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