

Natto— Traditional Japanese Health Food 日本の伝統的健康食—納豆

Series 4 The Efficacy of Natto 1 Health Benefits 第4回 納豆の効能 1

In 2007, the Federation of Japan *Natto* Cooperative Society disseminated a questionnaire (with Japanese as the target subjects) which showed that people purchased *natto* fermented soybeans in the first place because “*Natto* is rich in nutrients” (79.1%) and in the second place, “*Natto* has beneficial effects for one’s health” (68.0%). Overwhelmingly, it has become clear after all that the reasons for eating *natto* are for “nutrients and health.” *Natto* still has not become an ingrained part of the United States, but one anticipates that the healthy effects will be explained here after all. First, please look at the <Table> that is appended. There are five parts, showing the Efficacy of *Natto*, Therapeutic Efficacy, Assortment of Vitamins, Enzymes, Minerals and Amino Acids.

*** Nutritional Efficacy** *Natto* contains the superior healthy elements solely possessed by soybeans, but may be said to be a food product that has powered up due to the “fermentation stage” that it has undergone. Soybeans are called the “meat of the field” and contain large quantities of protein. One hundred grams of beef is made up of approximately 18~20% protein, but the amount of protein that *natto* contains is in no way inferior to that. On top of that, *natto* contains practically no cholesterol. And then, because of the fermentation process, the digestion and absorption rate is higher than soybeans that have simply been cooked.

*** Medical Efficacy** Here, too, the efficacy that soybeans possess is also contained in *natto*. Isoflavone closely mirrors the action of female hormones with its anti-oxidant properties, which prevent the onset of symptoms of elder years and is said to be effective in stopping prostate cancer, which is common in men. In addition, it strengthens blood vessels

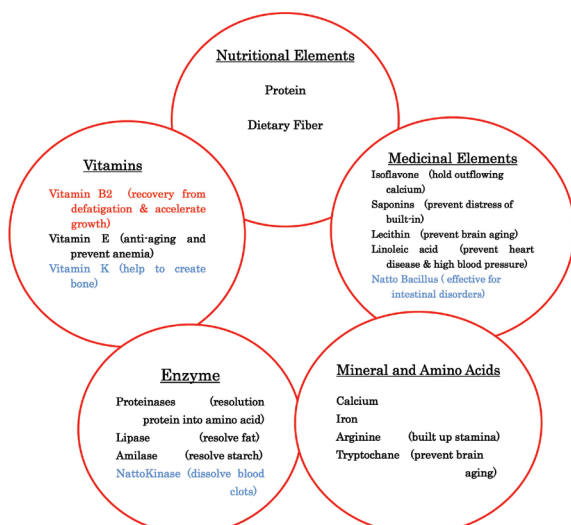
2007年に全国納豆協同組合連合会 (Federation of Japan Natto Manufacturing Cooperative Society) が実施したアンケート調査 (日本人対象) では、納豆の購入目的の第1位は「納豆の栄養が豊富だから (79.1%)」そして第2位は「納豆の健康効果があるから (68.0%)」でした。圧倒的に「栄養と健康」を理由に納豆を食しているという結果が出ています。まだ米国には馴染みのない納豆ですが、ここでは健康に効果が期待できる理由は何なのか説明していきます。まず <別表>をご覧ください。納豆のもつ効能、それは栄養効果、薬用効果、ビタミン類、酵素、ミネラル、アミノ酸の5つに分けられます。

*** 栄養効果** 納豆は大豆独自の持つ優秀な健康効果を「発酵」という段階を経てパワーアップした食品と言えます。大豆は「畑の肉」と言われているようにタンパク質を大量に含んでいます。牛肉 100g に対してタンパク質が約 18~20% 含まれていますが、納豆に含まれるたんぱく質もその量に遜色はありません。更に納豆にはコレステロールが殆ど含まれていません。そして発酵により、単に煮た大豆以上にその消化吸収率が高くなっています。

*** 薬用効果** ここにも大豆の持つ効果が納豆にも残されています。女性ホルモンと良く似た働きをするイソフラボン (isoflavone) は抗酸化作用があることと、女性特有の更年期障害の症状予防や、男性特有の前立腺癌の予防にも効果があると言われています。一方、血管を丈夫にして動脈硬化を防ぐ効果があるといわれているサポニン (saponins)。そして納豆の納豆菌 (*natto bacillus*) 自体ですが、それは非常に強い菌で、腸内に到達してからもお生き続け、ビフィズス菌などの増殖を助け、整腸効果を高める働きをすることで知られています。ビタミン類、酵素、ミネラル&アミノ酸の効能は次号でお伝えします。

Five elements from NATTO

RED: Constituents by Natto Bacillus
BLUE: Fund only in Natto



and contains *saponins*, which are said to be effective in preventing arteriosclerosis. And then, the *natto* bacillus itself is an exceptionally hearty bacteria and continues to live even after passing through the human intestines. Helping the propagation of such bacilli as *Bifidobacteria*, it is known to greatly aid in maintaining the optimal operation of the intestines. In the next installment, we will examine the efficacy of vitamins, enzymes, minerals and amino acids.

The first Natto factory in America!
Not imported and frozen, but fresh and tasty!
アメリカに初めての納豆工場が進出!
冷凍輸入でないから新鮮な納豆の味わい!

[Natto]
the traditional
Japanese
fermented
soybean

**Good
for you food!**

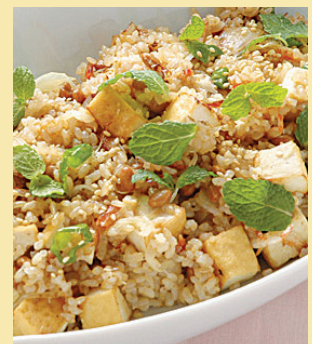
JAPANESE GROCERY MARKETS
Nijiya • Mitsuwa • Marukai (CA)
Uwajimaya (WA, OR) others

We are serving 3 cups/package
non-GMO, no-MSG, no additives
no preservatives

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Natto Fried Rice

- * 2 1/2 cups cooked short-grain brown rice
- * 2 tablespoons sesame oil
- * 5 tablespoons (rounded) natto
- * 1/2 onion, thinly sliced
- * 1/8 green pepper, roughly chopped
- * 3 tablespoons dried small shrimps
- * 1/2 cup deep-fried tofu, cut in small cubes
- * 1 tablespoon mint leaves
- * 1/2 tablespoon salt
- * Nam pla (Thai fish sauce)
- * Black pepper



Preparation

1. Heat the sesame oil in a large skillet over medium heat.
 2. Add the onion and green pepper and cook until the onion is transparent.
 3. Add the brown rice, deep-fried tofu, dried shrimps, and stir-fry.
 4. Stir in the natto and season with the salt, nam pla, and pepper.
 5. Transfer the fried rice to a warmed serving bowl and top with the mint leaves.
- Serves 2.