

Let's Work Together to Change the Health of America

It's the burning question on all our minds: how do we get Americans to eat healthier?

As you know, it isn't just about providing nutritious options. It's about teaching people why and how healthful eating can be a part of an everyday routine. This is why the Mushroom Council is dedicated to working with like-minded partners like you to tackle this challenge by supporting your continued inspirational work.

We recently partnered with three Academy subgroups including the Food and Culinary Professionals (FCP) and Weight Management Dietetic Practice Groups (DPG) and the National Organization of Blacks in Dietetics and Nutrition (NOBIDAN) Member Interest Group (MIG) to create tailored programs to arm members with tools and resources to take into their communities to educate people about healthier eating. Activities include award programs, event sponsorships, webinars and resource development.

We want to hear what you're doing. How would you finish the statement: "As an RD, the best thing I've done to help American's eat a healthy diet is..." Email us at info@mushroominfo.com or connect with us on Twitter or Facebook. We'll share answers in our next newsletter. In the meantime, check out our [nutrition resources](#) to aid your efforts.

Also through the Partnership for a Healthier America (PHA), the Council has committed to bring more vegetables to the plates of American families in an effort to help reduce childhood obesity. Hear about it from the Mushroom Council president himself through [this video](#).



[Click here](#) to read more about this endeavor.

We can't change the health of America alone. Join us! **Together, we can make a difference – one bite at a time.**

Grant Winners Bring Nutrition to Communities: *An Inside Look*

Council award programs furnished \$1,000 nutrition education grants for three members from both FCP and NOBIDAN to encourage vegetable consumption within their communities. From working with school children to college students and community groups, see how these six registered dietitians are utilizing their skills, talents and passions to share healthy eating messages.

Stephanie Green, RD

Phoenix, Arizona

Stephanie is expanding her current sampling and education program at local farmers markets to help Boy Scouts and Girl Scouts achieve their locavore cooking badges.

Karen Simmons Gillian, MPA, RD

Fresno, California

Karen is working with undergraduate nutrition students from Cal State Fresno to educate African-American audiences in the community about healthy eating.

Meghan Windham, MPH, RD, LD

College Station, Texas

Meghan will take students at Texas A&M from the store to the plate with super-market tours, cooking demos and a recipe contest to encourage increased fruit and vegetable servings among this group.

Marlyne Walker, MS, RD, LD

Winnsboro, South Carolina

Marlyne is committed to reducing obesity in rural communities in South Carolina by emphasizing the importance of vegetables in weight management. She and her team will conduct workshops, cooking demonstrations and develop a cookbook.

Barbara Storper, MS, RD

Hatfield, Massachusetts

Through her "Veggies Got Talent!" script kit, Barbara will bring kids, parents, teachers, foodservice directors and community members together to encourage healthy eating with kids leading the way through presentations about vegetables.

Viola Holmes, MS, RD, CDE

Charlottesville, Virginia

Viola is reaching out to young women at Mary Baldwin College to educate them about the importance of health and wellness now and in the future and is offering strategies for making healthy food choices.

Spring into Summer Mushroom Turkey Burgers



Slim-down this summer staple with a satisfying and lower-calorie version (nearly a quarter fewer calories than an all-beef burger). Simply swap finely chopped mushrooms for some of the meat to bring moisture and enhance flavor without compromising taste or portion size.

This recipe was met with rave reviews from registered dietitians at FCP's Culinary Workshop in late January where they had a chance to make and taste these burgers first-hand.

[Give it a try!](#)

Yield: 6 burgers

Ingredients

2 tablespoons vegetable oil
½ cup onion, diced
1 ½ cups crimini mushrooms, sliced
1 ½ cups ground turkey, white and dark meat
2 tablespoons Worcestershire sauce
1 teaspoon salt
½ teaspoon white pepper
½ cup Panko bread crumbs

Directions:

Heat oil and sauté onion over medium heat until lightly browned. Either add sliced mushrooms and stir or, first finely chop mushrooms and then add to pan. Sauté until mushrooms are fully cooked and most liquid has evaporated. Set aside to cool.

In mixing bowl combine turkey, Worcestershire, salt and white pepper. If not already chopped, process sliced mushroom mix in food processor until coarsely resembles ground turkey. Add mushrooms to turkey mixture. Add bread crumbs and mix well with hands. Refrigerate mix until chilled, and then form into 4 equal patties.

Cook on flat grill or in cast iron pan.

Tips: Top burgers with pepper jack or cheddar cheese, lettuce and sliced tomato and onion.

7 Easy Ways to Eat More Veggies Every Day

Help your clients customize their eating habits with some simple tips for bringing vegetables to the plate. Thankfully, versatile, low-calorie mushrooms make it easy to add big flavor and nutrients to virtually any meal, every day.



- 1. Bulk up Breakfast:** Add mushrooms, spinach, tomatoes, etc. to [eggs](#) for a veggie loaded start to the day.
- 2. Prep Work:** [Sauté](#) a big batch of mushrooms ahead of time and [add them](#) to go-to recipes day by day.
- 3. Go halvesies:** Up the moisture, flavor and veggies in home-cooked [burgers](#) by building a patty that uses mushrooms in place of some of the meat.
- 4. Top it off:** Load up [pizza](#) with mushrooms and peppers for an easy, low-calorie veggie boost.
- 5. Stretch portions:** Include equal parts mushrooms and meat in [tacos](#) and [Sloppy Joes](#) to double the volume.
- 6. Make it Meatless:** Hearty, meaty mushrooms are a satiating substitute for meat in [sandwiches](#), [casseroles](#), [pasta](#), etc.
- 7. Be Resourceful.** Use this [helpful handout developed by the Weight Mangement DPG](#) to share more tips and tricks with your clients about increasing vegetable intake.

Mushrooms and Health Summit - A Research Roundup

Stay tuned for updates from the Council as we prepare to host a Summit in Washington, D.C. in September to explore the state of the science linking mushrooms and health. The Summit will provide nutrition researchers and influencers the opportunity to discuss the state of current research as well as identify future research possibilities on mushrooms and health.

If interested, email info@mushroominfo.com to learn more about the event.

Visit www.mushroominfo.com for the latest news, recipes and blog posts from the Mushroom Council.



The Mushroom Council is composed of fresh market producers or importers who average more than 500,000 pounds of mushrooms produced or imported annually. The mushroom program is authorized by the Mushroom Promotion, Research and Consumer Information Act of 1990 and is administered by the Mushroom Council under the supervision of the Agricultural Marketing Service. Research and promotion programs help to expand, maintain and develop markets for individual agricultural commodities in the United States and abroad. These industry self-help programs are requested and funded by the industry groups that they serve.