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Japanese food is based on koji. It is because all Japanese seasonings are made from koji. Soy sauce, miso, sake, vinegar, and mirin.

Koji is a perfect food because it contains essential amino acids.

Contains over 100 different enzymes.

1) Breaks down protein and fat

Softens meat and helps digestion

Decompose and eliminate excess fat.

2) Bring out the Umami and sweetness of food

Decomposes starch and turns it into sweet.

3) Detoxification

Rich in oligosaccharides and lactic acid bacteria

The number of good bacteria increases and the intestinal environment promotes detoxification.

Your immunity will also increase.

4) Anti-Aging

Rich in vitamins and minerals that promote skin metabolism

* Main nutrients Koji

Protein / Carbohydrate / Vegetable fibre / Copper / Potassium

Calcium / Magnesium / Phosphorus / Iron / Sodium / Zinc

Molybdenum / Vitamins B1, B2, B6, B12, E, K .../Others

* umami [uːˈmɑːmi]

1. a category of taste in food (besides sweet, sour, salt, and bitter),

corresponding to the flavour of glutamates, especially monosodium glutamate.