



Nutritional Value of Meat Pies

The great Australian Four'N Twenty meat pie, as a meal, is just as good, if not better, than a variety of popular traditional dinner time dishes new independent research by the National Measurement Institute, formerly Australian Government Analytical Laboratories (AGAL), reveals.

The National Measurement Institute (NMI) provides services to industry and research organisations in physical, chemical and biological measurement. It also provides training in measurement science.

NMI has been formed from the National Measurement Laboratory (CSIRO), the National Standards Commission and the Australian Government Analytical Laboratories. It continues their work.

The research conducted by the National Measurement Institute compared the nutritional content of the nation's favourite foods, the Four'N Twenty pie with a dressed green salad, to other traditional family meals of bangers and mash, roast chicken and vegetables, and beef lasagne with garlic bread and a green salad.

Tests analysed and compared each meal for their carbohydrate, energy, fat, protein and sodium content, found:

- A meal of bangers and mash or beef lasagne, with garlic bread and a green salad contains three times the total fat content of a Four'N Twenty meat pie and dressed green salad meal
- A roast chicken and vegetable meal has twice the total fat content of a Four'N Twenty meat pie and dressed green salad meal
- A meal of bangers and mash or beef lasagne, with garlic bread and a green salad contains nearly twice the sodium content of a Four'N Twenty meat pie and dressed green salad meal

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COMPARATIVE FOOD RESEARCH - RESULTS TABLE

| | Roast chicken and vegetables | Roast chicken and vegetables | Four'N Twenty meat pie and dressed green salad ¹⁴⁸ | Four'N Twenty meat pie and dressed green salad |
|-----------------------|------------------------------|------------------------------|---|--|
| | Serving size: 598g | | Serving size: 348g | |
| | Ave quantity per serving | Ave quantity per 100g | Ave quantity per serving | Ave quantity per 100g |
| Energy | 3830kJ | 640kJ | 2123kJ | 610kJ |
| Protein | 58.6g | 9.8g | 15.3g | 4.4g |
| Fat – Total | 59.8g | 10.0g | 26.1g | 7.5g |
| Fat – Saturated | 18.5g | 3.1g | 13.9g | 4.0g |
| Carbohydrate – Total | 35.9g | 6.0g | 40.0g | 11.5g |
| Carbohydrate – Sugars | 12.0g | 2.0g | 3.5g | 1.0g |
| Sodium | 837mg | 140mg | 1150mg | 330mg |

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COMPARATIVE FOOD RESEARCH - RESULTS TABLE CONT.

| | Bangers and Mash | Bangers and Mash | Beef lasagne, garlic bread and green salad | Beef lasagne, garlic bread and green salad |
|-----------------------|--------------------------|-----------------------|--|--|
| | Serving size: 563g | | Serving size: 557g | |
| | Ave quantity per serving | Ave quantity per 100g | Ave quantity per serving | Ave quantity per 100g |
| Energy | 4280kJ | 760kJ | 4230kJ | 760kJ |
| Protein | 45.0g | 8.0g | 66.3g | 11.9g |
| Fat – Total | 76.6g | 13.6g | 47.3g | 8.5g |
| Fat – Saturated | 31.0g | 5.5g | 19.5g | 3.5g |
| Carbohydrate – Total | 39.4g | 7.0g | 78.0g | 14.0g |
| Carbohydrate – Sugars | 2.3g | 0.4g | 22.3g | 4.0g |
| Sodium | 2200mg | 390mg | 2170mg | 390mg |