

The use of the disaster food as space foods –Dietary nutrients in one week–
(Thought from salt density)

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It is necessary to grasp quantity of salt in the meal to prevent high blood pressure. The low salt diet is necessary in the space. It is effective to use disaster food as space foods. We can store the disaster food at normal temperature for from three years to five years. We made a one-week menu with a combination of disaster food. We make one week menu by using marketing product of disaster food. That menus are containing less than 10g of quantity of salt.

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