

Sam Kass Shares Latest Let's Move! News

The Mushroom Council had a chance to talk to Sam Kass, assistant White House chef and Senior Policy Advisor for Healthy Food Initiatives, as a result of interactions with the Partnership for a Healthier America (foundational arm to Let's Move!).



MC: What do you consider your biggest wins so far in terms of improving kids' access to healthy foods?

SK: There has been a lot of success for *Let's Move!* and the Partnership for a Healthier America in the past two years on multiple fronts, from the

Partnership's Building a Healthier Future Summit – where the Mushroom Council participated – to the hard work of more than 1,600 chefs in the Chefs Move to Schools initiative, to breaking the world record for the most people doing jumping jacks in a 24-hour period – more than 300,000 people did jumping jacks with the First Lady to break that record. Pretty amazing!

When it comes to access, a few strategies stand out. Our effort to eliminate areas of the country that have limited access to healthy, affordable foods stands out. With the help of stores like Wal-Mart, Walgreens and Supervalu, an estimated 9.5 million more Americans will soon have access to fresh, affordable, healthy food. Last summer, we started more than 1,000 new food service sites where kids can get healthy meals over the summer, and we made more fruits and vegetables available to communities by starting over 8,500 gardens, farmers markets, or bringing local produce to food pantries. And recently, the USDA announced \$4 million to make farmers markets EBT-accessible so more families can buy fruits and vegetables. There's nothing better than watching a bunch of kids get in line and start grabbing like crazy at their veggies.

MC: Tell us about the White House garden, what are you growing?

SK: In April, with the help of school children from DC and around the country, we planted this year's crop. The garden features more than 55 varieties of vegetables and fruits. All of the food grown will be used either in the White House kitchen or donated to Miriam's Kitchen, a local food pantry. And, of course, we re-seeded the mushroom logs.

Recently, we launched a new Gardening section of the LetsMove.gov website, where anyone can get a simple, easy-to-use checklist for starting a kitchen garden, community garden, or school garden. We also have virtual tours on the site that people can check out to see the White House garden plantings.

MC: It's summer, what are you and the Let's Move! initiative up to?

SK: A lot. We are gearing up for several events related to the 2012 Olympic Games in London. The First Lady is going to lead the U.S Olympic delegation in the opening ceremony and we plan to use that as another platform to get kids moving all over the country. During the British Prime Minister's visit in March, Let's Move! held a mini-Olympics with local schoolchildren. In early May, the First Lady encouraged kids to join her in supporting Team USA with an announcement of 1.7 million new opportunities for kids to sign up for beginning athletic programming in their communities, ranging from swim lessons, to gymnastics clinics, to free membership at bike racing tracks, and much more. Check out what's in your neighborhood at www.ahealthieramerica.org/Olympics.



MC: Were you good about eating vegetables when you were growing up?

SK: Good or not, my mom made sure I ate healthy, which included plenty of vegetables. As I learned more about where food comes from and how to prepare healthy meals, I started to eat them more. We see it here in the White House garden all the time. Kids who are involved in the process of growing their own food are more willing to give new foods a try.

What are your favorite ways to cook with mushrooms?



Personally, I love to cook them on the grill, especially during the summer. You can either prepare them as part of a kabob or cook them in some foil with a little bit of olive oil. Mushrooms have so much flavor by themselves; they're great simply cut up as part of a fresh salad.

Looking for mushroom grilling ideas? Check out our recipes at mushroominfo.com.

Mushrooms Make Meals Better

Use mushrooms and meat together to keep flavor and cut calories



Step 1:
Shop

Step 2:
Chop

Step 3:
Combine

Mushroom Swapability - A Step Toward Lasting Behavior Change

As a nutrition professional, you're constantly looking for ways to arm your clients with helpful tips for making healthy food taste great. With mushroom Swapability, your clients can easily create healthier versions of classic recipes simply by substituting a healthier ingredient (mushrooms) for higher-calorie foods. That way, they can fill up on fewer calories without sacrificing taste or satisfaction because on average, mushrooms have 90 percent fewer calories than a ground meat alternative.*

Using a combination of mushrooms and meat in recipes brings another serving of vegetables to the plate, adds volume to meals and extends portions. Family favorites like burgers, meatballs, pasta sauce and tacos can be lightened up by replacing a portion of the ground meat with mushrooms. Finely chopped mushrooms blend into these dishes seamlessly thanks to their compatibility with meat in terms of taste and texture. This technique works in any ratio. For a meatier dish, 50 percent mushrooms and 50 percent meat satisfies, or for lighter fare with hearty texture, try 80 percent mushrooms and 20 percent meat. Plus, mushrooms add important nutrients like vitamin D, potassium, B vitamins and the antioxidants selenium and ergothioneine. **With mushrooms, the possibilities are endless no matter how you dice 'em.**

*Ground meat includes an average of traditional and lean versions of ground beef, turkey and pork per 100g.

Taking Mushrooms from a Burger Topper to a Swapper

Mushroom Burger Wrap

This mushroom burger recipe is made with 60 percent mushrooms – and contains 25 percent fewer calories and 25 percent less fat when compared to the same all-beef recipe.



Recipe adapted from MyPlate for Moms, How to Feed Yourself & Your Family Better, by Elizabeth M. Ward, M.S., R.D.

Mushrooms and Health: A review of the evidence

A review summarizing the current state of scientific research linking mushrooms and their components on health outcomes has been published in the *Journal of Functional Foods*. Authored by Australia's largest and most diversified food research organization, Commonwealth Scientific and Industrial Research Organization (CSIRO) Food and Nutritional Sciences, the review focuses on the evaluation of the evidence from human trials. The article discusses the role of mushrooms on various types of cancer, immune function, diabetes, biomarkers for cardiovascular disease, brain health and cognition and other conditions such as osteoporosis/bone mineral density.

Click on the following link for the abstract:

[The role of edible mushrooms in health: Evaluation of the evidence.¹](#)

¹Roupas R, Keogh J, Noakes M, Margetts C and Taylor P. The role of edible mushrooms in health: Evaluation of the evidence. *Journal of Functional Foods* available online May 26, 2012. <http://dx.doi.org/10.1016/j.jff.2012.05.003>.

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.