

Health Benefits of Konnyaku

Beauty & Health

Fat-Free and Nearly Calorie-Free

Konnyaku contains no fat and has very few calories. Since its texture is pleasantly resilient and chewy, it naturally makes you chew longer. This results in making you full with smaller portions. Optimal for preventing overweight and obesity, konnyaku has been attracting attention in the beauty and health sectors as an ingredient for calorie control.

蒟蒻

MADE IN
JAPAN

Detoxification

Helps Prevent Colorectal Diseases

Rich in fiber (glucomannan), konnyaku has been found to be highly effective for detoxification. As glucomannan is absorbed by beneficial bacteria, it encourages the growth of beneficial bacteria and consequently suppresses the growth of bad bacteria. Since it also stimulates defecation, glucomannan is known to reduce the risk of colorectal diseases including colorectal cancer and colon polyps.

Cholesterol Control

Reduces the Risk of
Myocardial Infarction
and Cerebral Infarction

It is said that increased blood cholesterol levels cause arteriosclerosis, the cause of myocardial infarction and cerebral infarction. Glucomannan suppresses the absorption of cholesterol in the small intestine and prevents the reabsorption of bile acids secreted by the liver. As a result, it helps to prevent an abnormal increase in blood cholesterol levels.

Diabetes Prevention

Konnyaku Prevents Diabetes

Glucomannan, the main component of konnyaku, suppresses rapid glucose absorption. Multiple studies have found that regularly consuming glucomannan improves glucose tolerance and suppresses insulin secretion. It can be inferred that konnyaku is an effective ingredient for preventing diabetes.

Other Konnyaku Products



Konnyaku noodles

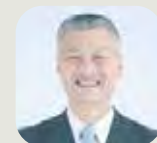
Gluten free !

We offer not just konnyaku rice but also konnyaku noodles for easy carb control! We have been successful in mostly removing the distinctive smell of common konnyaku products from these noodles. They are healthy, delicious, and filling. Wash the noodles in water and cook them in the same way you would cook other noodles. The cooked noodles have a smooth texture and hardly smell like regular konnyaku. The secret that makes these noodles delicious is their shape: there is a slit in the middle of the noodles so that they absorb more soup/sauce.

- No preliminary boiling is required. Just wash in water.
- Hardly has the distinct smell of common konnyaku products
- Rich in fiber
- Calories and carbs per packet: 20.8kcal, 3.0g
- * The calories and carbs will vary depending on how the noodles are cooked.
- * Measured by Hokuriku Health and Hygiene Research Institute

Our Mission

Almost rivaling Kyoto, Kanazawa has retained tss the second head of a family-owned konnyaku shop with a 60-year history. I grew up watching my parents diligently make konnyaku. The common konnyaku products sold in Japan are indispensable for Japanese dishes like nimono (stewed vegetables and/or meat, fish, etc.) and nabe (hot pot dish). It is also Japan' s traditional health food that is rich in fiber and low in calories as well as carbs. Our mission is to create and deliver products that make it easy for people to enjoy konnyaku by leveraging its strengths.



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蒟蒻

Rainbow Rice of KONNYAKU by 
Take the Confidence, Safety, Healthy & Delicious by R&R **OHARA**

MADE IN
JAPAN

Sticking
to the best !

KONNYAKU is A Traditional
Japanese Health & Beauty Food

Gluten free

What is Rainbow Rlce ?

Reduce carbs and calories without compromising the taste simply by cooking rice with this product!

Rainbow Rice was developed for people who are worried about calories and blood sugar levels but don't want to eat less. Reduce the carbs and calories of "rice" without compromising the taste simply by cooking regular rice with Rainbow Rice. As for its main ingredient, we use nothing but highly safe, high-quality konnyaku powder produced in Japan. Just like regular cooked white rice, rice cooked with Rainbow Rice can be frozen. It does not become hard by freezing. It is also optimal for being processed as pre-packaged products and frozen products.



Cuts the carbs by about 30 % and the calories by about 33%



feature

Gluten free !

❖ Makes reducing carbs and calories easy.

❖ Prepared as a dried product, it can be stored at room temperature.

❖ Does not compromise the taste or fillingness of white rice.

❖ Hardly has the distinct smell of common konnyaku products.

❖ Can be frozen after cooked.

❖ Expiration date 1 year at room temperature.

How to use ?

Mix one packet of Rainbow Rice (60g) with 150g of raw white rice, add approx. 450ml of water, and cook the mixture by the same way you normally cook rice. In comparison to that of the same amount of cooked white rice, the carbs and calories of the cooked "rice" are cut by about 30% and 33%, respectively.



1 packet of Rainbow Rice (60g)



150g of raw white rice

Cooking Examples

Suitable for a wide range of dishes

Rice cooked with Rainbow Rice will taste even closer to regular rice if it is used to make sushi, paella, etc. It does not become hard even after cooling down and can be frozen.



Sushi



Omu-rice (Japanese rice omelet)



Paella



Rice salad

The Strengths of OHARA GROUP

Product Development Capability : We Develop Products that Meet Customer Needs

Our greatest strength is that we are capable of developing products that meet the needs of our customers. For example, our tapioca-like konnyaku pearls that was developed as a response to customer needs is currently used by major ice cream manufacturers and in products sold at 50,000 convenience stores across Japan.



We Provide Small-lot Production Service

Another strength of OHARA GROUP is that we reiterate the sample production process until the customer is satisfied with the sample. We respond to customer needs with minimum lot sizes that match the facility capacity. We accept orders for original Rainbow Rice from 200kg.



Speedy Response by Our Sample Production Specialists

Our sample production specialists are always available so that we can respond to customer needs in a speedy manner. It normally takes us 2 to 3 weeks* to complete a sample. We charge for sample production in principle but we cover the cost in some cases when the decision is made to go into production.



* The number of days required to create a sample depends on the level of difficulty.

Comparison with Competing Products

Remains Resilient Even After Cooking

Once konnyaku reaches a gel-like (jiggly-firm) state, it remains so even after it is cooked. Some of the similar products that are created by simply adding konnyaku powder melt like gelatin when they are cooked. In contrast, the resilient texture of our Rainbow Rice is retained even after cooking because it is made out of konnyaku powder that is first turned into a gel-like state and then formed into the shape of rice grains. Our Rainbow Rice always tastes good.

Drying Technology That Materializes High-Quality, Low-Cost Production

In its most common form sold in Japan, 97% of konnyaku is composed of water. The drying process of the typical konnyaku rice production method is extremely costly because the moisture of konnyaku is reduced to about 10% in one go. On the other hand, we use konnyaku noodles with 43% moisture that are manufactured with advanced quality control. We dramatically increased the efficiency of the drying process by cutting the moisture content by half. This enabled us to succeed in developing Japan's first high-quality, low-cost konnyaku rice production.

Quality Control at our factories

All products manufactured at OHARA.,co.ltd that's our Manufacturing company are put through an automatic continuous boiling sterilizer or a retort sterilizer prior to shipping to control each product's total viable count at 300 CFU/g or lower. In addition, all products are inspected by a metal detector. When a higher level of food safety is required, we perform X-ray inspections. In this way, we have built a control system for assuring high quality.

❖ Our Equipment

Equipped with 4 cup sealers, 10 pasteurizers, 2 homogenizers, an automatic continuous boiling sterilizer, and a retort sterilizer, we are capable of manufacturing a variety of products. We are also fully equipped with a metal detector, an X-ray machine, and other devices that make up our thorough quality assurance system. Furthermore, we are capable of manufacturing products with stable quality as we use reverse osmosis water.

❖ International Certifications

After obtaining the FSSC22000 certificate in April 2019, we switched to meeting the JFS-B Standard of Japan Food Safety Management Association (JFSM) and obtained the Certificate of Conformity from JFSM in January 2020. Since most of our customers are major convenience store chains and large manufacturers, we pay utmost attention to the quality of our products.

* As Rainbow Rice is a new product, we are currently implanting our plan to get it certified.



❖ Our Employees Undergo Thorough Hygiene Management Training

In addition to providing hygiene training to newly-hired employees, we regularly hold study sessions. We also have an external organization perform monthly surveillance inspections of our factories regarding critters, mice, etc. We seek guidance and advice concerning hygiene management from professionals of various fields since our factories are inspected by major convenience store chains nearly 10 times per year.



Including food processing machines, packaging machines, sterilizers, and food safety detectors, we are equipped with a variety of machines and devices that enable us to respond to a vast range of needs.