

## WHAT IS GELATIN?

Gelatin is a product made from the skin, bones and connective tissue of animals. It doesn't sound terribly appetising but what it lacks in beauty, it makes up for by being a nutritional powerhouse! Containing essential nutrients like protein and amino acids and being a fantastic source of collagen, gelatin has a multitude of benefits and is certainly worth considering adding to your diet.

## WHY IS IT SO POPULAR RIGHT NOW?

As we are learning more and more about gut health, the need for more healing foods in our diets is becoming ever more important. Gelatin can help with gut healing by aiding digestion and helping to restore the mucosal lining of the stomach. Traditionally, gelatin would have been included in the diet because more people utilised the parts of the animal where gelatin is found. Although we are seeing a big return to making bone broths and stocks, the convenience of gelatin powder as a supplement or cooking ingredient has also found a place in our kitchens.

## WHAT ARE THE BENEFITS?

Gelatin has been found to have several health benefits including:

Helps to keep skin, hair and nails strong and healthy

Great for your joints

Can improve gut health and aid digestion

Has been found to improve sleep

A great source of collagen and can assist in reducing cellulite and wrinkles!

## WHAT ARE THE DIFFERENT TYPES?

Bone broths are a fantastic and traditional source of gelatin and a great way to add a lot of extra nourishment to your diet. Gelatin also comes in powder form and can be used as a supplement or as an ingredient in your cooking. Gelatin powder comes in two forms, hydrolysed (better for adding to smoothies or juices) or whole (needs to be used with warm liquids such as when making jelly).

## WHAT TO LOOK FOR IN A BRAND:

Gelatin made from grass fed animal sources is preferred and recommended. As gelatin comes from the bones, skin and hide of animals, it is imperative the beast has been well cared for, is healthy and has had minimal, if any, contact with chemical substances.

Great Lakes and Vital Proteins are both popular brands but there are many more coming onto the market, including Australian-sourced gelatin from the Nutra Organics and I Quit Sugar brands. As always, do your research to make sure you are buying a good product.

# SPOTLIGHT ON GELATIN

## FAILSAFE WAYS TO USE IT:

There are so many ways to get more gelatin into your diet. If you have made your own bone broth from scratch, this can be added to soups, stews, pasta sauces or even enjoyed as a hot drink for a big nutritional boost.

For more information about [this is a great place to start](#).

Gelatin powder can also be handy in the whole foods kitchen for making special dishes such as fruit jelly, panna cotta or gut healing gums or lollies (a great way to get kids in on the action).

This recipe for [Healthy Gummy Lollies](#) is a great one to try.

## RESOURCES

To read more about gelatin and it's healing powers, a book named [Nourishing Traditions](#) by Sally Fallon is a wonderful resource.