



Fresh. Simple. Good.

Health Sheet

So, your concern is...

Heart Health

Looking for ways to keep your heart healthy? Many of us are – for good reason! Unfortunately, cardiovascular disease accounts for the death of more Canadians than any other disease. In 2002, thirty-two percent of all male deaths in Canada were due to diseases of the heart, blood vessels and stroke.¹ For women, the number was even higher, at 34%.

So what can be done? Maintaining a healthy weight is one of the best ways to keep your heart healthy. Keeping blood cholesterol levels on target is another key in lowering the risk of heart disease. Eating more fruits and vegetables can help us protect our hearts against cardiovascular disease by providing protective substances such as vitamins, minerals, antioxidants and fibre, as well as plant compounds called phytochemicals.²

Fresh Mushrooms Can Help!

Cut the Cholesterol

- Fresh mushrooms contain both soluble and insoluble fibre. Soluble fibre has been shown to help prevent and manage cardiovascular disease by lowering the levels of total and LDL cholesterol.³

Watch that Weight

- Fresh mushrooms are a perfect choice for weight management, since they have 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 calorie-laden foods.

Adding the Antioxidants

- Fresh mushrooms contain significant levels of l-ergothioneine, which acts as an antioxidant.⁴
- Ergothioneine doesn't break down when it's heated, which means you can enjoy mushrooms raw or cooked and still benefit from this powerful phytochemical.⁵

Mushrooms Make a Difference⁶

- Add ½ cup white button mushrooms to your omelet or scrambled eggs
Benefit: - one (1) extra gram of fibre.
- Mix 1 cup of diced portabella mushrooms into pasta or pasta sauce
Benefit: - three (3) extra grams of fibre.
- Include 1 ½ cups sliced crimini (brown) mushrooms in risotto or other rice dishes
Benefit: - five (5) extra grams of fibre.

Make it with Mushrooms:

- Change plain burgers into delectable mushroom-burgers by mixing lightly sautéed, sliced, fresh white button or crimini mushrooms with your ground beef.
- Garnish homemade or canned vegetable soups with your favorite mushrooms – sliced, diced or chopped.
- Add savory flavor to stews by adding chopped portabella or sliced crimini mushrooms.
- Make a classic beef bourguignon with tender beef and plenty of small white button mushrooms wrapped in a rich red wine sauce. A satisfying warm-up on cool evenings.
- Lend extra “spice” to Southwestern dishes by adding mushrooms to quesadillas, tacos and burritos.

Recipe Suggestion:

[Mushroom and Vegetable Tacos](#)

For more mushroom nutrition information, great tips and delicious recipes visit www.mushrooms.ca.

For more about heart health visit the Heart & Stroke Foundation of Canada at 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.

¹ Statistics Canada, Causes of Death 2002. Releases 2004.

² Joshipura KJ, Hu FB, Manson JE et al. The Effect of Fruit and Vegetable Intake on Risk for Coronary Heart Disease. *Ann Intern Med* 2001; 134:1106-1114.

³ Chandalia M, Garg A, Lutjohann D, von Bergmann K, Grundy SM, Brinkley LJ. Beneficial effects of high dietary fiber intake in patients with type 2 diabetes mellitus. *N Engl J Med* 2000; 342:1392-1398.

⁴ Dubost NJ, Beelman RB, Peterson D and Royse DJ. Identification and Quantification of Ergothioneine in Cultivated Mushrooms by Liquid Chromatography-Mass Spectroscopy. *Int J Med Mushr* 2006; 8(3):215-222.

⁵ Dubost NJ, Beelman RB, Peterson D and Royse DJ. Identification and Quantification of Ergothioneine in Cultivated Mushrooms by Liquid Chromatography-Mass Spectroscopy. *Int J Med Mushr* 2006; 8(3):215-222.

⁶ USDA National Nutrient Database for Standard Reference, Release 19, 2006 at <http://www.ars.usda.gov/ba/bhnrc/ndl>.