

## **SIMPLE WAY FOR SENIORS TO STRENGTHEN IMMUNITY**

Immune function naturally decreases with age, but researchers have found a simple way for older Australians to help feed their immunity needs.

**One of Australia's leading nutritionist's Jane Freeman says adding the mighty mushroom has been proven to boost intakes of essential nutrients needed to help older immune systems to fight off infection.**

"Immune health is very topical right now, especially as COVID continues to circulate, and what better time to talk about it as Seniors Month begins," Ms Freeman says.

"While mushrooms are widely known for their great taste and numerous health benefits, mushrooms can help **correct inadequate or low vitamin D levels**, as one serve of mushrooms can provide up to 100% of an older person's vitamin D requirements.



Mushrooms can also serve up potassium, selenium, magnesium and other important antioxidants needed to help with the health needs and risks of those aged in their 60's and beyond."

In addition, around 10% of a mushrooms total weight is made up of a powerful antioxidant called Beta-glucan. This is double the amount of b-glucan per serve compared to other well-known food sources that include oats and barley.

**According to a new study** published in the *Journal of Autoimmunity*, beta-glucans activate parts of the immune system, including immune cells called 'natural killer cells', and in doing so it **increases your body's ability to fight infection and possibly stop or slow the growth of tumours.**"

"Eating a serve of mushrooms every-day or including mushrooms into two meals a week is an easy and enjoyable way for older Australians to help keep their immune health in tip-top condition and also help the body's defence when common viruses or infections strike," Ms Freeman adds.

**"A serve of mushrooms provides antioxidants and vitamin D for a healthy immune system"**

### **FAST FACTS:**

- Eating 100g of mushrooms for seven days may help to support markers of immune function.

- Eating three cup mushrooms most days that have been 'tanned' or exposed to the sun for 15 minutes (this increases vitamin D levels in mushrooms) is able to partially correct low or deficient vitamin D levels.
- It's important to eat the stalk and not peel mushrooms as this is where most of the beta-glucan is found.
- Mushrooms contain good sources of a number of the vital nutrients that can help to improve bone and muscle strength, cognitive health, reduce risks around respiratory infections.

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### **Interview Opportunity: Dietitian Jane Freeman**

To discuss nutritional tips for seniors, fast facts and immunity for seniors.

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### **Retro recipes to take you back:**

- Mushroom & Chicken Pot Pies <https://tinyurl.com/yc58u4a4>
- Bubble & Squeak – Mushroom-style <https://tinyurl.com/bdcw5cer>
- Blended Savoury Mince <https://tinyurl.com/5c43e3e7>
- Mushroom Strudel <https://tinyurl.com/2u4tspv9>

### **About the Australian Mushroom Growers Association:**

The Australian Mushroom Growers Association (AMGA) is the not-for-profit peak industry body, representing the best interests of the Australian mushroom industry. We are passionate about promoting mushrooms for their myriad of unique health benefits and their delicious taste.

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