



mushrooms.canada

Fresh. Simple. Good.

Vitamins

Including fresh mushrooms in everyday meals is a great way to boost vitamin intake but adds virtually no calories, fat or sodium. Tossing some sliced mushrooms into green salads, soups, stews, stir-fries, omelets, as well as pasta and rice dishes is so easy and quick. Grilling whole portabellas makes a tasty low-fat “burger” and sautéed fresh mushrooms lend a savoury depth of flavour to chicken, beef and fish.

According to Canada’s new Food Guide, a half-cup of fresh mushrooms counts as one daily serving of Vegetables and Fruit. When it comes to the B vitamins, including riboflavin, niacin and pantothenic acid, fresh mushrooms make a good choice. Fresh mushrooms also make an important contribution to daily intakes of folate, thiamin and vitamin B6. Here, we’ve listed the nutrient amounts and % Daily Values (%DV) of these important water-soluble vitamins for a ½-cup serving of cooked, sliced white button mushrooms (approximately 1 cup raw).

Folate

3% DV (11 mcg)

- Plays an essential role in building new body cells, by helping to make DNA and RNA.
- Works with vitamin B12 to form hemoglobin in red blood cells. Prevents megaloblastic anemia.
- The Dietary Reference Intake or DRI for women of child-bearing age is 400 micrograms. Folate is essential for lowering the risk of neural tube defects such as spina bifida in developing fetuses.

Niacin

11% DV (2.2 mg)

- Important for the metabolism of carbohydrate and fatty acids.
- Acts as a coenzyme or cosubstrate in many biological reduction and oxidation reactions. Required for energy metabolism.
- Helps enzymes function normally.

Pantothenic Acid (Vitamin B5)

8% DV (0.8 mg)

- Acts as a coenzyme in fatty acid metabolism.
- Has numerous other essential roles in energy metabolism.

Riboflavin (Vitamin B2)

15% DV (0.25 mg)

- Required for the metabolism of carbohydrates, amino acids and lipids, and supports antioxidant protection.¹
- Changes the amino acid tryptophan in food into niacin.
- Enzyme cofactor essential to all areas² of metabolism particularly that of carbohydrate and fatty acids.

Thiamin (vitamin B1)

3% DV (.05 mg)

- Plays essential roles in carbohydrate metabolism and neural function.³

Vitamin B6

1% DV (.02 mg)

- Primarily involved in metabolism of amino acids.
- Helps produce other body chemicals including insulin, hemoglobin and antibodies that fight infection.

All varieties of fresh mushrooms pack a similar vitamin punch. Here are the % DV for these vitamins in other types of fresh mushrooms.

Mushroom (1/2 cup srvg)	Folate⁴	Niacin	Pantothenic Acid	Riboflavin	Thiamin	Vitamin B6
Crimini, raw	2	7	5	10	2	2
Enoki, raw	4	9	3	3	4	1
Oyster, raw ⁵	6	21	11	18	7	5
Portabella, grilled	3	18	10	17	3	2
Shiitake, cooked	4	5	26	7	2	6

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.

Resources:

¹ Mahan K and Escott-Stump S. Krause's Food Nutrition & Diet Therapy. Elsevier, 2004. Chapter 4: Vitamins.

² Linder MC. Nutritional Biochemistry and Metabolism. Chapter 5: Nutrition and Metabolism of Vitamins. Elsevier, 1985.

³ Mahan K and Escott-Stump S. Krause's Food Nutrition & Diet Therapy. Elsevier, 2004. Chapter 4: Vitamins.

⁴ USDA National Nutrient Database for Standard Reference, Release 19, 2006 at <http://www.ars.usda.gov/ba/bhnrc/ndl>.

⁵ Nutrient Data from ESHA Food Processor SQL