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POND SCUM TO POND YUM: MY EXPERIENCE ON AN ALL ALGAE DIET

Abstract

The study examined the effects of consuming only algae as a dietary source for a month. The subject, a healthy individual with no pre-existing medical conditions, was monitored throughout the experiment. Blood tests were conducted regularly to assess any changes in nutrient levels and overall health. The results showed that consuming only algae provided sufficient nutrients for the body and did not result in any negative health effects. The subject reported feeling energetic and satisfied throughout the experiment. This study suggests that algae can be a viable and sustainable dietary option. In addition to the potential benefits for individuals on Earth, consuming only algae as a dietary source has implications for space travel. The confined and limited environment of a spacecraft makes it necessary to carefully consider the food options available to astronauts. Algae is a particularly attractive option because it can be easily grown and harvested in a controlled environment, such as a spacecraft. Not only does this eliminate the need for transporting large amounts of food from Earth, but it also reduces the amount of waste produced during the journey. Furthermore, the high nutrient content of algae makes it an ideal choice for maintaining the health of astronauts during long-term space missions. Overall, the use of algae as a food source in space has the potential to greatly improve the sustainability and feasibility of space travel.