Blood sugar level change after the disaster food intake as space foods (First 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 necessary to prevent the lack of vitamins and the mineral. In addition, it is necessary to prevent hyperglycosemia after a meal. The possibility that various diseases were caused by long-term space stay by accumulated data was pointed out (osteoporosis and fatty liver, decline, cataract, high blood pressure of the muscle). The meaning that the nutritious meal is delicious is important. In addition, as for the disaster food used in the earth, long-term preservation is possible at normal temperature. We can use the disaster food as space foods. Therefore we thought about the combination of menus which prevented hyperglycosemia after a meal in lower than 10 g per day with salt to use disaster food as space foods this time. We really report it because I performed the blood sugar level measurement after a meal. The menus which we made of the day are as follows.

Breakfast: pork miso soup

Lunchi: seaweed udon

Dinner: five kinds of vegetables rice and yellowtail with the Japanese radish

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