

Food Facts

New Noodle Offers A Tasty Way To Eat More Healthfully

(NAPSA)—Here's food for thought: Noodles made from a yamlike plant are sure to please health-conscious pasta lovers as they contain zero calories, zero fat, zero cholesterol, very low carbs and plenty of fiber per serving.

These delicious noodles can be savored in soups, salads or other favorite meals without guilt.

Known as "shirataki," the noodles are very popular in Japan. The U.S. version, Skinny Noodles, comes in three varieties: angel-hair, spaghetti, and spinach fettuccine. The noodles are made from konnyaku root, a yamlike plant traditionally enjoyed in Japan for thousands of years.

Each type features four grams of soluble fiber—the American Dietetic Association recommends a daily intake of 5 to 10 grams of soluble fiber—and is made in the U.S.A. from all-natural ingredients. They're also gluten-free, kosher certified and diabetic friendly.

These noodles can be a satisfying part of a weight loss plan, plus the fiber-rich content contributes to good digestive health, lowering cholesterol and helping control blood sugar levels.

The noodles are precooked; just rinse well and drain. Or they can be parboiled for 2-3 minutes before adding to your favorite recipes. You can even cut them to the size you need.



You can enjoy plenty of pasta—without any guilt—when you use Skinny Noodles made from a yamlike plant. They contain zero calories, zero fat, zero cholesterol, very low carbs and plenty of fiber.

Skinny Noodles is made by Genki USA. The company is known for taking healthful, traditional foods from Japan and other Asian countries and adapting them to a modern Western diet.

Learn More

To order or for further information including recipe ideas, visit www.genkiusainc.com.