

Welcome to the Food Coach Newsletter

The Newcastle University is still looking for willing participants between the age of 45 and 50 to take part in a phone survey related to menopause. It won't take much time and it is a great cause so please if you haven't already done so, call Lauren Williams on 02 4921 5649 anytime between the hours of 9am to 4pm EST.

And for those of you who like to plan ahead and look forward to bursting into Spring with energy and vigour, we still have spaces available for our Holistic Spring detox in Sydney, starting September 2nd. For further details email Cherie Lyden cherie@lydenvitality.com

There's a new mushroom cookbook available that I absolutely love. It's full of terrific recipes and images and clearly helps you distinguish between the many varieties and their best uses. What I particularly love about them is the section on mushroom nutrition. Who would have thought 3 - 4 medium sized mushrooms could pack such a nutritional punch? You can find out more in our extract from this great book. If you want to purchase a copy, click on the link.

Article of the week



Mushrooms for Life

You may have thought of mushrooms as something to add another colour or texture to a salad, a complement to eggs, or an ingredient in the occasional soup, but mushrooms offer much more than this. When compared to vegetables, they're the number one source of the essential nutrients riboflavin, niacin, pantothenic acid, biotin, selenium, copper and Vitamin D. Meanwhile, a growing body of research is finding evidence that a daily serve of mushrooms can contribute to your long term health.

Mushrooms are very low in kilojoules meaning you'll benefit from their abundant vitamins and minerals without worrying about your waistline. The mushroom is ideally suited for weight control because it's low in fat and energy density. Research from John Hopkins Bloomberg School of Public Health in the US revealed that substituting meat with button mushrooms increased the satiety of the meal, making it much more filling. Although the mushroom meal was about 420 kJ less than the meat meal, consumers actually ate 1580 kilojoules less a day over four days. Further studies need to be conducted to determine the long term effect of mushrooms on appetite.

With virtually no fat and no cholesterol, and being a source of dietary fibre, mushrooms are suited to every body. A normal serve of mushroom weighs around 100g, which provides around six per cent of our daily fibre needs. The fibre in mushrooms is mainly insoluble and is different to that found in plants. About one fifth of the fibre in mushrooms is resistant starch, which resists digestion in the small intestine to become food for the healthy bacteria residing in the large intestine.

Vitamins in mushrooms

Mushrooms are a vitamin heavyweight, providing more riboflavin, niacin, pantothenic acid and biotin than found in vegetables, with a 100g serve of mushrooms providing up



7 reasons for joining the food coach

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Tip of the week



Cleaning mushrooms

If eating mushrooms raw, wipe them over with a clean, damp paper towel or rinse under cold running water and pat dry. Never leave mushrooms to stand in water or they will soak it up and bloat. There's no need to peel mushrooms - why miss out on all the goodness in the skin? But remember to handle mushrooms gently, since bruising detracts from the mushroom's appearance.

Mushrooms are so easy to use that you don't even have to wash them if you're cooking them. Simply use a soft pastry brush to brush any dirt away. If you're preparing mushrooms ahead for cooking later, sprinkle them with a little lemon juice to prevent any discolouration.

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Recipe of the week



Mushroom Hummus

A twist on traditional hummus, this recipe uses mushrooms to add a great flavour and meatier texture.

Spread on sandwiches or use in a mountain bread wrap, or simply enjoy as a dip when friends come over.

Recipe extracted from 'Mushrooms: The great all rounder' by the Australian Mushroom Growers Association Ltd.

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to 36 per cent of your daily needs. Riboflavin and niacin are involved in the production of energy within our body cells. Pantothenic acid is involved in more than 100 different steps in making neurotransmitters, hormones and haemoglobin, while biotin is also involved in normal metabolism including the production of glucose.

Recently, the Mushroom Council in the US has commissioned research by Dr Mattila from Agrifood Research in Finland to determine the vitamin D2 levels in mushrooms after exposure to UV light. This research showed that five minutes of UV light exposure brought the vitamin D2 levels to around 80-100mcg per 100g of mushrooms. This elevated levels of Vitamin D2 in mushrooms is equivalent to 16mcg of the Vitamin D3 found in animal foods, which is well above the 5mcg per day recommended for young adults and equal to the 15mcg daily recommendation for older adults. Further studies are needed to determine if mushrooms can become an effective dietary source of Vitamin D2.

With a range of B group vitamins and some Vitamin D, the mushroom is a great vitamin tonic! For maximum vitamin retention, mushrooms should be stored in the fridge, eaten soon after purchase, consumed raw or quickly cooked.

Minerals in mushrooms

Mushrooms also absorb a range of essential minerals from the ground in which they are grown, such as copper, potassium and selenium. A 100g serve of mushrooms provides about one quarter of your selenium and copper needs as well as ten per cent of your potassium each day.

Copper is involved in the production of new red blood cells and antioxidant enzymes, while potassium helps keep our blood pressure healthy, and selenium acts as an antioxidant to protect body cells from damage.

Antioxidants in mushrooms

For a long time, scientists have known that adequate fruits and vegetables reduce the risk of heart disease, stroke and some cancers, quite possibly through their antioxidant capabilities. Antioxidants in food help neutralize the free radicals that damage DNA in cells. If DNA becomes damaged, compounds within the body work to correct the damage. When they become overwhelmed, compounds in food give a helping hand.

Mushrooms are a rich source of antioxidants. In one analysis of 30 common vegetables, mushrooms were found to be one of the top 5 sources of antioxidants. Very recently, it was found that mushrooms are extremely high in the antioxidant ergothioneine, in amounts many times higher than found in wheatgerm or chicken liver, previously thought to be the richest sources. As ergothioneine is not produced by the body, dietary sources such as mushrooms become valuable.

Mushrooms are also particularly high in phenolic compounds known for their antioxidant properties, with a serve of mushrooms also providing about one quarter of the RDI of selenium, an antioxidant mineral.

Beyond nutrients

Scientists have also been looking beyond the nutrients in mushrooms. Early research suggests mushrooms contain compounds that can enhance bone strength and reduce natural bone loss.

Other compounds in mushrooms appear to influence hormones to reduce the risk of both breast cancer and prostate cancer. Dr Shiuan Chen, from the City of Hope hospital in the US, commenting on his research into breast cancer, said, "Eating 100 grams, or even less, of mushrooms per day could have an effect on preventing new breast cancers".

Even the immune system seems to be getting a boost from the mushrooms. The nutrient content alone makes mushrooms a food that should regularly be on the menu. However, if research confirms these early findings about the benefits to our long-term health,



mushrooms could be providing a bonus you've never considered before.

Finally, remember that we're all being urged to eat five servings of vegetables a day. One serve of vegetables is 75g. With three medium mushrooms weighing 100g, mushrooms help you meet your vegetable needs in one easy, tasty serve.

Mushrooms: In a class of their own

Some people see mushrooms as a food group of their own. Well, that makes sense, as mushrooms are neither a plant nor an animal because they evolved separately from these two life forms. This probably explains why their nutrition attributes are so unique and they offer benefits not normally associated with fruits and vegetables. A 100g serve of mushrooms is so easy to achieve - cooked or raw, for breakfast, lunch or dinner. Enjoy mushrooms frequently for their big nutrition punch and all-round disease-fighting benefits. Oh, and their great taste too!

Nutrients in mushrooms

Nutrient	Average/100g
Protein (g)	3.3
Carbohydrate (g)	0.3
Fat (g)	0.3
Cholesterol (mg)	0
Fibre (g)	1.5
Energy (kJ)	103

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