

Low GL menu by using Low GI food is good as Space food

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Purpose

We became able to stay in the space for a long term. The offer of the meal appropriate to the active mass in the space is necessary. Therefore a menu offer to become the meal contents which are hard to go up of the blood sugar level is necessary. Metabolic syndrome becomes the problem on the earth. It is necessary to inform how it is important that we prevent hyperglycosemia after a meal widely. Similarly, in the space, you should consume the meal which is hard to go up of the blood sugar level. It is important that we do disease prevention. Therefore in this study, we made a menu (low GL food menu) which was hard to go up of the blood sugar level using food (low GI food) which was hard to go up of the blood sugar level.

Method

We collected low GI foods. We put low GI food together and made the low GL food menu which was hard to go up of the blood sugar level. This menu is Unpolished rice, Wheat, Miso soup, Meuniere of the salmon, Boiled vegetables, Black sugar syrup agar. We use this menu and we measured blood sugar level by using peripheral blood. We checked our menu which is really became the low GL by using peripheral blood. We check our blood sugar level by using Kit (product made in Terumo Corporation), before eating this food and after 15 minutes, 30 minutes, 45 minutes, 60 minutes, 90 minutes and 120 minutes.

Result

Cooking method was very important to make low GL menu. When we make soft food and eat it, our blood sugar level become high easily. Because when we make rice and boiled vegetables softly, the GL level of the actual survey became higher.

Discussion

We think that it is desirable to perform by using low GI food to make low GL menu. And we think that the cooking method is very important to low GL menu. The space food must be good balance diet. By feeling of satisfaction and slow digestion and slow absorption, it is possible to prevent a sudden rise of the blood sugar level.

Keywords: Low GI, Low GL, Blood sugar level, Diabetes, Spece food