



FOOD TO HEAL • 007

Fructooligosaccharides (FOS)

Support your gut health with a
diet rich in FOS

Fructooligosaccharides (FOS)

Fructooligosaccharides (FOS) are a type of carbohydrate made up of short fructose chains. They're found naturally in many plants, including bananas, watermelon, onions, and artichoke. FOS are considered prebiotics, which means they feed your beneficial gut bacteria. In doing so, they can support healthy digestion and help your body absorb nutrients more effectively.



FOS rich foods*

You can increase your FOS intake by including the following vegetables, fruits, grains, pulses, and seeds in your diet.

	Vegetables (½ cup and raw unless otherwise stated)	Fruit (1 cup unless otherwise stated)	Grains + Pulses + Seeds (½ cup unless otherwise stated)
Very best	★★★★★ Jerusalem artichoke		
Best	☆★★★★ - Broccoli stalks - Red onion (¼ cup) - Longan - Watermelon		
High	☆☆★★★ - Asparagus - Brussel's sprouts - Red cabbage - Fennel bulb - Leek - Button mushrooms - Snow peas - White onion (1/4 cup) - Banana (1 large) - Red currants - Red kidney beans, boiled - Ryvita (3 biscuits) - Sunflower seeds (2 tbsp)		
Moderate	☆☆★☆☆ - Beetroot - Globe artichoke - Okra - Savoy cabbage - Scallion/ spring onion (1 stalk) - Shallot (1 bulb) - Red plums (2 medium) - Butter beans, canned - Gluten free muesli - Wheat bran cereal (85%) - Wheat bran, raw (1 tbsp)		

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

How to add FOS-rich foods to your diet

- Add onions, leek, and garlic to your meals. They can be added to almost any savoury dish to boost its prebiotic content.
- Roast Jerusalem artichokes with some lemon, thyme, and a little honey for a simple and delicious side.
- Snack on fruits like bananas, watermelon, and red plums.
- Keep broccoli stalks on when chopping for a FOS boost.
- Incorporate red kidney and butter beans into soups and salads. Red kidney beans work well as a meat alternative in nachos or chilli.

Jerusalem artichoke vs globe artichoke

Jerusalem artichokes produce edible tubers with a sweet, nutty flavour, while globe artichokes produce edible flower buds with a mild, slightly bitter taste.



In some people, FOS may cause digestive upset, such as bloating and gas.

Recipe ideas

Nut butter Ryvita (serves 4)

Ingredients:

- 8 Ryvita crackers
- 4 tbsp sunflower seed butter (can be replaced with nut butter of your choice)
- 2 bananas, sliced
- 4 tbsp honey

Method:

1. Divide the Ryvita crackers evenly across 4 plates
2. On each cracker, spread ½ tbsp of nut butter, top with sliced banana, and drizzle with ½ tbsp honey



Watermelon slushie (serves 4)

Ingredients:

- 10 cups frozen watermelon cubes
- Juice of 1 large lime
- ¼ cup mint
- 3 tbsp maple syrup
- 1 ½ cup filtered water

Method:

1. Add the ingredients to a blender
2. If the mixture is too thick, add extra water
3. Serve in your favourite glasses

Broccoli and apple salad (serves 4 as a side dish)

Ingredients:

- 1 green apple, finely chopped
- 1 medium head of broccoli, finely chopped (including stems)
- ½ cup flaked almonds
- 1 medium red onion, diced

Dressing:

- 2 tbsp Dijon mustard
- 2 tbsp extra-virgin olive oil
- 1 tbsp honey
- 2 tbsp fresh lemon juice or apple cider vinegar
- ¼ tsp salt
- ½ tsp pepper

Method:

1. Whisk all ingredients for the dressing in a jar or jug
2. In a separate bowl, add the apple, broccoli, almonds and red onion. Stir to combine
3. Add the dressing to the bowl and stir to combine



Eating more fruits and vegetables rich in FOS can promote a healthy gut microbiome and help support digestive and gastrointestinal health. Start with small, enjoyable additions and notice how your body responds.