



FRESH MUSHROOMS A NATURAL SOURCE OF VITAMIN D TO MEET NEW RECOMMENDATIONS

SAN JOSE, Calif. (December 2, 2010) — The Institute of Medicine (IOM) recently released the results of its 24-month review on dietary reference intakes (DRIs) for vitamin D and calcium, which validated the importance of vitamin D as an essential nutrient for promoting bone health. The committee set the recommended intake level at 600 IU, which is triple the previously recommended amount from 1997.^{1,2} Mushrooms are unique for being the only source of vitamin D in the produce aisle and one of the few non-fortified food sources. In fact, the IOM recognizes them as the exception to the rule that plant foods don't naturally contain vitamin D.

Leading vitamin D expert Michael F. Holick, PhD, MD, of Boston University Medical Center, is encouraged by the committee's increased recommendations because they're a step in the right direction. "The report acknowledges that everyone should be getting vitamin D every day – 600 IUs is achievable through diet and sun exposure, and people can work with their medical professionals to fulfill additional needs through supplements."

Chef and registered dietitian Jackie Newgent, RD, CDN, suggests easy ways to eat foods with vitamin D, like mushrooms, salmon and select dairy foods, more often. "Topping your favorite foods with mushrooms can increase the vitamin D content of nearly any savory dish," says Newgent. "I can find a way to enjoy mushrooms every day by simply adding them to soups, pastas, stir-fries, omelets or sandwiches; they work with nearly every cuisine," she adds. Try some of Newgent's favorite mushroom recipes:

- [Tip O' the Mornin'](#), asparagus tip and mushroom omelet with shaved parmesan
- [Wild Winter Mushroom Pâté](#), cumin-accented wild mushroom spread
- [Homemade Veggie Burgers](#), vegetarian soy burgers

Mushrooms and Vitamin D

- Similar to humans, mushrooms naturally produce vitamin D following exposure to sunlight or a sunlamp: mushrooms' plant sterol – ergosterol – converts to vitamin D when exposed to light.
- All mushrooms contain vitamin D, but growers also have the ability to increase D levels in mushrooms to a controlled amount by exposing them to ultraviolet light.
- Currently there are mushrooms available at retail, like portabellas exposed to light, for which approximately one mushroom can provide close to 400 IU of vitamin D (as listed in the USDA nutrient database, per an 84 gram serving).

¹ IOM (Institute of Medicine). 2010. Dietary Reference Intakes for Calcium and Vitamin D. Washington, DC, National Academies Press.

² IOM (Institute of Medicine). 1997. Dietary Reference Intakes for Calcium, Phosphorus, Magnesium, Vitamin D, and Fluoride. Washington, DC, National Academy Press.

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About 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. For more information on the Mushroom Council, visit mushroomcouncil.org.