

# SEVEN OCEANS

## Standard Emergency Food Ration

### Data Sheet

#### Ingredients

##### Wheat flour

Vegetable fat (Palm)  
Sugar  
Vitamins C, B<sub>1</sub>, B<sub>6</sub>  
Yeast

May contain traces of milk and soy.

**Seven OceanS Emergency Food Ration is an all-vegetable product containing no ingredients of animal origin.**

#### Nutrient contents per 100 g

According to **SOLAS LSA Code Chapter IV**

**No: 4.1.5.1.18 and 4.4.8.12**

|                        |                |
|------------------------|----------------|
| Carbohydrates (diff.): | 60-70 g        |
| Protein:               | 6-10 g         |
| Fat:                   | 18-23 g        |
| Salt: (as NaCl)        | Maximum: 0.2 g |
| Moisture:              | Maximum: 7 g   |

#### Energy

Approx. 2020 kJ/480 kcal per 100 g

10,000 kJ/2,500 kcal per unit

|                          |       |
|--------------------------|-------|
| Protein (energy %)       | 5 - 8 |
| Fat (energy %)           | 33-43 |
| Carbohydrates (energy %) | 50-60 |

#### Minerals (typical values) per 100 g

|             |    |
|-------------|----|
| Sodium (mg) | 15 |
|-------------|----|

#### Vitamins (added) per 100 g

|                             |          |
|-----------------------------|----------|
| Vitamin C (mg)              | 30±5     |
| Vitamin B <sub>1</sub> (mg) | 1.54±0.2 |
| Vitamin B <sub>6</sub> (mg) | 1.54±0.2 |

#### Carbohydrates (typical values)

|                            |           |
|----------------------------|-----------|
| Mono- and disaccharide (g) | 20        |
| Polysaccharides (g)        | 43        |
| Lactose (g)                | < 0.1     |
| Fibre (g)                  | approx. 5 |

#### Allergen contents:

| Product Composition                            | Yes | No | Comments    |
|--|-----|----|-------------|
| Cereals containing gluten and products thereof | X   |    | Wheat flour |

#### Bacteriological analysis

|                       |                  |
|-----------------------|------------------|
| Standard plate count  | < 10,000/g       |
| Yeast and mould count | < 1000/g         |
| EB                    | < 10/g           |
| Salmonella            | negative in 25 g |

#### Packing

Seven OceanS Emergency Food Ration is compressed food tablets of each approx. 27.8 g.

Each unit of (500 g net) contains 18 tablets packed in 9 bars with grease-proof paper. The 9 bars are packed under vacuum in air- and watertight alu-foil. This unit is protected by a water-repellent cardboard box.

**Unit:** 18 tablet packed in 9 bars

**Carton:** 24 units of 500 g  
12 kg net / 13.44 kg gross / 0.018 m<sup>3</sup>

**Pallet:** 55 cartons / 1320 units  
660 kg net / 739 kg gross / 1.24 m<sup>3</sup> incl. pallet.  
Shrink-wrapped

#### Marking:

Production date, Expiry date, Lot number

#### Shelf life

5,5 years from the date of production marked on the packaging.

**Production Country:** Norway

**Country of Origin:** Norway

#### Approvals

Lloyd's Register Type Approval  
DNV Type Approval  
U.S. Coast Guard Approval Number 160.046/51/0  
NATO Stock Number 8970-25-145-1140

#### Complies with

ISO Standard 18813:2022  
Resolution MSC 48(66) Adoption of the SOLAS/LSA CODE

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|   |  |   |                            |
|---|--|---|----------------------------|
| Crustaceans and products thereof  |  | X |                            |
| Eggs and produces thereof   |  | X |                            |
| Fish and products thereof   |  | X |                            |
| Peanuts and products thereof  |  | X |                            |
| Soybeans and products thereof   |  | X | May contain traces of soy  |
| Milk and dairy products (incl. lactose)   |  | X | May contain traces of milk |
| Nuts and nut products   |  | X |                            |
| Celery and products thereof   |  | X |                            |
| Mustard and products thereof  |  | X |                            |
| Sesame seeds and products thereof   |  | X |                            |
| Sulphur dioxide and sulphites at concentrations of more than 10 mg/kg or 10 mg/litre expressed SO <sub>2</sub>  |  | X |                            |
| Lupine and products thereof   |  | X |                            |
| Molluscs (gastropods, bivalves, cephalopods)  |  | X |                            |
| Maize and products thereof  |  | X |                            |
| Benzoates   |  | X |                            |
| BHA/BHT   |  | X |                            |
| Cinnamon, Cocoa, Vanilla, Chicken, Yeast, Legumes (other than peanut), Pulses, Coriander, Umbellifereae, Flavour (any artificial / natural), Glutamate (% if naturally occurring), Carrot, Pork, Beef |  | X |                            |