CARBOHYDRASE INHIBITORS DERIVED FROM CHESTNUT AND USE THEREOF

Abstract

The present invention provides a plant-derived carbohydrase inhibitor, wherein the inhibitor is effective for preventing or alleviating diabetes, or preventing obesity, and foods, drinks, and medicines containing the same. The present invention is accomplished by use of an α-amylase inhibitor or an α-glucosidase inhibitor as a carbohydrase inhibitor that is extracted from astringent skins of a chestnut using ethanol or aqueous ethanol solution. The present invention can also be accomplished by adding the carbohydrase inhibitor to a food or medical composition as an active ingredient for delaying saccharide digestion or absorption, suppressing a rise in postprandial blood glucose levels or blood insulin levels, or preventing obesity.

(No figure to accompany abstract)