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Beta-glucan

Support your gut health with a diet rich in beta-glucan

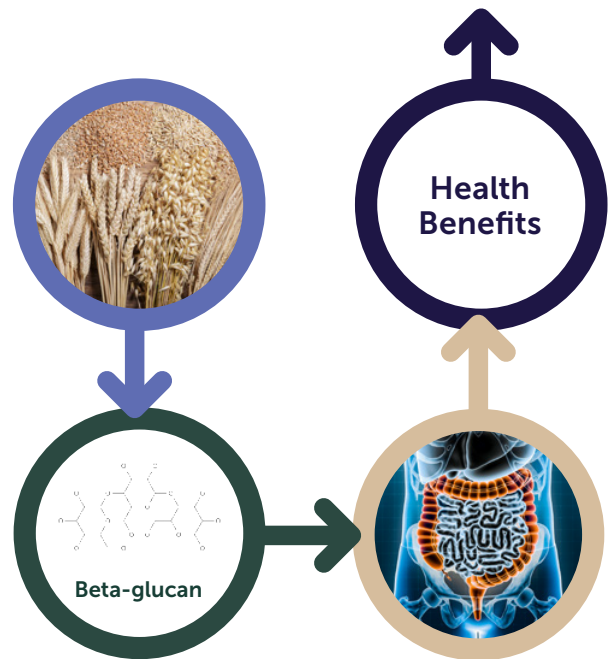


Beta-glucan

Beta-glucan is a type of dietary fibre that is found in certain types of grains such as oats and barley, as well as some bacteria, fungi and algae.

Beta-glucan can keep you full for longer by slowing the rate that your stomach empties resulting in lower blood sugar levels.

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



Foods high in beta-glucan*

	Oat	Barley	Other
Best	<ul style="list-style-type: none"> 1/2 cup oats, uncooked 3/4 cup oat porridge, cooked 1 tbsp oat bran 	<ul style="list-style-type: none"> 2 x barley Mountain Bread 1/4 cup pearled or whole grain barley, uncooked 	<ul style="list-style-type: none"> 1/2 cup mushroom, oyster 1/2 cup mushroom, shimeji 1/2 cup mushroom, shiitake
High	<ul style="list-style-type: none"> 1/2 cup oat flakes cereal 1/4 cup granola or muesli 1 oat-based cereal bar (45g) 	<ul style="list-style-type: none"> 1 slice of BARLEYmax®-fortified bread: <ul style="list-style-type: none"> • Bakers Delight Prebiotic Cape Seed Loaf • Alpine Spelt & Barley Bread • Coles Happy Gut Wholemeal Bread 	<ul style="list-style-type: none"> 1/2 cup wheat bran cereal 2 x rye Mountain Bread 2 x Ryvita Sorghum products e.g Gluten-free Weet-bix (2 biscuits), 1/4 cup grain 1/2 cup mushroom, button, cup, flat and brown
Moderate	<ul style="list-style-type: none"> 1 oat-based biscuit (28g) 	<ul style="list-style-type: none"> 1 slice Helga's Prebiotic Barley Bread 	<ul style="list-style-type: none"> 1 tbsp wheat bran 1 slice multigrain bread

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

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.

Tips for incorporating beta-glucan rich foods in the diet

- Try porridge or overnight oats for breakfast, add oats to smoothies or into baking recipes.
- Add barley to soups and stews or pre-cooked to salads.
- Try rye or barley Mountain Bread wraps for lunch with your favourite sandwich fillings.
- With a variety of BARLEYmax® fortified products available, switch out your usual bread for one of their bread varieties listed in the food table.
- Top Ryvita crispbreads with your favourite toppings, for example avocado, tomato or tuna, for a quick and easy snack.



Recipe ideas

Overnight oats (Serves 1)

Ingredients:

- ½ cup rolled oats
- ½ cup milk of your choice
- 2 tbsp chia seeds
- ½ tsp vanilla extract
- ¼ cup diced apple or frozen berries

Method:

- Thoroughly mix all ingredients in a glass container.
- Cover the container with a lid or beeswax wrap and place in the refrigerator overnight.
- Enjoy straight from the container the next morning.

Oat breakfast bars (8 large bars)

Ingredients:

- 2 cups rolled oats
- 1 cup wholemeal flour
- 1 ½ cup milk of your choice
- ½ cup unsweetened apple purée
- 3 tbsp maple syrup
- 2 tbsp nut butter
- 1 tsp vanilla extract
- 1 medium banana, diced
- 1 large egg
- 2 tsp cinnamon
- 1 tsp baking powder
- ¼ tsp salt

Method:

- Preheat oven to 190°C.
- Line an 8 x 8 inch square pan with baking paper.
- In a large bowl, thoroughly mix the apple purée, milk, maple syrup, egg, peanut butter, and vanilla extract.
- In a medium bowl, thoroughly mix the oats, flour, baking powder, salt, and cinnamon.
- Pour the dry ingredients into the wet mixture and mix thoroughly.
- Stir in the diced banana.
- Pour the mixture into the baking pan.
- Bake for 35 minutes or until a toothpick comes out clean.
- Once cooled, cut into 8 bars.



Vegetable barley soup


(Serves 4)

Ingredients:

- 6 cups salt-reduced vegetable stock
- 1 diced brown onion
- 2 minced garlic cloves
- 1 cup pearled barley
- 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
- 1 tbsp olive oil

Method:

- Rinse barley in a colander and leave to drain.
- Heat oil in a large pot and add onion, green beans, sweet potato, carrots and celery. 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, 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.



Consuming beta-glucan rich foods can promote a healthy gut microbiome and help support digestive and gastrointestinal health.