14:1g								
15:1g			_		0.600			
16:1 undifferentiated	1.310	0	1		3.603	1.114		
17:1	15.580	0	1		42.845	13.243		
18:1 undifferentiated	0.000		1			0.000		
•	0.000		1		0.000 0.000	0.000		
22:1 undifferentiatedg	0.000	, u	1		0.000	0.000		
24:1 cg Fatty acids, total polyunsaturatedg	3.940	0	1		10.835	3.349		
18:2 undifferentiatedg	3.410		1		9.378	2.899		
18:3 undifferentiated	0.300	·	1		0.825	0.255		
18:4g	0.000		1		0.825	0.255		
20:2 n-6 c.cg	0.000	,	_		0.000	0.000		
20:3 undifferentiated								
20:4 undifferentiatedg	0.230	0	1		0.633	0.196		
20:5 n-3g	0.000		1		0.000	0.000		
22:5 n-3g	0.000		1		0.000	0.000		
22:6 n-3	0.000		1		0.000	0.000		
Fatty acids, total trans	0.000	•	-		0.000	0.000		
Cholesterolg	129	1	1		355	110		
Phytosterolsmg	0	0	4		0	0		
•					-	-		
Amino Acids:	0.100		1		0.001			
Tryptophang	0.102		=		0.281	0.087		
Threonine	0.595		1 1		1.636	0.506		
Isoleucineg	0.391				1.075	0.332		
Leucineg	0.952		1		2.618	0.809		
Lysineg	1.020		=		2.805	0.867		
Methionineg	0.306		1		0.842	0.260		
Cystineg	0.220		4		0.605	0.187		
Phenylalanineg	0.510		1		1.403	0.434		
Tyrosineg	0.340		1 1		0.935	0.289		
Valineg	0.510		=		1.403	0.434		
Arginine	1.173		1		3.226	0.997		
Histidine	0.306		1		0.842	0.260		
Alanineg	1.258		1		3.460	1.069		
Aspartic acid	1.428		1 1		3.927	1.214		
Glutamic acid	2.193		1		6.031	1.864		
Glycine	2.261		1		6.218	1.922 1.214		
Proline	1.428 0.731		1		3.927 2.010			
Serine	0.731	. 1	1		2.010	0.621		
Hydroxyproline								
Others:								
Alcohol, ethylg	0.0	0	7		0.0	0.0		
Caffeine mg								
Theobromine mg								

Common Measures:

Measure 1 = 275g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

Refuse: 30% Bone and hard tissue

		<u>A</u>	mount in 100 grams	s of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			Numbe	r			<u>m</u>	easures of food	<u>[</u>	
			of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	46.05	2		1		13.06	52.04		
Energy	kcal	378	0	NC	4		107	427		
Energy		1582			4		448	1787		
Protein (N x 6.25)	g	17.75	2		1		5.03	20.06		
Total lipid (fat)	g	33.50	2		1		9.50	37.86		
Ash	g	0.50	1		1		0.14	0.57		
Carbohydrate, by difference	g	0.00	0	Z	7		0.00	0.00		
Fiber, total dietary	g	0.0	0	Z	7		0.0	0.0		
Sugars, total	g									
Starch	g									
Minorola										
Minerals: Calcium, Ca	ma	18	1		1		5	20		
Iron, Fe	_	0.99	0		4		0.28	1.12		
Magnesium, Mg		8	1		1		2	9		
Phosphorus, P		50	1		1		14	57		
Potassium, K	•	349	0		4		99	394		
Sodium, Na		63	0		4		18	71		
Zinc, Zn		2.31	0		4		0.65	2.61		
Copper, Cu		0.084	1 0		4		0.024	0.095		
Manganese, Mn	mg	0.011	. 0		4		0.003	0.012		
Selenium, Se	mcg	2.7	0	BFYN	4		0.8	3.1		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0	1		1		0.0	0.0		
Thiamin		0.210			1		0.060	0.237		
Riboflavin		0.110			1		0.031	0.124		
Niacin		2.060			1		0.584	2.328		
Pantothenic acid	-	0.673	3 0		4		0.191	0.760		
Vitamin B-6		0.370	0		4		0.105	0.418		
Folate, total	mcg	5	0		4		1	6		
Folic acid		0	0	Z	7		0	0		
Folate, food	mcg	5	0		4		1	6		
Folate, DFE	mcg_DFE	5	0	NC	4		1	6		
Vitamin B-12	mcg	0.88	0		4		0.25	0.99		
Vitamin A, IU		0	1		1		0	0		
Vitamin A, RAE		0	1		1		0	0		
Retinol		0	1		1		0	0		
Vitamin E (alpha-tocopherol)	=									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)										
vitamin K (phynoquinone)	g									
<u>Lipids:</u>										
Fatty acids, total saturated	g	11.640			1		3.300	13.153		
4:0		0.000			4		0.000	0.000		
6:0	_	0.000			4		0.000	0.000		
8:0		0.000			4		0.000	0.000		
10:0	_	0.000			4		0.000	0.000		
12:0	_	0.000	0		4		0.000	0.000		
13:0 14:0	-	0.530	0		1		0 150	0.599		
14:0		0.530	, 0		1		0.150	0.599		
16:0	_	7.600	0		1		2.155	8.588		
17:0	_	7.000			_		2.133	0.300		
18:0		3.510	0		1		0.995	3.966		
20:0		3.310	•		-		0.333	3.300		
22:0	_									
24:0										

		<u>Aı</u>	mount in 100	grams of umber	edible portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	ts	Mean		f Data De		Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty golds total management wated	a	15.800		0	1		4.479	17.854		
Fatty acids, total monounsaturated		15.800		U	-		4.479	17.854		
15:1										
16:1 undifferentiated		1.220		0	1		0.346	1.379		
17:1	_	1.220		·	-		0.540	1.575		
18:1 undifferentiated		14.580		0	1		4.133	16.475		
20:1		0.000		0	4		0.000	0.000		
22:1 undifferentiated	-	0.000		0	4		0.000	0.000		
24:1 c		0.000		•	-		0.000	3.500		
Fatty acids, total polyunsaturated		3.680		0	1		1.043	4.158		
18:2 undifferentiated		3.190		0	1		0.904	3.605		
18:3 undifferentiated	-	0.280		0	1		0.079	0.316		
18:4		0.000		0	4		0.000	0.000		
20:2 n-6 c.c.		0.000		•	-		0.000	0.000		
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.210		0	1		0.060	0.237		
20:5 n-3	-	0.000		0	4		0.000	0.000		
22:5 n-3	-	0.000		0	4		0.000	0.000		
22:6 n-3	-	0.000		0	4		0.000	0.000		
Fatty acids, total trans							0.000	0.000		
Cholesterol	_	97		1	1		27	110		
Phytosterols	_	0		0	4		0	0		
-	_									
Amino Acids:										
Tryptophan		0.089		1	1		0.025	0.101		
Threonine		0.550		1	1		0.156	0.622		
Isoleucine	-	0.408		1	1		0.116	0.461		
Leucine	-	0.905		1	1		0.257	1.023		
Lysine		1.012		1	1		0.287	1.144		
Methionine		0.320		1	1		0.091	0.362		
Cystine	-	0.230		0	4		0.065	0.260		
Phenylalanine		0.479		1	1		0.136	0.541		
Tyrosine	-	0.320		1	1		0.091	0.362		
Valine	-	0.515		1	1		0.146	0.582		
Arginine		1.189		1	1		0.337	1.344		
Histidine	-	0.302		1	1		0.086	0.341		
Alanine	-	1.278		1	1		0.362	1.444		
Aspartic acid		1.384		1	1		0.392	1.564		
Glutamic acid	-	2.130		1	1		0.604	2.407		
Glycine		2.361		1	1		0.669	2.668		
Proline	-	1.509		1	1		0.428	1.705		
Serine	-	0.692		1	1		0.196	0.782		
Hydroxyproline	g									

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

NDB No. 10122 Pork, fresh, variety meats and by-products, tongue, cooked, braised

Refuse: 24% Skin and trimmings

		<u>A</u>	mount in 100 gran Numb		ble portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Un	its	Mean		a Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Duraimatan									
Proximates: Water	а	56.90	1.039 3		1		131.44	48.37	
Energy		271	0	NC	4		626	230	
Energy		1134	•		4		2619	964	
Protein (N x 6.25)		24.10	0.289 3		1		55.67	20.49	
Total lipid (fat)		18.60	1.270 3		1		42.97	15.81	
Ash		0.80	0.023 3		1		1.85	0.68	
Carbohydrate, by difference		0.00	0.023 3	z	7		0.00	0.00	
Fiber, total dietary		0.0	0	Z	7		0.0	0.00	
Sugars, total		0.0	v		,		0.0	0.0	
Starch									
Starch	9								
Minerals:									
Calcium, Ca	mg	19	0		1		44	16	
Iron, Fe	_	4.99	0		1		11.53	4.24	
Magnesium, Mg	-	20	0		1		46	17	
Phosphorus, P		174	0		1		402	148	
Potassium, K		237	0		1		547	201	
Sodium, Na		109	0		1		252	93	
Zinc, Zn	-	4.53	0		1		10.46	3.85	
Copper, Cu		0.110			4		0.254	0.094	
Manganese, Mn		0.010	0	DEMA	4		0.023	0.009	
Selenium, Se	Tricg	15.5	U	BFYN	4		35.8	13.2	
Vitamins:									
Vitamin C, total ascorbic acid	mg	1.7	0		1		3.9	1.4	
Thiamin	mg	0.317	0		1		0.732	0.269	
Riboflavin	mg	0.510	0		1		1.178	0.434	
Niacin		5.340	0		1		12.335	4.539	
Pantothenic acid	mg	0.507	0		4		1.171	0.431	
Vitamin B-6	mg	0.230	0		1		0.531	0.196	
Folate, total	mcg	4	0		4		9	3	
Folic acid	mcg	0	0	Z	7		0	0	
Folate, food		4	0		4		9	3	
Folate, DFE		4	0	NC	4		9	3	
Vitamin B-12		2.39	0		1		5.52	2.03	
Vitamin A, IU	IU	0	0		1		0	0	
Vitamin A, RAE		0	0		1		0	0	
Retinol		0	0		1		0	0	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	nog								
Lipids:									
Fatty acids, total saturated	g	6.449	0		1		14.897	5.482	
4:0									
6:0									
8:0	-								
10:0	-	0.020			1		0.046	0.017	
12:0		0.090	0		1		0.208	0.077	
13:0	_								
14:0		0.340	0		1		0.785	0.289	
15:0									
16:0		4.129	0		1		9.538	3.510	
17:0	_								
18:0	-	1.870	0		1		4.320	1.590	
20:0	_								
22:0	-								
24:0	g								

		<u>Ar</u>	mount in 100		of edib	ole portio	<u>on</u>	Amount in edible portion of common measures of food			
				Number		_		<u></u>	easures or room		
Nutrients and Units	3	Mean	Std. Error			Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	8.759		0		1		20.233	7.445		
14:1	g										
15:1	g										
16:1 undifferentiated	g	0.700		0		1		1.617	0.595		
17:1	g										
18:1 undifferentiated	g	7.889		0		1		18.224	6.706		
20:1	g	0.170		0		1		0.393	0.145		
22:1 undifferentiated	g										
24:1 c	g										
Fatty acids, total polyunsaturated	g	1.930		0		1		4.458	1.641		
18:2 undifferentiated	g	1.840		0		1		4.250	1.564		
18:3 undifferentiated		0.090		0		1		0.208	0.077		
18:4	g										
20:2 n-6 c,c											
20:3 undifferentiated											
20:4 undifferentiated	g										
20:5 n-3	g	0.000		0		1		0.000	0.000		
22:5 n-3	g										
22:6 n-3	g	0.000		0		1		0.000	0.000		
Fatty acids, total trans											
Cholesterol	mg	146		0		1		337	124		
Phytosterols	mg	0		0		1		0	0		
Amino Acids:											
Tryptophan	a	0.278		0		1		0.642	0.236		
Threonine	-	1.018		0		1		2.352	0.865		
Isoleucine		1.099		0		1		2.539	0.934		
Leucine		1.932		0		1		4.463	1.642		
Lysine		1.970		0		1		4.551	1.675		
Methionine		0.540		0		1		1.247	0.459		
Cystine	-	0.010		·		_			0.100		
Phenylalanine		0.999		0		1		2.308	0.849		
Tyrosine		0.555		•		-		2.000	0.045		
Valine	-	1.253		0		1		2.894	1.065		
Arginine		1.488		0		1		3.437	1.265		
Histidine	-	0.605		0		1		1.398	0.514		
Alanine	-	.,		-							
Aspartic acid		2.240		0		1		5.174	1.904		
Glutamic acid		3.035		0		1		7.011	2.580		
Glycine	-	1.781		0		1		4.114	1.514		
Proline		01		•		-			1.511		
Serine	•										
Hydroxyproline	-										
113 di OA3 pi Oinic	y										

Common Measures:

Measure 1 = 231g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 4.11

Food Group: 10 Pork Products

Refuse: 16% Cartilage and connective tissue

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portic	<u>on</u>	Amount in edible portion of common		
			Nu	mber				measures of food		
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	65.90	0.462	3		1		18.68	74.47	
Energy	=	225	0.402	0	NC	4		64	254	
Energy		941		Ū	NC	4		267	1064	
Protein (N x 6.25)		16.30	0.115	3		1		4.62	18.42	
Total lipid (fat)		17.20	0.462	3		1		4.88	19.44	
Ash		0.90	0.402	1		1		0.26	1.02	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total		0.0		·	_	•		0.0	0.0	
Starch	=									
Starch	9									
Minerals:										
Calcium, Ca	-	16	3.184	6		1		5	18	
Iron, Fe	-	3.35	0.569	4		1		0.95	3.79	
Magnesium, Mg		18		2		1		5	20	
Phosphorus, P		193	_	2		1		55	218	
Potassium, K		243	20.138	5		1		69	275	
Sodium, Na		110	17.603	3		1		31	124	
Zinc, Zn		3.01		2		1		0.85	3.40	
Copper, Cu		0.070		0		4		0.020	0.079	
Manganese, Mn		0.011		0		4		0.003	0.012	
Selenium, Se	nicg	10.4		U	BFZN	4		2.9	11.8	
Vitamins:				_						
Vitamin C, total ascorbic acid		4.4	0.313	5		1		1.2	5.0	
Thiamin		0.490		4		1		0.139	0.554	
Riboflavin		0.485		2		1		0.137	0.548	
Niacin		5.300		3		1 4		1.503	5.989	
Pantothenic acid		0.641		0		_		0.182	0.724	
Vitamin B-6	-	0.240	0.047	3		1 4		0.068	0.271	
Foliate, total		4 0		0	z	7		1 0	5 0	
Folic acid		4		0	4	4		1	5	
Folate, foodFolate, DFE		4		0	NC	4		1	5	
Vitamin B-12		2.84		1	NC	1		0.81	3.21	
Vitamin A, IU		0		5		1		0.01	0	
Vitamin A, RAE		0	0.000	5		1		0	Ö	
Retinol		0	0.000	5		1		0	Ö	
Vitamin E (alpha-tocopherol)		•	0.000	-		_		-	v	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	5.960)	0		1		1.690	6.735	
4:0		0.000)	0		4		0.000	0.000	
6:0	g	0.000	1	0		4		0.000	0.000	
8:0	g	0.000)	0		4		0.000	0.000	
10:0	g	0.020	1	1		1		0.006	0.023	
12:0	g	0.090	0.048	3		1		0.026	0.102	
13:0	_									
14:0	_	0.310	0.077	3		1		0.088	0.350	
15:0	g									
16:0		3.820	0.150	3		1		1.083	4.317	
17:0										
18:0	g	1.730	0.523	3		1		0.490	1.955	
20:0										
22:0	g									
24:0	g									

	<u>Aı</u>	mount in 100 gr	rams of ed	Amount in edible portion of common measures of food				
				, Source	Confidence	_		
Nutrients and Units	Mean	Std. Error Po			Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	8.130		0	1		2.305	9.187	
14:1g								
15:1g								
16:1 undifferentiatedg	0.640	0.113	3	1		0.181	0.723	
17:1g								
18:1 undifferentiatedg	7.300		3	1		2.070	8.249	
20:1g	0.000		0	4		0.000	0.000	
22:1 undifferentiatedg	0.000		0	4		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturatedg	1.780		0	1		0.505	2.011	
18:2 undifferentiatedg	1.700		3	1		0.482	1.921	
18:3 undifferentiatedg	0.080		2	1		0.023	0.090	
18:4g	0.000		0	4		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000		0	4		0.000	0.000	
20:5 n-3g	0.000		0	4		0.000	0.000	
22:5 n-3g	0.000		0	4		0.000	0.000	
22:6 n-3g	0.000		0	4		0.000	0.000	
Fatty acids, total transg								
Cholesterolmg	101		1	1		29	114	
Phytosterolsmg	0		0	4		0	0	
Amino Acids:								
Tryptophan	0.188		1	1		0.053	0.212	
Threonineg	0.689		2	1		0.195	0.779	
Isoleucineg	0.743		2	1		0.211	0.840	
Leucineg	1.307		2	1		0.371	1.477	
Lysineg	1.333		2	1		0.378	1.506	
Methionineg	0.365		2	1		0.103	0.412	
Cystineg	0.235		0	4		0.067	0.266	
Phenylalanineg	0.675		2	1		0.191	0.763	
Tyrosineg	0.496		0	4		0.141	0.560	
Valineg	0.848		2	1		0.240	0.958	
Arginine	1.007		2	1		0.285	1.138	
Histidine	0.409		2	1		0.116	0.462	
Alanineg	0.861		0	4		0.244	0.973	
Aspartic acidg	1.515		1	1		0.430	1.712	
Glutamic acid	2.052		1	1		0.582	2.319	
Glycineg	1.205		1	1		0.342	1.362	
Prolineg	0.861		0	4		0.244	0.973	
Serineg	0.678		0	4		0.192	0.766	
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0		0 z	7		0.0	0.0	
Caffeineg	0.0		· 4	,		0.0	0.0	
Theobrominemg								

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 4.11

Food Group: 10 Pork Products

		<u>Aı</u>	mount in 10	<u>u grams</u>	of edik	ole portio	<u>n</u>	Amount in edible portion of common		
				Number				m	easures of food	
				of Data		Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	21.80				4		4.80		
Energy	kcal	615				4		135		
Energy	kj	2573				4		566		
Protein	g	11.80				4		2.60		
Total lipid (fat)	g	62.40				4		13.73		
Ash	g	2.60		0	NC	4		0.57		
Carbohydrate, by difference	g	1.40				4		0.31		
Fiber, total dietary	g	0.0				7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Ainorals:										
<u>Minerals:</u> Calcium, Ca	ma	10				4		2		
Iron, Fe	-	0.50				4		0.11		
Magnesium, Mg.	_	11				4		2		
Phosphorus, P		128				4		28		
Potassium, K	-	139				4		31		
Sodium, Na		685				4		151		
Zinc, Zn		1.15				4		0.25		
Copper, Cu		0.064	l			4		0.014		
Manganese, Mn	<u>mg</u>									
Selenium, Se	mcg	36.3		0	BFNN	4		8.0		
'itamins:										
Vitamin C, total ascorbic acid		0.0			Z	7		0.0		
Thiamin		0.450				4		0.099		
Riboflavin		0.140				4		0.031		
Niacin		2.100)			4		0.462		
Pantothenic acid		0 200						0.044		
Vitamin B-6		0.200	,			4		0.044		
Foliate, total		2 0		0	Z	4 7		0		
Folic acid		2		U	4	4		0		
Folate, DFE		2		0	NC	4		0		
Vitamin B-12	mcg_Di L	0.30		U	NC	4		0.07		
Vitamin A, IU		0.30				4		0.07		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		0		0	NR NR	4		0		
Vitamin E (alpha-tocopherol)		0.36		0	BFSN	4		0.08		
Tocopherol, beta		0.50		Ū	OH	~		0.00		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0	BFSN	4		0.0		
Lipids:										
Fatty acids, total saturated	g	23.056	5			4		5.072		
4:0	g	0.000				4		0.000		
6:0	g	0.000				4		0.000		
8:0	-	0.000				4		0.000		
10:0		0.250				4		0.055		
12:0	-	0.239	•			4		0.053		
13:0			_					_		
14:0	-	0.954	l .			4		0.210		
15:0	-	·				_		_		
16:0		14.348	3			4		3.157		
17:0			_			_				
18:0		7.266	•			4		1.599		
20:0	_									
22:0	g									

	<u> 4</u>	mount in 1		Amount in edible portion of common measures of food					
			Numbe				<u> </u>	easures or 100u	
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		5			4		6.282		
14:1	-								
15:1	-								
16:1 undifferentiated	=	3			4		0.432		
17:1		_							
18:1 undifferentiated	-				4		5.848		
20:1					4		0.000		
22:1 undifferentiated	•	0			4		0.000		
24:1 c		•							
Fatty acids, total polyunsaturated					4		1.610		
18:2 undifferentiated					4		1.432		
18:3 undifferentiated					4		0.179		
18:4		U			4		0.000		
20:2 n-6 c,c	-								
20:3 undifferentiated	=	0							
20:4 undifferentiated					4		0.000		
20:5 n-3	-				4		0.000		
22:5 n-3					4		0.000		
22:6 n-3	-	0			4		0.000		
Fatty acids, total trans							4-		
Cholesterol	_				4		15		
Phytosterols	mg								
Amino Acids:									
Tryptophan	_g 0.10	6	0	NR	4		0.023		
Threonine		5	0	NR	4		0.109		
Isoleucine	-	3	0	NR	4		0.131		
Leucine	-	5	0	NR	4		0.217		
Lysine		9	0	NR	4		0.231		
Methionine		1	0	NR	4		0.062		
Cystine		1	0	NR	4		0.031		
Phenylalanine		2	0	NR	4		0.110		
Tyrosine		6	0	NR	4		0.087		
Valine	-	3	0	NR	4		0.148		
Arginine	-	9	0	NR	4		0.180		
Histidine	-	6	0	NR	4		0.105		
Alanine	-	9	0	NR	4		0.178		
Aspartic acid	-	0	0	NR	4		0.262		
Glutamic acid		2	0	NR	4		0.410		
Glycine	=	8	0	NR	4		0.195		
Proline			0	NR	4		0.153		
Serine			0	NR	4		0.106		
Hydroxyproline			0	BFPN	4		0.046		
Others:	-				_				
Alcohol, ethyl			^	_	7		0.0		
Caffeine			0	Z	7		0		
Theobromine	mg 0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta	mcg 0		0	z	7		0.000		
Carotene, alpha			0	z	7		0.000		
Cryptoxanthin, beta			0	z	7		0.000		
Lycopene			0	Z	7		0.000		
Lutein + zeaxanthin			0	Z	7		0.000		

Common Measures:

Measure 1 = 22g: 1 cup

NDB No. 43297

Pork, oriental style, dehydrated

Calories Factors: Protein Fat Carbohydrate

Food Group: 10 Pork Products

		<u>Aı</u>	mount in 10	00 grams	of edib	ole portio	<u>on</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food	<u>!</u>	
							Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	_	71.80		1	A	1					
Energy		149		0	NC	4					
Energy		623				4					
Protein (N x 6.25)	_	18.84		1	A	1					
Total lipid (fat)		7.62		1	A	1					
Ash		3.50		1	A	1					
Carbohydrate, by difference		0.00		0	Z	7					
Fiber, total dietary	g	0.0		0	Z	7					
Sugars, total											
Starch	9										
Minerals:											
Calcium. Ca	ma	6		1	A	1					
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.85		1	A	1					
Magnesium, Mg	-	21		1	A	1					
Phosphorus, P		292		1	A	1					
Potassium, K	•	281		1	A	1					
Sodium, Na		1155		1	A	1					
Zinc, Zn	mg	2.23		1	A	1					
Copper, Cu		0.114	Į.	1	A	1					
Manganese, Mn	mg	0.047	,	0	BFSN	4					
Selenium, Se	mcg	19.8		0	BFZN	4					
/itamins:											
	ma	23.3		1	A	1					
Vitamin C, total ascorbic acid Thiamin	-	0.530		1	A	1					
Riboflavin	-	0.238		1	A	1					
		3.553		1	A	1					
Niacin Pantothenic acid		0.873		1	A	1					
Vitamin B-6	-	0.873		1	A	1					
	_	3	•	0	BFSN	4					
Folic acid		0		0	DF SN Z	7					
Folate, food		3		0	BFSN	4					
Folate, DFE		3		0	NC	4					
Vitamin B-12		1.41		1	A	1					
Vitamin A, IU		0		1	A	1					
Vitamin A, RAE		0		1	A	1					
Retinol		0		1	A	1					
Vitamin E (alpha-tocopherol)	-	· ·		_		_					
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D.											
Vitamin K (phylloquinone)											
inida											
Lipids:	a	1 701			7	1					
Fatty acids, total saturated		1.701 0.000		1 1	A A	1 1					
		0.000		1	A	1					
6:0				1	A	1					
8:0 10:0	_	0.004 0.010		1	A A	1					
12:0	-	0.010		1	A	1					
13:0	-	0.006	•	1	A	-					
14:0		0.055		1	A	1					
		0.055	•	_	•	1					
15:0 16:0		1.112	•	1	A	1					
17:0		1.112	-	_	•	1					
18:0		0.451		1	A	1					
		0.451	•	1	•	1					
20:0											
22:0 24:0											

	<u>Ar</u>	nount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	2.864		1	A	1					
14:1g										
15:1g										
16:1 undifferentiatedg	0.190		1	A	1					
17:1g										
18:1 undifferentiatedg	2.625		1	A	1					
20:1g	0.046		1	A	1					
22:1 undifferentiatedg	0.000		1	A	1					
24:1 cg										
Fatty acids, total polyunsaturated	0.747		1	A	1					
18:2 undifferentiatedg	0.595		1	A	1					
18:3 undifferentiatedg	0.034		1	A	1					
18:4g	0.000		1	A	1					
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.077		1	A	1					
20:5 n-3g	0.000		1	A	1					
22:5 n-3g	0.000		1	A	1					
22:6 n-3g	0.005		1	A	1					
Fatty acids, total trans9										
Cholesterolmg	73		1	A	1					
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0		0	Z	7					
Caffeine mg	0		0	Z	7					
Theobromine mg	0		0	Z	7					
Carotenoids:										
Carotene, betamcg	0		0	z	7					
Carotene, alphamcg										
Cryptoxanthin, betamcg										
Lycopenemcg										
Lutein + zeaxanthin mcg										

Common Measures:

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

		<u>A</u> 1	mount in 10	00 grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food	<u>.</u>	
						Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	72.42		1	A	1					
Energy	kcal	133		0	NC	4					
Energy	kj	556				4					
Protein (N x 6.25)	g	17.44		1	A	1					
Total lipid (fat)	g	6.16		1	A	1					
Ash	g	3.29		1	A	1					
Carbohydrate, by difference	g	0.69		0	NC	4					
Fiber, total dietary	g	0.0		0	Z	7					
Sugars, total	g										
Starch	g										
#:											
Minerals: Calcium. Ca	ma	7		1	A	1					
Iron, Fe		1.07		1	A A	1					
Magnesium, Mg	-	20		1	A	1					
Phosphorus, P		278		1	A	1					
Potassium, K	-	272		1	A	1					
Sodium, Na		1210		1	A	1					
Zinc, Zn	-	2.30		1	A	1					
Copper, Cu		0.111		1	A	1					
Manganese, Mn.	-	0.031		0	BFNN	4					
Selenium, Se		16.4	=	0	BFZN	4					
Scientini, Sc	9			•		-					
<u>/itamins:</u>											
Vitamin C, total ascorbic acid	-	22.7		1	A	1					
Thiamin	-	0.534		1	A	1					
Riboflavin		0.187		1	A	1					
Niacin	mg	2.525		1	A	1					
Pantothenic acid	-	0.659		1	A	1					
Vitamin B-6	-	0.229	•	1	A	1					
Folate, total		4		0	BFZN	4					
Folic acid		0		0	Z	7					
Folate, food		4		0	BFZN	4					
Folate, DFE		4		0	NC	4					
Vitamin B-12		0.68		1	A	1					
Vitamin A, IU		5		1	A	1					
Vitamin A, RAE		2		1	A	1					
Retinol		2		1	A	1					
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	fricg										
<u> ipids:</u>											
Fatty acids, total saturated	g	1.673	3	1	A	1					
4:0		0.000)	1	A	1					
6:0	g	0.000)	1	A	1					
8:0	g	0.000)	1	A	1					
10:0	g	0.011	L	1	A	1					
12:0	g	0.006	5	1	A	1					
13:0	g										
14:0		0.057	,	1	A	1					
15:0	g										
16:0		1.068	3	1	A	1					
17:0											
18:0		0.444	l	1	A	1					
20:0											
22:0											
24:0											

		Ar	nount in 10	0 grams	of edil	ole portio	<u>n</u>		edible portion	
					Deriv	Source	Confidence	<u>m</u>	easures of food	
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	2.655		1	A	1				
14:1		2.033		-		-				
15:1	-									
16:1 undifferentiated		0.174		1	A	1				
17:1	-									
18:1 undifferentiated	g	2.437		1	A	1				
20:1	g	0.040		1	A	1				
22:1 undifferentiated	g	0.000		1	A	1				
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.777		1	A	1				
18:2 undifferentiated	g	0.595		1	A	1				
18:3 undifferentiated	g	0.029		1	A	1				
18:4	g	0.082		1	A	1				
20:2 n-6 c,c	g									
20:3 undifferentiated	-									
20:4 undifferentiated		0.004		1	A	1				
20:5 n-3	g	0.000		1	A	1				
22:5 n-3	g	0.011		1	A	1				
22:6 n-3	g	0.011		1	A	1				
Fatty acids, total trans	g									
Cholesterol	• • • • • • • • • • • • • • • • • • • •	71		1	A	1				
Phytosterols	mg									
Others:										
Alcohol, ethyl	-	0.0		0	Z	7				
Caffeine										
Theobromine	mg									

Common Measures:

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

		<u>A</u>	mount in 100 g	grams	Amount in edible portion of common					
			Nu	umber	,			<u>m</u> e	easures of food	<u> </u>
			of	f Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
D										
Proximates: Water	а	57.08		1	A	1				
Energy	=	265		0	NC	4				
Energy		1109		·	110	4				
Protein (N x 6.25)		23.55		1	A	1				
,	=	18.19		1	A	1				
Total lipid (fat)		1.19		1	A	1				
Ash				0	Z	7				
Carbohydrate, by difference		0.00		0						
Fiber, total dietary		0.0		U	Z	7				
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	8		1	A	1				
Iron, Fe	_	1.51		1	A	1				
Magnesium, Mg		23		1	A	1				
Phosphorus, P		231		1	A	1				
Potassium, K	_	311		1	A	1				
Sodium, Na		76		1	A	1				
Zinc, Zn		3.59		1	A	1				
Copper, Cu		0.131	L	1	A	1				
Manganese, Mn	mg	0.010)	0	BFNN	4				
Selenium, Se	mcg	35.4		0	BFZN	4				
Vitamina										
Vitamins:				1	_	1				
Vitamin C, total ascorbic acid		2.3	,	1	A	1				
Thiamin		0.598		1	A A	1				
Riboflavin		0.247		1	A A					
Niacin	-	3.597		1	A A	1 1				
Pantothenic acid		0.923		1						
Vitamin B-6	_	0.167	<i>'</i>	0	A	1				
Folate, total		6 0		0	BFPN Z	4 7				
Folic acid		6		0	BFPN	4				
Folate, food		6		0		4				
Folate, DFE					NC					
Vitamin B-12		2.30		1	A A	1 1				
Vitamin A, IU		15 5		1						
Vitamin A, RAE		5		1 1	A	1				
Retinol		5		_	A	1				
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)										
<u> Lipids:</u>										
Fatty acids, total saturated		5.515		1	A	1				
4:0		0.000		1	A	1				
6:0		0.000		1	A	1				
8:0	-	0.005		1	A	1				
10:0		0.025		1	A	1				
12:0	-	0.014	1	1	A	1				
13:0	-									
14:0	-	0.181	L	1	A	1				
15:0	-		_							
16:0		3.623	3	1	A	1				
17:0			_							
18:0		1.505	Ď	1	A	1				
20:0										
22:0	g									

		<u>Ar</u>	nount in 10	0 grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
Nutrients and Units		Maan	Std. Error			Source Code	Confidence Code	<u>m</u>	easures of food		
Nutrients and Units		Mean	Sta. Error	romis	Code	Code	Code	Measure 1	Measure 2	Measure 3	
					_						
Fatty acids, total monounsaturated		9.141		1	A	1					
14:1	_										
15:1		0.556			_						
16:1 undifferentiated	_	0.556		1	A	1					
17:1 18:1 undifferentiated		8.435		1	А	1					
20:1	-	0.139		1	A	1					
22:1 undifferentiated		0.139		1	A	1					
24:1 c		0.002		_	A	1					
Fatty acids, total polyunsaturated	-	2.337		1	A	1					
18:2 undifferentiated		2.034		1	A	1					
18:3 undifferentiated	-	0.089		1	A	1					
18:4		0.009		1	A	1					
20:2 n-6 c,c	-	0.000		_	Α.	_					
20:3 undifferentiated.											
20:4 undifferentiated		0.110		1	А	1					
20:5 n-3	-	0.003		1	A	1					
22:5 n-3		0.000		1	A	1					
22:6 n-3	-	0.008		1	A	1					
Fatty acids, total trans	-	0.000		_		_					
Cholesterol	-	105		1	A	1					
Phytosterols				-		_					
Others:											
Alcohol, ethyl		0.0		0	Z	7					
Caffeine	mg	0		0	Z	7					
Theobromine	mg	0		0	Z	7					
Carotenoids:											
Carotene, beta	mcg	0		0	z	7					
Carotene, alpha	-										
Cryptoxanthin, beta											
Lycopene											
Lutein + zeaxanthin											

Common Measures:

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

		<u>A</u>	mount in 100	grams	ot edib	le portio	<u>on</u>	Amount in edible portion of common			
			1	Number				<u>m</u> e	easures of food		
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	g	64.46		1	A	1					
Energy	_	221		0	NC	4					
Energy		925				4					
Protein		15.41		0	BFSN	4					
Total lipid (fat)	_	17.18		1	A	1					
Ash		0.79		0	BFSN	4					
Carbohydrate, by difference		0.00		0	z	7					
Fiber, total dietary		0.0		0	z	7					
Sugars, total											
Starch											
Minerals:											
Calcium, Ca	_	14		0	BFNN	4					
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.91 20		0 0	BFNN	4 4					
Magnesium, Mg		181		0	BFNN BFNN	4					
Phosphorus, P Potassium, K	_	297		0	BFNN	4					
Sodium, Na		58		0	BFNN	4					
Zinc, Zn		2.28		0	BFNN	4					
Copper, Cu		0.047	,	0	BFNN	4					
Manganese, Mn		0.010		0	BFNN	4					
Selenium, Se		24.6		0	BFZN	4					
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid		0.6		0	BFSN	4					
Thiamin	-	0.668		0	BFSN	4					
Riboflavin	_	0.214		0	BFSN	4					
Niacin		3.959		0	BFSN	4					
Pantothenic acid		0.610		0	BFSN	4					
Vitamin B-6		0.350 5	,	0	BFSN	4					
Foliate, total		0		0	BFSN Z	4 7					
Folic acid		5		0	BFSN	4					
Folate, foodFolate, DFE		5		0	NC	4					
Vitamin B-12		0.64		0	BFSN	4					
Vitamin A, IU		6		0	BFSN	4					
Vitamin A, RAE	mca RAF	2		0	BFSN	4					
Retinol		2		0	BFSN	4					
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids: Fatty acids, total saturated	а	6.379	a	0	BFFN	4					
4:0		0.000		0	BFFN	4					
6:0		0.000		0	BFFN	4					
8:0	_	0.008		0	BFFN	4					
10:0	-	0.008		0	BFFN	4					
12:0		0.016		0	BFFN	4					
13:0	_			-		=					
14:0		0.267	,	0	BFFN	4					
15:0	_			-	•	=					
16:0		3.866	5	0	BFFN	4					
17:0				-	•						
18:0		2.067	7	0	BFFN	4					
20:0											
22:0											
24:0											

		<u>Aı</u>	mount in 10	00 grams	of edib	le portio	<u>on</u>	Amount in edible portion of common		
Nutrients and Units		Mean	Std. Error		Deriv	Source Code	Confidence Code	measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturated		7.651		0	BFFN	4				
14:1										
15:1										
16:1 undifferentiated		0.527		0	BFFN	4				
17:1		6.889		^	DEEM					
	-	0.130		0	BFFN	4				
20:1				0	BFFN	4				
22:1 undifferentiated		0.000		0	BFFN	4				
24:1 c		1 540		•						
Fatty acids, total polyunsaturated		1.548		0	BFFN	4				
18:2 undifferentiated		1.354		0	BFFN	4				
18:3 undifferentiated		0.057		0	BFFN	4				
18:4		0.000		0	BFFN	4				
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated		0.065		0	BFFN	4				
20:5 n-3	-	0.000		0	BFFN	4				
22:5 n-3		0.000		0	BFFN	4				
22:6 n-3		0.000		0	BFFN	4				
Fatty acids, total trans										
Cholesterol		58		0	BFFN	4				
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7				
Caffeine	mg									
Theobromine	mg									

Common Measures:

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products