

Example 1

TABLE 1.1 Vitamin Content of 100 Grams of Certain Foods

	A (units)	B <sub>1</sub> (mg)	B <sub>2</sub> (mg)	Niacin (mg)	C (mg)
Apple butter	0	0.01	0.02	0.2	2
Raw, unpared apples (freshly harvested)	90	0.03	0.02	0.1	4
Chocolate-coated candy with coconut center	0	0.02	0.07	0.2	0
Clams (meat only)	100	0.10	0.18	1.3	10
Cupcake from mix (dry form)	0	0.05	0.06	0.3	0
Cooked farina (unenriched)	(0) <sup>a</sup>	0.01	0.01	0.1	(0)
Jams and preserves	10	0.01	0.03	0.2	2
Coconut custard pie (baked from mix)	0	0.02	0.02	0.4	0
Raw brown rice	(0)	0.34	0.05	4.7	(0)
Soy sauce	0	0.02	0.25	0.4	0
Cooked spaghetti (unenriched)	0	0.01	0.01	0.3	0
Raw wild rice	(0)	0.45	0.63	6.2	(0)

Source: Bernice K. Watt and Annabel L. Merrill, *Composition of Foods* (Agriculture Handbook Number 8), Consumer and Food Economics Research Division, U.S. Department of Agriculture, Washington, D.C., 1963.

<sup>a</sup>Zeros in parentheses indicate that the amount of a vitamin present is either none or too small to measure.



Wikipedia Image

Table 1.1 shows the vitamin content of 100 grams of 12 foods with respect to vitamins **A**, **B<sub>1</sub>** (thiamine), **B<sub>2</sub>** (riboflavin), niacin, and **C** (ascorbic acid).

The vitamin content of 100 grams of each food can be recorded as a column vector in  $\mathbb{R}^5$ —for example, the vitamin vector for apple butter is

$$\begin{pmatrix} 0.00 \\ 0.01 \\ 0.02 \\ 0.20 \\ 2.00 \end{pmatrix} \begin{matrix} A \\ B_1 \\ B_2 \\ N \\ C \end{matrix}$$

apple butter

Considering the vitamin vectors for cupcake, coconut custard pie, raw brown rice, soy sauce, and wild rice, we see that

$$\begin{pmatrix} 0.00 \\ 0.05 \\ 0.06 \\ 0.30 \\ 0.00 \end{pmatrix} + \begin{pmatrix} 0.00 \\ 0.02 \\ 0.02 \\ 0.40 \\ 0.00 \end{pmatrix} + \begin{pmatrix} 0.00 \\ 0.34 \\ 0.05 \\ 4.70 \\ 0.00 \end{pmatrix} + 2 \begin{pmatrix} 0.00 \\ 0.02 \\ 0.40 \\ 0.40 \\ 0.00 \end{pmatrix} = \begin{pmatrix} 0.00 \\ 0.45 \\ 0.63 \\ 6.20 \\ 0.00 \end{pmatrix} \begin{matrix} A \\ B_1 \\ B_2 \\ N \\ C \end{matrix}$$

cupcake   coc. pie   brown rice   soy sauce   wild rice

Thus the vitamin vector for wild rice is a linear combination of the vitamin vectors for cupcake, coconut custard pie, raw brown rice, and soy sauce. So 100 grams of cupcake, 100 grams of coconut custard pie, 100 grams of raw brown rice, and 200 grams of soy sauce provide exactly the same amounts of the five vitamins as 100 grams of raw wild rice. Similarly, since

$$2 \begin{pmatrix} 0.00 \\ 0.01 \\ 0.02 \\ 0.20 \\ 2.00 \end{pmatrix} + \begin{pmatrix} 90.00 \\ 0.03 \\ 0.02 \\ 0.10 \\ 4.00 \end{pmatrix} + \begin{pmatrix} 0.00 \\ 0.02 \\ 0.07 \\ 0.20 \\ 0.00 \end{pmatrix} + \begin{pmatrix} 0.00 \\ 0.01 \\ 0.01 \\ 0.10 \\ 0.00 \end{pmatrix} + \begin{pmatrix} 10.00 \\ 0.01 \\ 0.03 \\ 0.20 \\ 2.00 \end{pmatrix} + \begin{pmatrix} 0.00 \\ 0.01 \\ 0.30 \\ 0.00 \end{pmatrix} = \begin{pmatrix} 100.00 \\ 0.10 \\ 0.18 \\ 1.30 \\ 10.00 \end{pmatrix}$$

apple butter   apples   choc.   Farina   jam   spag   clams

200 grams of apple butter, 100 grams of apples, 100 grams of chocolate candy, 100 grams of farina, 100 grams of jam, and 100 grams of spaghetti provide exactly the same amounts of the five vitamins as 100 grams of clams. ♦