

The Only Source Of Vitamin D In The Produce Aisle

Few foods naturally contain vitamin D, but mushrooms are unique for being the only food in the produce aisle with the ability to increase its vitamin D levels through exposure to UV light or sunlight.

Why Vitamin D Is Important

Although the majority of Americans consume sufficient amounts of most nutrients, vitamin D is consumed by many individuals in amounts below the Estimated Average Requirement¹. The 2020-2025 Dietary Guidelines for Americans identified vitamin D as a nutrient of public health concern because low intakes are associated with health concerns.¹

Vitamin D helps build and maintain strong bones by helping the body absorb calcium, therefore insufficient levels can lead to rickets in children and osteoporosis in adults.²



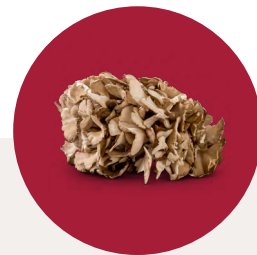
DID YOU KNOW?

The sun is the most common producer of vitamin D as the ultraviolet (UV) rays from sunlight strike the skin and trigger vitamin D synthesis.

Table 1: Recommended Dietary Allowances (RDAs) For Vitamin D

RECOMMENDED DAILY ALLOWANCE OF VITAMIN D

AGE	MALE	FEMALE
0-12 months*	10 mcg	10 mcg
1-13 years	15 mcg	15 mcg
14-18 years	15 mcg	15 mcg
19-50 years	15 mcg	15 mcg
51-70 years	15 mcg	15 mcg
> 70 years	20 mcg	20 mcg



1 CUP DICED MAITAKE MUSHROOMS

Mushroom farmers took note and began exposing their mushrooms to UV light during the growing process, increasing the overall vitamin D content.

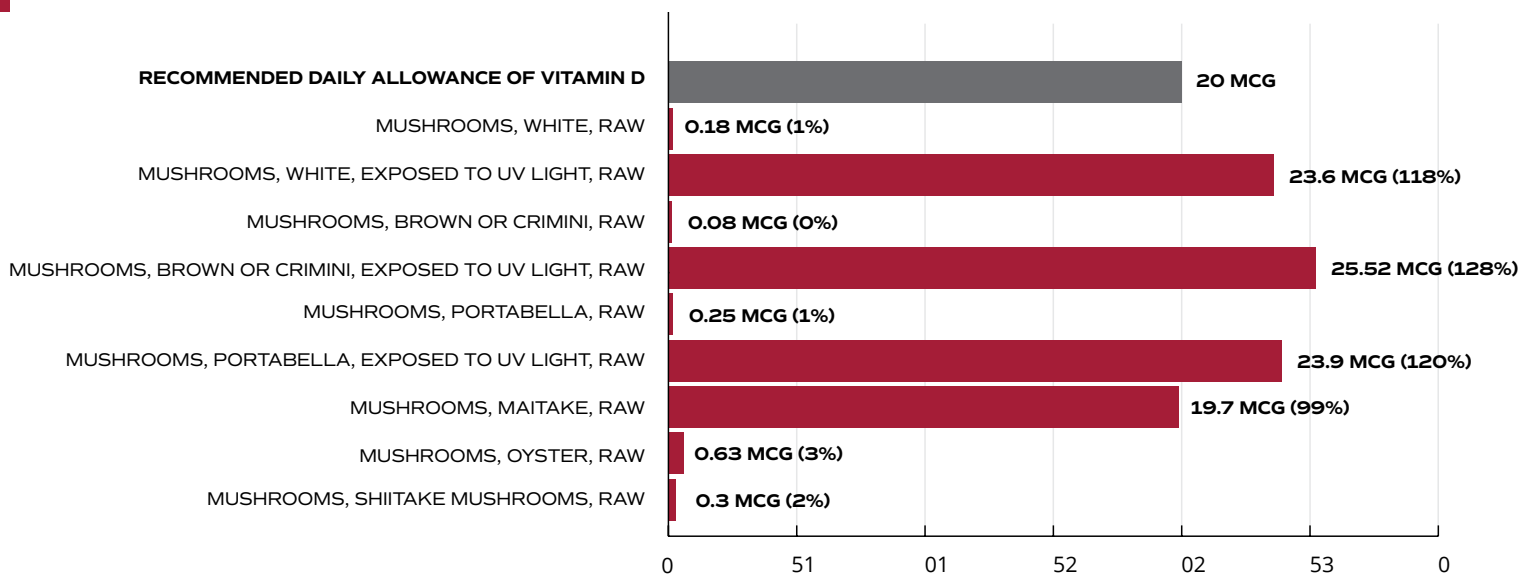
Some varieties, such as crimini and portabella, contain higher levels of the plant sterol ergosterol, which converts to vitamin D upon exposure to UV light and, in turn, results in a higher amount of vitamin D.

Mushrooms Are The Source Of Vitamin D In Many Plant-Based Diets

A review of mushrooms as a potential source of dietary vitamin D (Nutrients, 2018) found that vitamin D enhanced or UV-light exposed mushrooms are the only non-animal food product with substantial amounts of bioavailable vitamin D and, as such, have the potential to be a primary source of dietary vitamin D for vegans and vegetarians.³

Table 2: Vitamin D Levels In Mushroom Varieties⁴

Portabella, white, crimini and maitake are tops in vitamin D.



Data Source: U.S. Department of Agriculture, Agricultural Research Service. FoodData Central, 2019. fdc.nal.usda.gov.

¹ U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2015. 8th Edition, Washington, DC: U.S. Government Printing Office, January 2016. https://health.gov/sites/default/files/2019-09/2015-2020_Dietary_Guidelines.pdf

² Vitamin D. Fact Sheet for Health Professionals. National Institutes of Health. Reviewed August 7, 2019. Accessed February 5, 2020. <https://ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/>

³ Cardwell, G., Bornman, J., James, A., Black, L. 2018. "A review of mushrooms as a potential source of dietary vitamin D." Nutrients. 10, 1498. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6213178/>

⁴ U.S. Department of Agriculture, Agricultural Research Service. FoodData Central, 2019. fdc.nal.usda.gov

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