



New Research on Mushrooms

What if a common item in the produce aisle could help unlock the keys to good health? Already there is a vast arsenal of science that links mushrooms to positive health outcomes, and even more benefits are being explored through current research. Two research studies published as abstracts in *The FASEB Journal* and presented during Experimental Biology in San Diego tie mushroom consumption to positive responses on blood glucose levels and **feelings of satiety** by decreasing postprandial hypoglycemia which can lead to elevated hunger, as well as **modifying risk factors for type 2 diabetes**. The latter benefit was associated with the anti-inflammatory properties due to the bioavailability of ergothioneine.

What is ergothioneine? A sulfur-containing amino acid, critical antioxidant and cellular protector in the body. It has its own transport system in humans and mammals, suggesting that ergothioneine is advantageous to our long-term health. However, it is produced only by fungi and a few mycobacteria, and particularly concentrated in mushrooms.

Exciting news! The proceedings from the 2013 Mushrooms and Health Summit are published in *The Journal of Nutrition*. Check out the video, too, to hear highlights from speakers.

Mushrooms & Health



Why do healthy and culinary experts love mushrooms? Watch this video to find out!

At Healthy Kitchens, Healthy Lives, Health Professionals Learn to Taste and Teach

What do you get when you combine nutrition, healthcare and the culinary arts? A recipe for success. Now more than ever, the lines between traditional healthcare practice and the world of food are blurring, which presents an ideal opportunity for dietitians to showcase their expertise. At the Culinary Institute of America (CIA) and Harvard School of Public Health [Healthy Kitchens Healthy Lives](#) event, more than 500 health professionals including doctors, nurses and dietitians came together to learn about ways to bring the kitchen into the clinic.

Following the model “see, do, taste, teach,” participants spent time in the CIA kitchen labs learning how to make healthy, delicious recipes. The forum gave health professionals the knowledge and tools to cook and eat healthy, flavorful food at home, knowledge which will then help them to encourage the same for their patients.

The event can be seen as part of a greater movement within healthcare – that of integrating nutrition and culinary arts into the traditional healthcare model. Healthcare systems are now encouraging healthy eating for patients as an important consideration in the response to chronic disease. With this new nutrition prescription, simple yet nutrient-rich foods like mushrooms can play an exciting role.

Now's the time to get your own clients and patients inspired for summer with this warm-weather favorite recipe for [Grilled Mushroom and Peach Sliders](#).



Supermarket RDs Help Shoppers Put Nutrition in the Bag

Supermarket dietitians are faced with the challenge of making the healthy choice the appealing choice, which means that they must find ways to introduce healthy foods and products in ways that are easy and approachable to harried shoppers. The Mushroom Council is a resource for Supermarket RDs to provide tools to help

educate shoppers on the health benefits of mushrooms. In addition to providing [online recipes](#), cooking [videos](#) and [nutrition handouts](#), the Council invites you to reach out for further resources and support on encouraging shoppers to incorporate mushrooms into meals.

Cheryl Forberg's Healthy Swaps



Our coast to coast travels gave us the chance to meet up with some of our favorite mushroom friends, like *New York Times* bestselling author and nutritionist for NBC's "The Biggest Loser," Cheryl Forberg, RD. We asked Cheryl for the skinny on why she loves mushrooms, how she cooks with them and her favorite tips for simple swaps to save calories

and increase the nutritional value of our meals. Here's what she told us...

It's summertime, and I know many of us are looking for easy ideas for healthy meals. In the spirit of the Council's **Swap It or Top It** recipe contest, here are a few of my favorite simple swaps to cut calories, sodium and carbs while enhancing the nutritional value of meals.

Cheryl's Healthy Swap Tips:

1. Mushroom cap instead of pizza crust – This simple swap is not only an easy way to cut carbs, but mushrooms are very low in calories – an average portabella has only 18 calories! Mushrooms have meaty texture, rich flavor and they're loaded with nutrients and antioxidants.

2. Bell pepper boost – Next time you pack veggie sticks for a snack, add in red bell pepper slices. They're loaded with antioxidants and are a rich source of vitamin C. One cup of red bell pepper slices has only 20 calories and nearly twice (196%) your daily supply of vitamin C.

3. Lighten up with toppings – Tomato or fruit salsas are also a great swap instead of sour cream on your quesadilla or burrito.

4. Spice it up – Trying to keep your cravings under control? Spices like ginger, cinnamon, and cloves impart a hint of sweetness without added sugar.

5. Blend your own – With minimal effort, you can create your own unique seasoning blends, which not only saves you money but also allows you to customize your favorite flavors and control sodium content.

Swap It or Top It Recipe Contest



How are you using mushrooms this summer to make your traditional grilling recipes even better? This is your chance to let the Mushroom Council know how you **Swap It or Top It** to boost flavor and nutrition in your burgers with mushrooms. Submit your burger recipe where you Blend, Swap or Top with mushrooms for a chance to win \$5,000! Need a few blending pointers? Click on the mushroom blendability video below for tips and tricks, and be sure to enter before August 15th.



The Blend



Watch this video from the Culinary Institute of America kitchens for a tutorial on how easy it is to blend mushrooms with meat to make over iconic American dishes.



Home-cooked meals are healthier meals. Follow **First Lady Michelle Obama's** advice and join the movement to encourage a return to home cooking. This delicious recipe from Cheryl Forberg, RD, could become your new favorite.

Portabellas and Asparagus

Mushrooms add such meaty richness to this vegetable side dish. Try using shiitakes or creminis as well. The earthiness of the vegetables pairs nicely with grilled steak.

Makes 4 (1/2-cup) servings

Ingredients:

- 2 teaspoons grapeseed or olive oil
- 3 cups sliced portabella mushrooms (about 2 large portabellas, stems and black gills removed)
- 2 tablespoons chopped shallots
- 3 cups asparagus pieces (1 1/2-inch), from about 1 pound (*see note*)
- 1 teaspoon low-sodium soy sauce
- 3 (1/2-ounce) slices nitrite-free turkey (or pork) bacon, cooked until crisp, drained well, and crumbled
- 1 tablespoon grated Parmigiano-Reggiano cheese

Instructions:

In a nonstick skillet, heat the oil over medium-high heat. Add the mushrooms and cook for about 3 minutes, or until they just start to soften and release their liquid. Add the shallots and cook for another minute. Add the asparagus and cook for 3 minutes longer, or until the asparagus is just crisp-tender.

Drizzle the soy sauce over the veggies and sprinkle with the bacon crumbles and cheese. Toss well and serve hot.

Note: Instead of asparagus, you can substitute 1 (9-ounce) bag (12 cups) fresh spinach. Add to the mushrooms, cover for a few minutes until wilted. Stir well and add remaining ingredients.

Per serving: 60 calories, 1 g total fat (<1 g saturated), 20 mg cholesterol, 110 mg sodium, 7 g total carbohydrates (2 g sugars), 2 g fiber, 6 g protein

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One of the nation's leading advisors on health and nutrition, Cheryl Forberg, RD, is a *New York Times* bestselling author, James Beard award-winning chef and the nutritionist for NBC's "The Biggest Loser."

For more tips and recipes visit her website at www.cherylforsberg.com or follow her on [Twitter](#), [Google+](#), [Facebook](#) and [Pinterest](#).

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.