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# Health Benefits of Shirataki Noodles

What are shirataki noodles?

Shirataki noodles are noodles made from water and amorphophallus konjac glucomannan which is a 100% soluble fiber. The flour to make the noodles is derived from the konjac plant, also called konjac potato, konjac yam, elephant yam or konnyaku, although the plant is in no way related to potato or yam due to its composition. By nature, potatoes and yams are a form of carbohydrate but konjac contains zero carbohydrates and because the body is unable to convert fiber to energy it is also effectively calorie free. When mixed with water, konjac flour forms a gelatinous substance which is then formed into noodles and set by running it through water containing lime juice (or other acidic fluid) to make it temperature stable, unlike gelatin which when heated returns to fluid form.

There are many health benefits to soluble fiber, the most important of which are discussed below.

Health benefits for diabetics

One of the biggest dangers faced by diabetics is the surges and dips in blood sugar levels. For this reason they are encouraged to follow a carbohydrate modified diet that releases carbohydrate more slowly in order to avoid sudden peaks in blood glucose levels. One of the ways in which the diet is modified is to include larger amounts of dietary fiber in order to slow down digestion and release glucose into the bloodstream at a slower rate in order to prevent dangerous spikes in blood glucose levels.

Because [shirataki noodles](#) are made from water and soluble fiber it means that any meal in which the noodles feature is automatically high fiber and will therefore help to stabilize blood glucose levels and prevent surges in blood glucose levels.

According to this article in the [Diabetes Care Magazine \(US\)](#) consumption of konjac glucomannan had the twofold effect of improving glycemic control and lipid (cholesterol) profile, suggesting a therapeutic potential in the treatment of the insulin resistance syndrome which is the precursor to type II diabetes.

Another study performed by [The Department of Nutritional Sciences, Faculty of Medicine, University of Toronto](#) on the effectiveness of konjac-mannan and American Ginseng as alternative treatments for type II diabetes indicated that both showed potential but concluded that further research was required to ascertain whether there were any contraindications (conflict) between these potential emerging treatments and existing methods of treatment.

Health benefits for those with high cholesterol

This study that appeared in the [American Journal of Clinical Nutrition](#) revealed that 3.9 grams glucomannan fiber daily reduced total cholesterol levels by 10%, LDL (bad cholesterol) by 7.2, tryglycerides by 23% AND systolic blood pressure by 2.5%. There were 70 participants in the study, all male. It was expected that similar results would be observed in female subjects

Health benefits for the colon

Okay, here is one that many people would probably rather not deal with, but which is crucially important. When ingested, the body cannot digest Amorphophallus konjac. Rather, it travels through the digestive system, stimulating the peristalsis (wavelike muscular contractions in the intestines that push food along). It also cleans the digestive tract as it moves through. And of course, because it absorbs water it maintains stool softness in order to maintain regularity. This property is why Amorphophallus konjac is frequently used as a natural laxative.

Soluble fiber also ferments in the digestive tract, producing short-chain fatty acids that significantly contribute to overall health. These fatty acids stabilize blood glucose levels, lower cholesterol levels, boost the immune system by increasing production of immune cells, and promote colon health. Soluble fiber helps prevent the formation of intestinal polyps and inflammation by maintaining healthy pH in the intestine, it also aids in mineral absorption, and increases the levels of helpful bacteria in the colon. A diet rich in dietary fiber is also proven to reduce of the incidence of colon cancer.

## Health benefits for the overweight

The final health benefit, and probably the one of most interest to readers of this article, directly relates to the fact that the human body is incapable of converting fiber to energy. As mentioned earlier, this makes shirataki noodles effectively calorie free. Compare this to regular noodles which contain anywhere from 190 calories per cup (rice noodles) to 220 calories per cup (egg noodles). This makes these [miracle noodles](#) a perfect food for anyone seeking to lose weight and being carbohydrate free it is also ideal for anyone who is on the Atkins diet. In addition to being calorie free, the fiber contained in shirataki noodles slows digestion meaning that that it acts as an appetite suppressant by keeping you full for longer after consuming it.

Many studies, including one by the University La Sapienza in Rome which studied the behavior of body weight, blood glucose, blood cholesterol levels, and hunger and satiety sensation in 30 patients treated for 60 days with a 1,200 calorie (5040 kilojoule) diet plus either placebo or glucomannan capsules. All variables considered indicated that the low-calorie diet plus glucomannan was more effective than the low-calorie diet alone.

Imagine actually being able to incorporate this powerful effect directly into meals in a way that satisfies hunger without adding any calories? For more information or to buy shirataki noodles online visit [Miracle Noodles](#)

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