Acta Scientific NUTRITIONAL HEALTH (ISSN:2582-1423)

Volume 5 Issue 12 December 2021

Editorial

Human Nutrition and AT Math

Paul TE Cusack*

23 Park Ave, Saint John, NB E2J 1R2, Canada

***Corresponding Author:** Paul T E Cusack, 23 Park Ave, Saint John, NB E2J 1R2, Canada.

Received: October 13, 2021

Published: November 01, 2021

© All rights are reserved by **Paul TE Cusack.**

Abstract

The health human diet consists of essential amino acids, vitamins, mineral, and protein. These are necessary to keep the Kinetic Energy (KE) of the pulmonary and brain and locomotion going. We apply AT Math to the mass of these essential items.

Keywords: Vitamins; Minerals; Amino Acids; Protein; Diet; Nutrition

Introduction

Humans need certain vitamins, minerals, essential amino acids, and protein in their diet to stay healthy. They also need food for energy. In this paper, we consider what goes into a healthy diet to provide energy for our pulmonary, brainwaves, and locomotion.

Amino Acid	**Formula**	**Mol. Mass**
Phenylalanine	C9H11NO2	165
Valine	C5H11NO2	117
Threonine	C4H9NO3	149
Tryptophan	C11H12N2O2	204
Methionine	C5H11NO2S	149
Leucin	C6H13NO2	131
Isoleucine	C6H13NO2	131
Lysine	C6H14N2O2	146
Histone	C6H9N3O2	155
9 essential amino acids		1347 x 6.023=8113 g
Protein	**Daily intake**	
Beef		
Chicken		
Poultry		
Pork		
Salmon		
Tuna		
Eggs		
soy		
Maximum Daily intake	2 g/kg/day x 100 kg=200 g	
Vitamin	**Mol mass**	
A	286.45	
B!	300.18	
B2	376.4	
B3	123.11	
B5	219.23	
B6	205.639	
B12	1356.4	
Biotoxin	1025.196	

C	176	
Choline	104.17	
D	384.86	
E	430.706	
B9	4414.4	
K	450.1	
	9753.8 x 6.023=58747g	
Mineral	**Mol mass**	
Calcium	20	
Chloride	17	
Chromium	24	
Copper	29	
Fluoride	9	
Iodine	53	
Iron	26	
Magnesium	12	
Manganese	25	
Molybdenum	42	
Phosphorus	15	
Potassium	19	
Selenium	34	
Sodium	11	
Sulphur	16	
zinc	30	
	392 x 6.023=2361g	

Table a

SUM=8113+200+58747+2361=694.2g

M=Ln t

694.2=Ln t

t=2=KE

2^2-2-1=1=PE

TE=PE+KE

=1+2=3

TE=1.5Mc^2

3=1.5 M(3)^2

M=4.5

M=4.5/6.023=0.747=1/s=1/t=1/KE.

Mass of amino acids, vitamin, minerals and proteins translate into KE (heart, brain, and motion) [1].

Conclusion

We see that a nutritious diet adheres to AT Math.

Bibliography

1. Paul TE Cusack. "The Human and Universal Functions". *Current Trends on Biostatistics and Biometrics* 3.2 (2020): CTBB. MS.ID.000158.

Volume 5 Issue 12 December 2021

© All rights are reserved by Paul TE Cusack.