

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

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We consider that we use disaster food as space foods. It is necessary to check the blood sugar level that is not high level after to eat the space foods. And we have to keep lower salt density in this 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, I made a disaster food menu. We really ate this menu and measured blood sugar level after a meal afterwards. The 20 female subjects were 20 years old. We measured blood sugar level before meal, after a meal in 15,30,45,60,90 and 120 minutes. We compared the blood sugar level between A group (which ate disaster food with dietary fiber: ten females) and B group (which ate disaster food without dietary fiber: ten females). Blood sugar level after a meal lowered the A group which ate disaster food with dietary fiber. We want to think about a method to prevent hyperglycosemia after a meal by taking in specific functional indication food like dietary fiber with a meal in the space foods in future.

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