**Area of Research:**
Nutritional Biochemistry

**NASA Program:**
Biomedical Research and Countermeasures

**NASA Field Center:**
Johnson Space Center, Houston, Texas 77058

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**NASA Research Laboratory:**
Nutritional Biochemistry Laboratory

**Abstract:**

The Nutritional Biochemistry Laboratory at NASA is charged with defining the nutritional requirements for extended-duration space flight. Nutritional Biochemistry Laboratory research projects include both ground and flight studies investigating the role of nutrition in maintaining crew health and counteracting the negative effects of spaceflight on human physiology. Recent research projects have focused on bone loss and calcium metabolism, including assessments of dietary, exercise, and pharmacological countermeasures. For more information on recent projects, please visit the Nutritional Biochemistry Laboratory website at: [http://haco.jsc.nasa.gov/biomedical/nutrition/](http://haco.jsc.nasa.gov/biomedical/nutrition/)

The research conducted by the Nutritional Biochemistry Laboratory supports America’s exploration of space by ensuring the health and safety of crewmembers. Nutrition will be critical in assuring crew health during spaceflight, either in support of existing countermeasures, or as a countermeasure in and of itself. The research and technical advances provided through this program will also advance our understanding of nutrition-related issues on Earth.