



# Fresh. Simple. Good.

## Health Sheet

*So, your concern is...*

### Blood Pressure

Do you know what *your* blood pressure is? If the answer is no, be sure to get your blood pressure checked by a healthcare professional at least once every two years. Why? According to the Heart & Stroke Foundation of Canada, more than 40% of people with high blood pressure aren't even aware they have it.<sup>1</sup> High blood pressure can damage the lining of arteries anywhere in the body leading to atherosclerosis or narrowing of the arteries. And that's a real problem as it can double or even triple your risk of heart disease/stroke and increase your risk of kidney disease.<sup>2</sup>

The good news is that whether you wish to control high blood pressure or just prevent it from happening, mushrooms can help. Being at a healthy weight, cutting back on salt and eating more foods rich in potassium, including fresh mushrooms, are three of the Heart & Stroke Foundation's recommended lifestyle changes for controlling blood pressure.<sup>3</sup>

#### ***Fresh Mushrooms Can Help!***

##### Slash the Sodium

- Fresh mushrooms are naturally very low in sodium with only 5 mg per ½ cup serving of uncooked white button mushrooms.<sup>4</sup> Use them to boost flavor in pastas, salads, stir-fries and more.
- Aim for a less than 2300 milligrams of sodium per day, about one teaspoon, from processed foods and salt added during food preparation and at the table.<sup>5</sup> Read Nutrition Facts Labels to check how much sodium is in a food. If the % Daily Value is higher than 20, the food is considered high in sodium. Leave it on the shelf!

##### Watch that Weight

- Fresh mushrooms are a perfect choice for weight management, since they have a high water content, are low in fat and contain some fibre:- three factors that will help you feel full with fewer calories. That means less room for other calorie-laden foods.

##### Pick up more Potassium

- Fresh white button mushrooms contain 318 milligrams of potassium or 9% of the Daily Value in each ½ cup serving.<sup>6</sup> Getting a little more potassium will help counteract the effects of too much sodium on blood pressure.<sup>7</sup>

### ***Mushrooms Make a Difference***<sup>8</sup>

- Add ½ cup white button mushrooms to your omelet or scrambled eggs instead of ½ cup cheddar cheese  
Benefit: - save 349 mg sodium and get twice the potassium (111 mg).
- Mix 1 cup of diced grilled portabella mushrooms into pasta or pasta sauce instead of sausage  
Benefit: - save 632 mg sodium and get almost three times the potassium (630 mg).
- Use ½ cup white button mushrooms with dips instead of corn chips  
Benefit: - save 552 mg sodium and get an extra 31 mg of potassium.

### ***Make it with Mushrooms:***

- Add sliced fresh mushrooms to both meat and vegetable quesadillas.
- Make chili even meatier by chopping up and adding some of your favorite mushrooms to the pot.
- A slice of low-fat cheese and some sliced mushrooms make a great topping for English muffin or bagel halves. Bake or broil until cheese is nicely melted.
- Do you fondue? If you do, don't forget your mushrooms.
- For a fabulous low-fat main dish, poach tilapia or sole fillets in white wine with a little tarragon, shallots and sliced white button mushrooms.

### ***Recipe Suggestion:***

#### **[Balsamic and Chili Glazed Mushrooms with Walnuts](#)**

*For more mushroom nutrition information, great tips and delicious recipes visit [www.mushrooms.ca](http://www.mushrooms.ca).*

*For more on high blood pressure prevention and treatment visit Blood Pressure Canada at <http://hypertension.ca> or the Heart & Stroke Foundation of Canada at [www.heartandstroke.ca](http://www.heartandstroke.ca).*

Disclaimer: The provided information is not meant to replace the medical counsel of your Doctor. If you have further questions please consult with your Doctor or Registered Dietitian.

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<sup>1</sup> Heart & Stroke Foundation Booklet. Get Your Blood Pressure Under Control, accessed October 20, 2007 at <http://ww2.heartandstroke.ca/Page.asp?PageID=1613&ContentID=25155&ContentTypeID=1>.

<sup>2</sup> Ibid.

<sup>3</sup> Heart & Stroke Foundation of Canada fact sheet. Treatment & Control – Dietary changes, accessed October 20, 2007 at [ww2.heartandstroke.ca/Page.asp?PageID=110&ArticleID=2113](http://ww2.heartandstroke.ca/Page.asp?PageID=110&ArticleID=2113).

<sup>4</sup> As per Mushrooms Canada website.

<sup>5</sup> Heart & Stroke Foundation recommendation, accessed October 20, 2007 at [Http://ww2.heartandstroke.ca/Page.asp?PageID=110&ArticleID=6205&Src=news](http://ww2.heartandstroke.ca/Page.asp?PageID=110&ArticleID=6205&Src=news).

<sup>6</sup> As per Mushrooms Canada website.

<sup>7</sup> Mayo Clinic, High blood pressure: Take steps to control it. Accessed October 20, 2007 at [www.mayoclinic.com/high-blood-pressure/HI00027](http://www.mayoclinic.com/high-blood-pressure/HI00027).

<sup>8</sup> USDA National Nutrient Database for Standard Reference, Release 19, 2006 at <http://www.ars.usda.gov/ba/bhnrc/ndl>.