



# Desi bites from defence food lab set for space

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## **Highlights**

- We may not yet know who will eventually ride to space on the first Indian human mission in 2022, but some of the desi bites they may eat during those five days are already here, courtesy the Defence Food Research Laboratory (DFRL).
- Roti or flat wheat rolls, two-minute idli-sambar, ready-to-eat courses made of rice, lentils and millets, khichdi, beaten rice delicacies, energy-filled nuggets, munches, bars, beet, mango and pineapple sips that don't spill in the space capsule, even specially toasted potato chips await the government's green signal to travel 400 km above ground.
- Its officials said they have also developed starch-based edible plates, cups and spoons that don't add to the trash in space travel, or leave tell-tale traces of moving troops.
- Space, he said, will be the lab's new big challenge after helping soldiers of the Army, Navy and Air Force nutritionally conquer harsh, sub-zero, hot, hilly, undersea or flying conditions.
- Last month, the Indian Space Research Organisation (ISRO) was tasked with sending out a Human Space Flight in the next four years.
- Space foods — just as those meant for pilots, sailors or ground troops — should keep astronauts going physically and mentally over many days in alien conditions.
- They must keep hunger, depression, infections and fatigue at bay, and fortify astronauts with nourishment, high energy, alertness and immunity to diseases.
- Combating gravity-related disorientation and motion sickness while keeping bodily functions normal are other criteria.

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