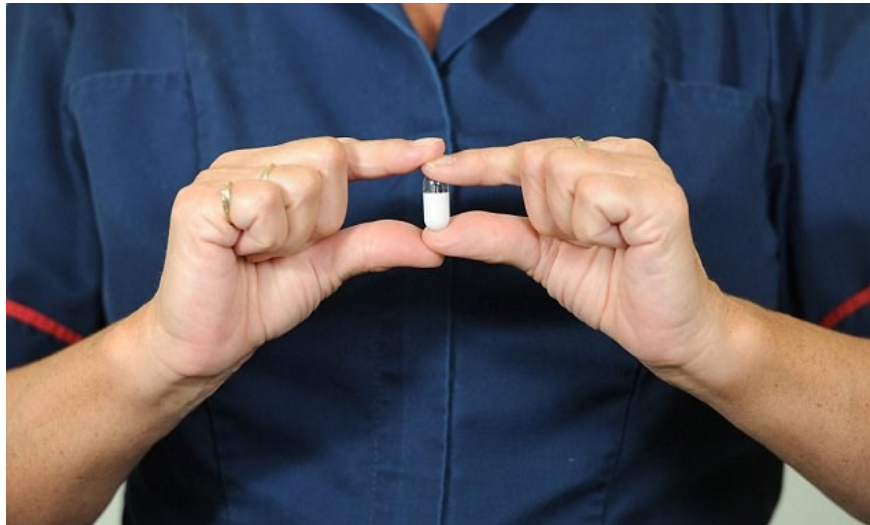


This is what happens in the stomach when you eat shrimp noodles

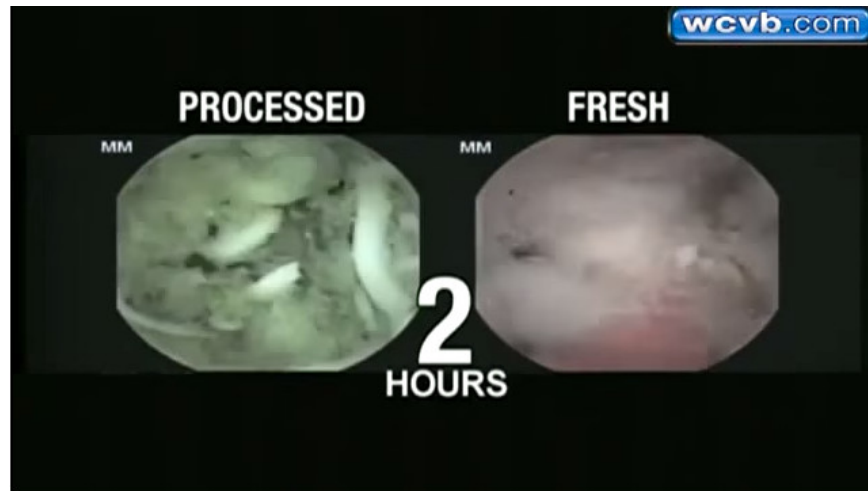
A doctor from Massachusetts Hospital in Boston, USA conducted a study to find out what's really going on inside the stomach after eating shrimp noodles.

It is undeniable that shrimp noodles are both delicious and cheap and convenient. But you do not know that pasta noodles can be harmful to your digestive tract.

Recently, Dr. **Braden Kuo** from Massachusetts General Hospital in Boston, USA conducted a study to find out what will happen inside the stomach and digestive system after eating. Japanese noodles or ramen instant noodles of Japanese people. Dr. Braden Kuo was the first to conduct research on the effects of shrimp noodles on **the digestive system** .

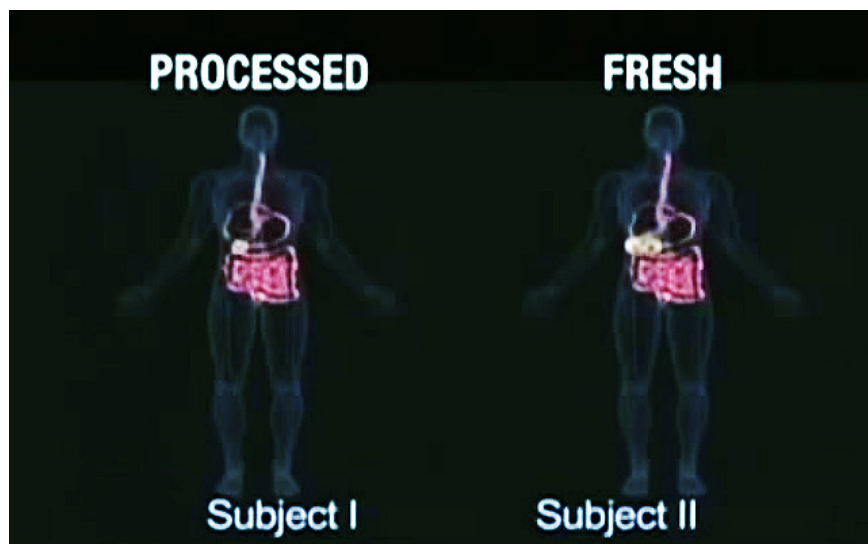


Dr. Kuo uses a camera the size of a pill placed inside the stomach and digestive system to monitor what happens after he eats ramen instant noodles - the popular instant noodles in Japan. The results showed that, after eating for 2 hours, noodles were still intact inside the stomach.



Ramen instant noodles before and after.

In this study, ramen noodles are compared with fresh noodles. You can easily see the difference in digestion in the image below.



For easy comparison, the volunteers who participated in the study ate instant noodles and homemade ramen instant noodles.

" *The most surprising thing is that after 1-2 hours, the noodles are still in the stomach while fresh noodles are almost digested,*" concluded Dr. Kuo.

After two hours, fresh noodles are almost completely digested, the stomach contributes continuously to make fresh noodles easy to digest. But when looking at ramen instant noodles after two hours, they were only slightly digested and almost intact. Dr. Kuo recorded this process for 32 hours with a camera the size of a pill. "*What we see here is that the stomach image is trying to crush the undigested shrimp noodles for hours,*" Dr. Kuo said of his experiments.



When instant noodles are not crushed, the absorption of nutrients for the body is also affected. This makes the noodles stay inside the stomach for a long time.

The main preservative in instant noodles Ramen or instant noodles are **TBHQ antioxidant additives** (Tertiary-butyl hydroquinone), often used in dried products like microwave popcorn made by microwave oven, Wheat crackers. Thins, beef balls and Pop cakes. According to the US Food and Drug Administration, the safe use of TBHQ in cooking oil and fat should not exceed 0.02%. A small amount of this substance does not kill or become infected immediately but it can have long-term health effects if used for a long time, can cause **cancer** and **tumors** .

Unfortunately, Dr. Kuo's research is too small to reach any conclusions, but millions of people after watching the experiment also draw their own conclusions. Processed food needs further investigation and research to accurately determine the consequences for our health. It is best to avoid prepared foods because they are not only harmful to the stomach but also negatively affect other internal organs in the body.

Which ingredients are in ramen instant noodles?

1. **Propylene Glycol** : is a colorless liquid, used to preserve the texture of instant noodles and used in the manufacture of tobacco and antifreeze.
2. **Tertiary-butyl hydroquinone (TBHQ)** : As mentioned above, TBHQ is a preservative for the main ingredients in ramen noodles (noodles, flour, spices and vegetable oils). It is also found in perfumes, lacquer plastics and biodiesel.
3. **MSG (MS)** is a salt of glutamic acid, amine acid form has a lot in nature, is seasoned in dishes. It can cause side effects such as nausea, headache, flushing, sweating and heart palpitations.
4. **Sodium** : A packet of instant noodles containing 1.875 mg of Sodium, more than the recommended daily recommended of 1500mg.
5. **Vegetable oil** : Instant ramen noodles with canola (canola), cottonseed oil (cottonseed) or palm oil. While, canola and cotton seed oil are unsaturated, and palm oil has a high amount of saturated fat.
6. **BPA** : There are many types of ramen instant noodles, shrimp noodles are contained in soft plastic cups containing BPA and endocrine disruptors. Therefore, BPA can be dissolved in a cup and mixed in noodles.

7. **Corn Syrup** : Corn syrup is a sweetener, but it is also added to shrimp noodles to protect the texture of noodles. Basically, it's like adding sugar.

Here is the video of shrimp noodles inside human stomach:

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