

The use of the disaster food as space foods - The hyperglycosemia prevention by the blood sugar level measurement after a meal-

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It is necessary to be able to store the space foods at normal temperature more than three years. It is the same as disaster food used on the earth now. Preservation characteristics and simplicity have priority over nourishment balance in the disaster food. However, in the case of space foods, the nourishment balance for health care in the long-term stay is more important. It will be essential in future to perform meal management about sugar and the salt in space foods when space stay thinks about a thing for more than one year. It will be essential in future to perform meal management about sugar and the salt in space foods when space stay thinks about a thing for more than one year. We tried to make a week menu to think about salt intake. We think that we can apply disaster food to space foods if this can be settled. Our menu include less than 10 g salt per a day. We made space foods menu by using the marketing product. And we measured the blood sugar level. We hope that will be helpful on both the space and the earth.

Keywords: Space foods, Disaster food, Blood sugar level, Marketing product