

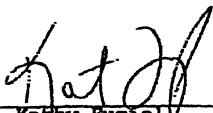


ANALYSIS REPORT

Client: Herb Goblirsch
Report To: Herb Goblirsch
PO Box 9
Otter Rock, OR 97369

*we tested these
10 cans from
various years
and age classes
of the albacore
we catch.*

PARAMETER	UNITS	RESULT
04-A000800 Client ID: 1 93GNT-HK		
Mercury	ug/g	0.199
04-A000801 Client ID: 2 93GNT-HK		
Mercury	ug/g	0.0997
04-A000802 Client ID: 3 93GT-HX1		
Mercury	ug/g	0.178
04-A000803 Client ID: 4 93GT-MVI		
Mercury	ug/g	0.209
04-A000804 Client ID: 5 93GT-2M2		
Mercury	ug/g	0.231
04-A000805 Client ID: 6 93T-3462		
Mercury	ug/g	0.145
04-A000806 Client ID: 7 93T-3EG1		
Mercury	ug/g	0.119
04-A000807 Client ID: 8 76K1-8113		
Mercury	ug/g	0.164
04-A000808 Client ID: 9 76K3-843		
Mercury	ug/g	0.123
04-A000809 Client ID: 10 76K3-8253		
Mercury	ug/g	0.163

Reported by: 
Kathy Fugiel

Product: 0326044 OREGON'S CHOICE GOURMET, ALBACORE NO SALT 7 3/4 OZ
 Type C Series

Nutrition Facts	
Serving Size 55g	
Servings Per Container approx. 4	
Amount Per Serving	
Calories 110	Calories from Fat 50
%Daily Value*	
Total Fat 6 g	9%
Saturated Fat 1.5 g	8%
Cholesterol 20 mg	7%
Sodium 20 mg	1%
Total Carbohydrate 0 g	0%
Dietary Fiber 0 g	0%
Sugars 0 g	
Protein 15 g	
Vitamin A 0%	■ Vitamin C 0%
Calcium 0%	■ Iron 0%
* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500	
Total fat	Less than 65g 80g
Sat fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 ■ Carbohydrate 4 ■ Protein 4	

Product: 0326044 OREGON'S CHOICE GOURMET, ALBACORE NO SALT 7 3/4 OZ
 Type C Series: Raw data per 100.00g.
 Svg wt: 55.00g (1.96 oz) Svg size: 55g
 Svgs/cont.: approx. 4

Values below based on weight of 55.00 grams (1.96 oz)

	Data	SD	Mult	SDfact	AdjAVG	RDI/DRV	%DVraw	Label: Wt	%DV
Fat, tot (g)	5.50				5.50	65	9.23	6	9
Fat, sat (g)	1.60				1.60	20	7.50	1.5	8
Cholest (mg)	19.47				19.47	300	6.67	20	7
Sodium (mg)	17.99				17.99	2400	0.83	20	1
Carb, tot (g)	0.00				0.00	300	0.00	0	0
Fiber, TD (g)	0.00				0.00	25	0.00	0	0
Sugars (g)	0.00				0.00			0	
Protein (g)	15.02				15.02	50	30.00	15	30
Vit A (IU)	34.10				34.10	5000	0.68		0
Vit C (mg)	0.21				0.21	60	0.35		0
Calcium (mg)	2.20				2.20	1000	0.22		0
Iron (mg)	0.22				0.22	18	1.22		0

Cals (15.02x4)+(0.00x4)+(5.50x9) =
 Fat Cals (5.50x9) =

109.60
 49.50

110
 50