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Pectin

Support your gut health with a diet rich in pectin

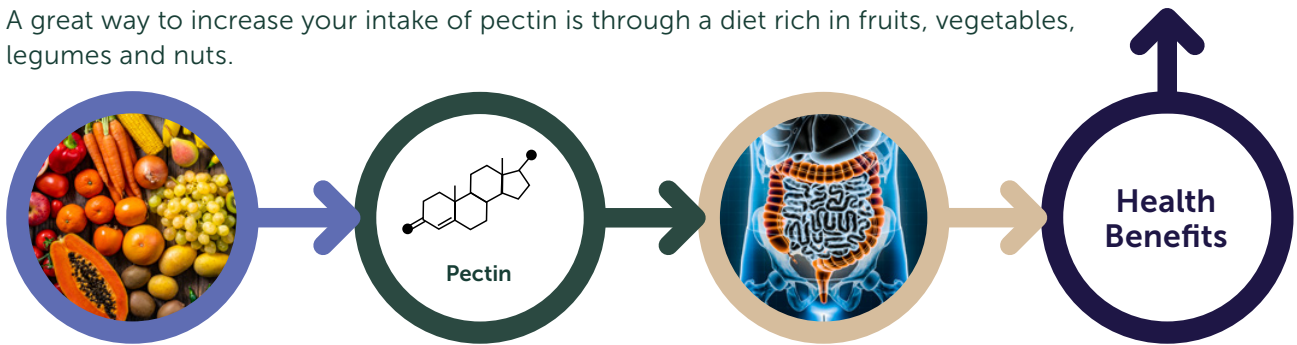


Pectin

Pectin is a type of fibre found in many fruits and vegetables. It is a natural substance that acts like a thickening agent and is commonly used to set jams and jellies. However, pectin also has numerous health benefits, particularly for the gut.

Pectin is well-known for its ability to support digestive health. It forms a gel-like substance in your intestines and may improve bowel regularity. It can also help the bacteria in your gut produce substances called short-chain fatty acids, that have been shown to benefit health.

A great way to increase your intake of pectin is through a diet rich in fruits, vegetables, legumes and nuts.



Pectin rich foods*

	Fruit (1 cup)	Vegetables (½ cup)	Legumes (½ cup), dried fruit and nuts (30g)
Best	Blackberries Mandarin and orange Papaya Pear	Kale Parsnip Endive	
High	Apple Banana Mango Blueberries Raspberries Strawberries Apricot Peach Plum	Avocado Globe artichoke Carrot Swede Brussels sprouts Broccoli Sauerkraut	Great northern beans Prunes, dried Figs, dried Apricot, dried Dates, dried
Moderate	Nectarine Cherries Kiwi Melon, rock or honeydew Rhubarb	Swiss chard Cabbage Kohl rabi Cauliflower Bok choy Green beans Green peas Butternut pumpkin Sweet potato Beetroot	Eggplant Celery Okra Olives Baked beans Kidney beans Black eyed peas Navy beans Black beans Almonds Peanuts Pecans

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

Tips for incorporating pectin-rich foods into your diet

- Snack on carrot and celery sticks with avocado dip.
- Add pectin-rich vegetables to meal, such as carrots, kale, parsnips and Brussels sprouts.
- Do not peel fruits and vegetables (where possible), as the peel is a rich source of pectin.
- Enjoy 2 serves of pectin-rich fruit every day:

	2 x
	mandarins, plums, apricots
1 serve fruit (150g) =	1 x
	medium orange, peach, pear, apple, small mango
	1 cup x
	mixed berries

Recipe ideas

Roast parsnips, carrots and brussels sprouts salad

(serves 6)

Ingredients:

- 3 medium parsnips, cut into chunks
- 3 medium carrots, cut into chunks
- 400g Brussels sprouts, halved or quartered
- 2 cups kale leaves, stems removed, hand shredded
- 2 tbsp olive oil
- 1 ½ tbsp maple syrup
- 1 tbsp fresh thyme leaves (or substitute for 1 tsp dried thyme)
- 1 tbsp almonds, roughly chopped
- Salt and pepper to taste

Method:

- Preheat oven to 200°C.
- Place vegetables on large baking tray and add olive oil, maple syrup, thyme, salt and pepper to the vegetables and toss well.
- Ensure the vegetables are spread in a single layer and roast for 30-40 minutes until cooked through and caramelised.
- Add the roasted vegetables to a bowl with kale leaves and top with almonds. Toss ingredients together and serve.

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.



Pear and apple crumble (serves 4-6)

Ingredients:

Fruit:

- 6-8 pears/apples, diced
- 1 tsp mixed spice
- 1 tsp vanilla essence

Method:

- Preheat oven to 200°C.
- Add apples/pears, spice and vanilla to a saucepan and add enough water to just cover the fruit.
- Simmer on medium heat until fruit is soft (not too soft, it needs to keep its shape), approx. 6 minutes.
- Drain the liquid and add stewed fruit to a baking dish.
- In a bowl add oats, nuts, cinnamon, vanilla and butter and mix together well.
- Add crumble to top of stewed fruit in baking dish. Drizzle honey over the top of the crumble.
- Bake for 15-20 minutes or until top is browned and toasted.
- Serve with Greek yoghurt and a drizzle of maple syrup.

Crumble:

- 2 cups rolled oats
- ½ cup mixed nuts (almonds, pecans, walnuts, hazelnuts), chopped
- 1 tsp cinnamon
- 1 tsp vanilla essence
- 2 tbsp butter, melted
- 1 tbsp honey



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

