

Introduction: Konjac Health Benefits & Products



Konjac glucomannan (KGM)

KGM has the highest molecular weight and strongest viscosity among any dietary fiber known to science, and has extremely high density. The unmodified naturally acetylated konjac glucomannan produces highly viscous solutions.

<http://www.glucomannan.com/gum.htm>



What are some of the health benefits of konjac?

1. Acts like a sponge, absorbing fluid as it moves through system. This results in softer, bigger stools (fewer hemorrhoids).
2. Slows release of sugar to the bloodstream (hypoglycemia, diabetes).
3. Prevents hunger by filling the stomach and regulating blood sugar.
4. Lowers cholesterol. Konjac gel captures bile acids and cholesterol in diet. If bile acids are not reabsorbed, body has to use cholesterol in the blood to make more...
5. Helps with weight loss (regulates blood sugar, makes you feel full).
6. Fiber foods cause you to excrete more calories - One study showed men on high-fiber diets excreted 150 calories per day more than those on low-fiber diet of equal calories.

<http://www.gy.com/#1>

Non-digestible polysaccharide – Calorie Free

Due to the β -glycosidic linkages between the glucose and mannose building blocks (β -1- \rightarrow 4 linkages in the main chain and β -1- \rightarrow 3 linkages at the branch points) konjac flour is commonly regarded as a non-digestible polysaccharide. Because of its high water solubility, conferred mainly by attached acetyl groups, konjac flour is also classified as a soluble fiber. Following alkali treatment or heating, konjac flour loses acetyl groups and forms a gel. Gelling is thought to result from cross-linking, mainly through hydrogen-bonding between konjac flour moieties that are deficient in acetyl groups (Nishinari *et al.*, 1992).

<http://www.inchem.org/documents/jecfa/jecmono/v32je10.htm>

No calories

Since konjac flour's polymeric structure is assumed to render it unavailable for intestinal degradation or absorption, konjac flour is commonly believed to pass through the gastrointestinal tract unaltered...

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Konjac Berry Jello

Konjac Fruit Jello

4 Calories per 1/2-Cup Serving



Konjac Rice Granules

0 Calories per Serving

