

Taste evaluation (the young group) of the graham pasta as space foods

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In the space foods, the prevention of fat accumulations and prevention of hyperglycemia are important. Therefore the meal which blood sugar level after meal rises to calmly is demanded. This study performed taste evaluation by using 40g of ramen to prevent hyperglycemia. We served 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 enteric environment. Miso is fermented food. it is helpful to fix the enteric environment, too. The ramen with a lot of vegetables for the constipation improvement of the astronaut is helpful.

Keywords: Space foods, Blood sugar level, vegetables