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Glucomannan for Weight Loss



Imagine a World Where The Noodles are Calorie Free
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There are plenty of diet pills on the market containing glucomannan for weight loss, but it's possible that you can find a source of this fiber in some foods. Specifically, glucomannan fiber can be found in [shirataki noodles](#), which are made from the root of the konjac plant.

While the addition of glucomannan for weight loss seems to be a relatively new concept in America, the actual ingredient is nothing new. In fact, it's been around for a very long time and been used in Japanese, Chinese and Korean cuisine for many, many years. Shirataki noodles are the most common type of food containing this particular ingredient, although it's often found as a gelling agent in tofu.

Benefits of Glucomannan

Aside from just the benefit of using glucomannan for weight loss, there are other significant health benefits that can be derived as well. For example, research has shown that glucomannan is a helpful aid in treating obesity and reducing cholesterol. It's also been found to effectively treat constipation and is proven to be beneficial in maintaining stable blood glucose levels in patients with Type 2 Diabetes.

Glucomannan is a water-soluble fiber that is capable of absorbing up to 50 times its own weight in liquid. This means for a person trying to lose weight, eating noodles containing glucomannan, such as shirataki noodles, can help reduce hunger, decrease food cravings and make you feel more full, which stops you eating as much as you may normally do.

Getting Enough Glucomannan Into Your Diet

Rather than opting for synthetic dietary supplements or pills, it's easy enough to simply add some recipes for shirataki noodles into your diet. Not only are these [miracle noodles](#) very easy to make, but they taste great when they're prepared properly.

Don't fall for the hype that these miracle weight loss noodles are a 'zero calorie, low carb pasta alternative'. These noodles taste nothing like pasta and they have a completely different texture and consistency. They're Asian noodles and they taste lovely when prepared in Asian-style dishes, though they can be substituted for pasta, it's simply a matter of personal taste.

Chinese Chicken and Cashew Shirataki Noodles

This delicious recipe is very quick and easy to make and it's very health for you. It's low in carbs, low in calories and very filling, but it also tastes great.

- 1 packet shirataki noodles, drained, rinsed well and microwaved on high for 1 minute
- 500g chicken breast fillet, thinly sliced
- 1 medium/large carrot, thinly sliced
- 2 spring onions, sliced
- 2 garlic cloves, crushed
- ¼ cabbage, shredded
- 1 red pepper, thinly sliced, seeds removed
- 2 small red chillies, thinly sliced (optional)
- ½ cup cashews
- ¼ cup chopped Thai basil leaves
- 2 tablespoons light soy sauce
- 2 tablespoons vegetable oil
- 1 tablespoon brown sugar

¼ cup fish sauce
½ cup lime juice

Mix together the lime juice, fish sauce, soy sauce and sugar in a bowl. Leave to one side.

Heat 1 tablespoon of vegetable oil in a pan and cook shallots, garlic and chilies until the shallots soften (approximately 2 minutes). Remove ingredients into a bowl and heat another 1 tablespoon of oil in the pan. Add the cashews and cook until they turn a slightly golden color. Remove these from the pan and place in the bowl with the shallots and garlic.

Add the chicken to the pan and cook until it just begins to turn brown. Add the remaining vegetables and return the cooked shallots, garlic, chilies and cashews to the pan. Pour in the lime juice mixture you made earlier and add the shirataki noodles to the pan.

Make sure the noodles begin to soak up the sauce mixture, as they will take on the flavor of whatever they're cooked with. When the cabbage has wilted down, serve dish immediately.

You should find that when you prepare and cook shirataki noodles the right way, using the ingredients they were intended to be combined with, they taste absolutely wonderful.

Need more shirataki noodles? Visit [Miracle Noodles](#) or click the banner below



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