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

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