

Galacto-oligosaccharides (GOS)

Support your gut health with a diet rich in GOS

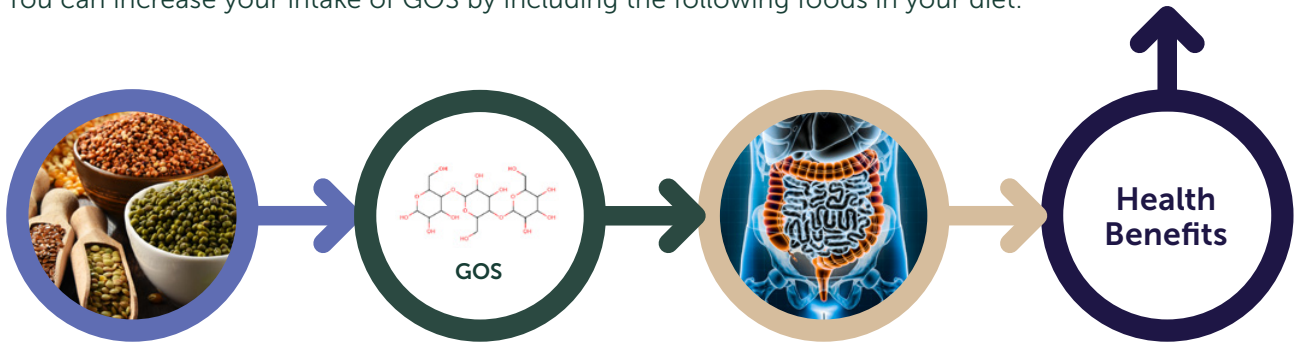


Galacto-oligosaccharides (GOS)

Galacto-oligosaccharides (GOS) are a type of prebiotic made up of galactose sugars linked together in chains. They are not digested by the human body and instead, they pass through the digestive tract and act as food for beneficial bacteria in the gut.

Consuming GOS can support the growth of beneficial bacteria in the gut. This can improve digestive health and may also have other health benefits.

You can increase your intake of GOS by including the following foods in your diet.



GOS rich foods*

	Pulses ($\frac{1}{2}$ cup)	Soy	Nuts + grains
Best	<ul style="list-style-type: none"> Borlotti beans, canned Chickpeas, boiled Green lentils, boiled Lima beans, boiled Navy beans, boiled Red kidney beans, boiled or sprouted Split peas, boiled 	<ul style="list-style-type: none"> Soy flour, dehulled ($\frac{1}{3}$ cup) Textured vegetable protein (soybean meal) ($\frac{1}{3}$ cup) Soybeans, boiled ($\frac{1}{2}$ cup) 	
High	<ul style="list-style-type: none"> Adzuki beans, boiled or canned Butter beans, canned Chickpeas, sprouted Mixed beans, canned Mung beans, boiled Red lentils, boiled 	<ul style="list-style-type: none"> Soy yoghurt, plain (140g) 	<ul style="list-style-type: none"> Pistachios or cashews, activated ($\frac{1}{4}$ cup) Wheat bran cereal (85%) ($\frac{1}{2}$ cup) Wheat germ (1 tbsp)
Moderate	<ul style="list-style-type: none"> Chickpeas, canned Lentils, canned 	<ul style="list-style-type: none"> Soy protein chicken strips (look for "soybean" in ingredients as soy protein strips are not as high) (100g) 	<ul style="list-style-type: none"> Amaranth, uncooked ($\frac{1}{4}$ cup) Muesli ($\frac{1}{2}$ cup) Pistachios ($\frac{1}{4}$ cup) Quick oats ($\frac{1}{2}$ cup) Oat flour ($\frac{1}{2}$ cup) Wheat bread, wholegrain, wholemeal, or multigrain (1 slice)

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

Tips for incorporating GOS-rich foods into your diet

- Add chickpeas, mixed beans, or mung beans to salads for an extra GOS boost.
- Participate in 'meatless Monday' and swap out a meat dish for a plant-based dish like dahl, chickpea curry, split pea soup, or Mexican beans and rice.
- Choose a wheat bran cereal for breakfast and top with soy yoghurt and activated cashews and pistachios.

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

Soy flour pancakes (serves 4)

Ingredients:

- 1 cup soy flour
- 2 tsp baking powder
- 2 tsp corn starch
- 1 tsp cinnamon
- 1 tsp vanilla extract
- 1 tsp lemon juice
- 1 egg
- 1 tbsp olive oil
- 300 ml soy milk (made from soybean)

Method:

- Mix all ingredients together in a large bowl (add water if it feels too dry).
- Heat a frying pan over low-medium heat and add the oil.
- Pour ½ cup batter into the pan.
- Flip the pancake when you see bubbles form.
- Cook until golden brown on both sides.
- Serve with your favourite toppings.

Chickpea curry (serves 6)

Ingredients:

- 2 tbsp olive oil
- 2 tsp coriander seeds
- 1 tsp cumin seeds
- 2 tsp garam masala
- 15 to 20 fresh curry leaves, or 30 dried curry leaves
- 1 large onion, diced
- 6 garlic cloves, minced
- 2 tsp ginger, minced
- 2 tbsp tomato paste
- 2 medium tomatoes, diced
- 400ml can coconut milk
- 800g boiled chickpeas (boiled will contain more GOS than canned)

Method:

- Heat the olive oil in a Dutch oven over medium-high heat.
- Add cumin and coriander seeds, tossing frequently for around 1 minute.
- Add curry leaves and stir for 15 seconds.
- Add onions and $\frac{1}{2}$ tsp salt. Cook until they are slightly tender.
- Add garlic and ginger, stirring frequently for 1-2 minutes.
- Add the spices and tomato paste, stirring frequently for 90 seconds.

- 1 tbsp lemon juice
- 3 tbsp tahini
- $\frac{1}{2}$ cup water
- 2 tsp salt

Spices:

- 1 tsp curry powder
- 1 tsp coriander powder
- $\frac{1}{2}$ tsp ground cinnamon
- $\frac{1}{2}$ tsp ground nutmeg
- $\frac{1}{2}$ tsp ground turmeric
- $\frac{1}{2}$ tsp ground black pepper

- Add tomatoes and the rest of the salt. Cook until tomatoes are soft (around 5 minutes).
- Add chickpeas, tahini, coconut milk, and water. Cover the pot with a lid and simmer for around 20 minutes, stirring occasionally.
- Stir in the garam masala.
- Remove from heat and stir in the lemon juice.

Note: if anything starts to stick or get overly brown, simply add a small amount of water to deglaze the pot.



Consuming galacto-oligosaccharides (GOS) rich foods can promote a healthy gut microbiome and help support digestive and gastrointestinal health.

