

HELLO! FROM THE MUSHROOM COUNCIL'S RD



Happy New Year! I hope your 2015 is off to a great start.

At the Mushroom Council, we value your role as a nutrition professional and all the hard work you do to improve public health. We too are passionate about bringing healthier options to the table that you and your clients can feel good

about it. This underlying passion for health is what fueled the creation and launch of the Blend – blending meat with mushrooms – to reduce calories, fat, and sodium intake, and add more vegetables and vitamins and minerals to the plate. As a registered dietitian, I believe that healthy food can and should be delicious and the Blend delivers on both promises – clients can still enjoy their favorite foods like burgers or meatballs without sacrificing taste or texture.

The Blend is also a unique dietary solution that can help meet the recommendations set forth by the 2015 Dietary Guidelines Advisory Committee (DGAC) report:

- Encourages dietary patterns high in vegetables and low in red meat.
- Highlights that the composition of burgers can be improved to increase intake of vegetables and to lower intake of sodium and saturated fat.
- Classifies vitamin D and potassium as nutrients of public health concern.
- Finds diets higher in plant-based foods and lower in calories and animal-based foods as more health promoting and associated with less environmental impact than the current U.S. diet.
- Encourages dietary patterns that are lower in sodium (less than 2,300mg sodium per day or age-appropriate Dietary Reference Intake amount) and saturated fat (less than 10 percent of total calories from saturated fat per day).

As you can see, the Blend delivers on these dietary recommendations by improving the composition of your average burger, lowering calorie, fat, and sodium intake, increasing potassium and vitamin D intake, and bringing an extra serving of vegetables to the plate, while reducing red meat consumption.



Truffle Mushroom Eggs Benedict
By Kara Lydon and Recipe Redux

With a new year comes new ideas and plans for how we can better support you, the nutrition professional, in your everyday role. For starters, we're bumping up the distribution of our Nutrition News About Mushrooms Newsletter to quarterly so you'll receive a more regular dose of mushroom 411 in your inbox throughout the year. We'll also be creating additional nutrition education handouts on various topics for you to share with your clients. It's important to us that you're armed with the latest research, news, and educational materials to help make your life a little easier.

And we want to hear from you! Simply reply to this email with any thoughts or suggestions on how we can make this Nutrition News About Mushrooms Newsletter more valuable for you.

Cheers to a wonderful year ahead!

Kara Lydon, RD, LDN, RYT
On behalf of the Mushroom Council

NEW MUSHROOM RESEARCH

Why Mushrooms May Warrant a Third Food Kingdom

The **Mushrooms and Health Summit** first introduced the concept of exploring mushrooms as a separate, third food kingdom (fungi), a concept further developed by authors writing in *Nutrition Today: Mushrooms: Biologically Distinct and Nutritionally Unique*. The article brings attention to the variations in nutrient and biological composition between mushrooms and plant and animal-derived foods:

Plants	Animals	Fungi
Contain chlorophyll and make their own food through photosynthesis	Ingest their food	Lack chlorophyll and exist on substrate of various compositions when commercially grown
Contain cellulose	Mammalian cells contain cholesterol	Contain chitin – a polysaccharide derivative of glucose, also found in the exoskeleton of crustaceans

Even without an established third food kingdom in current food grouping systems, key reasons to include mushrooms in nutrition guidance include mushrooms' ability to improve **diet quality**, **enhance flavor** while reducing sodium and cutting calorie and fat intake, and providing a good source of a host of shortfall nutrients across plant and animal-based food groups.

Shortfall Nutrient	Primary Food Groups Containing Shortfall Nutrients	1 Cup White Button Mushrooms Stir Fried (no added oil) Nutrient Contribution
Fiber* <i>*Mushrooms contain 3% DV</i>	Fruits, Vegetables, Whole Grains, Legumes/Nuts/Seeds (Protein Group)	1.9 g
Potassium* <i>*Mushrooms contain 8% DV</i>	Fruit, Vegetables, Dairy, Nuts (Protein Group)	428 mg
Vitamin D	Fatty Fish, Egg Yolks, Fortified Dairy	22.7 IU 634 IU 1 cup grilled UV-exposed portabella***
Calcium	Dairy	Although not a source of calcium, mushrooms with vitamin D aid in absorption of this important nutrient****

*** Mary Jo Feeney, MS, RDN, FADA, FAND, Amy Myrdal Miller, MS, RDN, and Peter Roupas, Ph (2014). *Nutrition Today. Mushrooms—Biologically Distinct and Nutritionally Unique: Exploring a “Third Food Kingdom”*. Table 2.

**** NIH Osteoporosis and Related Bone Diseases ~ National Resource Center (2012, January). *Calcium and Vitamin D: Important at Every Age*.

Do Dietitians Believe The Trend Is To Blend?

According to the Mushroom Council's 2014 Influencer Survey fielded by *Today's Dietitian* (November 2014), 92% of respondents (n=1,289) believe blending mushrooms and meat can enhance flavor and nutrition of everyday recipes and see great potential in the Blend helping Americans eat healthier at home.

To learn more about how the Blend can improve the nutrition of your favorite meals without sacrificing taste, read the [study highlights](#) and get up to speed on the basics of [how to blend](#). Hungry for Blend recipe inspiration? Keep reading for a delicious and nutritious recipe featuring the Blend.

Patient Education Resource

To help educate your clients on the health benefits of blending meat with mushrooms, we've created **The Better-For-You-Blend handout** equip with how-to-blend in 3 simple steps and a tried-and-true blended recipe!



RD Mushroom Love in the Media

Yahoo!: 10 Superfoods to Add to Your Diet

We don't advocate sun exposure—except in the case of these meaty mushrooms. All mushrooms produce vitamin D2 when exposed to UVB rays. "But shiitakes' transparent white gills allow greater UVB contact, which makes them higher in vitamin D," says *Tanya Zuckerbrot, MS, RD*

US News: 5 Foods to Fight the Winter Blues

This "sunshine vitamin" (vitamin D) helps produce the feel-good chemical serotonin. Because your body can synthesize vitamin D when exposed to sunlight, it may be lacking in winter months when you don't go outside as much...and is another reason to eat foods high in vitamin D like mushrooms. – *Toby Amidor, MS, RD, CDN*

Environmental Nutrition: Mushrooms are rich in unique nutrients, flavor, and health potential

Substituting mushrooms - rich in savory flavor and "meaty" texture - for meat in recipes can be a useful strategy for health promotion and weight loss. – *McKenzie Hall, RD*

ELLE: Your 8-Step Cold Fighting Plan

"One cup of mushrooms contains 24 percent of your daily riboflavin needs, so using mushrooms as a side dish, topping for salad, or something to toss into an omelet is always a good idea. But if you want the 'shroom to be the star of your plate, you can make a portobello 'burger' by grilling it and slapping it between a couple slices of your fave whole grain bread." – *Keri Glassman, MS, RD*

FOX NEWS: 6 Foods to Boost Your Immune System

(Selenium in) mushrooms have long been known to promote a healthy immune system. They (mushrooms) are rich in selenium and B vitamins and (contain) antioxidants, which are all important nutrients to keep your body running strong...For maximum immune-boosting benefits, aim for an ounce or two a day. – *Patricia Bannan, MS, RD*

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Blended Turkey Meatloaf

The secret ingredients to this classic meatloaf is the addition of finely chopped mushrooms; they make it more flavorful and moist.

INGREDIENTS

1/2 lb. mushrooms, finely chopped
1 lb. lean ground turkey
1/2 small onion, finely diced
1/2 tsp garlic & herb seasoning
1 cup breadcrumbs
1 egg
3 tbsp mustard
3 tbsp brown sugar
1/3 cup ketchup

DIRECTIONS

1. Preheat the oven to 350°F.
2. In a large mixing bowl, combine mushrooms, turkey, onion, seasoning, breadcrumbs and egg; mix until evenly combined. Form into lightly greased loaf pan.
3. In a small bowl mix together mustard, sugar and ketchup.
4. Pour sauce over top of meatloaf, spreading until even.
5. Cover with foil. Bake for 60 minutes, or until cooked through.

Nutritional Information: Calories: 280, Total Fat: 12 g, Saturated Fat: 3 g, Cholesterol: 90 mg, Sodium: 410 mg, Total Carbohydrate: 26 g, Dietary Fiber: 2 g, Sugars: 12 g, Protein: 18 g

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