

By using a dietary fiber to prevent hyperglycosemia after to eat space foods The second report

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We consider that we use disaster food as space foods. The material which disturbs digestion and absorption to lower blood sugar level after a meal is necessary. The menu making by the combination of ingredients which a water-soluble dietary fiber has abundant and ingredients with a little glucide is necessary. Using the food which kept blood sugar level after a meal low, we made a disaster food menu. We really ate this menu and measured blood sugar level after a meal afterwards. The 20 subjects were 20 years old female. We measured blood sugar level before meal, after a meal in 15,30,45,60,90 and 120 minutes. We compared the group A which did not eat including the difficulty digestion dextrin and the group B which did eat including the difficulty digestion dextrin. Blood sugar level after a meal, the group B which ate disaster foods including the difficulty digestion dextrin was low. We want to think about a method to prevent hyperglycosemia after a meal by taking in the food including the difficulty digestion material with a meal in the space foods in future.

Keywords: Difficulty digestion dextrin , Hyperglycosemia, Space foods