

NUTRITION

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Nutrition

Goals

Role of nutrition and foods in an isolated hostile environment accompanied by heavy work in low ambient temperatures.

Background

Isolation in itself increases turnover of nutrients

Energy requirements increases with cold, and/or hostile environment

Monotonous food choices in hostile environment affects psychological responses to eating and dietary need to evaluate and counter

Studies

Energy utilization - using noninvasive, non-time consuming technique-doubly labeled water

Protein/amino acid metabolism - using ¹⁵N

Lipid/carbohydrate metabolism

Micronutrients, e.g. ascorbate

Fluid Balance

Psychological response to the limited diet

Attachment 11

