

HEALTHY MENUS

Start with

MUSHROOMS

Neither a vegetable nor fruit, mushrooms are a part of the fungi kingdom and contain a unique blend of vitamins, minerals and antioxidants – as well as unique bioactive compounds not commonly found in animals or plants.

This makes them the perfect addition to boost the nutritional value of dishes and satisfy a variety of dietary needs, including those of vegetarians, vegans, paleo, keto and gluten-free guests!

MUSHROOM HEALTH & NUTRITION TIPS

Reduce salt in your dishes with mushrooms.

Mushrooms boast a delicious savoury flavour, known as umami - the Japanese word for 'tasty', which is considered the fifth flavour sensation. Research has shown that thanks to glutamate, when you add mushrooms to a meal, you don't need to use as much salt.

The umami flavour of mushrooms adds a savoury kick to vegetarian dishes and boosts the 'meaty flavour' in meat dishes.

Sun-bake your mushrooms.

If you place raw mushrooms in the sun for just 15-minutes, they will 'super charge' with vitamin D! Sun-baked mushrooms can provide 100% of daily vitamin D needs.

One serve of mushrooms (3-4 medium button mushrooms) provide a quarter (25%) of person's daily need of essential vitamins, riboflavin, biotin, niacin and pantothenic acid, while contributing to folate requirements too.



QUICK MUSHROOM HEALTH FACTS

- ▶ Low in kilojoules
- ▶ No fat or cholesterol
- ▶ Help you feel full
- ▶ Rich in antioxidants
- ▶ Supports immunity
- ▶ Source of vitamin D
- ▶ High in B vitamins