

[JJ] Evening Poster | M (Multidisciplinary and Interdisciplinary) | M-SD Space Development & Earth Observation from Space

[M-SD34]Space foods and Space Agriculture

convener:Naomi Katayama(Nagoya Women's University)

Sun. May 20, 2018 5:15 PM - 6:30 PM Poster Hall (International Exhibition Hall7, Makuhari Messe)

The present, we became able to stay in the space for a long term, the life-support system in the space are very important. The meal is very important to do an astronaut is healthy, and better work. We think about moon base, Mars emigration and want to think about food production in space foods and the astroponics to enable long-term space stay with health somehow or other. We wait for the participation of all of you.

[MSD34-P04]Taste evaluation (the young group) of the graham pasta as space foods

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Keywords:Space foods, Blood sugar level, vegetables

In the space foods, te preventio of fat accumulations ad prevention of hyperglycoei are importat. Therefore the meal which blood sugar level after mel rises to calmly is demanded. This study performed taste wvaluation y using 40g of ramen to prevent hayerglycoseia. We sewed 40g of ramen with miso with more than 200g vegetables. The taste of the ramen got a very high evaluation. The dietary fiber of vegetables is helpful to fix the enteral environment. Miso is fermented food. it is helpful to fix the enteral environment, too. The ramen with a lot of vegetables for the constipation improvenet of the astronaut is helpful.