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*

*Monotanous 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 $^{15}$N

Lipid/carbohydrate metabolism

Micronutrients, e.g. ascorbate

Fluid Balance

Psychological response to the limited diet
Attachment 11