

The use of the disaster food as space foods

-Salt density investigation-

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It is necessary to check glucide and salinity to use disaster food to space foods. The hyperglycosemia after a meal causes diabetes. Because quantity of muscle decreases in the space, basal metabolism comes off. Therefore attention is necessary for a glucide intake. Similarly, attention is necessary for an intake of the salinity. This is because it is necessary to prevent edema. Therefore this study checked salinity included in the commercially available disaster food. We thought about the menu which was less than 10 g in a daily salt intake. We made the menu which included minimized glucide. We calculated about vitamins and the mineral. After all we thought that the insufficient nutrient had to take it with a supplement.

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