



The Institute of Medicine Reviews the Dietary Reference Intake for Vitamin D

The Institute of Medicine (IOM) released the results from its 24-month review on dietary reference intakes (DRIs) for vitamin D and calcium on November 30. In addition to validating the importance of vitamin D in promoting bone health, the committee set the recommended intake level at 600 IU. This is the first time the IOM has set a recommended intake level for vitamin D, and the established amount, 600 IU, is triple the level that was previously considered adequate for most adults (200 IU).^{1,2}

On the whole, vitamin D researchers and experts are encouraged that the IOM recognized the need to raise the daily intake level and the tolerable upper limit, which is now 4,000 IU; however, 600 IU is still lower than what many had been advocating. As conversation continues, the fact remains: Americans need vitamin D, and 600 IU can be obtained through a conscientious diet.

When managing menus to maximize vitamin D, consider mushrooms – they're the only source of vitamin D in the produce aisle and one of the few non-fortified food sources. In fact, the IOM recognizes them as the exception to the rule that plant foods don't naturally contain vitamin D.

All mushrooms contain vitamin D, but growers also have the ability to increase D levels by exposing them to ultraviolet light. For example, retailers currently offer a variety of light-exposed mushrooms which can provide close to 400 IU of vitamin D per serving (approximately 4-5 white button or crimini mushrooms, or one portabella).



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To see the vitamin D values across multiple mushroom varieties, visit the [USDA Nutrient Database](#), or check the nutrition facts panel on light-exposed mushrooms available at your retailer. The current [NIH ODS Vitamin D resources](#) list mushrooms as a food source of vitamin D, as well. For more information, visit the ["All About Vitamin D" section](#) on the Council's website, www.mushroominfo.com, or watch for Council communications via the "Mushroom Channel" on [Facebook](#) and [Twitter](#).

¹ IOM (Institute of Medicine). 2010. Dietary Reference Intakes for Calcium and Vitamin D. Washington, DC, National Academies Press.

² IOM (Institute of Medicine). 1997. Dietary Reference Intakes for Calcium, Phosphorus, Magnesium, Vitamin D, and Fluoride. Washington, DC, National Academy Press.

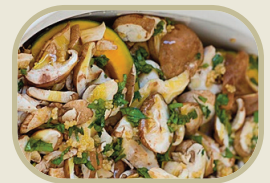
Food Bloggers Enjoy Nature's Hidden Treasure



The Mushroom Council participates in the robust and delicious online food community and each week highlights culinary creations from bloggers that feature nature's hidden treasure, mushrooms. Kath Eats, Bell'Alimento, Foodie Tots, Eat Live Travel Write, Rhodey Girl, La Fuji Mama, Worth the Whisk, among others, have created mouth-watering mushroom recipes that are featured on the Council's blog, the [Mushroom Channel](#).



These bloggers recognize mushrooms' versatility and know that mushrooms are a kitchen staple to add flavor and nutrients to every meal. Whether button, portabella or crimini, they've made mushrooms the main dish to bring vitamin D, B vitamins and powerful antioxidants like selenium to the table. Mushrooms are low in sodium and calories, fat and cholesterol-free, and can be an effective substitute for meats for those hoping to reduce daily calorie and fat intake while still wanting to feel full and satisfied after a meal.



Enjoy these seven mushroom recipes which prove that mushrooms can be enjoyed every day, every way:



- Monday: [Rosemary, Brie and Hazelnut Stuffed Mushrooms](#) from Kath Eats
- Tuesday: [Polenta Pasticciata ai Funghi e Gamberi](#) {Polenta with a Mushroom and Shrimp Sauce} from Bell' Alimento
- Wednesday: [Mushroom, Basil and Goat Cheese Lasagna Roll-Ups](#) from Worth the Whisk
- Thursday: [Portabella Pizette](#) for Fall from Eat Live Travel Write
- Friday: [Black Bean Mushroom Burgers](#) (A Video Post) from Rhodey Girl
- Saturday: [Roasted Mushrooms & Kabocha Squash](#) from La Fuji Mama
- Sunday: [Savory Mushroom Empanadas](#) from Foodie Tots



Less Sodium, More Flavor: Is Umami a Salt Reduction Strategy?

There are significant activities under way exploring the need for sodium reduction in the food supply. In response to the growing concern over sodium in the diet, Congress asked the Institute of Medicine in 2008 to convene a committee of experts to make recommendations about various means which could be employed to reduce dietary sodium intake to levels recommended by the 2005 *Dietary Guidelines for Americans* (2,300 mg per day). More recently, the 2010 Dietary Guidelines Advisory Committee recommended that the sodium levels in the general population be reduced from 2,300 mg to 1,500 mg per day and should occur gradually and over time. At the local level, the New York City Department of Health and Mental Hygiene has a sodium reduction initiative which has called for the food industry to gradually reduce the sodium content of the food supply over the next five years.

Consumers and the foodservice industry are encouraged to significantly reduce sodium intake, but many still seek the "craveability factor" they're accustomed to with salty foods. "Tasting Success with Cutting Salt," a collaborative report from the department of nutrition at Harvard School of Public Health and the Culinary Institute of America, suggests cooking with umami-rich ingredients, like mushrooms, instead of salt to reduce the overall sodium in a dish. Mushrooms are already low in sodium, plus their umami counterbalances saltiness and allows up to a 50 percent salt reduction without compromising flavor. Other foods with umami include aged cheese, tomatoes, meats, fish and poultry.

Mushrooms At-A-Glance

Update: Mushrooms and Health Report 2010

The Mushrooms and Health Report 2010 has been revised and is now available on www.mushroomsandhealth.com. The comprehensive report, prepared by the Commonwealth Scientific and Industrial Research Organization (CSIRO) and Food Science Australia, involved a review of approximately 3,000 published papers evaluating the link between mushrooms and health.

Resources for Supermarket RDs!

Are you a supermarket RD? Be sure to sign up for the Mushroom Council's "Mushroom Marketplace" quarterly Retail Newsletter for tips on working with your produce department to promote mushrooms and their many nutritional benefits. For more information, visit www.mushroominfo.com/retailers.

Mushrooms and Breast Cancer Research at City of Hope:

The Council is proud to support the fight against cancer by partnering with City of Hope since 2002 on its research on cancer and mushrooms. Dr. Shiu-an Chen has led a team of scientists at City of Hope to study the potential effects of white button mushrooms on breast cancer cells. Results from the team's recent clinical trials are expected in early 2011.

Mouthwatering Mushrooms

Enjoy this recipe created by Paula, the marvelous cook behind Bell'alimento. You can also view the recipe and comments by the blogger on the Mushroom Channel.

Polenta with a Mushroom and Shrimp Sauce

Preparation Time: 2 hours

Cooking Time: 1 hour

Serves: 4-6

- 1 cup polenta (cornmeal)
- Salt
- 2 tablespoons unsalted butter
- 1 pound shrimp – peeled and deveined
- 8 ounces of fresh mushrooms – sliced*
- 2 cloves of garlic – minced
- 1 tablespoon flat leaf Italian Parsley – chopped
- 1 cup dry white wine
- 2 cups stock
- Pepper
- Pinch of ground nutmeg



Nutrition Information per Serving

(based on 6 servings): Calories: 300; Fat: 8g (Saturated Fat: 3.5g, Monounsaturated Fat: 1.5g); Cholesterol: 130mg; Sodium: 520mg; Carbohydrate: 26g; Dietary Fiber: 2g; Protein: 22g; Niacin: 3.93mg; Vitamin B6: 0.16mg; Vitamin B12: 0.9mcg; Vitamin C: 11.2mg; Vitamin A: 755IU; Vitamin K: 10.9mcg; Calcium: 92mg; Potassium: 388.4mg; Iron: 4.6mg; Selenium: 34.1mcg; Vitamin D: 6 IU/171 IU*

This recipe is an excellent source of niacin, iron, selenium and vitamin D*. It is a good source of vitamin A, vitamin C, vitamin K and potassium.

**You can increase the vitamin D level of this dish by purchasing mushrooms which have been exposed to ultraviolet light. All other nutritional values remain unchanged.*

Into a large sauce pan add 3 cups of water and season with salt. Bring to a boil. Slowly sprinkle in the polenta. Using a whisk to combine, stir constantly to achieve a smooth texture. Reduce the heat to low and simmer until mixture thickens. Use a wooden spoon to stir.

Once polenta has thickened, spray a rimmed baking sheet or similar dish with cooking spray and pour polenta into sheet/dish. Use a spoon to evenly distribute polenta. Cover polenta with a piece of saran wrap (so that a skin does not develop) and transfer to refrigerator to cool completely.

Into a sauté pan melt the butter over medium heat. Add the mushrooms, garlic and parsley. Stir to combine. Add the wine and allow to reduce. Add the stock and season with pepper and nutmeg. Add shrimp and cook until mixture has reduced and shrimp are pink.

Preheat oven to 350 degrees. While the mushroom and shrimp sauce is cooking. Remove the polenta from refrigerator and cut into desired shape. Place the polenta onto a baking sheet and place into oven to heat through.

Plate the polenta and serve with a generous topping of the mushroom/shrimp sauce.

Visit www.mushroominfo.com for the latest news, recipes and blog posts from the Mushroom Council. Follow us on [Twitter @MushroomChannel](https://twitter.com/MushroomChannel) and check us out on [Facebook](https://www.facebook.com/MushroomCouncil).

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.

