

Modeling Food Energy in Bioenergetics

Abstract

The measurement of net food energy is in great coup on the helm of designing an apt dieting. The prevailing procedures in this ground are relatively time consuming, laboratory tests induced and often the confusing data contributors while planning a balanced dieting in nutrition counseling. The dietician is often in confusion in planning a perfect dieting to hold up nutritional soundness of the sample at a population in a community. The aim of this current study is to make a dot over these enduring perils exploring a mathematical modeling to be used in an apt dieting in nutrition counseling. The study saga can directs a biophysical modeling to be used in energy balancing in bioenergetics to shirk the frequently of ongoing health horrors in worldwide nutritional epidemiology. The study verdict is the π modeling in biological mathematics in name of determinant of net food energy (DNFE) in nutritional physics on the envelop of a linear equation (16) which can be a superb mathematical modeling as a dieting tool in bioenergetics in worldwide nutritional physics and health statistics.

Keywords

Bioenergetics, Energy Yielding Determinant of the Power House, Nutritional Physics, Mathematical Modeling, Net Food Energy.

1. Introduction

About 2 billion people in the world are suffering from different forms of malnutrition [1]. Malnutrition is the leading causes of stunted growth and increasing mortality and morbidity rates in the world [2-8]. About 4 of each 5 malnourished children in South-East-Asian (SEA) regions contributing about 83% of their deaths due to mild to moderate malnutrition [9-11]. Malnutrition in developing countries is due to poverty, household food insecurity, gender bias, population pressure, food taboos, health, hygiene, nutritional negligence, famine and man-made disasters [12-18]. Malnutrition also occur from intra-family feud, lower class livelihood, child abuse, deprivation of schooling opportunity and consequence of faulty family planning practices in their families [19-22]. These nutritional giants are engulfing the population and therefore initiatives are in need of galore need to avoid these malnutrition facing factors [23-25].

Therefore, this study was conducted to develop an effective dieting tool to help the dietician to plan the proper dieting for both the therapeutic and normal diet aiming to turn tail the ongoing malnutrition headache across the globe and the government and different international and national non government organizations are urged to organize health and nutritional campaigning to aid the population to practice a healthy diet using this study proposed π modeling of food energy in bioenergetics in nutrition counseling.

38 2. Methodology and Data Sources

39 The study was a cross-sectional study using secondary data analysis method. The data were
40 collected from the biophysical equation of dietary energy, fuel factor of foods, the TEF
41 content and the mass of consuming nutrients in nutrition. The π modeling of equations from
42 mathematics was in application to undergo in analyzing all the data using mathematical
43 modeling to hit upon a chic and time saving biophysical modeling to calculate net food
44 energy needed for individuals in the communities due to consumption of foods aiming at
45 curbing malnourishment maintaining an apt dieting in nutrition counseling.

46 3. Results

47 Food energy is the amount of energy released in human body through the digestion and
48 absorption of foods associated in a diet [26-29]. Biophysically, it is the product of fuel factor
49 and mass of consuming nutrients in food science [30-33].

50 So,

$$51 E_f = fm;$$

$$52 \dots\dots\dots$$

53 (1)

54

55 Where,

56 f = fuel factor of food,

57 m = mass of food in g and

58 E_f = food energy in kcal

59 The human diet comprises three main sources of dietary energy namely carbohydrates,
60 proteins and fats among the six components in the diet and alcohol in lesser degree [34-36].

61 Let,

62 The fuel factors of carbohydrates, proteins, fats and alcohol be f_c , f_p , f_f and f_a kcal g⁻¹ to be
63 responsible to yield $(E_d)_c$, $(E_d)_p$, $(E_d)_f$ and $(E_d)_a$ kcal of dietary energy for corresponding
64 consumption of m_c , m_p , m_f and m_a g of carbohydrates, proteins, fats and alcohol
65 respectively.

66 So, considering the equation (1) in the form of carbohydrates, proteins, fats and alcohol
67 consumption,

$$68 (E_d)_c = f_c m_c \dots\dots\dots$$

69 (2)

70 $(E_d)_p = f_p m_p$
 71 (3)

72 $(E_d)_f = f_f m_f$
 73 (4)

74 $(E_d)_a = f_a m_a$
 75 (5)

76 Adding the equations (2), (3), (4) and (5),

77 $(E_d)_c + (E_d)_p + (E_d)_f + (E_d)_a = f_c m_c + f_p m_p + f_f m_f + f_a m_a$
 78 (6)

79 None but carbohydrates, proteins, fats and alcohol are the dietary energy yielders in nutrition
 80 [37].

81

82 Hence,

83 $(E_d)_c + (E_d)_p + (E_d)_f + (E_d)_a = (E_f)_T$
 84
 85 (7)

86

87 Where,

88 $(E_f)_T$ = Total food energy

89 Putting the value of equation (7) in equation (6),

90 $(E_f)_T = f_c m_c + f_p m_p + f_f m_f + f_a m_a$ (8)

91 The fuel factors of carbohydrates, proteins, fats and alcohol representing f_c , f_p , f_f and f_a are 4,
 92 4, 9 and 7 kcal g⁻¹ [38-44].

93 So,

94 $f_c = 4$
 95 (9)

96 $f_p = 4$
 97 (10)

98 $f_f = 9$
 99 (11)

$$f_a = 7 \dots\dots\dots (12)$$

Inserting the value of equations (9), (10), (11) and (12) into equation (8),

$$\begin{aligned} (E_f)_T &= 4m_c + 4m_p + 9m_f + 7m_a \\ &= 4m_c + 4m_p + 4m_f + 5m_f + 4m_a + 3m_a \\ &= 4m_c + 4m_p + 4m_f + 4m_a + 5m_f + 3m_a \\ &= 4(m_c + m_p + m_f + m_a) + 5m_f + 3m_a \\ &= 4 \sum m_{c, p, f, a} + 5m_f + 3m_a \dots\dots\dots (13) \end{aligned}$$

The equation (13) is a meaningful mathematical statement to express the total energy gained through various sources of foods consumption and therefore this biophysical myth is termed as the energy yielding determinant of the power house (EYDPH) in cell biology [81-84].

The net food energy yields in the body can be found considering the TEF content in bioenergetics [45, 46] as per the following equation in nutritional mathematics,

$$\begin{aligned} (E_f)_n &= (E_f)_T - \text{TEF} \\ &= (E_f)_T - 10\% \text{ of } (E_f)_T \\ &= (E_f)_T - 0.1(E_f)_T \\ &= 0.9 (E_f)_T \\ &\dots\dots\dots (14) \end{aligned}$$

Where,

$(E_f)_n$ = Net food energy

Inserting the numeric value of π in mathematics in equation (14),

$$\begin{aligned} (E_f)_n &= 0.9 \times 7/22 \times 22/7 (E_f)_T \\ &= 0.3 \pi (E_f)_T \\ &\dots\dots\dots (15) \end{aligned}$$

Putting the value of equation (13) into the equation (15),

$$\begin{aligned} (E_f)_n &= 0.3 \pi (4 \sum m_{c, p, f, a} + 5m_f + 3m_a) \\ &\dots\dots\dots (16) \end{aligned}$$

128

129 The equation (16) is applicable in determining the net food energy in nutritional physics and
130 health statistics and so this linear equation could be a bold determinant of net food energy
131 (DNFE) in health science and nutritional physics [47-53].

132 **4. Discussion**

133 Maintenance of complete physical, mental, social and spiritual well-being is the desire for
134 proper health planning in different countries [54-57]. The people are often deprived of their
135 country's constitution named basic health, hygiene, nutritional care and shelter [58-60]. The
136 population is want of balanced diet for frequent occurring dieting malpractices and the
137 dieticians are in search of a time saving and easy method in measuring total dietary energy
138 needed for the observance of healthy population [57] in the community. There are different
139 degree of health and nutritional problems such as concept of mass, dietary energy, fuel factor,
140 TEF content and the information gap between the dietary energy and net dietary energy in
141 nutritional physics. The study proposed determinant of net food energy (DNFE) in
142 bioenergetics can be a solvable bid in overcoming different problems during designing an apt
143 dieting in nutrition counseling [61-64]. The present study result is cut and dried by adding
144 the fuel factor of alcohol along with other energy yielders naming carbohydrates, proteins and
145 fats. The $(E_f)_n$ evaluating method is cut short using the upshot of the study [equation (16)] in
146 name of the determinant of net food energy (DNFE) in nutritional biochemistry. This study
147 proposed determinant of net food energy (DNFE) can be an effective spatial microsimulation
148 modeling [65-68, 88-93] to be constructive in designing policies for the governments and
149 NGOs for environmental and spatial effects across different countries [69-72] in the world to
150 aid healthy dieting practices [73-75] for sustaining sound health. This health microsimulation
151 modeling [equation (16)] found from the carried out study can be an effective tool at health
152 pedagogy [76-80, 85-87] in nutritional epidemiology for maintaining health status learning
153 the logarithmic biophysical modulator of health status in statistical modeling [81, 82]

154 **5. Conclusion**

155 Malnutrition is the most common health crisis in the world. The present study results can take
156 a serious turn in evading the malnutrition across the globe. This study rendering determinant
157 of net food energy (DNFE) should be taking into action in designing healthy diet at different
158 demographic sites in a country. So the health and nutritional think tank should bear the
159 testimony in making awareness on the determinant of net food energy (DNFE) as a part of
160 effective dieting tools in nutrition counseling and health science. Future research should
161 adopt this cozy $(E_f)_n$ measuring modeling to explore a new trend in health pedagogy for
162 taking intervention in policy designing, analysis and checking spatial effects for health and
163 nutritional condition upgrading bid across the globe.

164 **References**

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