Study on nutrition intake and food selection to maintain health for habitation in space

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It is an important to proper nutrient intake in order to maintain health for habitation in space such as Mars. The intake of proper nutrients for people to maintain health depends on age, sex, physique, physical activity situation. Furthermore, there are racial differences, and each country has established nutritional requirements for health.
Here, we will consider the proper nutrient intake in the space environment based on nutritional requirements on the ground. Then we will show combinations of several species as candidates of space food material for effective nutrient intake and propose cooking recipes used their species.

Keywords: habitation in space, health, Nutritional Requirements, Nutrients, food materials

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