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.
Dietary need to evaluate and counter affects psychological responses to eating and hostile environment.

Monotonous food choices in hostile environment

Energy requirements increases with cold, and/or ischemia increases turnover of nutrients

Background
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