

## **MUSHROOMS FOR MUM THIS MOTHER'S DAY**

Who knew the humble mushroom could be so mighty for women?

Researchers have found mushrooms are a nutrient powerhouse for women, including mums-to-be.

Australian Mushroom Growers Association (AMGA) Dietitian and nationally renowned nutritionist Jane Freeman is encouraging women to boost their mushroom intake to support their overall health this Mother's Day.

"The health needs of women are unique and can be very specific at various stages of our lives," Ms Freeman says.



"However, new studies have found the addition of mushrooms to a daily diet can be beneficial to women at every stage of life while also providing health and nutrition advantages to their families."

This Mother's Day the AMGA have released four Mother's Day-inspired recipes to boost mushroom intake on Sunday (May 8), including an easy and delicious [Mushroom Baked Breakfast](#)

stuffed with spinach, feta and egg (pictured).

"Mushrooms are rich in B-group vitamins and a good source in vitamin D which all women need, but these vitamins are even more essential for women who are pregnant.<sup>1</sup>," Ms Freeman says.



"Emerging research has found women who consumed 100g of mushrooms from pre-pregnancy to the 20<sup>th</sup> week of gestation significantly reduced their risk of pregnancy hypertension, which is a flag for pre-eclampsia affecting up to 10 percent of all pregnancies.<sup>2</sup>

"Mushrooms can also contribute to higher folate and B12 requirements needed in pregnancy to support the growth needs of a developing baby's nervous system and spinal cord."

Ms Freeman explains Vitamin D is also important to help prevent complications like pre-eclampsia and diabetes in expectant mothers, and is similarly essential for women to keep their bones strong.

"Unfortunately, Vitamin D deficiency is common in Australia," Ms Freeman adds.

"Very few foods contain good sources of vitamin D, but mushrooms are unique for being one with the ability to meet daily vitamin D requirements when they are exposed to UV or sunlight."

Interestingly, placing any store-bought mushrooms in the sun for just 15 minutes will 'super charge' your mushrooms with vitamin D for up to eight days and help correct low or deficient vitamin D levels.

So, give the gift of health this Mother's Day and spoil your mum with a tasty breakfast or lunch featuring the mighty mushroom.

**FAST FACT:** One serve of mushrooms is equivalent to four to five button mushrooms, three white cup mushrooms or one Portobello mushroom and gives you a quarter (25%) of your daily needs of essential vitamins, riboflavin, biotin, niacin and pantothenic acid, while contributing to your folate needs too.

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**Interview Opportunity: Dietitian Jane Freeman**

To discuss nutritional tips for women and pregnant mothers, fast facts and newly released research.

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**Four of our favourite Mother's Day-inspired recipes:**

- [Stuffed breakfast mushrooms with spinach, feta & egg](#)
- [Big Brekky Frittata](#)
- [Mushroom and Sugar Snap Salad](#)
- [Barbecued Mushroom, Asparagus & Prawn Salad](#)

**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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