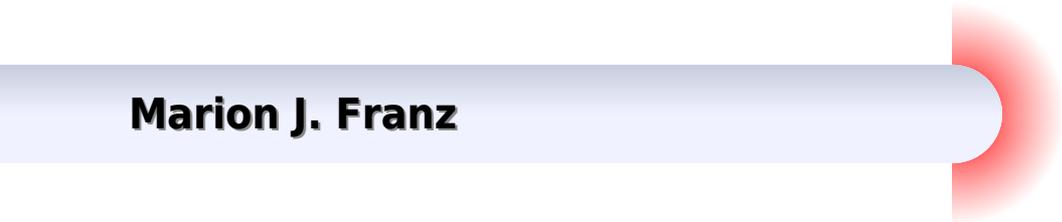


NUTRITION GUIDE

Food Group	Food Sources	Protein
Vegetables (2 servings)	Green Peas	8.6 g
	Artichokes	4.8 g
	Asparagus	4.3 g
	Brussels sprouts	4 g
Fruits (2 servings)	Guava	4 g
	Avocado	3 g
	Jackfruit	3 g
	Cherries	1.6 g
Protein (2-3 servings)	Lean Beef	21 g
	Chicken Breast	26 g
	Haddock	19 g
	Cod	21 g
Grains (5 servings)	Wild Rice	6.5 g
	Whole Wheat Pasta	7 g
	Quinoa	8.2 g
	Millet	6.5 g
Dairy (3 servings)	Cottage Cheese	25 g
	Greek Yogurt	17 g
	Oat Milk	3 g
	Soy Milk	8 g

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Marion J. Franz



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web winch brake rendering can be considered as a slipping of the brake band at the points of contact between the brake band lining and the drum as a result of rendering the brake band can be expected to wear and is a part that should be replaced whenever its

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web i j k l m n o p q r s t u v w x y z mooring winch brake design capacity brake holding capacity marine the percentage of the minimum breaking load mbl of a new mooring rope or wire it carries at which the winch brake is designed to render

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web the winch brake rendering should be tested in supervision of cno and ceo the winch test procedure includes preparing the winch for testing setting up the test gear and applying the test load hydraulic jack pressure at which the brake is designed to render refer company form 6 5 6 for the calculation of the hydraulic jack pressure

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web the brake rendering should always be set to 60 of the ship design mbl this is because the brake render setting point is the main protection for a ship s mooring system and protects all parts of the mooring system by rendering at a specific pre determined setting which is below all other failure loads but above line wlls

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web oct 18 2023 the test itself is essentially a jacking test against the winch brake when testing the aim is to apply a hydraulic force to the winch drum equivalent to the 60 of the sdmbL on the first layer of the rope for split drum winches and to ensure that winch brake slips or renders at that point

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