

Blood sugar level change after the disaster food intake as space foods (Second report)

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A long-term stay was enabled in the space, and the study of space foods became the very important study for life support. It is not a purpose to consume a meal to satisfy hunger. It is important that I take in various nutrients in a body by consuming a meal. However, it is necessary to prevent various diseases in the space, too. The disease of the astronaut in the space has the following things: osteoporosis, the fat of the muscle; fatty liver, high blood pressure, hyperglycemia, a cataract, a sleep disorder. Therefore we are making some menu in available disaster food as space foods. Furthermore, we report it because we measured blood sugar level after a meal. This is the menu: Breakfast is Bread of the Maple taste and rice cake with black syrup and soybean flour, Lunch is Noodles with sauce, Dinner is steamed rice and hamburger steak.

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