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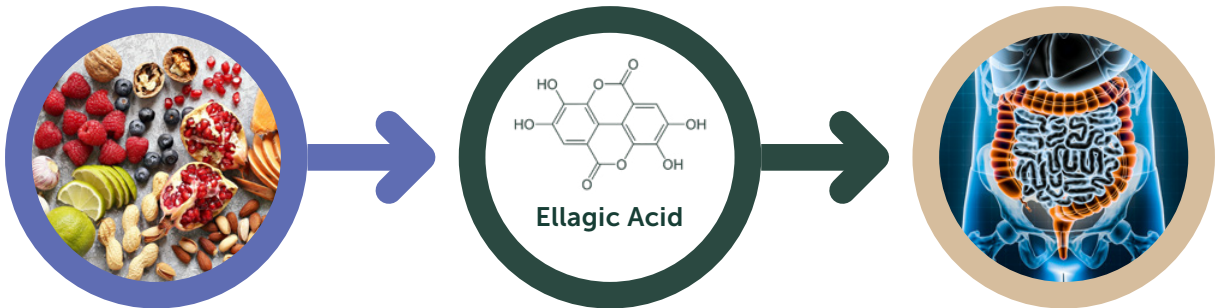
# Ellagic Acid

Support your gut health with a diet rich in ellagic acid



# Ellagic acid

Ellagic acid is a naturally occurring polyphenol found in various fruits and nuts. It is beneficial to health as it is an antioxidant that can protect the body from inflammation. Some bacteria are able to convert ellagic acid into substances known to benefit overall health.



## Ellagic acid rich foods\*

A great way to increase your intake of ellagic acid is through a diet rich in particular fruits and nuts. Aim to have one serve of ellagic acid rich foods per day.

| Food                          | Serving size |
|-------------------------------|--------------|
| Kakadu plum, freeze dried     | 1 tsp (3g)   |
| Walnuts                       | 30g          |
| Raspberries                   | 1/3 cup      |
| Pecans                        | 30g          |
| Chestnuts                     | 30g          |
| Blackberries                  | 1/3 cup      |
| Strawberries                  | 1/3 cup      |
| Pomegranate arils             | 1/3 cup      |
| Pomegranate juice concentrate | 1 cup        |

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



# Tips for incorporating ellagic acid foods into your diet

- Enjoy fresh or frozen raspberries, blackberries and strawberries as a standalone snack or incorporate them into smoothies, salads, and desserts.
- Enjoy walnuts and pecans on their own or add them to your yogurt, cereals, salads or trail mixes.
- Roasted chestnuts work well added to stews, soups, pasta and rice.
- Pomegranate arils (seeds) make a colourful and juicy addition to salads, middle eastern dishes, yoghurt and desserts.
- Make sure pomegranate juice is from concentrate as homemade and non-concentrated pomegranate juice contains very little ellagic acid.
- Add freeze-dried Kakadu plum to smoothies and juices for a refreshing tangy flavour burst. It also pairs well with root vegetables (pumpkin, sweet potato, beetroot, carrot, parsnip) in soups and curries.

## Recipe ideas

### Roast sweet potato, pomegranate and pecan salad (Serves 4-6 as side dish)

#### Ingredients:

##### Sweet potato:

- 600g sweet potato (approx. 2 medium size)
- 2 tbsp olive oil
- 1 tsp ground cinnamon
- Salt and pepper to taste

##### Salad:

- 100g spinach or leafy greens
- $\frac{3}{4}$  cup pecans
- $\frac{1}{2}$  red onion, finely diced
- $\frac{1}{2}$  cup feta, diced or crumbed
- $\frac{1}{2}$  cup pomegranate arils
- 1tbsp fresh mint, hand shredded
- 1 tsp olive oil

#### Method:

- Preheat oven to 220°C.
- Wash sweet potato and cut into large wedges.
- Toss the sweet potato in olive oil and coat in cinnamon.
- Place on baking tray, season with salt and pepper, then bake in the oven for 20 minutes.
- In a large bowl add greens, cooked sweet potato, red onion, pecans, pomegranate arils and top with feta and mint.
- Drizzle with olive oil and toss salad to mix.



## Chestnut hummus dip (Makes 3 cups)

### Ingredients:

- 500g cooked and peeled chestnuts, roughly chopped
- 1/3 cup lemon juice
- 2 garlic cloves, roughly chopped
- 2 tbsp tahini
- 1 tsp ground cumin
- 1/4 cup olive oil
- 1/2 tsp salt

### Method:

- Combine all ingredients in a food processor until smooth. Add small amounts of hot water for a smoother and thinner consistency.
- Top with pomegranate arils and fresh herbs. Serve with your favourite crackers or vegetable sticks.



## Raspberry chia overnight oats (Serves 4)

### Ingredients:

- 1 1/2 cups rolled oats
- 1/3 cup chia seeds
- 200g raspberries (fresh or frozen)
- 2 1/4 cups milk of your choice
- 1 tbsp honey

### Method:

- Combine oats and chia seeds in a bowl.
- Add raspberries, milk and honey and stir to combine.
- Cover the bowl and place in the fridge overnight to soak.
- Divide into 4 separate serves.
- Top with chopped walnuts and a sprinkle of cinnamon.

