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Fresh. Simple. Good.

Surprise, Surprise...

Mushrooms are Nutritious!

Mushrooms are making their mark. Contrary to their simple appearance, fresh mushrooms have a whole lot going for them. Fresh mushrooms are nutritious – low in fat and sodium and contain many important nutrients. More and more, mushrooms are becoming the focus of scientific studies exploring their health benefits. Currently, researchers are investigating mushrooms and many health issues including cancer prevention, immune function, diet satiety and weight management. Here are some of the highlights:

- **Antioxidants:** Fresh mushrooms contain a powerful antioxidant called l-ergothioneine. Ergothioneine is found in both raw and cooked mushrooms. Portabella and crimini mushrooms have the most, followed by white button mushrooms.
- **Cancer-fighting:** Fresh mushrooms offer nutrients such as beta-glucans and conjugated linoleic acid, compounds that are currently being studied for their chemopreventive potential. Recent research suggests that mushrooms and mushroom extracts may have potent anticancer activity, for both breast and prostate cancer.
- **Essential Nutrients:** A 100 gram serving of uncooked, sliced fresh mushrooms has only 22 calories, no cholesterol, is virtually fat-free, is low in sodium and has 1 gram of fibre. They are a good source of riboflavin and a source of copper, phosphorus, potassium, selenium, niacin and pantothenic acid. Along with serving up great taste, fresh mushrooms also make an important contribution to daily intakes of folate, thiamin, vitamin B6, iron, magnesium and zinc.
- **Fibre:** Mushrooms offer both soluble and insoluble fibre, which may have anti-cancer properties as well as promoting satiety and good bowel health.
- **Immunity:** Emerging research indicates that certain mushroom extracts, such as beta-glucans, may have a positive effect on the immune system.
- **Weight management:** Fresh mushrooms are a low-energy-dense food, meaning you can eat more of them without expanding your waistline.

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.