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Arabinoxylan

Supporting your gut health with a diet rich in arabinoxylan

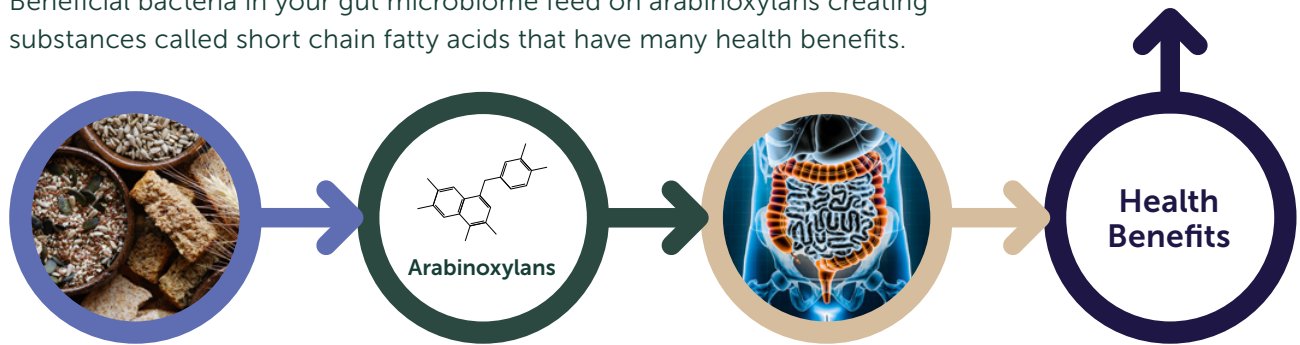


Arabinoxylan

Arabinoxylan is a type of dietary fibre that is often found in the outer layers of whole grains such as wheat, rye, barley, oats, corn, rice and sorghum. It belongs to a group of complex carbohydrates known as hemicellulose.

Arabinoxylan is not broken down by digestive enzymes in the human body and therefore, reaches the colon largely intact.

Beneficial bacteria in your gut microbiome feed on arabinoxylans creating substances called short chain fatty acids that have many health benefits.



Foods high in arabinoxylans: (Aim for 3 – 6 serves per day)*

	Rye	Wheat	Other grains
Best	Pumpernickel bread, 1 slice	Bran-based breakfast cereal, ½ cup	Popcorn, ⅔ cup (GF)
	Wholegrain rye, ¼ cup uncooked	Wheat bran, 1 tbsp	
High	Ryvita, 2 crispbreads	Multigrain cereal, ½ cup	Pearled barley, ¼ cup uncooked
	Rye Mountain Bread, 2 pieces	Mixed grain bread, 1 slice	Brown rice, ¼ cup uncooked (GF)
	Rye bread (made with 100% rye flour), 1 slice	Wholemeal bread, 1 slice	Rolled oats, ½ cup uncooked
Moderate	Rye bread (made with rye and wheat flour), 1 slice	Wholemeal pasta, ¼ cup uncooked	Sorghum products e.g Gluten Free Weet-bix, pasta (GF)
			Corn Thins, 3 slices (GF)
Low			Oat bran, 1 tbsp
	Rye Cruskits, 2 crispbreads	Couscous, 33g uncooked	Corn tortilla, 1 piece (GF)
			Polenta, 20g, uncooked (GF)

*Please note that the arabinoxylan content may vary depending on factors such as growing conditions, and processing methods.

Tips for incorporating arabinoxylan rich foods in the diet

- Choose wholegrains that have a higher level of arabinoxylan than refined grains.
- Switch from white bread to wholegrain, multigrain, rye or pumpernickel bread.
- When choosing a rye bread check the ingredients list to find the bread with the highest amount of rye flour. Rye meal is a good source of arabinoxylan.
- Add brown rice, pearly barley, or wholegrain rye to stews or soups, or use as a base for dishes like risotto, stir-fries or salads.
- Choose a bran-based breakfast cereal or add wheat-bran to your porridge or baking.
- Gluten free sources of arabinoxylan include brown rice, popcorn and sorghum-based products.

Increasing fibre intake:

1. Gradually increase fibre intake to allow the digestive system to adjust.
2. Stay well-hydrated as consuming more fibre without sufficient water may cause gastrointestinal blockage.
3. Expect some mild symptoms such as gas and bloating as a sign your gut microbiome is adjusting to the increased fibre intake. It is not necessarily a sign of intolerance.
4. If you get gut symptoms, slightly reduce your fibre intake for a few days before slowly increasing as tolerated.



Recipe ideas

Tabbouleh salad

(serves 6 as side dish or 3 as main dish)

Ingredients:

- $\frac{2}{3}$ cup bulgur wheat
- 1 cup diced cucumber
- 1 cup diced tomato
- 4 cups of chopped parsley
- $\frac{1}{3}$ cup chopped fresh mint
- $\frac{1}{3}$ cup thinly sliced green onion
- $\frac{1}{3}$ cup extra virgin olive oil
- 4 tbsp lemon juice, or to taste
- 1 minced garlic clove
- 1 tsp salt
- $\frac{1}{2}$ tsp black pepper

Method:

- Cook the bulgur wheat depending on packet instructions (*note: this will differ for fine, medium and coarse grains*). Drain and set aside to cool.
- Meanwhile, stir the cucumber, tomato, and $\frac{1}{2}$ tsp salt in a bowl to combine. Set aside for 10 minutes.
- In another bowl, combine the cooled bulgur wheat, mint, parsley and onion.
- Discard any juice from the bottom of the cucumber and tomato bowl and then add the cucumber and tomato to the other ingredients.
- In a measuring cup, whisk together the lemon juice, garlic, olive oil, $\frac{1}{2}$ tsp salt and black pepper. Pour over salad and stir to combine.

Vegetable barley soup (serves 4)

Ingredients:

- 6 cups salt-reduced vegetable stock
- 1 diced brown onion
- 2 minced garlic cloves
- 1 cup pearled barley or brown rice (GF)
- 1 cup of green beans, chopped into halves
- 350g sweet potato, chopped into 1cm cubes
- 4 medium carrots, chopped into 1cm cubes
- 2 celery stems, chopped into 1cm cubes
- 400g can diced tomatoes
- 1 dried bay leaf
- ½ tsp salt
- 1 tsp mixed herbs
- ½ tsp black pepper
- 1 cup chopped fresh parsley

Method:

- Rinse barley in a colander and leave to drain.
- Add onion, green beans, sweet potato, carrots and celery to a pot and sauté for 5 minutes, stirring regularly.
- Add the mixed herbs, bay leaf, garlic, salt and pepper to the pot. Stir for 1 minute.
- Add the rinsed pearled barley or brown rice, diced tomatoes and vegetable stock. Stir to combine, then bring to a boil and simmer for 30 minutes or until barley is cooked (chewy but not hard in the middle).
- Stir in the parsley leaves.
- Ladle into bowls and serve with your favourite wholemeal bread.



Adding in foods high in arabinoxylans gives your daily diet a boost of fibre that can help feed your gut microbiome and contribute to better health.