



MUSHROOMS

# The Perfect Partner in a Gluten-Free Diet

## What Is Gluten?

Gluten is a protein found in wheat and related grain species, including barley and rye. Gluten's particular amino acid sequences are of concern to the estimated 3 million people in the U.S. with diagnosed celiac disease.<sup>1</sup>

Gluten in oats, corn and rice are less likely to be of concern.

## Tests Have Shown That Mushrooms Are Gluten-Free

Nutrition can be confusing, with conflicting information in the news, including what it means to be gluten intolerant versus being diagnosed with celiac disease. Understanding what is gluten-free and what isn't can also take research and time. Simply said, like all fruits and vegetables, mushrooms are naturally gluten-free and make a delicious and nutritious addition to a gluten-free diet.

Mushrooms, just like any other vegetable, should be cleaned before consuming. If you see little specks on the surface of the mushroom, simply rinse under cool water or wipe with a damp cloth.

## Beyond Gluten-Free

Mushrooms meet the FDA definition of gluten-free. In addition, mushrooms are very low in sodium, are a cholesterol and fat-free food and are a source of the B vitamins riboflavin, niacin, and pantothenic acid that help provide energy by breaking down proteins, fats and carbohydrates.<sup>2</sup>

Mushrooms are also a source of important minerals such as; selenium, a mineral that works as an antioxidant to protect body cells from damage.<sup>2</sup> Many foods of animal

origin and grains are good sources of selenium, but mushrooms are among the richest sources of selenium in the produce aisle. Ergothioneine (2.8-4.9 mg) is another naturally occurring antioxidant that also may help protect the body's cells. Potassium (9%) is another important mineral many people do not get enough of. It aids in the maintenance of normal fluid and mineral balance, and can help control blood pressure.<sup>2</sup>

Beta-glucans (long chain carbohydrates) found in numerous mushroom species\*, have shown marked immunity-stimulating effects, may contribute to resistance against allergies and may also participate in physiological processes related to the metabolism of fats and sugars in the human body.<sup>3</sup>

Mushrooms exposed to the sun or UV light to naturally develop vitamin D, are the only source of vitamin D in the produce aisle and one of the few non-fortified food sources.

**“Enjoy a gluten-free diet that includes mushrooms to help maintain a healthy body.”**

\* These beta-glucans are more prevalent in oysters, shiitake, and split gill mushrooms.

RECIPE

# Gluten-Free Herb Stuffed Mushrooms

These vegetarian stuffed mushrooms are a perfect party appetizer or savory anytime snack.

Yield: Makes about 24 individual mushroom appetizers and serves 4-6 people

## Ingredients

1 pound white button mushrooms  
8 ounces goat cheese  
¼ cup minced parsley  
1 tablespoon minced chives  
1 teaspoons minced garlic  
¼ teaspoon Celtic sea salt

For other gluten-free recipes, such as *Mushroom Bruschetta Bites* and *Stuffed Portabella Pizza in a Cashew Basil Cheese Sauce*, on [mushroomcouncil.com](http://mushroomcouncil.com).

## Directions

1. Gently wipe mushrooms with a paper towel. Remove stems and place mushrooms on a parchment paper lined baking sheet.
2. Place goat cheese, parsley, chives, garlic and salt in a food processor. Process until mixture is well blended and tinted green. Scoop mixture 1 teaspoon at a time into mushrooms.
3. Bake mushrooms for 20-25 minutes at 350° until edges of goat cheese mixture are lightly browned.
4. Cool and serve.

## Labeling Foods as “Gluten-Free” The Final Rule

The Food and Drug Administration is issuing a final rule to define the term “gluten-free” for voluntary use in the labeling of foods. The final rule defines the term “gluten-free” to mean that the food bearing the claim does not contain an ingredient that is a gluten-containing grain (e.g., spelt wheat); an ingredient that is derived from a gluten-containing grain and that has not been processed to remove gluten (e.g., wheat flour); or an ingredient that is derived from a gluten-containing grain and that has been processed to remove gluten (e.g., wheat starch), if the use of that ingredient results in the presence of 20 parts per million (ppm) or more gluten in the food (i.e., 20 milligrams (mg) or more gluten per kilogram (kg) of food); or inherently does not contain gluten; and that any unavoidable presence of gluten in the food is below 20 ppm gluten (i.e., below 20 mg gluten per kg of food).

1. Gluten Free Labeling of Foods 2. Duyff, R. American Dietetic Association's Complete Food and Nutrition Guide. Third Addition. Wiley & Sons. NJ. 2006. 3. Rop, O., Mlcek, J., & Jurikova, T. (2009). Beta-glucans in higher fungi and their health effects. *Nutrition Reviews*, 67, 624-631.

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