Natto's SUPER benefits

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Natto is a traditional Japanese food made from whole soybeans that are fermented with beneficial bacteria. It is widely recognised as a healthy superfood. How does natto taste? Natto is known for its strong, pungent aroma and its distinct slimy, sticky texture, which becomes frothy and stringy when stirred vigorously.

When you eat it, you will notice a slippery outer layer, but it's soft and chewy on the inside. This unique texture can make trying natto an enjoyable experience.

For those who may not know, superfoods are nutrient-rich foods that offer maximum nutritional benefits. Generally, they are foods rich in vitamins, minerals, dietary fibre, antioxidants and healthy fats.

So, what makes natto a superfood? Natto is rich in plant protein, which is broken down into amino acids and peptides during fermentation, making it easier for our bodies to absorb.

Natto is an excellent source of vitamins K, B, E and C. It is also rich in minerals such as calcium, iron, potassium, magnesium and zinc.

Natto also contains high levels of dietary fibre. A unique feature of natto is nattokinase – a special enzyme found in the slimy strings when stirred. Moreover, natto is rich in probiotics, which are beneficial live bacteria produced during fermentation.

After learning about the nutritional value of natto, you might be wondering what benefits it offers. One major benefit is that natto helps prevent cardiovascular disease. The enzyme nattokinase breaks down fibrin, acting as a natural blood thinner and helping prevent blood clots, thereby significantly reducing the risk of heart attack and stroke.

Furthermore, vitamin K, calcium and magnesium contribute to improved bone density, helping children avoid rickets while combating osteoporosis in adults and the elderly. Natto is beneficial for all ages.

Lastly, dietary fibre and probiotics help balance the microbiome, support gut health, prevent constipation and boost our immune system.

Interestingly, natto is associated with the longevity of the Japanese people. Their well-balanced, nutritious diets, which include traditional foods like natto, contribute to the world's lowest obesity rates.

Among Japanese people, natto is commonly consumed for breakfast. It is often served with rice and seasoned with a dash of soy sauce, a sprinkle of sesame seeds or spring onions, and sometimes topped with a raw egg yolk.

From the description, I can already tell that this dish is nourishing. So, would you give it a shot? The benefits truly outweigh the drawbacks.