

**Maximum Use Levels of Martek's Algal Oil in Foods and  
Maximum Level of DHA Per Reference Amount Customarily Consumed  
(RACC)  
(Algal Oil is 35% DHA)**

<b>Cereals:</b>		1.16	
Breakfast, hot	40 g plain dry		162
Breakfast, ready-to-eat (20 g or more but < 43g)	30 g		122
<b>Baked Goods/Baking Mixes:</b>		1.45	
Biscuits, croissants, bagels, tortillas, soft bread sticks, soft pretzels, corn bread, hush puppies	55 g	1.45	279
Breads, Rolls	50 g	1.45	254
Brownies	40 g	1.45	203
<b>Cakes:</b>		1.45	
Heavy weight	125 g		634
Medium weight	80 g		406
Light weight, coffee cakes	55 g		279
Cookies	30 g	1.45	152
<b>Crackers:</b>		1.45	
Snacks	30 g		152
Not snacks	15 g		76
<b>Fats &amp; Oils:</b>		3.48	
Butter, margarine, oil	1 tbsp. (approx. 14 g)		171
Dressings for salads	30 g		365
Mayonnaise	15 g		183
<b>Milk Products:</b>		1.45	
Milk	240 ml/240 g		1,218
Yogurt	225 g		1,142
<b>Cheese Products:</b>		1.45	
Cheese, cottage	110 g		558
Cheese, as ingredients	55 g		279
Cheese	30 g		152
<b>Meat Products:</b>		1.45	
Entrees w/ sauce	140 g cooked		711
Entrees w/o sauce	85 g cooked		431

<b>Egg Products:</b> Eggs	50 g	1.45	254
<b>Fish Products:</b> Entrees w/ sauce Entrees w/o sauce Canned	140 g cooked 85 g cooked 55 g	1.45	711 431 279
<b>Condiments:</b> Major, Catsup Minor, Mustard	1 tbsp. (approx. 17 g) 1 tsp. (approx. 5 g)	1.45	86 25
<b>Soup Mixes</b>	14 g (assumes 14 grams needed to make 245 g prepared soup)	0.87	43
<b>Snack Foods</b>	30 g	1.45	152
<b>Nut Products</b>	30 g	1.45	152
<b>Gravies &amp; Sauces:</b> Main entree -Spaghetti sauce	125 g	1.45	634
<b>Plant protein products:</b> Bean cake (tofu)	85 g	1.45	431
<b>Processed vegetable drinks</b>	240 ml/240 g	0.29	244
<b>Hard candy</b>	15 g	2.9	350
<b>Soft candy</b>	40 g	1.16	162
<b>Jams &amp; Jellies</b>	1 tbsp. (approx. 20 g)	2.03	142
<b>Dairy Product Analogs:</b> Soy milk	240 ml/240 g	1.45	1,176
<b>Nonalcoholic beverages</b>	240 ml/240 g	0.15	126
<b>Pastas, plain</b>	140 g prepared	0.58	284
<b>Poultry Products</b> Entrees w/ sauce Entrees w/o sauce	140 g cooked 85 g cooked	0.87	426 259
<b>Processed fruit juices, as drinks</b>	240 ml/240 g	0.29	244
<b>White granulated sugar</b>	4 g	1.16	16
<b>Sugar substitutes</b>	4 g	2.9	41
<b>Chewing gum</b>	3 g	0.87	9
<b>Gelatins and puddings</b>	½ cup (approx. 110g)	0.29	111
<b>Confections and frosting</b>	35 g	1.45	178
<b>Sweet sauces, toppings, and syrups</b>	2 tbsp. (approx. 75 g)	1.45	381