

Fructooligosaccharides (FOS)

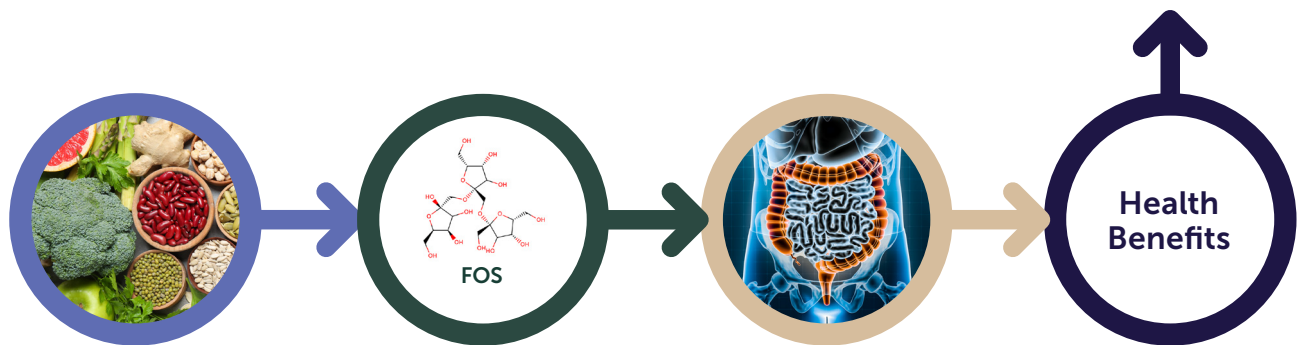
Support your gut health with a diet rich in FOS



Fructooligosaccharides (FOS)

Fructooligosaccharides (FOS) is a type of carbohydrate that consists of short fructose chains. It is found naturally in many plants including bananas, watermelon, onions and artichoke. FOS is considered a prebiotic, meaning it helps to feed the beneficial bacteria in the gut. This can lead to improved digestion and increased nutrient absorption, among other health benefits.

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



FOS rich foods*

	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	
Good	Asparagus Brussel's sprouts Red cabbage Fennel bulb Leek Button mushrooms Snow peas White onion (¼ 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.

Tips for incorporating FOS-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.
- Snack on fruits like bananas, watermelon and red plums. They make for a great snack that's both healthy and delicious.
- When chopping up your broccoli keep the stalks on for a FOS boost.
- Incorporate red kidney and butter beans into your soups and salads. Red kidney beans make a great meat alternative in Mexican nachos or chilli recipes.

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

Watermelon slushie (serves 4)

Ingredients:

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

Method:

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

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:

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



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:

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



Consuming fruits and vegetables rich in FOS can promote a healthy gut microbiome and help support digestive and gastrointestinal health.

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