

Source: [KBiologyMasterIndex](#)

1 | Context

These are lists compiled from code I wrote with a few peers, which can be found here: [Repository](#)

I spent *well* over 30 minutes working on this, and I learned a lot about coding as well as data collection/management and nutrition.

The code is not currently functioning at full capacity, as we ran it on a limited dataset. However, we are currently working on making it function with a larger dataset, which will make it much more powerful.

My apologies for the lack of a myfooddata link – instead you are seeing this on a website my friends and I made for note-taking and knowledge sharing.

2 | Tustard

Essential AA	%RDI
Phenylalanine	78.88388243566993%
Valine	100.18798061274833%
Leucine	94.51699130818912%
Isoleucine	115.95896183749683%
Lysine	112.10357982590932%
Threonine	119.19645104929056%
Tryptophan	93.25468414954841%
Methionine	71.62966397360115%
Histidine	98.34293136523347%

Diet List: - 150.891598g Turkey Sausage

- 75.102569g Mustard

3 | AATSB

Essential AA	%RDI
Phenylalanine	81.2080685572291%
Valine	124.11991193514258%
Leucine	94.13009551708133%
Isoleucine	121.33660481656196%
Lysine	98.99885464164082%
Threonine	117.22718754701687%
Tryptophan	136.44759141786292%
Methionine	76.60724610188446%
Histidine	93.59079200960244%

Diet List:

- 205.162743g broccoli
- 90.416268g mustard
- 369.057053g butter stick
- 16.536808g whole milk
- 161.597425g whole eggs

4 | The Magic School Bus

Essential AA	%RDI
Phenylalanine	87.91268936156915%
Valine	105.08684737010394%
Leucine	89.98724371665506%
Isoleucine	109.94987379700649%
Lysine	111.43108802230324%
Threonine	118.2740710353724%
Tryptophan	114.84947167949286%
Methionine	68.9427795131111%
Histidine	106.99994166721545%

Diet List: - 127.386725g Turkey sausage

- 362.514000g Broccoli
- 84.627282g Mustard