



Spring 2010



mushrooms.canada

Fresh. Simple. Good.

Fresh Mushrooms *Good for Life*

Even though they look simple, mushrooms have a whole lot going for them in the nutrition department.

Essential Nutrients

A 100 gram serving of sliced fresh white mushrooms has only 25 calories, no cholesterol, is virtually fat-free, is low in sodium and has 1 gram of fibre. They are a good source of riboflavin, copper, selenium, niacin and pantothenic acid, and are the only item in the produce section with natural Vitamin D.

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 chemo-preventive potential. Recent research suggests that mushrooms (and mushroom extracts) may have powerful anticancer activity, for both breast and prostate cancers.

Fibre

Mushrooms offer both soluble and insoluble fibre, which helps to maintain good bowel health.

Immunity

A strong immune system helps protect against infections from bacteria and viruses. Emerging research indicates that certain mushroom extracts (including extracts from white button mushrooms), may have a positive effect on the immune system.

Weight Management

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 less energy-dense foods have greater success at weight loss and maintenance.

For more health information visit www.mushrooms.ca.

Adding mushrooms makes a difference

- Substitute 1 cup diced portabella mushrooms in spaghetti sauce for ½ cup lean ground beef (80% lean). Benefit: Save 285 calories, 19 g fat, and 101 mg cholesterol.
- Substitute ½ cup sliced portabella mushrooms on pizza instead of 3 oz. pepperoni. Benefit: save 394 calories, 36 g fat, 12 g saturated fat and 1383 mg sodium.
- Include 1½ cups sliced white mushrooms in risotto or other rice dishes. Benefit: 5 extra grams of fibre.
- 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).

Fresh Mushrooms *and your Health*

Childhood Obesity

Childhood obesity is on the rise. The latest Canadian Community Health Survey found that the combined rate of children and teens who are overweight or obese has jumped from fifteen to twenty-six percent over the span of just 25 years (1978-2004).

Unfortunately, the problem doesn't end there. About 70% of obese children become obese adults, increasing the risk of their developing chronic diseases such as diabetes and heart disease as well as developing poor body image and self-esteem-related eating disorders. Even more disconcerting is that many obese and overweight children are developing health problems, such as type 2 diabetes, high blood pressure, high blood cholesterol and joint problems, at very early ages.

So what can be done? One strategy that can help is for kids to get their daily servings of fruit and vegetables. Children and teens who eat fruit and vegetables 5 or more times a day are much less likely to be overweight or obese than those who eat them less often.

Fresh mushrooms add important variety to the diet. A one-half (½) cup serving counts as one Vegetables or Fruit choice from Canada's Food Guide to Healthy Eating. Fresh mushrooms also offer many other benefits that promote good health in children

Essential Nutrients

Growing kids need a wide variety of foods to get the nutrients they need. Fresh mushrooms are a good source of riboflavin, a source of copper, phosphorus, potassium, selenium, niacin and pantothenic acid. Fresh mushrooms also contribute to daily intakes of folate, thiamin, vitamin B6, iron, magnesium and zinc.

Fill Up on Fruit and Vegetables

Fresh mushrooms have high water content, are low in fat and contain some fibre so they make a great choice for keeping hungry kids full without a lot of extra calories. Snacking on a variety of raw veggies, including mushrooms, with a low-fat dip means they are getting a serving of Vegetables and Fruit. They'll also be less likely to be tempted by less nutritious, processed snack foods.

More information on Mushrooms and Childhood Obesity can be found at mushrooms.ca.

"What For Us" in these locations:

- May 1-2, 2010 - The National Women's Show, Ottawa, Ontario



M-M-Marvellous Mushroom Beef Burgers

The marvellous mushrooms in this beef burger recipe keep these lean beef burgers moist and juicy even when using extra lean ground beef.

A **good source** of Iron (19 % RDI) and an **excellent source** of Zinc (56 % RDI)

1 lb. Extra Lean Ground Beef Sirloin or Round*	500 g
1 egg, beaten	1
1/4 cup EACH dry bread crumbs and finely chopped mushrooms	50 mL
1 medium onion, finely diced	1
3 cloves garlic, minced	3
1 tsp EACH dried oregano and basil	5 mL
1/4 tsp EACH salt and pepper	1 mL

Combine ground beef, egg, bread crumbs, mushrooms, onion, garlic, oregano, basil, salt and pepper. Mix lightly and shape into 4 to 6 patties, 3/4-inch (2 cm) thick.

Grill, broil or pan-fry using medium-high heat for 5 to 7 minutes per side, until digital rapid-read thermometer inserted sideways into centre of each patty reads at least 160°F (71°C). At this temperature, patties are cooked regardless of colour. Tuck patties into toasted buns.

*Other Options: Lean Ground Chuck or Lean/Extra Lean Ground Beef.

Makes 4 servings

Nutritional Information (Per Serving):

Calories: 254, Protein: 24 g, Fat: 14 g, Carbohydrates: 7 g,



Recipe courtesy of Beef Information Centre.
For more great beef recipes, visit beefinfo.org.