

# **Report on nutrient analysis of key cuts of pork**

## ***Sampling Report***

**2020**

QIB Extra Ltd / Food Databanks National Capability  
Quadram Institute  
Norwich Research Park  
Norwich, NR4 7UQ, UK

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# Executive Summary

Agriculture and Horticulture Development Board (AHDB) and Public Health England (PHE) commissioned Quadram Institute Bioscience (QIB) Extra to carry out nutrient analysis of a range of pork cuts. The aim of this survey was to provide up-to-date nutrient composition data for commonly consumed cuts and leaner cuts of pork that are becoming more popular. Changes in breeding and feeding practices along with modern butchery methods mean that a wide range of lean cuts are now routinely available to the consumer. The last comprehensive nutrient analysis survey of pork in the UK was completed in 1992/3. Since the early 90s, in response to the public health need to reduce fat intake, the livestock industry has made comprehensive changes to production and processing methods. It is thought these changes have resulted in significant reductions in the fat content of red meat.

The nutrient composition data generated by this survey will be used to update and extend the data currently held by PHE and will be incorporated into the nutrient databank that supports the UK National Diet and Nutrition Survey and also disseminated via the authoritative UK food composition tables, *McCance and Widdowson's The Composition of Foods*. The data will be incorporated into the next update of the online Composition of Foods Dataset ([CoFID](#)) (early 2020) which will be disseminated via the new Composition of Foods searchable website ([www.quadram.ac.uk/UKfoodcomposition/](http://www.quadram.ac.uk/UKfoodcomposition/)).

This project analysed 10 composite samples that were each made up of between 10 and 11 sub-samples. Samples were purchased from retail outlets and prepared for analysis between January and February 2019.

This sampling report gives details of the sub-samples making up each composite sample. Analytical results from the survey are contained in a separate report. Results for individual fatty acids are reported separately in electronic format.

A further complementary report, containing calculated values for whole cuts (lean and fat) and trimmed cuts (lean and some fat) is also available.



# Sampling notes

1. Samples were collected according to a sample protocol produced in agreement with the AHDB and PHE.
2. Sub-samples were agreed with AHDB and PHE based on a review of market share and nutrient content.
3. All sub-samples were collected between the 27 January 2019 and 4 February 2019.
4. Sub-samples were stored at an appropriate temperature before being combined in equal weights to form a composite sample for analysis.
5. All composites were prepared and processed between the 29 January 2019 and 6 February 2019.
6. Fat was separated from lean portions, based on consumer practice, and weighed for future recalculation. Percentages of trimmable lean and fat can be found in the sample preparation section.
7. Cooking samples were prepared according to package instructions or based on general guidelines from AHDB. Pork leg joints were roasted to medium done.
8. Composite samples were stored at -40°C before being sent to laboratories for analysis.
9. Ingredients, label claims and nutrient information presented in this report have been taken directly from product packaging.



# Composite Sample List

Sample Number	Sample Name	Description
1	Pork fillet medallions, uncooked, lean portion	10 samples, 6 products, chilled
2	Pork loin medallions, uncooked, lean portion	10 samples, 8 products, chilled
3a	Pork loin steak, uncooked, lean portion	11 samples, 11 products, chilled
3b	Pork loin steak, uncooked, fat portion	11 samples, 11 products, chilled
4a	Pork loin steak, grilled, lean portion	11 samples, 11 products, chilled
4b	Pork loin steak, grilled, fat portion	11 samples, 11 products, chilled
5a	Pork leg roasting joint, uncooked, lean portion	11 samples, 11 products, chilled
5b	Pork leg roasting joint, uncooked, fat portion	11 samples, 11 products, chilled
6a	Pork leg roasting joint, roasted, lean portion	11 samples, 11 products, chilled
6b	Pork leg roasting joint, roasted, fat portion	11 samples, 11 products, chilled



## Sample 1: Pork fillet medallions, uncooked, lean portion

**Composite Sample Number:** 1

**Composite Sample Name:** Pork fillet medallions, uncooked, lean portion

**Sub-sample Number:** 1.1

**Sub-sample Name:** Tesco Finest British Outdoor Bred Pork Fillet Medallions

**Brand:** Tesco Finest

**Pack size:** 300g

**Purchase Date:** 27.01.19

**Place of Purchase:** Tesco, Harford Bridges, Norwich

**Display Until Date:**

**Use By Date:** 02.02.19

**Batch Number:** 4 003 24 10:54 1955

**Packaging:** Plastic

**Sample Condition As Purchased:** Chilled

**Post Purchase Storage:** Refrigerated



**Sub-sample Number:** 1.1

**Sub-sample Name:** Tesco Finest British Outdoor Bred Pork Fillet Medallions

**Ingredients:** Outdoor bred pork fillet medallions

**Label claim(s):**

Packaged in a protective atmosphere

Produced in the UK using pork from the UK

**Nutrient Information:**

Nutrient	Unit	Amount/100g (as sold)
Energy	kJ	440
Energy	kcal	104
Fat	g	2.1
Saturates	g	0.8
Monounsaturates	g	
Polyunsaturates	g	
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	
Fibre	g	0.0
Protein	g	21.3
Salt	g	0.3





**Composite Sample Number:** 1

**Composite Sample Name:** Pork fillet medallions, uncooked, lean portion

**Sub-sample Number:** 1.2

**Sub-sample Name:** Tesco Finest British Outdoor Bred Pork Fillet Medallions

**Brand:** Tesco Finest

**Pack size:** 300g

**Purchase Date:** 27.01.19

**Place of Purchase:** Tesco, Harford Bridges, Norwich

**Display Until Date:**

**Best Before Date:** 04.02.19

**Batch Number:** 4 003 25 09:53 and 10:03 1955

**Packaging:** Plastic

**Sample Condition As Purchased:** Chilled

**Post Purchase Storage:** Refrigerated



**Sub-sample Number:** 1.2

**Sub-sample Name:** Tesco Finest British Outdoor Bred Pork Fillet Medallions

**Ingredients:** Outdoor bred pork fillet medallions

**Label claim(s):**

Packaged in a protective atmosphere

Produced in the UK using pork from the UK

**Nutrient Information:**

Nutrient	Unit	Amount/100g (as sold)
Energy	kJ	440
Energy	kcal	104
Fat	g	2.1
Saturates	g	0.8
Monounsaturates	g	
Polyunsaturates	g	
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	
Fibre	g	0.0
Protein	g	21.3
Salt	g	0.3



**Composite Sample Number:** 1

**Composite Sample Name:** Pork fillet medallions, uncooked, lean portion

**Sub-sample Number:** 1.3

**Sub-sample Name:** Tesco Finest British Outdoor Bred Pork Fillet Medallions

**Brand:** Tesco Finest

**Pack size:** 300g

**Purchase Date:** 27.01.19

**Place of Purchase:** Tesco, Harford Bridges, Norwich

**Display Until Date:**

**Best Before Date:** 03.02.19

**Batch Number:** 4 003 25 09:26 1955

**Packaging:** Plastic

**Sample Condition As Purchased:** Chilled

**Post Purchase Storage:** Refrigerated



**Sub-sample Number:** 1.3

**Sub-sample Name:** Tesco Finest British Outdoor Bred Pork Fillet Medallions

**Ingredients:** Outdoor bred pork fillet medallions

**Label claim(s):**

Packaged in a protective atmosphere

Produced in the UK using pork from the UK

**Nutrient Information:**

Nutrient	Unit	Amount/100g (as sold)
Energy	kJ	440
Energy	kcal	104
Fat	g	2.1
Saturates	g	0.8
Monounsaturates	g	
Polyunsaturates	g	
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	
Fibre	g	0.0
Protein	g	21.3
Salt	g	0.3



**Composite Sample Number:** 1

**Composite Sample Name:** Pork fillet medallions, uncooked, lean portion

**Sub-sample Number:** 1.4

**Sub-sample Name:** Sainsbury's British Extra Lean 6 Pork Fillet Medallions

**Brand:** Sainsbury's

**Pack size:** 300g

**Purchase Date:** 01.02.19

**Place of Purchase:** Tesco, Harford Bridges, Norwich

**Display Until Date:**

**Use By Date:** 06.02.19

**Batch Number:** 18:54 9024

**Packaging:** Plastic

**Sample Condition As Purchased:** Chilled

**Post Purchase Storage:** Refrigerated



**Sub-sample Number:** 1.4

**Sub-sample Name:** Sainsbury's British Extra Lean 6 Pork Fillet Medallions

**Ingredients:** British pork fillet medallions

**Label claim(s):**

Origin UK

Packed in the UK using British pork

Packaged in a protective environment

**Nutrient Information:**

Nutrient	Unit	Amount/100g (grilled as per instructions)	Amount/serving Per ½ pack (grilled as per instructions)
Energy	kJ	685	771
Energy	kcal	162	182
Fat	g	3.0	3.4
Saturates	g	1.0	1.1
Monounsaturates	g		
Polyunsaturates	g		
Carbohydrate	g	<0.5	<0.5
Sugars	g	<0.5	<0.5
Starch	g		
Fibre	g	0.8	0.9
Protein	g	33.2	37.4
Salt	g	0.12	0.13



**Composite Sample Number:** 1

**Composite Sample Name:** Pork fillet medallions, uncooked, lean portion

**Sub-sample Number:** 1.5

**Sub-sample Name:** Asda Butcher's Selection 6 Lean Fillet Medallions

**Brand:** Asda Butcher's Selection

**Pack size:** 300g

**Purchase Date:** 29.01.19

**Place of Purchase:** Asda, Hall Road, Norwich

**Display Until Date:**

**Use By Date:** 03.02.19

**Batch Number:** 9022 11:45

**Packaging:** Plastic

**Sample Condition As Purchased:** Chilled

**Post Purchase Storage:** Refrigerated



**Sub-sample Number:** 1.5

**Sub-sample Name:** Asda Butcher's Selection 6 Lean Fillet Medallions

**Ingredients:** Pork fillet medallions

**Label claim(s):**

Reared in United Kingdom

Slaughtered in United Kingdom

High in protein

Extra care has been taken to remove bones, although some may remain

Packed in the UK

Pork from the UK

Packaged in a protective atmosphere

**Nutrient Information:**

Nutrient	Unit	Amount/100g (pan-fried)
Energy	kJ	648
Energy	kcal	154
Fat	g	3.5
Saturates	g	1.1
Monounsaturates	g	
Polyunsaturates	g	
Carbohydrate	g	<0.5
Sugars	g	<0.5
Starch	g	
Fibre	g	1.0
Protein	g	30
Salt	g	0.11





**Composite Sample Number:** 1

**Composite Sample Name:** Pork fillet medallions, uncooked, lean portion

**Sub-sample Number:** 1.6

**Sub-sample Name:** Asda Butcher's Selection 6 Lean Fillet Medallions

**Brand:** Asda Butcher's Selection

**Pack size:** 300g

**Purchase Date:** 29.01.19

**Place of Purchase:** Asda, Boundary Road, Norwich

**Display Until Date:**

**Use By Date:** 03.02.19

**Batch Number:** 9022 11:46

**Packaging:** Plastic

**Sample Condition As Purchased:** Chilled

**Post Purchase Storage:** Refrigerated



**Sub-sample Number:** 1.6

**Sub-sample Name:** Asda Butcher's Selection 6 Lean Fillet Medallions

**Ingredients:** Pork fillet medallions

**Label claim(s):**

Reared in United Kingdom

Slaughtered in United Kingdom

High in protein

Extra care has been taken to remove bones, although some may remain

Packed in the UK

Pork from the UK

Packaged in a protective atmosphere

**Nutrient Information:**

Nutrient	Unit	Amount/100g (pan-fried)
Energy	kJ	648
Energy	kcal	154
Fat	g	3.5
Saturates	g	1.1
Monounsaturates	g	
Polyunsaturates	g	
Carbohydrate	g	<0.5
Sugars	g	<0.5
Starch	g	
Fibre	g	1.0
Protein	g	30
Salt	g	0.11



**Composite Sample Number:** 1

**Composite Sample Name:** Pork fillet medallions, uncooked, lean portion

**Sub-sample Number:** 1.7

**Sub-sample Name:** Morrisons Market Street British Pork Fillet (cut into medallions by butcher)

**Brand:** Morrisons Market Street

**Pack size:** 468g and 432g

**Purchase Date:** 01.02.19

**Place of Purchase:** Morrisons, Wymondham

**Display Until Date:**

**Use By Date:** 05.02.19

**Batch Number:**

**Packaging:** Plastic and paper

**Sample Condition As Purchased:** Chilled

**Post Purchase Storage:** Refrigerated



**Sub-sample Number:** 1.7

**Sub-sample Name:** Morrisons Market Street British Pork Fillet (cut into medallions by butcher)

**Ingredients:** No information

**Label claim(s):**  
Origin UK

**Nutrient Information:** No information



**Composite Sample Number:** 1

**Composite Sample Name:** Pork fillet medallions, uncooked, lean portion

**Sub-sample Number:** 1.8

**Sub-sample Name:** Morrisons Market Street British Pork Fillet (advised to cut into medallions by butcher)

**Brand:** Morrisons Market Street

**Pack size:** 160g and 220g

**Purchase Date:** 01.02.19

**Place of Purchase:** Morrisons, Norwich

**Display Until Date:**

**Use By Date:** 02.02.19

**Batch Number:**

**Packaging:** Polystyrene and plastic

**Sample Condition As Purchased:** Chilled

**Post Purchase Storage:** Refrigerated



**Sub-sample Number:** 1.8

**Sub-sample Name:** Morrisons Market Street British Pork Fillet (advised to cut into medallions by butcher)

**Ingredients:** No information

**Label claim(s):**  
Origin UK

**Nutrient Information:** No information



**Composite Sample Number:** 1

**Composite Sample Name:** Pork fillet medallions, uncooked, lean portion

**Sub-sample Number:** 1.9

**Sub-sample Name:** Butcher pork fillet (advised to cut into medallions by butcher)

Brand:

Pack size: 370g and 380g

Purchase Date: 28.01.19

Place of Purchase: Independent butcher, Wymondham

Display Until Date:

Use By Date: 04.02.19

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated



**Sub-sample Number:** 1.9

**Sub-sample Name:** Butcher pork fillet (advised to cut into medallions by butcher)

**Ingredients:** Pork tenderloin

**Label claim(s):**  
Packed on 23.01.19  
UK

**Nutrient Information:** No information





**Composite Sample Number:** 1

**Composite Sample Name:** Pork fillet medallions, uncooked, lean portion

**Sub-sample Number:** 1.10

**Sub-sample Name:** Butcher pork fillet (advised to cut into medallions by butcher)

Brand:

Pack size: 287g and 267g

Purchase Date: 29.01.19

Place of Purchase: Independent butcher, Norwich

Display Until Date:

Best Before Date:

Batch Number:

Packaging: Paper

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated



**Sub-sample Number:** 1.10

**Sub-sample Name:** Butcher pork fillet (advised to cut into medallions by butcher)

**Ingredients:** No information

**Label claim(s):** No information

**Nutrient Information:** No information



## Sample 2: Pork loin medallions, uncooked, lean portion

**Composite Sample Number:** 2

**Composite Sample Name:** Pork loin medallions, uncooked, lean portion

**Sub-sample Number:** 2.1

**Sub-sample Name:** Sainsbury's British Lean 4 Pork Loin Medallions

**Brand:** Sainsbury's

**Pack size:** 400g

**Purchase Date:** 29.01.19

**Place of Purchase:** Sainsbury's, Longwater, Norwich

**Display Until Date:**

**Use By Date:** 02.02.19

**Batch Number:** Line 7 CPM 024 11:55 and 11:56

**Packaging:** Plastic and paper

**Sample Condition As Purchased:** Chilled

**Post Purchase Storage:** Refrigerated



**Sub-sample Number:** 2.1

**Sub-sample Name:** Sainsbury's British Lean 4 Pork Loin Medallions

**Ingredients:** British pork loin medallions

**Label claim(s):**

Origin UK

Packed in the UK using British pork

Packaged in a protective atmosphere

**Nutrient Information:**

Nutrient	Unit	Amount/100g (grilled as per instructions)	Amount/serving Per ¼ pack (grilled as per instructions)
Energy	kJ	830	706
Energy	kcal	198	168
Fat	g	8.8	75
Saturates	g	2.8	2.4
Monounsaturates	g	3.6	3.0
Polyunsaturates	g	0.7	0.6
Carbohydrate	g	1.0	0.9
Sugars	g	<0.5	<0.5
Starch	g		
Fibre	g	0.6	0.5
Protein	g	28.4	24.2
Salt	g	0.12	0.10



**Composite Sample Number:** 2

**Composite Sample Name:** Pork loin medallions, uncooked, lean portion

**Sub-sample Number:** 2.2

**Sub-sample Name:** Sainsbury's British Lean 4 Pork Loin Medallions

**Brand:** Sainsbury's

**Pack size:** 400g

**Purchase Date:** 28.01.19

**Place of Purchase:** Sainsbury's, Thorpe End, Norwich

**Display Until Date:**

**Use By Date:** 01.02.19

**Batch Number:** Line 7 CPM 023 11:40

**Packaging:** Plastic and paper

**Sample Condition As Purchased:** Chilled

**Post Purchase Storage:** Refrigerated



**Sub-sample Number:** 2.2

**Sub-sample Name:** Sainsbury's British Lean 4 Pork Loin Medallions

**Ingredients:** British pork loin medallions

**Label claim(s):**

Origin: UK

Packed in the UK using British pork

Packed in a protective atmosphere

**Nutrient Information:**

Nutrient	Unit	Amount/100g (grilled as per instructions)	Amount/serving Per ¼ pack (grilled as per instructions)
Energy	kJ	830	706
Energy	kcal	198	168
Fat	g	8.8	75
Saturates	g	2.8	2.4
Monounsaturates	g	3.6	3.0
Polyunsaturates	g	0.7	0.6
Carbohydrate	g	1.0	0.9
Sugars	g	<0.5	<0.5
Starch	g		
Fibre	g	0.6	0.5
Protein	g	28.4	24.2
Salt	g	0.12	0.10



**Composite Sample Number:** 2

**Composite Sample Name:** Pork loin medallions, uncooked, lean portion

**Sub-sample Number:** 2.3

**Sub-sample Name:** Asda Butcher's Selection British Pork 6 Lean Loin Medallions

**Brand:** Asda Butcher's Selection

**Pack size:** 450g

**Purchase Date:** 27.01.19

**Place of Purchase:** Asda, Hall Road, Norwich

**Display Until Date:**

**Use By Date:** 29.01.19

**Batch Number:** HNA 9017 15:35 and 15:36 LN2

**Packaging:** Plastic

**Sample Condition As Purchased:** Chilled

**Post Purchase Storage:** Refrigerated



**Sub-sample Number:** 2.3

**Sub-sample Name:** Asda Butcher's Selection British Pork 6 Lean Loin Medallions

**Ingredients:** British pork loin medallions

**Label claim(s):**

High in protein

Reared in United Kingdom

Slaughtered in United Kingdom

Packed in the UK

Extra care has been taken to remove bones, although some may remain

**Nutrient Information:**

Nutrient	Unit	Amount/100g (pan-fried)
Energy	kJ	646
Energy	kcal	153
Fat	g	3.4
Saturates	g	1.0
Monounsaturates	g	
Polyunsaturates	g	
Carbohydrate	g	1.0
Sugars	g	0.7
Starch	g	
Fibre	g	1.0
Protein	g	29
Salt	g	0.10





**Composite Sample Number:** 2

**Composite Sample Name:** Pork loin medallions, uncooked, lean portion

**Sub-sample Number:** 2.4

**Sub-sample Name:** Asda Butcher's Selection British Pork 6 Lean Loin Medallions

**Brand:** Asda Butcher's Selection

**Pack size:** 450g

**Purchase Date:** 28.01.19

**Place of Purchase:** Asda, Hall Road, Norwich

**Display Until Date:**

**Use By Date:** 04.02.19

**Batch Number:** HNA 9018 10:18 LN2

**Packaging:** Plastic

**Sample Condition As Purchased:** Chilled

**Post Purchase Storage:** Refrigerated



**Sub-sample Number:** 2.4

**Sub-sample Name:** Asda Butcher's Selection British Pork 6 Lean Loin Medallions

**Ingredients:** British pork loin medallions

**Label claim(s):**

High in protein

Reared in United Kingdom

Slaughtered in United Kingdom

Packed in the UK

Extra care has been taken to remove bones, although some may remain

**Nutrient Information:**

Nutrient	Unit	Amount/100g (pan-fried)
Energy	kJ	646
Energy	kcal	153
Fat	g	3.4
Saturates	g	1.0
Monounsaturates	g	
Polyunsaturates	g	
Carbohydrate	g	1.0
Sugars	g	0.7
Starch	g	
Fibre	g	1.0
Protein	g	29
Salt	g	0.10



**Composite Sample Number:** 2

**Composite Sample Name:** Pork loin medallions, uncooked, lean portion

**Sub-sample Number:** 2.5

**Sub-sample Name:** Morrisons Market Street British Pork Loin Medallions

**Brand:** Morrisons Market Street

**Pack size:** 380g

**Purchase Date:** 28.01.19

**Place of Purchase:** Morrisons, Norwich

**Display Until Date:**

**Use By Date:** 31.01.19

**Batch Number:** 23028 T79485/1117 L34 22 22:32

**Packaging:** Plastic

**Sample Condition As Purchased:** Chilled

**Post Purchase Storage:** Refrigerated



**Sub-sample Number:** 2.5

**Sub-sample Name:** Morrisons Market Street British Pork Loin Medallions

**Ingredients:** Lean pork loin medallions

**Label claim(s):**

Packaged in a protective atmosphere

Lean 100% British

Origin UK

**Nutrient Information:**

Nutrient	Unit	Amount/100g (as sold)
Energy	kJ	615
Energy	kcal	147
Fat	g	6.5
Saturates	g	2.3
Monounsaturates	g	
Polyunsaturates	g	
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	
Fibre	g	0.0
Protein	g	22
Salt	g	0.13



**Composite Sample Number:** 2

**Composite Sample Name:** Pork loin medallions, uncooked, lean portion

**Sub-sample Number:** 2.6

**Sub-sample Name:** Waitrose 1 Free Range Extra Trimmed Pork Medallions

**Brand:** Waitrose 1

**Pack size:** 240g

**Purchase Date:** 28.01.19

**Place of Purchase:** Waitrose, Eaton, Norwich

**Display Until Date:**

**Use By Date:** 01.02.19

**Batch Number:** 09:32 42544/104 10.17

**Packaging:** Plastic

**Sample Condition As Purchased:** Chilled

**Post Purchase Storage:** Refrigerated



**Sub-sample Number:** 2.6

**Sub-sample Name:** Waitrose 1 Free Range Extra Trimmed Pork Medallions

**Ingredients:** British free range pork loin medallions

**Label claim(s):**

Origin UK

Produced in the UK from British pork

High in protein

From pigs sired by pedigree Hampshire boars

**Nutrient Information:**

Nutrient	Unit	Amount/100g
Energy	kJ	634
Energy	kcal	150
Fat	g	3.3
Saturates	g	0.9
Monounsaturates	g	
Polyunsaturates	g	
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	
Fibre	g	0.0
Protein	g	30.1
Salt	g	0.15



**Composite Sample Number:** 2

**Composite Sample Name:** Pork loin medallions, uncooked, lean portion

**Sub-sample Number:** 2.7

**Sub-sample Name:** Ashfield Farm 100% British Lean Pork Loin Medallions

**Brand:** Ashfield Farm

**Pack size:** 400g

**Purchase Date:** 28.01.19

**Place of Purchase:** Aldi, Hall Road, Norwich

**Display Until Date:**

**Use By Date:** 31.01.19 and 01.02.19

**Batch Number:** Line 7 CPM 021 13:25 and 022 17:42

**Packaging:** Plastic and paper

**Sample Condition As Purchased:** Chilled

**Post Purchase Storage:** Refrigerated



**Sub-sample Number:** 2.7

**Sub-sample Name:** Ashfield Farm 100% British Lean Pork Loin Medallions

**Ingredients:** British lean pork loin medallions

**Label claim(s):**

Packaged in a protective atmosphere

Produced in the UK using British pork

Origin United Kingdom

**Nutrient Information:**

Nutrient	Unit	Amount/100g (as sold)
Energy	kJ	429
Energy	kcal	117
Fat	g	2.4
Saturates	g	0.9
Monounsaturates	g	
Polyunsaturates	g	
Carbohydrate	g	<0.5
Sugars	g	<0.5
Starch	g	
Fibre	g	<0.5
Protein	g	24
Salt	g	0.13





**Composite Sample Number:** 2

**Composite Sample Name:** Pork loin medallions, uncooked, lean portion

**Sub-sample Number:** 2.8

**Sub-sample Name:** Birchwood Farm British 4 Pork Loin Medallions

**Brand:** Birchwood Farm

**Pack size:** 400g

**Purchase Date:** 28.01.19

**Place of Purchase:** Lidl, Alysham Road, Norwich

**Display Until Date:**

**Use By Date:** 03.02.19

**Batch Number:** D7 LD6223 023 21:02

**Packaging:** Plastic

**Sample Condition As Purchased:** Chilled

**Post Purchase Storage:** Refrigerated



**Sub-sample Number:** 2.8

**Sub-sample Name:** Birchwood Farm British 4 Pork Loin Medallions

**Ingredients:** No information

**Label claim(s):**

Packaged in a protective atmosphere

Produced in the UK using British pork

Origin UK

Although every care has been taken to remove bones, some small pieces may remain  
5% fat

**Nutrient Information:**

Nutrient	Unit	Amount/100g (as sold)	Amount/serving Per typical medallion (67g) (grilled as per instructions)
Energy	kJ	556	446
Energy	kcal	132	106
Fat	g	4.6	3.6
Saturates	g	1.8	1.3
Monounsaturates	g		
Polyunsaturates	g		
Carbohydrate	g	0.0	0.0
Sugars	g	0.0	0.0
Starch	G		
Fibre	g	0.0	0.0
Protein	g	22.7	18.4
Salt	g	0.18	0.10



**Composite Sample Number:** 2

**Composite Sample Name:** Pork loin medallions, uncooked, lean portion

**Sub-sample Number:** 2.9

**Sub-sample Name:** Butcher pork loin medallions

Brand:

Pack size: 332g

Purchase Date: 29.01.19

Place of Purchase: Independent butcher, Norwich

Display Until Date:

Best Before Date:

Batch Number:

Packaging: Paper

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated



**Sub-sample Number:** 2.9

**Sub-sample Name:** Butcher pork loin medallions

**Ingredients:** No information

**Label claim(s):** No information

**Nutrient Information:** No information



**Composite Sample Number:** 2

**Composite Sample Name:** Pork loin medallions, uncooked, lean portion

**Sub-sample Number:** 2.10

**Sub-sample Name:** The Butcher's Market 4 Pork Loin Medallions

**Brand:** The Butcher's Market

**Pack size:** 400g

**Purchase Date:** 28.01.19

**Place of Purchase:** Iceland, St Stephens Street, Norwich

**Display Until Date:**

**Use By Date:** 02.02.19

**Batch Number:** 06:55 190249 11 103448

**Packaging:** Plastic

**Sample Condition As Purchased:** Chilled

**Post Purchase Storage:** Refrigerated



**Sub-sample Number:** 2.10

**Sub-sample Name:** The Butcher's Market 4 Pork Loin Medallions

**Ingredients:** Pork (100%)

**Label claim(s):**

Typically less than 5% fat

Packaged in a protective atmosphere

Manufactured at Dunbia (Dungannon), Granville Industrial Estate, Dungannon

Origin Netherlands (087)

**Nutrient Information:**

Nutrient	Unit	Amount/100g (as sold)
Energy	kJ	527
Energy	kcal	125
Fat	g	3.17
Saturates	g	1.36
Monounsaturates	g	
Polyunsaturates	g	
Carbohydrate	g	1.0
Sugars	g	0.4
Starch	g	
Fibre	g	0.5
Protein	g	23.1
Salt	g	0.31



## Samples 3 and 4: Pork loin steak, uncooked and grilled

<b>Composite Sample Number:</b>	3a, 3b, 4a, 4b
<b>Composite Sample Name:</b>	Pork loin steak, uncooked, lean portion Pork loin steak, uncooked, fat portion Pork loin steak, grilled, lean portion Pork loin steak, grilled, fat portion
<b>Sub-sample Number:</b>	3a.1, 3b.1, 4a.1, 4b.1
<b>Sub-sample Name:</b>	Tesco Finest British Outdoor Bred Thick Cut Pork Loin Steaks
<b>Brand:</b>	Tesco Finest
<b>Pack size:</b>	400g
<b>Purchase Date:</b>	03.02.19
<b>Place of Purchase:</b>	Tesco, Harford Bridges, Norwich
<b>Display Until Date:</b>	
<b>Use By Date:</b>	10.02.19
<b>Batch Number:</b>	4 003 32 07:22 1289
<b>Packaging:</b>	Plastic
<b>Sample Condition As Purchased:</b>	Chilled
<b>Post Purchase Storage:</b>	Refrigerated



**Sub-sample Number:** 3a.1, 3b.1, 4a.1, 4b.1

**Sub-sample Name:** Tesco Finest British Outdoor Bred Thick Cut Pork Loin Steaks

**Ingredients:** Boneless outdoor bred pork loin steaks

**Label claim(s):**

British outdoor bred pork  
Packaged in a protective atmosphere  
Produced in the UK using pork from the UK

**Nutrient Information:**

Nutrient	Unit	Amount/100g (as sold)
Energy	kJ	934
Energy	kcal	225
Fat	g	16.1
Saturates	g	5.9
Monounsaturates	g	
Polyunsaturates	g	
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	
Fibre	g	0.0
Protein	g	19.9
Salt	g	0.3





**Composite Sample Number:** 3a, 3b, 4a, 4b

**Composite Sample Name:** Pork loin steak, uncooked, lean portion  
Pork loin steak, uncooked, fat portion  
Pork loin steak, grilled, lean portion  
Pork loin steak, grilled, fat portion

**Sub-sample Number:** 3a.2, 3b.2, 4a.2, 4b.2

**Sub-sample Name:** Tesco Pork Loin Steaks

**Brand:** Tesco

**Pack size:** 1.08kg

**Purchase Date:** 03.02.19

**Place of Purchase:** Tesco, Harford Bridges, Norwich

**Display Until Date:**

**Use By Date:** 09.02.19

**Batch Number:** D2 270 031 21:08 and 21:02

**Packaging:** Plastic

**Sample Condition As Purchased:** Chilled

**Post Purchase Storage:** Refrigerated



**Sub-sample Number:** 3a.2, 3b.2, 4a.2, 4b.2

**Sub-sample Name:** Tesco Pork Loin Steaks

**Ingredients:** Boneless pork loin steaks

**Label claim(s):**

Origin Denmark

Hand trimmed by butchers

Packaged in a protective atmosphere

Packed in the UK using pork from Denmark

**Nutrient Information:**

Nutrient	Unit	Amount/100g (as sold)
Energy	kJ	934
Energy	kcal	225
Fat	g	16.1
Saturates	g	5.9
Monounsaturates	g	
Polyunsaturates	g	
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	
Fibre	g	0.0
Protein	g	19.9
Salt	g	0.3



**Composite Sample Number:** 3a, 3b, 4a, 4b

**Composite Sample Name:** Pork loin steak, uncooked, lean portion  
Pork loin steak, uncooked, fat portion  
Pork loin steak, grilled, lean portion  
Pork loin steak, grilled, fat portion

**Sub-sample Number:** 3a.3, 3b.3, 4a.3, 4b.3

**Sub-sample Name:** Sainsbury's British 8 Pork Loin Steaks

**Brand:** Sainsbury's

**Pack size:** 800g

**Purchase Date:** 03.02.19

**Place of Purchase:** Sainsbury's, Longwater, Norwich

**Display Until Date:**

**Use By Date:** 09.02.19

**Batch Number:** 19:37 9028

**Packaging:** Plastic

**Sample Condition As Purchased:** Chilled

**Post Purchase Storage:** Refrigerated



**Sub-sample Number:** 3a.3, 3b.3, 4a.3, 4b.3

**Sub-sample Name:** Sainsbury's British 8 Pork Loin Steaks

**Ingredients:** British pork loin steaks

**Label claim(s):**  
 Origin UK  
 Packed in the UK using British pork  
 Packaged in a protective atmosphere

**Nutrient Information:**

Nutrient	Unit	Amount/100g (pan fried as per instructions)	Amount/serving Per 2 steaks (pan fried as per instructions)
Energy	kJ	1036	1409
Energy	kcal	248	338
Fat	g	15.5	21.1
Saturates	g	5.6	7.6
Monounsaturates	g	6.3	8.6
Polyunsaturates	g	2.5	3.4
Carbohydrate	g	0.7	1.0
Sugars	g	<0.5	<0.5
Starch	g		
Fibre	g	0.8	1.1
Protein	g	26.2	35.6
Salt	g	0.10	0.14



**Composite Sample Number:** 3a, 3b, 4a, 4b

**Composite Sample Name:** Pork loin steak, uncooked, lean portion  
Pork loin steak, uncooked, fat portion  
Pork loin steak, grilled, lean portion  
Pork loin steak, grilled, fat portion

**Sub-sample Number:** 3a.4, 3b.4, 4a.4, 4b.4

**Sub-sample Name:** Asda Butcher's Selection Pork 6 Loin Steaks

**Brand:** Asda Butcher's Selection

**Pack size:** 660g

**Purchase Date:** 03.02.19

**Place of Purchase:** Asda, Hall Road, Norwich

**Display Until Date:**

**Use By Date:** 10.02.19

**Batch Number:** HNA 9024 15:22 LN3

**Packaging:** Plastic

**Sample Condition As Purchased:** Chilled

**Post Purchase Storage:** Refrigerated



**Sub-sample Number:** 3a.4, 3b.4, 4a.4, 4b.4

**Sub-sample Name:** Asda Butcher's Selection Pork 6 Loin Steaks

**Ingredients:** Pork loin steaks

**Label claim(s):**

Reared in Germany

Slaughtered in Germany

Packed in the UK

Packaged in a protective atmosphere

Extra care has been taken to remove bones, although some may remain

**Nutrient Information:**

Nutrient	Unit	Amount/100g (pan-fried)
Energy	kJ	845
Energy	kcal	201
Fat	g	8.0
Saturates	g	3.0
Monounsaturates	g	
Polyunsaturates	g	
Carbohydrate	g	<0.5
Sugars	g	<0.5
Starch	g	
Fibre	g	<0.5
Protein	G	32
Salt	g	0.12



**Composite Sample Number:** 3a, 3b, 4a, 4b

**Composite Sample Name:** Pork loin steak, uncooked, lean portion  
Pork loin steak, uncooked, fat portion  
Pork loin steak, grilled, lean portion  
Pork loin steak, grilled, fat portion

**Sub-sample Number:** 3a.5, 3b.5, 4a.5, 4b.5

**Sub-sample Name:** Morrisons Market Street British Pork Loin Steaks

**Brand:** Morrisons Market Street

**Pack size:** 500g

**Purchase Date:** 04.02.19

**Place of Purchase:** Morrisons, Wymondham

**Display Until Date:**

**Use By Date:** 09.02.19

**Batch Number:** 32 31 23:55 and 11:14 and 10:25 23028 T84322/0718

**Packaging:** Plastic

**Sample Condition As Purchased:** Chilled

**Post Purchase Storage:** Refrigerated



**Sub-sample Number:** 3a.5, 3b.5, 4a.5, 4b.5

**Sub-sample Name:** Morrisons Market Street British Pork Loin Steaks

**Ingredients:** British pork loin steaks

**Label claim(s):**  
 100% British  
 Packaged in a protective atmosphere

**Nutrient Information:**

Nutrient	Unit	Amount/100g (as sold)
Energy	kJ	934
Energy	kcal	225
Fat	g	16.1
Saturates	g	5.9
Monounsaturates	g	
Polyunsaturates	g	
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	
Fibre	g	0.0
Protein	g	19.9
Salt	g	0.1





**Composite Sample Number:** 3a, 3b, 4a, 4b

**Composite Sample Name:** Pork loin steak, uncooked, lean portion  
Pork loin steak, uncooked, fat portion  
Pork loin steak, grilled, lean portion  
Pork loin steak, grilled, fat portion

**Sub-sample Number:** 3a.6, 3b.6, 4a.6, 4b.6

**Sub-sample Name:** Co-op Outdoor Bred British Pork Loin Steaks

**Brand:** Co-operative Group

**Pack size:** 505g

**Purchase Date:** 04.02.19

**Place of Purchase:** Co-operative, Wymondham

**Display Until Date:**

**Use By Date:** 12.02.19

**Batch Number:** D1 798 033 13:31

**Packaging:** Plastic

**Sample Condition As Purchased:** Chilled

**Post Purchase Storage:** Refrigerated



**Sub-sample Number:** 3a.6, 3b.6, 4a.6, 4b.6

**Sub-sample Name:** Co-op Outdoor Bred British Pork Loin Steaks

**Ingredients:** No information

**Label claim(s):**

Packaged in a protective environment

Origin UK

Packed in UK

**Nutrient Information:** No information



**Composite Sample Number:** 3a, 3b, 4a, 4b

**Composite Sample Name:** Pork loin steak, uncooked, lean portion  
Pork loin steak, uncooked, fat portion  
Pork loin steak, grilled, lean portion  
Pork loin steak, grilled, fat portion

**Sub-sample Number:** 3a.7, 3b.7, 4a.7, 4b.7

**Sub-sample Name:** Essential Waitrose British Pork Loin Steaks

**Brand:** Waitrose

**Pack size:** 300g

**Purchase Date:** 02.02.19

**Place of Purchase:** Waitrose, Wymondham

**Display Until Date:**

**Use By Date:** 06.02.19, 07.02.19 and 08.02.19

**Batch Number:** 08.17 16:02 and 15:24 and 15:12 42544/104

**Packaging:** Plastic and paper

**Sample Condition As Purchased:** Chilled

**Post Purchase Storage:** Refrigerated



**Sub-sample Number:** 3a.7, 3b.7, 4a.7, 4b.7

**Sub-sample Name:** Essential Waitrose British Pork Loin Steaks

**Ingredients:** British pork loin steaks

**Label claim(s):**

Origin UK

Outdoor bred

Packaged in a protective atmosphere

**Nutrient Information:**

Nutrient	Unit	Amount/100g (as sold)
Energy	kJ	1119
Energy	kcal	270
Fat	g	21.7
Saturates	g	8.0
Monounsaturates	g	
Polyunsaturates	g	
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	
Fibre	g	0.0
Protein	g	18.6
Salt	g	0.13



**Composite Sample Number:** 3a, 3b, 4a, 4b

**Composite Sample Name:** Pork loin steak, uncooked, lean portion  
Pork loin steak, uncooked, fat portion  
Pork loin steak, grilled, lean portion  
Pork loin steak, grilled, fat portion

**Sub-sample Number:** 3a.8, 3b.8, 4a.8, 4b.8

**Sub-sample Name:** Ashfield Farm 100% British Pork Loin Steaks

**Brand:** Ashfield Farm

**Pack size:** 480g

**Purchase Date:** 03.02.19

**Place of Purchase:** Aldi, Hall Road, Norwich

**Display Until Date:**

**Use By Date:** 09.02.19

**Batch Number:** 9028 12:00

**Packaging:** Plastic

**Sample Condition As Purchased:** Chilled

**Post Purchase Storage:** Refrigerated



**Sub-sample Number:** 3a.8, 3b.8, 4a.8, 4b.8

**Sub-sample Name:** Ashfield Farm 100% British Pork Loin Steaks

**Ingredients:** British pork loin steaks

**Label claim(s):**  
 Origin UK  
 Packaged in a protective atmosphere  
 Produced in the UK using British pork

**Nutrient Information:**

Nutrient	Unit	Amount/100g (as sold)
Energy	kJ	605
Energy	kcal	144
Fat	g	6.7
Saturates	g	2.4
Monounsaturates	g	
Polyunsaturates	g	
Carbohydrate	g	<0.5
Sugars	g	<0.5
Starch	g	
Fibre	g	<0.5
Protein	g	21
Salt	g	0.12



**Composite Sample Number:** 3a, 3b, 4a, 4b

**Composite Sample Name:** Pork loin steak, uncooked, lean portion  
Pork loin steak, uncooked, fat portion  
Pork loin steak, grilled, lean portion  
Pork loin steak, grilled, fat portion

**Sub-sample Number:** 3a.9, 3b.9, 4a.9, 4b.9

**Sub-sample Name:** Birchwood Farm British 4 Pork Loin Steaks

**Brand:** Birchwood Farm

**Pack size:** 480g

**Purchase Date:** 04.02.19

**Place of Purchase:** Lidl, Wymondham

**Display Until Date:**

**Use By Date:** 09.02.19

**Batch Number:** 9023 13:55, 13:48, 13:53 and 13:46

**Packaging:** Plastic

**Sample Condition As Purchased:** Chilled

**Post Purchase Storage:** Refrigerated



**Sub-sample Number:** 3a.9, 3b.9, 4a.9, 4b.9

**Sub-sample Name:** Birchwood Farm British 4 Pork Loin Steaks

**Ingredients:** No information

**Label claim(s):**

Origin UK

Packaged in a protective atmosphere

Produced in the UK using British pork

Although every care has been taken to remove bones, some small pieces may remain

**Nutrient Information:**

Nutrient	Unit	Amount/100g (as sold)	Amount/serving Per typical steak (100g) (grilled as per instructions)
Energy	kJ	520	953
Energy	kcal	124	228
Fat	g	3.9	12.9
Saturates	g	1.5	5.0
Monounsaturates	g		
Polyunsaturates	g		
Carbohydrate	g	0.0	0.0
Sugars	g	0.0	0.0
Starch	g		
Fibre	g	0.0	0.0
Protein	g	22.1	28.0
Salt	g	0.10	0.10





**Composite Sample Number:** 3a, 3b, 4a, 4b

**Composite Sample Name:** Pork loin steak, uncooked, lean portion  
Pork loin steak, uncooked, fat portion  
Pork loin steak, grilled, lean portion  
Pork loin steak, grilled, fat portion

**Sub-sample Number:** 3a.10, 3b.10, 4a.10, 4b.10

**Sub-sample Name:** Butcher pork loin steaks

Brand:

Pack size:

Purchase Date: 04.02.19

Place of Purchase: Independent butcher, Wymondham

Display Until Date:

Best Before Date:

Batch Number:

Packaging: Paper

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated



**Sub-sample Number:** 3a.10, 3b.10, 4a.10, 4b.10

**Sub-sample Name:** Butcher pork loin steaks

**Ingredients:** No information

**Label claim(s):** No information

**Nutrient Information:** No information



**Composite Sample Number:** 3a, 3b, 4a, 4b

**Composite Sample Name:** Pork loin steak, uncooked, lean portion  
Pork loin steak, uncooked, fat portion  
Pork loin steak, grilled, lean portion  
Pork loin steak, grilled, fat portion

**Sub-sample Number:** 3a.11, 3b.11, 4a.11, 4b.11

**Sub-sample Name:** EU Pork Loin Steaks

**Brand:** Makro

**Pack size:** 2,158g and 1,650g

**Purchase Date:** 03.02.19

**Place of Purchase:** Makro, Norwich

**Display Until Date:**

**Use By Date:** 08.02.19

**Batch Number:** Lot number: 6429; Slaughtered in: 2093

**Packaging:** Plastic

**Sample Condition As Purchased:** Chilled

**Post Purchase Storage:** Refrigerated



**Sub-sample Number:** 3a.11, 3b.11, 4a.11, 4b.11

**Sub-sample Name:** EU Pork Loin Steaks

**Ingredients:** No information

**Label claim(s):**

Born and raised United Kingdom  
Country of origin United Kingdom

**Nutrient Information:** No information



## Sample 5: Pork leg roasting joint, uncooked

<b>Composite Sample Number:</b>	5a, 5b
<b>Composite Sample Name:</b>	Pork leg roasting joint, uncooked, lean portion Pork leg roasting joint, uncooked, fat portion
<b>Sub-sample Number:</b>	5a.1, 5b.1
<b>Sub-sample Name:</b>	Tesco Large British Pork Leg Joint
<b>Brand:</b>	Tesco
<b>Pack size:</b>	2,064g and 2,108g
<b>Purchase Date:</b>	27.01.19
<b>Place of Purchase:</b>	Tesco, Harford Bridges, Norwich
<b>Display Until Date:</b>	
<b>Use By Date:</b>	03.02.19
<b>Batch Number:</b>	023 and 026 1 07:45:29 and 07:28:36
<b>Packaging:</b>	Plastic
<b>Sample Condition As Purchased:</b>	Chilled
<b>Post Purchase Storage:</b>	Refrigerated



**Sub-sample Number:** 5a.1, 5b.1

**Sub-sample Name:** Tesco Large British Pork Leg Joint

**Ingredients:** Boneless, rind-on leg of pork

**Label claim(s):**

UK

Produced in the UK

**Nutrient Information:**

Nutrient	Unit	Amount/100g (as sold)
Energy	kJ	885
Energy	kcal	213
Fat	g	15.2
Saturates	g	5.1
Monounsaturates	g	
Polyunsaturates	g	
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	
Fibre	g	0.0
Protein	g	19.0
Salt	g	0.3



**Composite Sample Number:** 5a, 5b

**Composite Sample Name:** Pork leg roasting joint, uncooked, lean portion  
Pork leg roasting joint, uncooked, fat portion

**Sub-sample Number:** 5a.2, 5b.2

**Sub-sample Name:** Tesco British Boneless Half Leg of Pork

**Brand:** Tesco Counter - Butchers

**Pack size:** 1,615g and 2,275g

**Purchase Date:** 29.01.19

**Place of Purchase:** Tesco, Blue Boar Road, Norwich

**Display Until Date:**

**Use By Date:** 31.01.19

**Batch Number:** 9999 1:21PM and 1:20PM 29.01

**Packaging:** Plastic

**Sample Condition As Purchased:** Chilled

**Post Purchase Storage:** Refrigerated



**Sub-sample Number:** 5a.2, 5b.2

**Sub-sample Name:** Tesco British Boneless Half Leg of Pork

**Ingredients:** No information

**Label claim(s):** No information

**Nutrient Information:** No information





**Composite Sample Number:** 5a, 5b

**Composite Sample Name:** Pork leg roasting joint, uncooked, lean portion  
Pork leg roasting joint, uncooked, fat portion

**Sub-sample Number:** 5a.3, 5b.3

**Sub-sample Name:** Sainsbury's British Pork Crackling Leg Joint

**Brand:** Sainsbury's

**Pack size:** 1,580g and 1,538g

**Purchase Date:** 28.01.19

**Place of Purchase:** Sainsbury's, Longwater, Norwich

**Display Until Date:**

**Use By Date:** 02.02.19 and 04.02.19

**Batch Number:** 19023 07:48 and 19025 11:28

**Packaging:** Plastic

**Sample Condition As Purchased:** Chilled

**Post Purchase Storage:** Refrigerated



**Sub-sample Number:** 5a.3, 5b.3

**Sub-sample Name:** Sainsbury's British Pork Crackling Leg Joint

**Ingredients:** British pork boneless rind on leg joint

**Label claim(s):**

Origin UK

Packed in the UK using British pork

**Nutrient Information:**

Nutrient	Unit	Amount/100g (oven cooked as per instructions)	Amount/125g (oven cooked as per instructions)
Energy	kJ	1032	1290
Energy	kcal	247	309
Fat	g	13.2	16.5
Saturates	g	4.8	6.0
Monounsaturates	g	5.8	7.3
Polyunsaturates	g	1.5	1.9
Carbohydrate	g	1.1	1.4
Sugars	g	<0.5	<0.5
Starch	g		
Fibre	g	0.6	0.8
Protein	g	30.6	38.3
Salt	g	1.90	2.38



**Composite Sample Number:** 5a, 5b

**Composite Sample Name:** Pork leg roasting joint, uncooked, lean portion  
Pork leg roasting joint, uncooked, fat portion

**Sub-sample Number:** 5a.4, 5b.4

**Sub-sample Name:** Asda Butcher's Selection Pork Boneless Leg Joint

**Brand:** Asda Butcher's Selection

**Pack size:** 1,318g and 1,726g

**Purchase Date:** 27.01.19

**Place of Purchase:** Asda, Hall Road, Norwich

**Display Until Date:**

**Use By Date:** 01.02.19 and 31.01.19

**Batch Number:** 9016 12:58 and 23:48

**Packaging:** Plastic

**Sample Condition As Purchased:** Chilled

**Post Purchase Storage:** Refrigerated



**Sub-sample Number:** 5a.4, 5b.4

**Sub-sample Name:** Asda Butcher's Selection Pork Boneless Leg Joint

**Ingredients:** Boneless pork leg joint

**Label claim(s):**

Reared in Denmark

Slaughtered in Denmark

Vacuum packed for freshness

Packed in the UK

Extra care has been taken to remove bones, although some may remain

**Nutrient Information:**

Nutrient	Unit	Amount/100g (oven baked)
Energy	kJ	1004
Energy	kcal	241
Fat	g	16
Saturates	g	5.3
Monounsaturates	g	
Polyunsaturates	g	
Carbohydrate	g	<0.5
Sugars	g	<0.5
Starch	g	
Fibre	g	0.8
Protein	g	23
Salt	g	0.12



**Composite Sample Number:** 5a, 5b

**Composite Sample Name:** Pork leg roasting joint, uncooked, lean portion  
Pork leg roasting joint, uncooked, fat portion

**Sub-sample Number:** 5a.5, 5b.5

**Sub-sample Name:** Morrisons Market Street British Pork Boneless Leg

**Brand:** Morrisons Market Street

**Pack size:** 882g and 890g

**Purchase Date:** 27.01.19

**Place of Purchase:** Morrisons, Wymondham

**Display Until Date:**

**Use By Date:** 31.01.19

**Batch Number:**

**Packaging:** Plastic

**Sample Condition As Purchased:** Chilled

**Post Purchase Storage:** Refrigerated



**Sub-sample Number:** 5a.5, 5b.5

**Sub-sample Name:** Morrisons Market Street British Pork Boneless Leg

**Ingredients:** No information

**Label claim(s):**  
Origin UK

**Nutrient Information:** No information



**Composite Sample Number:** 5a, 5b

**Composite Sample Name:** Pork leg roasting joint, uncooked, lean portion  
Pork leg roasting joint, uncooked, fat portion

**Sub-sample Number:** 5a.6, 5b.6

**Sub-sample Name:** Co-op Outdoor Bred British Pork Leg Joint With Crackling

**Brand:** Co-operative Group

**Pack size:** 1,670g

**Purchase Date:** 28.01.19 and 29.01.19

**Place of Purchase:** Co-operative, Wymondham and Dereham

**Display Until Date:**

**Use By Date:** 04.02.19 and 03.02.19

**Batch Number:** 026 1 09:25 and 025 1 18:50

**Packaging:** Plastic

**Sample Condition As Purchased:** Chilled

**Post Purchase Storage:** Refrigerated



**Sub-sample Number:** 5a.6, 5b.6

**Sub-sample Name:** Co-op Outdoor Bred British Pork Leg Joint With Crackling

**Ingredients:** No information

**Label claim(s):**

Origin UK

Packed in UK

**Nutrient Information:** No information





**Composite Sample Number:** 5a, 5b

**Composite Sample Name:** Pork leg roasting joint, uncooked, lean portion  
Pork leg roasting joint, uncooked, fat portion

**Sub-sample Number:** 5a.7, 5b.7

**Sub-sample Name:** Waitrose 1 Free Range Boneless Pork Leg Roasting Joint

**Brand:** Waitrose 1

**Pack size:** 1,532g

**Purchase Date:** 29.01.19

**Place of Purchase:** Waitrose, Eaton, Norwich

**Display Until Date:**

**Use By Date:** 04.02.19

**Batch Number:** 42544/104 13:25 08.17

**Packaging:** Plastic

**Sample Condition As Purchased:** Chilled

**Post Purchase Storage:** Refrigerated



**Sub-sample Number:** 5a.7, 5b.7

**Sub-sample Name:** Waitrose 1 Free Range Boneless Pork Leg Roasting Joint

**Ingredients:** British free range boneless pork leg

**Label claim(s):**

Origin UK

From pigs sired by pedigree Hampshire boars

Packaged in a protective atmosphere

**Nutrient Information:**

Nutrient	Unit	Amount/100g (as sold)
Energy	kJ	885
Energy	kcal	213
Fat	g	15.2
Saturates	g	5.1
Monounsaturates	g	
Polyunsaturates	g	
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	
Fibre	g	0.0
Protein	g	19.0
Salt	g	0.15



**Composite Sample Number:** 5a, 5b

**Composite Sample Name:** Pork leg roasting joint, uncooked, lean portion  
Pork leg roasting joint, uncooked, fat portion

**Sub-sample Number:** 5a.8, 5b.8

**Sub-sample Name:** Ashfield Farm 100% British Pork Crackling Leg Joint

**Brand:** Ashfield Farm

**Pack size:** 1,492g and 1,582g

**Purchase Date:** 28.01.19

**Place of Purchase:** Aldi, Hall Road, Norwich

**Display Until Date:**

**Use By Date:** 09.02.19

**Batch Number:** 10:27 026 1 and 10:18 026 1

**Packaging:** Plastic

**Sample Condition As Purchased:** Chilled

**Post Purchase Storage:** Refrigerated



**Sub-sample Number:** 5a.8, 5b.8

**Sub-sample Name:** Ashfield Farm 100% British Pork Crackling Leg Joint

**Ingredients:** No information

**Label claim(s):**

Vacuum packed for freshness

Produced in the UK using British pork

Origin United Kingdom

**Nutrient Information:**

Nutrient	Unit	Amount/100g (as sold)
Energy	kJ	766
Energy	kcal	184
Fat	g	11
Saturates	g	4.1
Monounsaturates	g	
Polyunsaturates	g	
Carbohydrate	g	<0.5
Sugars	g	<0.5
Starch	g	
Fibre	g	<0.5
Protein	g	20
Salt	g	0.16



**Composite Sample Number:** 5a, 5b

**Composite Sample Name:** Pork leg roasting joint, uncooked, lean portion  
Pork leg roasting joint, uncooked, fat portion

**Sub-sample Number:** 5a.9, 5b.9

**Sub-sample Name:** Birchwood Farm British Pork Boneless Leg Joint

**Brand:** Birchwood Farm

**Pack size:** 1,702g and 1,662g

**Purchase Date:** 29.01.19

**Place of Purchase:** Lidl, Alysham Road, Norwich

**Display Until Date:**

**Use By Date:** 07.02.19

**Batch Number:** 027 1 12:50

**Packaging:** Plastic

**Sample Condition As Purchased:** Chilled

**Post Purchase Storage:** Refrigerated



**Sub-sample Number:** 5a.9, 5b.9

**Sub-sample Name:** Birchwood Farm British Pork Boneless Leg Joint

**Ingredients:** British pork boneless leg joint

**Label claim(s):**

British pork

Produced in the UK using British pork

Origin UK

Although every care has been taken to remove bones, some may remain

**Nutrient Information:**

Nutrient	Unit	Amount/100g (as sold)	Amount/serving Per 125g (oven cooked as per instructions)
Energy	kJ	927	1471
Energy	kcal	234	353
Fat	g	17.9	22.9
Saturates	g	6.1	7.8
Monounsaturates	g		
Polyunsaturates	g		
Carbohydrate	g	0.0	0.0
Sugars	g	0.0	0.0
Starch	g		
Fibre	g	0.0	0.0
Protein	g	18.2	36.8
Salt	g	0.18	0.21



**Composite Sample Number:** 5a, 5b

**Composite Sample Name:** Pork leg roasting joint, uncooked, lean portion  
Pork leg roasting joint, uncooked, fat portion

**Sub-sample Number:** 5a.10, 5b.10

**Sub-sample Name:** Butcher pork leg joint

Brand:

Pack size:

Purchase Date: 29.01.19

Place of Purchase: Independent butcher, Norwich

Display Until Date:

Best Before Date:

Batch Number:

Packaging:

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated



**Sub-sample Number:** 5a.10, 5b.10

**Sub-sample Name:** Butcher pork leg joint

**Ingredients:** No information

**Label claim(s):** No information

**Nutrient Information:** No information





**Composite Sample Number:** 5a, 5b

**Composite Sample Name:** Pork leg roasting joint, uncooked, lean portion  
Pork leg roasting joint, uncooked, fat portion

**Sub-sample Number:** 5a.11, 5b.11

**Sub-sample Name:** Chef's Essentials CE Boneless Pork Leg

**Brand:** Chef's Essentials

**Pack size:** 3,476g and 3,014g

**Purchase Date:** 28.01.19

**Place of Purchase:** Makro, Norwich

**Display Until Date:**

**Use By Date:** 01.02.19

**Batch Number:** Lot number: 23904143

**Packaging:** Plastic

**Sample Condition As Purchased:** Chilled

**Post Purchase Storage:** Refrigerated



**Sub-sample Number:** 5a.11, 5b.11

**Sub-sample Name:** Chef's Essentials CE Boneless Pork Leg

**Ingredients:** No information

**Label claim(s):**

Born and raised Denmark

Slaughtered in Denmark

Cut in Germany

Country of origin Denmark

**Nutrient Information:** No information



## Sample 6: Pork leg roasting joint, roasted

<b>Composite Sample Number:</b>	6a, 6b
<b>Composite Sample Name:</b>	Pork leg roasting joint, roasted, lean portion Pork leg roasting joint, roasted, fat portion
<b>Sub-sample Number:</b>	6a.1, 6b.1
<b>Sub-sample Name:</b>	Tesco Large British Pork Leg Joint
<b>Brand:</b>	Tesco
<b>Pack size:</b>	2,004g and 1,984g
<b>Purchase Date:</b>	27.01.19
<b>Place of Purchase:</b>	Tesco, Harford Bridges, Norwich
<b>Display Until Date:</b>	
<b>Use By Date:</b>	03.02.19 and 31.01.19
<b>Batch Number:</b>	023 1 07:45:24 and 019 1 07:20:15
<b>Packaging:</b>	Plastic
<b>Sample Condition As Purchased:</b>	Chilled
<b>Post Purchase Storage:</b>	Refrigerated



**Sub-sample Number:** 6a.1, 6b.1

**Sub-sample Name:** Tesco Large British Pork Leg Joint

**Ingredients:** Boneless, rind-on leg of pork

**Label claim(s):**  
UK  
Produced in the UK

**Nutrient Information:**

Nutrient	Unit	Amount/100g (as sold)
Energy	kJ	885
Energy	kcal	213
Fat	g	15.2
Saturates	g	5.1
Monounsaturates	g	
Polyunsaturates	g	
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	
Fibre	g	0.0
Protein	g	19.0
Salt	g	0.3



**Composite Sample Number:** 6a, 6b

**Composite Sample Name:** Pork leg roasting joint, roasted, lean portion  
Pork leg roasting joint, roasted, fat portion

**Sub-sample Number:** 6a.2, 6b.2

**Sub-sample Name:** Tesco British Boneless Half Leg of Pork

**Brand:** Tesco Counter - Butchers

**Pack size:** 1,615g and 2,275g

**Purchase Date:** 29.01.19

**Place of Purchase:** Tesco, Blue Boar Road, Norwich

**Display Until Date:**

**Use By Date:** 31.01.19

**Batch Number:** 9999 1:21PM and 1:20PM 29.01

**Packaging:** Plastic

**Sample Condition As Purchased:** Chilled

**Post Purchase Storage:** Refrigerated



**Sub-sample Number:** 6a.2, 6b.2

**Sub-sample Name:** Tesco British Boneless Half Leg of Pork

**Ingredients:** No information

**Label claim(s):** No information

**Nutrient Information:** No information



**Composite Sample Number:** 6a, 6b

**Composite Sample Name:** Pork leg roasting joint, roasted, lean portion  
Pork leg roasting joint, roasted, fat portion

**Sub-sample Number:** 6a.3, 6b.3

**Sub-sample Name:** Sainsbury's British Pork Crackling Leg Joint

**Brand:** Sainsbury's

**Pack size:** 1,474g and ,1696g

**Purchase Date:** 28.01.19

**Place of Purchase:** Sainsbury's, Longwater, Norwich

**Display Until Date:**

**Use By Date:** 04.02.19

**Batch Number:** 19025 11:28 and 10:12

**Packaging:** Plastic

**Sample Condition As Purchased:** Chilled

**Post Purchase Storage:** Refrigerated



**Sub-sample Number:** 6a.3, 6b.3

**Sub-sample Name:** Sainsbury's British Pork Crackling Leg Joint

**Ingredients:** British pork boneless rind on leg joint

**Label claim(s):**

Origin UK

Packed in the UK using British pork

**Nutrient Information:**

Nutrient	Unit	Amount/100g (oven cooked as per instructions)	Amount/125g (oven cooked as per instructions)
Energy	kJ	1032	1290
Energy	kcal	247	309
Fat	g	13.2	16.5
Saturates	g	4.8	6.0
Monounsaturates	g	5.8	7.3
Polyunsaturates	g	1.5	1.9
Carbohydrate	g	1.1	1.4
Sugars	g	<0.5	<0.5
Starch	g		
Fibre	g	0.6	0.8
Protein	g	30.6	38.3
Salt	g	1.90	2.38





**Composite Sample Number:** 6a, 6b

**Composite Sample Name:** Pork leg roasting joint, roasted, lean portion  
Pork leg roasting joint, roasted, fat portion

**Sub-sample Number:** 6a.4, 6b.4

**Sub-sample Name:** Asda Butcher's Selection Pork Boneless Leg Joint

**Brand:** Asda Butcher's Selection

**Pack size:** 1,650g and 1,594g

**Purchase Date:** 27.01.19

**Place of Purchase:** Asda, Hall Road, Norwich

**Display Until Date:**

**Use By Date:** 01.02.19 and 31.01.19

**Batch Number:** 9016 12:58 and 9015 23:42

**Packaging:** Plastic

**Sample Condition As Purchased:** Chilled

**Post Purchase Storage:** Refrigerated



**Sub-sample Number:** 6a.4, 6b.4

**Sub-sample Name:** Asda Butcher's Selection Pork Boneless Leg Joint

**Ingredients:** Boneless pork leg joint

**Label claim(s):**

Reared in Denmark

Slaughtered in Denmark

Vacuum packed for freshness

Packed in the UK

Extra care has been taken to remove bones, although some may remain

**Nutrient Information:**

Nutrient	Unit	Amount/100g (oven baked)
Energy	kJ	1004
Energy	kcal	241
Fat	g	16
Saturates	g	5.3
Monounsaturates	g	
Polyunsaturates	g	
Carbohydrate	g	<0.5
Sugars	g	<0.5
Starch	g	
Fibre	g	0.8
Protein	g	23
Salt	g	0.12



**Composite Sample Number:** 6a, 6b

**Composite Sample Name:** Pork leg roasting joint, roasted, lean portion  
Pork leg roasting joint, roasted, fat portion

**Sub-sample Number:** 6a.5, 6b.5

**Sub-sample Name:** Morrisons Market Street British Pork Boneless Leg

**Brand:** Morrisons Market Street

**Pack size:** 744g and 812g

**Purchase Date:** 27.01.19

**Place of Purchase:** Morrisons, Wymondham

**Display Until Date:**

**Use By Date:** 31.01.19

**Batch Number:**

**Packaging:** Plastic

**Sample Condition As Purchased:** Chilled

**Post Purchase Storage:** Refrigerated



**Sub-sample Number:** 6a.5, 6b.5

**Sub-sample Name:** Morrisons Market Street British Pork Boneless Leg

**Ingredients:** No information

**Label claim(s):**  
Origin UK

**Nutrient Information:** No information



**Composite Sample Number:** 6a, 6b

**Composite Sample Name:** Pork leg roasting joint, roasted, lean portion  
Pork leg roasting joint, roasted, fat portion

**Sub-sample Number:** 6a.6, 6b.6

**Sub-sample Name:** Co-op Outdoor Bred British Pork Leg Joint With Crackling

**Brand:** Co-operative Group

**Pack size:** 1,604g

**Purchase Date:** 28.01.19 and 29.01.19

**Place of Purchase:** Co-operative, Wymondham and Dereham

**Display Until Date:**

**Use By Date:** 03.02.19 and 04.02.19

**Batch Number:** 026 1 18:50 and 09:25

**Packaging:** Plastic

**Sample Condition As Purchased:** Chilled

**Post Purchase Storage:** Refrigerated



**Sub-sample Number:** 6a.6, 6b.6

**Sub-sample Name:** Co-op Outdoor Bred British Pork Leg Joint With Crackling

**Ingredients:** No information

**Label claim(s):**

Origin UK

Packed in UK

**Nutrient Information:** No information



**Composite Sample Number:** 6a, 6b

**Composite Sample Name:** Pork leg roasting joint, roasted, lean portion  
Pork leg roasting joint, roasted, fat portion

**Sub-sample Number:** 6a.7, 6b.7

**Sub-sample Name:** Waitrose 1 Free Range Boneless Pork Leg Roasting Joint

**Brand:** Waitrose 1

**Pack size:** 1,688g

**Purchase Date:** 29.01.19

**Place of Purchase:** Waitrose, Eaton, Norwich

**Display Until Date:**

**Use By Date:** 04.02.19

**Batch Number:** 42544/104 13:24 08.17

**Packaging:** Plastic

**Sample Condition As Purchased:** Chilled

**Post Purchase Storage:** Refrigerated



**Sub-sample Number:** 6a.7, 6b.7

**Sub-sample Name:** Waitrose 1 Free Range Boneless Pork Leg Roasting Joint

**Ingredients:** British free range boneless pork leg

**Label claim(s):**

Origin UK

From pigs sired by pedigree Hampshire boars

Packaged in a protective atmosphere

**Nutrient Information:**

Nutrient	Unit	Amount/100g (as sold)
Energy	kJ	885
Energy	kcal	213
Fat	g	15.2
Saturates	g	5.1
Monounsaturates	g	
Polyunsaturates	g	
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	
Fibre	g	0.0
Protein	g	19.0
Salt	g	0.15





**Composite Sample Number:** 6a, 6b

**Composite Sample Name:** Pork leg roasting joint, roasted, lean portion  
Pork leg roasting joint, roasted, fat portion

**Sub-sample Number:** 6a.8, 6b.8

**Sub-sample Name:** Ashfield Farm 100% British Pork Crackling Leg Joint

**Brand:** Ashfield Farm

**Pack size:** 1,560g and 1538g

**Purchase Date:** 28.01.19

**Place of Purchase:** Aldi, Hall Road, Norwich

**Display Until Date:**

**Use By Date:** 09.02.19

**Batch Number:** 10:26 and 10:22 026 1

**Packaging:** Plastic

**Sample Condition As Purchased:** Chilled

**Post Purchase Storage:** Refrigerated



**Sub-sample Number:** 6a.8, 6b.8

**Sub-sample Name:** Ashfield Farm 100% British Pork Crackling Leg Joint

**Ingredients:** No information

**Label claim(s):**

Vacuum packed for freshness

Produced in the UK using British pork

Origin United Kingdom

**Nutrient Information:**

Nutrient	Unit	Amount/100g (as sold)
Energy	kJ	766
Energy	kcal	184
Fat	g	11
Saturates	g	4.1
Monounsaturates	g	
Polyunsaturates	g	
Carbohydrate	g	<0.5
Sugars	g	<0.5
Starch	g	
Fibre	g	<0.5
Protein	g	20
Salt	g	0.16



**Composite Sample Number:** 6a, 6b

**Composite Sample Name:** Pork leg roasting joint, roasted, lean portion  
Pork leg roasting joint, roasted, fat portion

**Sub-sample Number:** 6a.9, 6b.9

**Sub-sample Name:** Birchwood Farm British Pork Boneless Leg Joint

**Brand:** Birchwood Farm

**Pack size:** 1,694g and 1,708g

**Purchase Date:** 29.01.19

**Place of Purchase:** Lidl, Alysham Road, Norwich

**Display Until Date:**

**Use By Date:** 07.02.19

**Batch Number:** 027 1 12:50

**Packaging:** Plastic

**Sample Condition As Purchased:** Chilled

**Post Purchase Storage:** Refrigerated



**Sub-sample Number:** 6a.9, 6b.9

**Sub-sample Name:** Birchwood Farm British Pork Boneless Leg Joint

**Ingredients:** British pork boneless leg joint

**Label claim(s):**

British pork

Produced in the UK using British pork

Origin UK

Although every care has been taken to remove bones, some may remain

**Nutrient Information:**

Nutrient	Unit	Amount/100g (as sold)	Amount/serving Per 125g (oven cooked as per instructions)
Energy	kJ	927	1471
Energy	kcal	234	353
Fat	g	17.9	22.9
Saturates	g	6.1	7.8
Monounsaturates	g		
Polyunsaturates	g		
Carbohydrate	g	0.0	0.0
Sugars	g	0.0	0.0
Starch	g		
Fibre	g	0.0	0.0
Protein	g	18.2	36.8
Salt	g	0.18	0.21



**Composite Sample Number:** 6a, 6b

**Composite Sample Name:** Pork leg roasting joint, roasted, lean portion  
Pork leg roasting joint, roasted, fat portion

**Sub-sample Number:** 6a.10, 6b.10

**Sub-sample Name:** Butcher pork leg joint

Brand:

Pack size:

Purchase Date: 29.01.19

Place of Purchase: Independent butcher, Norwich

Display Until Date:

Best Before Date:

Batch Number:

Packaging:

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated



**Sub-sample Number:** 6a.10, 6b.10

**Sub-sample Name:** Butcher pork leg joint

**Ingredients:** No information

**Label claim(s):** No information

**Nutrient Information:** No information



**Composite Sample Number:** 6a, 6b

**Composite Sample Name:** Pork leg roasting joint, roasted, lean portion  
Pork leg roasting joint, roasted, fat portion

**Sub-sample Number:** 6a.11, 6b.11

**Sub-sample Name:** Chef's Essentials CE Boneless Pork Leg

**Brand:** Chef's Essentials

**Pack size:** 3,498g and 3,550g

**Purchase Date:** 28.01.19

**Place of Purchase:** Makro, Norwich

**Display Until Date:**

**Use By Date:** 01.02.19

**Batch Number:** Lot number: 23904143

**Packaging:** Plastic

**Sample Condition As Purchased:** Chilled

**Post Purchase Storage:** Refrigerated



**Sub-sample Number:** 6a.11, 6b.11

**Sub-sample Name:** Chef's Essentials CE Boneless Pork Leg

**Ingredients:** No information

**Label claim(s):**

Born and raised Denmark

Slaughtered in Denmark

Cut in Germany

Country of origin Denmark

**Nutrient Information:** No information





# Sample Preparation

All purchased samples were stored refrigerated at 4°C and prepared as soon as possible, within the recommended use-by date. Details of all sub-samples were recorded prior to preparation of composite samples and all samples including packaging, ingredient and nutrition information were photographed.

Where further sample preparation or cooking was required, samples were prepared according to manufacturer instructions or based on guidance from AHDB. Samples were cooked with fat and skin on before separation into fat and lean portions. In order to ensure representation of the cut of meat, each sub-sample was homogenised thoroughly before combining into the final composite sample. The homogenised sub-samples were added in equal portions and combined as thoroughly as possible to create the composite sample before being split into sub-samples of approximately 100g each. Composite samples were stored frozen at -40°C before being sent to laboratories for analysis. All sub-samples within a composite sample were prepared in a single day and the composite sample was produced on the same day.

Details for each sample are given below, including weight changes on cooking and lean and fat measurements.

## Sample 1: Pork fillet medallions, uncooked

Individual medallions were weighed, photographed, and trimmed of fat by removing any subcutaneous fat, and, where present, any intermuscular fat.

- Average medallion weight = 45.9g
- Average lean = 97.8%
- Average fat = 2.2%

### Fat and lean weights

Sub-sample	No. medallions	Average medallion weight (g)	Average weight of lean (g)	Average weight of fat (g)
1.1	12	47.6	47.2	0.4
1.2	12	46.4	45.7	0.7
1.3	12	49.0	48.9	0.1
1.4	12	46.8	45.1	1.7
1.5	12	46.6	45.4	1.2



1.6	12	48.0	45.9	2.1
1.7	12	50.5	49.5	1.0
1.8	8	40.2	39.3	0.9
1.9	7	37.4	37.1	0.3
1.10	12	46.2	44.4	1.8
<b>Average</b>		<b>45.9</b>	<b>44.9</b>	<b>1.0</b>
Range		37.4-50.5	37.1-49.5	0.1-2.1

## Sample 2: Pork loin medallions, uncooked

Individual medallions were weighed, photographed, and trimmed of fat by removing any subcutaneous fat, and, where present, any intermuscular fat.

- Average medallion weight = 90.7g
- Average lean = 94.0%
- Average fat = 6.0%

### Fat and lean weights

Sub-sample	No. medallions	Average medallion weight (g)	Average weight lean (g)	Average weight subcutaneous fat (g)	Average weight intermuscular fat (g)
2.1	8	94.4	87.5	3.3	3.6
2.2	8	96.3	90.9	4.1	1.3
2.3	12	67.0	61.4	4.9	0.7
2.4	12	71.7	66.2	3.7	1.8
2.5	8	91.8	89.3	2.5	0.0
2.6	4	115.6	107.8	6.1	1.7
2.7	8	96.8	90.1	4.6	2.1
2.8	8	92.3	86.5	4.8	1.0
2.9	4	82.9	82.9	0.0	0.0
2.10	8	98.4	90.4	3.7	4.3
<b>Average</b>		<b>90.7</b>	<b>85.3</b>	<b>3.8</b>	<b>1.7</b>
Range		67.0-115.6	61.4-107.8	0.0-6.1	0.0-4.3



### Sample 3: Pork loin steaks, uncooked

Individual steaks were weighed, photographed, and trimmed of fat by removing any subcutaneous fat, and, where present, any intermuscular fat.

- Average steak weight = 126.0g
- Average lean = 84.0%
- Average fat = 16.0%

#### Fat and lean weights

Sub-sample	No. steaks	Average steak weight (g)	Average weight of lean (g)	Average weight of subcutaneous fat (g)	Average weight of intermuscular fat (g)	Average weight of skin/rind (g)
3.1	5	195.0	154.9	25.9	14.2	0.0
3.2	6	127.3	103.4	15.1	8.8	0.0
3.3	6	101.5	85.3	10.5	5.7	0.0
3.4	7	104.7	93.1	7.0	4.6	0.0
3.5	5	121.0	103.2	11.9	5.9	0.0
3.6	6	118.8	101.7	9.2	7.9	0.0
3.7	6	152.5	128.0	18.7	5.8	0.0
3.8	6	109.8	90.1	14.2	5.5	0.0
3.9	5	102.1	85.5	10.4	6.2	0.0
3.10	4	222.8*	150.3*	42.1*	9.5*	20.9*
3.11	6	127.6	112.5	8.6	6.5	0.0
<b>Average</b>		<b>126.0</b>	<b>105.8</b>	<b>13.2</b>	<b>7.1</b>	<b>0.0</b>
Range		101.5-195.0	85.3-154.9	7.0-25.9	4.6-14.2	0.0

#### Weights of fatty end portion

Sub-sample	No. steaks	Average steak weight (g)	Average weight of fatty end portion (g)	Average weight of fat in fatty end portion (g)	Average weight of lean in fatty end portion
3.1	5	195.0	22.7	12.7	9.9
3.2	6	127.3	14.8	5.5	9.9



3.3	6	101.5	12.0	3.4	8.6
3.4	7	104.7	9.5	2.9	6.6
3.5	5	121.0	15.6	3.6	12.0
3.6	6	118.8	13.0	3.6	9.4
3.7	6	152.5	22.7	4.8	17.9
3.8	6	109.8	10.9	4.3	6.6
3.9	5	102.1	14.8	4.6	10.2
3.10	4	222.8*	27.3*	4.0*	23.3*
3.11	6	127.6	16.2	5.7	10.5
<b>Average</b>		<b>125.6</b>	<b>15.2</b>	<b>5.1</b>	<b>10.2</b>
Range		101.5-195.0	9.5-22.7	2.9-12.7	6.6-17.9

\*Weights for individual steaks, lean and fat weights for sub-sample 3.10 were excluded from the average and range, as these steaks had not been cut up completely by the butcher.

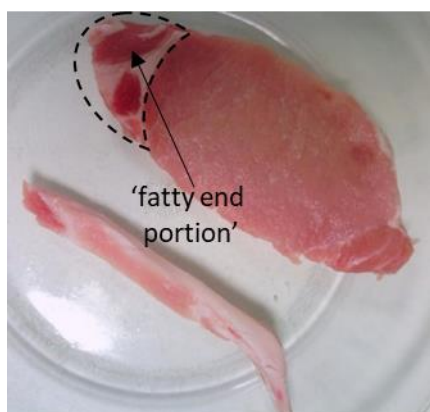


Figure 1. Depiction of the 'fatty end portion'

## Sample 4: Pork loin steaks, grilled

Individual steaks were weighed, photographed and grilled according to manufacturers' instructions, where given, or until cooked. Sub-samples without cooking instructions were grilled according to instructions provided by AHDB of 8 minutes each side. Dripping, from several steaks, was recovered after grilling and allowed to cool so that solidified fat and jelly could be collected separately and weighed. Dripping weights are expressed as an average per steak.

- Average grilled steak weight = 88.0g



- Total average weight loss on cooking = 36.5%
- Average lean = 84.9%
- Average fat = 13.8%

### Fat and lean weights of grilled steaks

Sub-sample	No. steaks	Average grilled steak weight (g)	Average weight of lean (g)	Average weight of subcutaneous fat (g)	Average weight of intermuscular fat (g)	Average weight of crackling
4.1	5	125.3	107.7	11.9	5.8	0.0
4.2	8	89.8	78.3	7.0	4.5	0.0
4.3	8	69.2	61.2	6.5	1.6	0.0
4.4	8	63.9	58.4	3.6	1.8	0.0
4.5	8	76.2	68.8	6.9	1.4	0.0
4.6	8	65.7	55.9	6.6	3.2	0.0
4.7	8	93.7	78.7	11.2	3.8	0.0
4.8	8	88.9	72.9	12.8	3.1	0.0
4.9*	8					
4.10	8	123.2	89.3	16.5	4.9	12.5
4.11	8	84.1	75.6	6.4	2.1	0.0
<b>Average</b>		<b>88.0</b>	<b>74.7</b>	<b>8.9</b>	<b>3.2</b>	<b>1.3</b>
Range		63.9-125.3	55.9-107.7	3.6-16.5	1.4-5.8	0.0-12.5

### Weights of fatty end portion

Sub-sample	No. steaks	Average steak weight (g)	Average weight of fatty end portion (g)	Average weight of fat in fatty end portion (g)	Average weight of lean in fatty end portion (g)
4.1	5	125.3	11.9	5.8	6.2
4.2	8	89.8	21.0	4.2	16.9
4.3	8	69.2	6.8	1.6	5.2
4.4	8	63.9	8.1	1.8	6.3
4.5	8	76.2	6.3	1.4	4.9
4.6	8	65.7	8.4	2.4	6.0



4.7	8	93.7	16.8	3.8	13.0
4.8	8	88.9	7.4	3.0	4.3
4.9*	8				
4.10	6	123.2	23.3	4.5	18.8
4.11	8	84.1	7.5	2.1	5.3
<b>Average</b>		<b>88.0</b>	<b>11.8</b>	<b>3.1</b>	<b>8.7</b>
Range		63.9-125.3	6.3-23.3	1.6-5.8	4.3-18.8

\*4.9 cooked weight not collected

### Weight changes on grilling

Sub-sample number	Cooking details	Weight before cooking (g)	Weight after cooking (g)	Weight loss (%)	Fat dripping (g)	Jelly dripping (g)
4.1	16 mins total, moderate grill	198.9	125.3	37.0	6.9	7.7
4.2	13 mins total, moderate grill	134.3	89.8	33.2	4.0	4.6
4.3	9 mins total, moderate grill	99.7	69.2	30.6	Not collected	
4.4	10 mins total, moderate grill	103.4	63.9	38.5	2.4	2.3
4.5	15 mins total, moderate grill	123.3	76.2	38.1	4.0	5.6
4.6	15 mins total, moderate grill	122.0	65.7	46.2	6.5	9.4
4.7	19 mins total, moderate grill	147.8	93.7	36.8	3.9	3.9
4.8	8 mins total, moderate grill	122.4	88.9	27.7	3.4	2.4
4.9	11.5 mins total, moderate grill	115.8			5.4	14.8
4.10	16 mins total, moderate grill	195.3	123.2	37.1	7.8	7.9
4.11	16 mins total, moderate grill	137.5	84.1	39.3	3.4	7.7
<b>Average</b>		<b>136.4</b>	<b>88.0</b>	<b>36.5</b>	<b>4.8</b>	<b>6.6</b>



Range		99.7-198.9	63.9-125.3	27.7-46.2	2.4-7.8	2.3-14.8
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## Sample 5: Pork leg roasting joint, uncooked

Individual joints were weighed, photographed and the string and skin/rind removed. The subcutaneous fat and all intermuscular fat were then removed, weighed and photographed.

Two individual joints were used for each sub-sample, except 5.7, where only one was available.

- Average joint weight = 1,532.0g
- Average lean = 73.2%
- Average fat= 17.6%
- Average skin = 8.9%

### Fat and lean weights of uncooked joints

Sub-sample	Average joint weight (g)	Average weight of lean (g)	Average weight of subcutaneous fat (g)	Average weight of intermuscular fat (g)	Average weight of skin (g)	Average weight of inedible portion (g)
5.1	2018.4	1503.8	293.8	70.9	142.8	7.2
5.2	942.8	683.0	150.5	20.0	88.1	1.4
5.3	1498.3	1145.4	177.1	42.4	131.5	2.0
5.4	1470.3	1143.5	134.6	46.0	143.5	2.7
5.5	857.0	626.9	153.4	20.7	51.4	9.6
5.6	1633.7	1199.0	212.3	56.0	151.6	14.9
5.7	1650.9	1331.5	128.6	46.4	144.4	0.0
5.8	1457.0	959.0	268.8	88.6	133.4	7.3
5.9	1653.6	1193.7	250.3	38.9	159.3	11.5
5.10	602.5	508.9	63.4	2.0	28.3	0.0
5.11	3067.5	2046.0	600.0	93.7	324.0	3.8
<b>Average</b>	1532.0	1121.9	221.2	47.8	136.2	5.5
Range	602.5-3067.5	508.9-2046.0	63.4-600.0	2.0-93.7	28.3-324.0	0.0-14.9



## Sample 6: Pork leg roasting joint, roasted

Individual joints were weighed, photographed and roasted to medium done according to instructions provided by AHDB (30mins/450g + 30mins, @ 190°C/170°C fan, internal temperature 75-80°C). Two individual joints were used for each sub-sample, except 5.7, where only one was available. The string, crackling and subcutaneous/intermuscular fat was removed after cooking, weighed and photographed. Dripping was recovered after roasting and allowed to cool so that solidified fat and jelly could be recorded. Results of dripping for both joints are expressed as an average in the table below.

- Average roasted joint weight = 983.6g
- Total average weight loss on cooking = 35.7%
- Average lean = 74.2%
- Average fat = 17.1%
- Average crackling = 8.4%

### Fat and lean weights of roasted joint

Sub-sample	Average roasted joint weight (g)	Average weight of lean (g)	Average weight of subcutaneous fat (g)	Average weight of intermuscular fat (g)	Average weight of crackling (g)	Average weight of inedible portion (g)
6.1	1220.6	936.1	139.9	32.3	101.3	11.1
6.2	654.0	434.9	146.6	22.0	50.6	0.0
6.3	974.4	750.5	110.0	31.8	76.7	5.4
6.4	1029.8	751.9	166.6	35.6	67.9	8.0
6.5	532.3	391.3	87.8	22.4	28.1	2.7
6.6	997.9	740.6	155.9	39.2	80.1	3.6
6.7	1096.3	773.5	178.8	28.8	115.2	0.0
6.8	981.8	695.2	152.3	33.1	86.9	14.4
6.9	984.2	742.0	105.0	41.9	88.1	7.3
6.10	360.6	295.3	48.5	4.3	12.6	0.0
6.11	1987.7	1517.3	209.5	57.6	199.9	3.4
<b>Average</b>	<b>983.6</b>	<b>729.9</b>	<b>136.4</b>	<b>31.7</b>	<b>82.5</b>	<b>5.1</b>
Range	360.6-1987.7	295.3-1517.3	48.5-209.5	4.3-57.6	12.6-199.9	0.0-14.4





## Weight changes on roasting

Sub-sample number	Cooking times, average of two joints	Weight before cooking (g)	Weight after cooking (g)	Weight loss (%)	Fat dripping (g)	Jelly dripping (g)
6.1**	2hrs 39mins	1937.9	1251.9	35.4		
6.2	1hr 35mins	965.9	644.9	33.3	31.6	73.5
6.3	2hrs 16mins	1570.8	990.6	36.6	9.8	28.1
6.4	2hrs 21mins	1659.8	1017.6	38.7	11.9	33.8
6.5*	1hr 21mins	761.1	525.6	31.0	19.5*	66.6*
6.6	1hr 13mins	1546.1	996.6	35.6	47.9	184.4
6.7	2hrs 21mins	1669.3	1126.9	32.5	60.8*	27.3*
6.8	2hrs 9mins	1491.2	939.9	37.0	52.2	123.0
6.9	2hrs 23mins	1689.9	1010.3	40.2	74.2	51.0
6.10	1hr 7mins	561.5	360.6	35.8	12.0	74.5
6.11	4hrs 20mins	3456.1	2035.0	41.1	157.5	57.7
<b>Average</b>		<b>1562.0</b>	<b>989.0</b>	<b>35.7</b>	<b>47.7</b>	<b>72.0</b>
Range		561.5-3456.1	360.6-2035.0	31.0-41.1	9.8-74.2	27.3-184.4

\*Dripping collected from one joint only

\*\*Dripping not collected

