

Two-Day Meeting Unearths the Nutrition, Health and Culinary Properties of Mushrooms

Registered dietitian Rebecca Scritchfield attended the Mushroom Council's first-ever Mushrooms and Health Summit in Washington, D.C. on September 9-10. The Summit served to facilitate a global dialogue about the current and potential dietary role of mushrooms and identify future mushroom research in the areas of health and wellness. Here is Rebecca's recap of the event.



“I spent two days at the **Mushrooms and Health Summit** in Washington, D.C. (the first meeting of its kind). I schmoozed with the world's top scientists, researchers, and nutrition experts to learn about the last decade of research supporting mushrooms' role in delivering a combination of nutrients and health benefits.

Historically, mushrooms have been recognized for what they didn't have – for example, they're low in calories, fat, sodium, etc. – but that is not nearly as interesting as what they DO have. There was so much information packed into the Summit so I picked my favorite a-ha's I thought you would like:

- I got all excited about the mushroom "growing room" – or MushROOM – at the event. I stopped by to take a peek and I loved how they broke it down to help us understand the basic steps of **growing mushrooms**. I've heard of oyster and shiitake mushrooms, but this was the first time I saw pom pom, maitake, and King oyster. **Take a look**. They are so interesting!
- *Manny Noakes, PhD, Commonwealth Scientific and Industrial Research Organisation (CSIRO), Australia* pointed out that while "technically" mushrooms aren't considered a vegetable, they are commonly referred to as one. (I get it. Can you imagine saying, "Eat your fruits, veggies, and fungi?")

- What's with the white color? (Have you ever wondered if mushroom have anything good for you?) *Lisa Castlebury, PhD, USDA ARS* explained mushrooms lack chloroplasts so they're actually NOT plants. They're fungi. Don't get duped by the color thing. Just because they aren't green, doesn't mean they lack nutrients. Other Summit presentations highlighted some powerful but lesser-known facts, such as:

- Mushrooms are the only natural produce source of vitamin D in your supermarket. You can also find mushrooms that have been **exposed to UV light** to really bump up the vitamin D levels.
- Typically vitamin B12 is found in animal meats, but the B12 in mushrooms is bioavailable.
- Mushrooms are the leading source of selenium, a powerful antioxidant being studied for its anticancer and immunity properties.
- Mushrooms contain ergothioneine (0.4 to 2.0 mg/g), a sulfur-containing amino acid, and a naturally occurring antioxidant that may help protect the body's cells. ”

Visit www.RebeccaScritchfield.com to read the blog recaps in full. Connect with [@ScritchfieldRD](https://twitter.com/ScritchfieldRD) on Twitter.



Summit Resources

Please visit www.mushroomhealthsummit.com for a full program agenda, speaker bios and event presentations. Also, check out this [blog post](#) and [press release](#) for more details.

A New Way to Enjoy Mushrooms: The Trend is to Blend

As told by registered dietitian Rebecca Scritchfield from her experience at the Mushrooms and Health Summit.

“The Culinary Institute of America’s Greg Drescher and Amy Myrdal Miller, MS, RD discussed mushrooms’ unique flavor attributes and studies on the link between mushrooms’ taste (umami) and health benefits, such as satiation and sodium and calorie reduction. They talked about a key culinary opportunity for mushrooms (hint: **it’s the trend to blend**). Essentially, the idea is to finely chop mushrooms and use them with meat in dishes to reduce the meat in meals you’re already enjoying. Another potential bonus for mushroom Blendability is cost savings. Who doesn’t want to stretch their dollar? Basically, splitting mushrooms and meat 50/50 is less expensive than 100% meat and the more mushrooms in your Blendability ratio, the greater the savings. That’s food for thought.

Be on the lookout for more studies and **press** about mushroom Blendability in the near future. Check out the Mushroom Council’s **website**, **blog** and **Pinterest** boards for Blendability **recipes** and tips.”

Mushroom Blendability: A How-To from the Culinary Institute of America



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.

Experience Mushroom Blendability at FNCE – Visit the Mushroom Council Booth #1353

Look for the Mushroom Council at the Academy of Nutrition and Dietetics’ annual Food and Nutrition Conference & Expo (FNCE), October 20-22, in Houston, Texas. Come by **booth #1353** to learn more about mushroom Blendability and sample a delicious slider featuring 70 percent mushrooms and 30 percent turkey.

Additionally, see how mushrooms are bringing more vegetables to schools meals. Visit JTM at **booth #413** to sample their mushroom and beef burger patty that will be available in cafeterias across the country. Stop by both booths for a chance to be entered to win an iPad Mini.



Research Shows Mushroom Eaters Have Better Diets

According to an analysis of adult participants of the National Health and Nutrition Examination Survey (NHANES 2001-2010)¹, mushroom consumption is associated with better diet quality and increased intake of some nutrients. Visit the poster at FNCE on Tuesday, October 22, from 9:00 – 11:00 AM to learn more about this research.

Need recipe inspiration? Check out the **Mushroom Council’s Pinterest boards**.

¹ O’Neil CE, Nicklas TA, Fulgoni VLIII (2013) Mushroom Intake is associated with Better Nutrient Intake and Diet Quality: 2001-2010 National Health and Nutrition Examination Survey. J Nutr Food Sci 3:229. doi: 10.4172/2155-9600.1000229



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.