



mushrooms.ca^{nada}

Fresh. Simple. Good.

Dietary Fibre

Mushrooms offer both soluble and insoluble fibre, which may have anti-cancer properties as well as promoting satiety and good bowel health.

Whether the concern is lowering cholesterol levels and risk of heart disease, type 2 diabetes, colon cancer, diverticulosis or just general bowel health, fibre is one of the dietary keys. Getting enough fibre every day has also been linked to a lower Body Mass Index, an indicator of obesity. Because fibre helps make foods more satisfying, one tends to eat less and that can translate into weight loss and maintaining a healthy weight.

Mushroom Fibre Facts

- The soluble fibre is mainly beta-glucans, a polysaccharide. Soluble fibre helps to lower total and LDL cholesterol levels. It also helps regulate blood sugar levels.
- There is some evidence that beta-glucans offer anti-cancer potential and a diet high in fibre may have a protective role in preventing breast and bowel cancers.
- Insoluble fibre helps promote regularity and good bowel health. It also helps slow digestion and adds satiety or staying power to foods. More fibre means less room for high-fat, high-calorie choices which can translate into weight loss and healthy weight maintenance.
- Aim for 25 to 35 grams of fibre every day. For children older than 2 years of age, their age plus 5 grams a day is a guideline to figure out how much fibre they need.

Mushrooms - a little can mean a lot

- Data from the U.S. Third National Health and Nutrition Examination Survey (NHANES III) showed that substituting a 4-ounce grilled portabella mushroom for a 4-ounce grilled beef patty for one year resulted in huge energy and fat savings, and almost 9% more fibre.
- Fresh mushrooms are part of the White/Tan/Brown category in the 5 to 10 a Day for Better Health campaign. (www.5to10aday.com) A half-cup serving of fresh mushrooms* is also one of the vegetable choices for consumers building their individualized Canada's *Food Guide* on the Health Canada website at <http://www.hc-sc.gc.ca>.

For more information about the nutrition and health benefits of mushrooms as well as some delicious recipe ideas visit Mushrooms Canada at www.mushrooms.ca.