



FOOD TO HEAL • 006

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's a natural thickening agent commonly used to set jams and jellies. However, pectin also has numerous health benefits, particularly for the gut.

Pectin is well-known for supporting digestive health. It forms a gel-like substance in your intestines that may improve bowel regularity. It can also help the bacteria in your gut produce substances called short-chain fatty acids, which are linked to better 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		• Mandarins • Orange • Blackberries • Plums • Papaya/ paw paw	• Kale • Endive • Brussels sprout • Parsnip • Avocado • Artichoke	• Peas, green
High		• Apricot • Peach • Pear • Apple • Blackberries • Blueberries • Raspberries • Mango	• Broccoli • Sauerkraut • Cabbage • Carrot • Swede • Spring onion/ eschalot	• Great northern beans • Baked beans • Kidney beans • Almond
Moderate		• Strawberries • Kiwi • Nectarine • Cherries • Banana • Rockmelon or honeydew melon • Grapes, red • Grapefruit • Rhubarb	• Swiss chard • Cauliflower • Spinach • Kohlrabi • Bok choy • Radish • Beetroot • Sweet potato • Onion • Celery • Eggplant • Olives • Okra • Butternut pumpkin	• Black eyed peas • Navy beans • Black beans • Green beans • Peanuts • Pecans

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

How to add pectin-rich foods to your diet:

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

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

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

Guacamole (serves 2)

Ingredients:

- Finely chopped:
- ½ red onion
- 1 de-seeded red chilli (wear gloves)
- 1 medium tomato
- 2 handfuls fresh coriander



Method:

1. Mix with juice of 2 limes.
2. Leave to marinade in the fridge – preferably overnight.
3. Just before serving, roughly mash flesh of 2-3 avocados with a fork and add to marinated ingredients.

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:

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

Pear and apple crumble (serves 4–6)

Ingredients:

Fruit:

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

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



Method:

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

Consuming fruits, vegetables, nuts and legumes rich in pectin can help may support a healthy gut microbiome and digestive health. With so many pectin-rich options, it's easy to include them in your daily diet.