

Importance of the menu making by using the blood sugar level in space foods

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Purpose

Now, the long-term stay in the space is possible. The importance of the meal has been understood by many people. We think that the space food study is made more and more in future. Therefore, in this study, we try to make balanced diet menus for space food.

Furthermore, we make the healthy universal space foods that blood sugar level is hard to rise.

Method

We made a balance menu. We measured our blood sugar level by using a blood sugar level measurement kit made in Terumo Corporation. We measured blood sugar level by using peripheral blood (before eating and after 15 minutes, 30minutes, 45minutes, 60minutes, 90minutes and 120 minutes). In addition, we performed the sugar load examination with glucose. We compared these level and confirmed whether it became the low GL food menu. The food used low GI food as much as possible.

Result

We understood that it was necessary for the low GI food to think about staple food first. When we eat unpolished rice + 30% wheat, blood sugar level is more lower than we eat polished rice. We was able to keep blood sugar level low by controlling quantity of glucide among the whole menu. We increased dietary fibers and was able to lower blood sugar level by using vinegar and oil.

Discussion

The making of menu increasing dietary fibers will be more necessary in future. We would like to study about the effect of oil and the vinegar more. We want to make the universal balance space foods menu for everyone in the world.

Keywords: Low GI, Low GL, Blood sugar level, Menu