



Fresh. Simple. Good.

Health Sheet

So, your concern is...

Weight Management

Having trouble watching your weight? You are not alone. Almost two-thirds of Canadians are either overweight or obese. Finding appealing and effective ways to achieve and maintain a healthy weight is very important.¹

Being overweight can increase the risk of developing chronic diseases such as diabetes, heart disease and cancer.² Carrying excess weight can put stress on joints causing pain and making it difficult to enjoy daily life. Eating more fruits and vegetables, including fresh mushrooms, is a tasty way to help you keep your weight in check.

Fresh Mushrooms Can Help!

Appetite Control

- Fresh mushrooms are a low glycemic food as they contain very little carbohydrate. That means that they do not raise blood-sugar levels as significantly as carbohydrate-rich foods, such as bread.
- Studies have shown that low-glycemic foods, including fruits and vegetables, may help control appetite longer than those with a high-glycemic index.³

Fewer Calories

- Fresh mushrooms are a perfect choice for low energy-dense diets as they have high water content, are low in fat and contain some fibre:- three factors that will help keep you feeling full with fewer calories.
- Researchers have found that people who eat satisfying portions of foods that are less energy-dense have greater success at weight loss and maintenance.⁴

Boosting Flavor

- Mushrooms add depth-of-flavor to foods, without adding a lot of extra fat, calories or sodium.
- Fresh mushrooms, shiitakes in particular, have a subtle savory quality called umami that rounds out other flavors and adds taste satisfaction. This comes from the glutamic acid they contain.⁵

Mushrooms Make a Difference⁶

- Substitute ½ cup sautéed white button mushrooms in quiche for 4 ounces of cooked bacon.
Benefit: *Save 580 calories, 45 g fat, 15 g saturated fat and 128 mg cholesterol.*
- Substitute 1 cup diced portabella mushrooms in spaghetti sauce for ½ cup lean ground beef (80% lean).
Benefit: *Save 285 calories, 19 g fat, 7 g saturated fat and 101 mg cholesterol.*
- Substitute ¼ cup sliced fresh crimini or brown mushrooms on panini for 2 slices of provolone cheese.
Benefit: *Save 192 calories, 15 g fat, 9.5 g saturated fat and 38 mg cholesterol.*

Make it with Mushrooms:

- Slice fresh white button mushrooms into homemade and canned soups and pasta sauces.
- Sautéed fresh mushrooms are a classic savory side-dish for steaks or other grilled meats.
- Sliced or diced white button or crimini mushrooms are a flavorful addition to egg dishes – quiches, frittatas, omelets, and scrambled.
- Fresh white button mushrooms, whole or quartered, served with a low-fat dip, make a satisfying, low calorie snack.
- Adding sliced, fresh mushrooms to green and mixed salads is an easy way to enjoy mushrooms.

Recipe Suggestion:

[Mushroom and Split Pea Soup](#)

For more nutrition information, great tips and delicious recipes www.mushrooms.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 Tjepkema M. *Adult Obesity in Canada. Measured Height and Weight*, Statistics Canada, 2005.

² Joshpiura 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 Anderson GH and Woodend D. Effect of glycemic carbohydrates on short-term satiety and food intake. *Nutr Rev* 2003;61(5 Pt 2):S17-26.

⁴ Ello-Martin JA, Ledikwe JH and Rolls BJ. The influence of food portion size and energy density on energy intake: implications for weight management. *Am J Clin Nutr* 2005;82:236S-41S.

⁵ Umami Information Center at http://www.umamiinfo.com/what_exactly_is_umami/.

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