



In season: Jerusalem Artichokes!

You would be forgiven for mistaking this oddly shaped vegetable as ginger. They contain about 10% protein, no fat and surprisingly, they are also low in carbohydrate.

So what is in a Jerusalem artichoke? This vegetable is 76% inulin which is a type of fibre. Like all fibres, inulin is not digested in the small bowel and travels into the large bowel where it feeds your healthy gut bacteria and helps clean out your digestive system.

As well as fibre, this sweet and nutty vegetable is high in Iron, potassium, folate and Vitamin C. You can cook Jerusalem artichokes like potatoes or parsnips. They are excellent roasted, sautéed or pureed into a delicious winter soup.

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