

# No such thing as a calorie-free lunch: Maximizing calorie intake while minimizing budget hit at RIKEN cafeteria

A Narcotize Vim, Scary Helpless, Rental Bionics, Divine Navel, Awake Aria Gash, Job Else Too

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## Abstract

"How many calories?" and "How much money?" are very often heard sentences during both lunch time and dinner time at the popular Riken Yokohama cafeteria. Working every day until the long hours requires adequate calorie intake so we have conducted a statistical analysis of an average person's Riken cafeteria feeding experience over the period of four months.

## Tearing Vegetables Entered Soup On More than One Occasion

At the cafeteria one should be especially cautious that no tearing vegetables have inadvertently entered ones soup prior to consumption. Cases of this happening are most frequently reported on Tuesdays ( $p < 0.0001$ ).



## Introduction

It has always been important to optimize the daily intake of calories depending on daily energy consumption, especially for people performing hard mental labor, such as scientists. As advised by nutritionists (Toss Mailman *et al.*), one should aim to optimize one's daily caloric intake. Also, reflecting the current crises in world economy, not just optimizing calories should be one's concern, but also getting the most out of one's yen. The present study focuses on developing a calories-per-yen optimization pipeline by carefully examining receipts of average people that have dined in a randomly selected cafeteria – the one at RIKEN Yokohama Institute.

Key findings presented on this poster include the definitive calories-per-yen rule of thumb, as well as important nutritional advice and some words of warning concerning dangerous tearing vegetables that may attempt to enter one's soup.



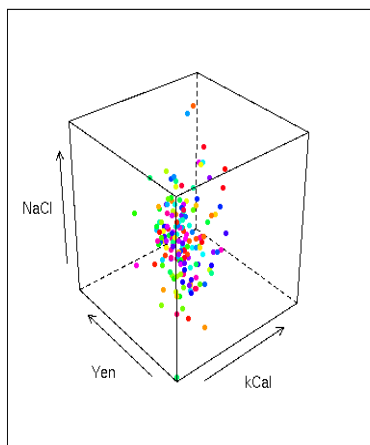
## Why Food is Good for You

Previous studies have shown numerous significant qualitative relationships between food consumption and health. Furthermore, according to Helpless *et al.*, cafeteria food can be clustered into several extremely interesting groups; see Figure 42a.

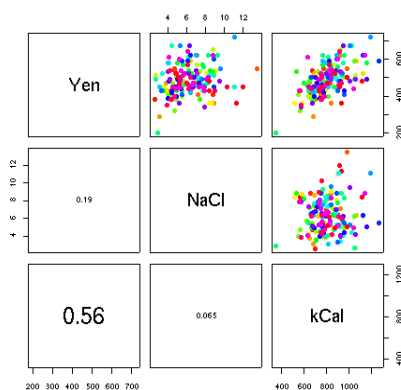
## Results and Conclusions

Results clearly show that the only way to prevent substantial weight loss upon entering RIKEN service is to cough up as much cash as possible at chow time ( $p < 0.05$ ).

Shokudomics Price / NaCl / kCal Relationship



Shokudomics Price / NaCl / kCal Correlations



## Starving has Adverse Effect on Work Efficiency

As can be readily inferred from these informative graphs, clear correlations between Yen and [NaCl] and kCal can be observed. Furthermore, investigators found that starving has a significantly ( $p < 0.00001$ ) adverse effect on work efficiency; RIKEN management therefore advises staff to frequently enjoy a delicious and nutritious cafeteria meal.

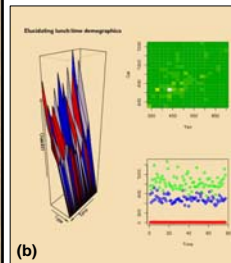
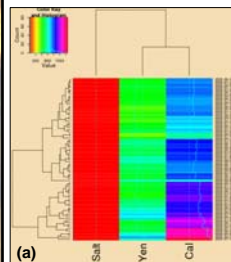


Figure 42. (a) Extremely interesting clusters exist among cafeteria foods. (b) Time course experiments reveal that spending greater amounts of yen on cafeteria food results in losing smaller amounts of weight in kilos.

## Disclaimer

The research presented here features acts performed either by professionals or under the supervision of professionals. Because long term effects of cafeteria food remain largely unknown, Riken Yokohama Institute management must insist that no one attempt to recreate or re-enact any experiment or activity performed during this research.

## For further information

Those seeking further information, fruitful collaborations or nutritional advice should get in contact with Morana Vitezic, Joost Boele, Charles Plessy, Nicolas Bertin, Eivind Valen or Akira Hasegawa. Special thanks go out to Abacus Trend, group leader at Riken OSC.