



Mushroom Fact Sheet

The Top Five Fresh Canadian Mushroom Facts

Think fresh mushrooms are only good for salads? Think again! Mushrooms may just be the unsung heroes of the vegetable world. Contrary to their simple appearance, fresh mushrooms have a whole lot going for them. Here are the Top Five Fresh Canadian Mushroom Facts.

1. Good for You

Mushrooms are making their mark! Recent scientific research has found that fresh mushrooms pack disease-fighting antioxidants and that eating them may be a good way to help protect against breast and prostate cancer, help boost immunity and keep your weight in check. A half cup serving of cooked sliced mushrooms (approximately 1 cup raw) has a mere 14 calories, virtually no fat, 1 gram of fibre and is a source of phosphorus, potassium, copper, selenium, niacin and pantothenic acid. Mushrooms are also a good source of riboflavin.



2. Good for Healthy Weight

Mushrooms have a lot of good things in them but what they don't have much of is calories and fat. As they have quite a bit of water, fresh mushrooms are ideal for helping to fill you up and keep you from feeling hungry too quickly. And when you're not hungry an hour after eating, it's easier to keep the mindless munching in check.

3. Good to Go Any Season

Mushrooms are grown year-round in Canada so they're always fresh and at their peak of flavour. In the spring try a delightful Baked Mushroom and Leek Risotto, keep it cool in the kitchen in summer with zesty Marinated Mushroom, Tomato and Basil Salad, celebrate fall with creamy Fresh Mushroom and Squash Bisque and warm up to winter with a Hearty Mushroom Meatloaf. For recipes visit www.mushrooms.ca.

4. Good for the Environment

Chances are the fresh mushrooms you find in your local grocery store are grown nearby. That means they haven't traveled long distances, losing important nutrients and wonderful flavour and burning a lot of fossil fuel along the way. Nor has a lot of fossil fuel been burned just to transport them, which is healthier for the environment. Because they are grown locally, when you buy fresh mushrooms you are also supporting your local mushroom growers and are playing an important part in the sustainability of our food supply and natural resources.



5. Good for Fast and Fresh Flavour

Mushrooms make other foods taste even better because they have Umami, which is the fifth taste along with sweet, salty, bitter and sour. They may be complex in taste, but they are easy to prepare, cook and enjoy. Mushrooms can be left whole, quartered, sliced or chopped, and baked, grilled, broiled, sautéed, steamed or stir-fried. They are great for vegetarians as their meaty texture makes them a wonderful substitute for meat in chili, lasagna and tacos. Check out our recipes for Vegetable and Mushroom Tacos and Fresh Mushroom Lasagna at www.mushrooms.ca. For those who like a little meat but want to keep the fat and calories in check, try substituting chopped fresh mushrooms for a portion of the meat in a recipe. You'll get full flavour without the fat.



For more about the nutrition benefits of mushrooms and information on how to buy, store and cook with mushrooms visit the Mushrooms Canada website at www.mushrooms.ca.