



FOOD TO HEAL • 008

# Inulin

Support your gut health with a diet rich in inulin

# Inulin

Inulin is a type of dietary fibre found in many plants, including chicory root, artichokes and asparagus. It is a complex carbohydrate that the human body does not digest; instead, it acts as a prebiotic, feeding beneficial gut bacteria and supporting a healthy gut environment.



## Inulin rich foods\*

You can increase your intake of inulin by including the following vegetables and fruits in your diet.

|           | Vegetables<br>(½ cup and raw unless otherwise stated)                               |                                                                                                                                    | Fruit                                                                                                   |
|-----------|-------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
| Very best |  | <ul style="list-style-type: none"><li>Jerusalem artichoke</li></ul>                                                                |                                                                                                         |
| Best      |  | <ul style="list-style-type: none"><li>Asparagus</li><li>Globe artichoke</li><li>Leek</li></ul>                                     |                                                                                                         |
| High      |  | <ul style="list-style-type: none"><li>Chicory root powder (1 tsp)</li><li>Red or white onion (1/4 cup)</li></ul>                   |                                                                                                         |
| Moderate  |  | <ul style="list-style-type: none"><li>Garden peas</li><li>Sweet potato</li><li>Garlic (1 clove)</li><li>Shallot (1 bulb)</li></ul> | <ul style="list-style-type: none"><li>Large banana (1 large)</li><li>Red dragon fruit (1 cup)</li></ul> |

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

## Incorporating inulin-rich foods into 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 honey for a delicious addition to main meals.
- Eat a banana as a snack or add it to smoothies or chopped up on porridge or cereal.
- Try roasted chicory root powder as a coffee alternative. It can also be added into baking or as a rub for meats.

## 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, inulin may cause digestive upset, such as bloating and gas.

## Recipe ideas

### Zesty asparagus (serves 4)

#### Ingredients:

- 400g asparagus, trimmed
- 1 cup balsamic vinegar

#### Method:

1. Over high heat, bring a large pot of salted water to a boil.
2. Blanch asparagus for 1 minute, until it is just slightly tender.
3. Use a pair of tongs to transfer the asparagus into chilled water.
4. Drain the asparagus and place into a shallow dish.



- 1 tsp grated lemon zest
  - ¼ cup chopped parsley
  - ½ tsp salt
  - ½ tsp pepper
5. Pour over the balsamic vinegar and refrigerate for at least 4 hours, stirring occasionally.
  6. Drain asparagus, keeping some vinaigrette to the side.
  7. Arrange asparagus on a platter and top with lemon zest, parsley, salt, and pepper. Serve with the vinaigrette on the side.

## Spinach and artichoke dip (serves 8)

### Ingredients:

- 400g globe artichoke, roughly chopped
- ½ cup sautéed leek, finely chopped
- 2 ½ cups frozen spinach
- ½ cup cottage cheese
- 1 cup Greek yoghurt

### Method:

1. Preheat oven to 200°C.
2. Thaw spinach and drain thoroughly through a strainer. Use a paper towel to absorb any extra liquid.

- 1 cup shredded mozzarella
- ¼ cup grated parmesan
- ½ tsp garlic powder

3. Mix all ingredients together in a bowl.
4. Pour mixture into 8x8 oven-safe dish and bake for 25 minutes.
5. Serve with raw veggies or crackers.



## Asparagus and artichoke dip (serves 8)

### Ingredients:

- 100g globe artichoke, roughly chopped
- 200g asparagus, trimmed
- ½ cup sautéed leek, finely chopped
- 3 garlic cloves, peeled
- 1 tbsp fresh parsley

### Method:

1. Bring a pot of water (1-inch depth) to boil under a steamer. Steam asparagus and garlic until the asparagus is still slightly crisp (around 5 minutes).
2. Transfer asparagus to a bowl of ice water to cool for 1 minute.

- 1 tbsp fresh tarragon
- 4 tbsp extra-virgin olive oil
- 1 tbsp Dijon mustard
- 1 tsp fresh lemon juice
- ¼ tsp paprika
- ½ tsp salt

3. Remove asparagus and drain on paper towels.
4. Combine all ingredients in a food processor or blender. Mix until you reach a smooth consistency, adding more oil if desired.
5. Serve with raw veggies or crackers.



By enjoying fruits and vegetables rich in inulin, you can give your gut bacteria the fuel they need to thrive—supporting digestion and overall gut health.