



FOOD TO HEAL • 004

Ellagic Acid

Support your gut health with
ellagic-acid-rich fruits and nuts



Ellagic Acid

Ellagic acid is a natural compound found in various fruits and nuts. It's known for its antioxidant properties, which can protect the body from inflammation. Some gut bacteria can convert ellagic acid into other compounds that may help to support overall health and a balanced microbiome.



Ellagic acid rich foods*

A great way to increase your intake of ellagic acid is through a diet rich in fruits and nuts. Aim to have 1 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 glass

*Please note that the ellagic acid content can vary depending on growing conditions, ripeness, and processing methods.

How to add ellagic acid foods into your diet

- Enjoy fresh or frozen raspberries, blackberries, and strawberries as a standalone snack or blend into smoothies and fold through, salads, yoghurts, and desserts.
- Enjoy walnuts, pecans on their own or sprinkle on your yogurt, cereals, salads or trail mixes.
- Chestnuts add gentle sweetness to stews, soups, pasta and rice.
- Pomegranate arils (seeds) make a colourful and juicy addition to salads, Middle Eastern dishes, yoghurt and desserts.
- Choose pomegranate juice made from concentrate — non-concentrated and homemade versions typically contain little ellagic acid.
- Add freeze-dried Kakadu plum to smoothies and juices for a refreshing tangy lift. 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
- 1 tbsp fresh mint, hand shredded
- 1 tsp olive oil

Method:

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



Chestnut hummus (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:

1. Combine all ingredients in a food processor until smooth. Add small amounts of hot water for a smoother and thinner consistency, if desired.
2. 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:

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



Including ellagic acid-rich foods like raspberries, blackberries, walnuts, and pecan can nourish beneficial bacteria and support a healthy gut microbiome. Start with small, enjoyable changes and notice how your body responds over time.