



Japanese gluten-free foods enrich your daily life!

"Gluten-free" refers to food products not containing gluten, such as found in wheat, and not long ago, gluten-free foods were created for those with gluten allergies.

Nowadays, it has become more common for people who want to live a healthy life and can be found easily in supermarkets and restaurants!

The reason for this is that reducing your gluten intake has three great benefits:

- 1) It can curb your appetite
- 2) It can reduce your sugar intake
- 3) It can reduce the strain on your gut!

Gluten-free foods have steadily become the "new standard" in today's health-conscious world, and is now readily available everywhere. In fact, all the foods in the picture are made from two gluten-free foods unique to Japan, konjac and rice flour. These two foods are very traditional and popular in Japan, but they are still very unknown in the world.

Since they can be used in a variety of ways, they can substitute for the flour-based foods we usually have. In this newsletter, we will introduce gluten-free foods made from konjac and rice flour. We hope you enjoy a healthy and happy diet with us!



What is unique about GLUTEN FREE in JAPAN

[【Japan Street】 Gluten Free >](#)

The 2 Greatest Gluten-Free Foods in Japan!

[Gluten Free >](#)

**Incredibly low in calories
& rich in nutrients!**



Konjac is a traditional Japanese processed food made from the bulb of the konjac potato. It is ultra-low in calories (5-7kcal per 100g) and rich in diverse nutrients such as dietary fiber and calcium.

Konjac has a moderate elasticity, which naturally increases the number of times requiring it to be chewed, making us feel full, and its texture makes it possible to substitute it for noodles and rice.

Konjac

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Rice Flour



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Rice has been produced in Japan for more than 3,000 years, and there has always been a strong focus on producing delicious rice.

Japanese rice flour, which is made by finely grinding rice with developed milling skill, has fine particles that are very uniform in size compared to that produced in other countries. Japanese rice flour is gluten-free, lump free, and crumble free!

[\(Relative Article\)JFOODO>](#)

Premium quality !

**“Gluten-free,
lump-free
and
crumble-free!”**

Konjac
Gluten Free

PASTA

TSUTOMU FOODS



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Konjac potatoes are a delicate food that dislikes moisture and is susceptible to disease. To produce good quality konjac potatoes, it is essential to have good sunlight, a wide slope, well-drained soil.

Tsutomu Foods has been making delicious konjac for about 30 years in Tomioka, a place that satisfies all the above requirements, using mineral-rich water and unique raw materials in Gunma Prefecture. Originally, the process was done by hand, but now machinery is used for each process. By having skilled staff manage the company, they are able to maintain quality and meet the needs of world-wide customers while maintaining a mass production system.



After boiling it in the same manner as pasta noodles, for about 3-5 minutes, drain the water, add your favorite sauce and toppings, and everyone's favorite pasta is ready!

Soy Nyack®



Pasta noodles made from gluten-free konjac. Enjoy the elastic mouthfeel of these noodles that easily entangles in sauces and soups and do not stretch even when warmed. Low caloric, low carb, high protein, these noodles are a must for maintaining a balanced diet!

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Remove from pack and rinse with water. Add the vegetables and ingredients of your choice. Top with the included dressing and you've got a salad pasta!



“They create innovative products with their passion for Konjac!”



Konjac **Gluten Free**

WHITE RICE



You can make sushi and bowl dishes by using konjac rice.
Mix one packet of konjac rice with 150g of raw rice.
Cook it with 450ml of water in the case of making them in a pot. If you wash and drain rice well or use a rice cooker, you need 360ml of water.

Konjac Rice



Even though Konjac rice looks and tastes very similar to white rice, you can cut carbs by 30% and calories by 33% by replacing white rice with Konjac rice partially!! It can be stored at the room temperature and frozen after cooking. This does not compromise its taste and texture. In addition, It is very easy to cook them because they are wrapped individually!

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KANAZAWA KONNYAKU INSTITUTE

The president grew up with his family who has owned a konjac shop in Kanazawa. They have over 60 years histories. He developed a product that can easily be used easily in order to promote konjac, a traditional Japanese food.

Under the motto of “Supporting health with konjac,” the company continues to create innovative products!



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Rice Flour
Gluten Free

UDON

Udon is made by kneading wheat flour with water and processing it into noodles of various thicknesses. These noodles have been popular in Japan since the earliest times, and are extremely popular for their firmness and satisfying texture. It is more elastic than ramen, and is generally eaten with a light flavor.



- 1 bowl of udon
 - Attached tsuyu
 - 100g of meat of your choice
 - 1/2 an onion
 - 3 teaspoons of soy sauce
 - 400ml of water
 - 1 teaspoon of oil
- ~Optional~
- Green onion
 - Sesame seeds

Cooking method



Juicy! Niku Udon

1. Cut the meat into bite-sized pieces. Cut the onion into thin slices.
2. Put vegetable oil in a hot frying pan and fry the onion. When it starts to brown, add the soy sauce, sugar and mirin and cook well.
3. Heat the water to a boil, then add the noodles and cook for about 3 minutes and 30 seconds.
4. Put the noodles and dipping sauce in a deep-bottomed dish, put the meat on top. Top it with sesame seeds and green onions if you like, and you've got the perfect Niku-udon!

KAWAKITA SEIMEN



With the motto "Happiness begins with noodles", they have been working on the production of various types of noodles in Miyazaki.

The company's goal is to create noodles that can be enjoyed by all people, including those with allergies, diabetes and other conditions, and those on calorie restriction. Recently, they've started to sell the soup for Vegans, "Vegan & Gluten Free Soup", which tastes Soy sauce and pork. The company is very particular about the quality of its products, conducting thorough facility and hygiene management in the factory and conducting regular bacteriological tests.

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Gluten Free Noodles Udon



Gluten-free udon noodles made with Japanese rice. The soup is also made from wheat-free soy sauce and everything is gluten-free. The rice flour is made in a dedicated facility, and the original method makes it smooth and chewy.

Can be served warm or cold!

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You can eat one of the most popular dishes in Japan for Gluten Free!

Rice Flour

GlutenFree

RAMEN

Ramen has grown in popularity, surpassing sushi as the most popular Japanese food in the world recently. Of course, ramen noodles are made from wheat flour, and while they are delicious, they are also high in calories.

In order to enjoy ramen in the gluten-free way, this company makes their products from Japanese rice flour!

Gluten Free Ramen Noodle

The noodles have a nice firmness and perfect texture! As they are dried noodles, they'll keep for up to 18 months at room temperature!



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TOA FOOD INDUSTRIAL

They have been making delicious dried noodles for more than 70 years in Banshu, one of the leading dried noodle producing areas in Japan. Since they have also acquired FSSC22000, halal and Kosher certification among others, they can offer a wide variety of products to meet various needs!

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Number of products: 13,709

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We hope you find some great Japanese products!
Stay tuned for our next issue!