



Improve your health with dried foods!

Many people are somewhat aware that dried foods are rich in dietary fiber, dense in nutrients, and beneficial for health promotion. Here are three examples of typical dried agricultural goods, and the amazing power they have.



Effect of Drying	Typical agricultural good	After Drying	Explanation
Increased nutritional value	Daikon radishes	Dried shredded daikon radishes	Dried food is calculated as having about 4 times its weight when reconstituted; therefore, the values below assume 100 g when fresh and 25 g when dried. When daikon radishes are dried, their dietary fiber increases from 1.3 g to 5.3 g, and calcium from 23 mg to 130 mg. That is more than four times the amount!
Increased umami	Shiitake mushrooms	Dried shiitake mushrooms	When shiitake mushrooms are dried, the amount of glutamic acid , the source of umami, increases from 450 mg to 900 mg. That is twice as much!
Potential benefits	Soybeans/ tofu	Koya freeze-dried tofu	Resistant protein found in koya freeze-dried tofu is said to help reduce triglyceride and cholesterol levels.



There are sliced dried shiitake mushrooms and small blocks of koya freeze-dried tofu. They can be conveniently used as is for stews, miso soup, and other dishes.

You can make a salad with dried shredded daikon radishes and tuna by simply reconstituting the radishes for a little while with water. The crispy texture is delicious!



References: Basic Data for Cooking (6th Edition) (Kagawa Nutrition University Press) / Standard Tables of Food Composition in Japan - 2020 - (Eighth Revised Edition)
Reference website: Introduction of the latest health promotion functionality research on koya freeze-dried tofu (Asahimatsu)

Sony Health Insurance Society Information

See Sony Kenpo's Health Service website (English version)!

The website is available in English. Please be sure to read it.



Click "English" at the bottom of the homepage.
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