The need of the nourishment management based on the gene analysis in space foods

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Now that long-term space stay was enabled, the need of space foods to maintain health increases. Various diseases become the problem in the space. An example includes osteoporosis, high blood pressure, fatty liver, decline, hyperglycosemia of the muscle. It is necessary to become healthier by consuming space foods. The astronaut participates from all over the world. Their dietary habits are different each. Therefore a universal meal is necessary. In addition, it is necessary to think about the physiologic change of the astronaut. Based on the genetic analysis result that each astronaut has, it is in particular necessary to provide the nutrient which each astronaut needs. One with one of the weight and body fat changes by a genetic difference even if we eat the same space foods because basal metabolic rates are different. Many researchers came to perform nourishment management based on a gene analysis result on the earth. We think that it will be necessary to do nourishment instruction based on a gene analysis result in future likewise in the space.

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