

June 2009 Mushroom Media Placements

MUSHROOM COUNCIL PLACEMENTS:

High praise for mushrooms

Miami Herald, miamiherald.com, June 30, 2009

Mushrooms are the best for ergothioneine, an antioxidant that is thought to protect the skin from oxidative and DNA damage. **Mushrooms are low in carbs and sodium and have no fat and cholesterol.** They are **loaded with beta glucan**, a fiber similar to the cholesterol-lowering fiber in oatmeal. Besides cholesterol lowering **mushrooms are being studied for anti- diabetic and immune boosting properties.** The most surprising mushroom fact is that after picking and **being exposed to sunlight, their vitamin D content rises.** **Portobello and crimini mushrooms are rich in B vitamins, folate and also contain selenium, zinc, copper and iron.**

Unearth flavor of humble mushroom

The Newark Advocate, newarkadvocate.com, June 30, 2009

Mushrooms are fat- and cholesterol-free; low in calories and sodium; and are **good sources of potassium, B vitamins** (especially for meat abstainers), **vitamin D** and the **antioxidant selenium.** Mushrooms present a range of textures and flavors -- from delicate to meaty, mild to intensely earthy -- and they take well to sautéing, grilling or broiling, microwaving and roasting.

Mushrooms - Nature's hidden treasure (Blog)

Now You're Cooking, nowyourecookinginfo.com, June 22, 2009

Serve some scrumptious **Baked Mushroom Parmesan** on your Fiesta Dinnerware this week and you're sure to get rave reviews! Did you know that **mushrooms may offer a natural solution for Vitamin D deficiency?** The mushroom industry is continuing to learn more about the **Vitamin D found naturally in all varieties of mushrooms.** A recent review of several mushroom varieties across America found that all mushrooms could have **anywhere from 4 to 400 percent of the daily value of Vitamin D.**

Portabella skins

Lexington-Herald, kentucky.com, June 22, 2009

Mushrooms: The next best thing

Examiner, examiner.com, June 22, 2009

I'm **substituting something better and healthier for my steak cravings.** What can fill this gaping hole? **Portobello mushrooms.** Chewy and **versatile, Portobello mushrooms are a welcome alternative to meat.** Karen Solomon of Yoga Journal states, "They are **rich in vitamin B complex and antioxidants.** And many of the 2,500 varieties in cultivation have natural antibiotic, antiviral, or **anti-inflammatory effects.** Both cooked and raw mushrooms are **an excellent source of ergothioneine**, a powerful antioxidant that helps the body's cells combat free-radical damage. **Pound for pound, white button mushrooms have 12 times as much of this antioxidant as wheat germ** (previously considered the food with the highest level), while oyster, maitake, and shiitake mushrooms have even more." I don't know about you but **mushrooms are sounding like some kind of wonder food.**

Two grill recipes to try for Dad's day

HeraldNet, heraldnet.com, June 17, 2009

The second possibility is **constructed with meaty portabella mushrooms.** Yes, **it's meatless,** but it's **beefed up with red onion, bell peppers and cheese.** This one, **courtesy of the Mushroom Council and mushroominfo.com,** serves four. But there again, it can easily be doubled or tripled to feed as many mouths as are on your dinner list.

Can you become a part-time vegetarian? (Hardcopy available)

The State, June 16, 2009

Satisfy a meat craving. "Many people who crave meat aren't necessarily wanting the actual protein as much as **the meaty flavor known as umami,**" said Blatner. "**Foods including mushrooms (which are also meaty in texture),** cooked tomatoes, aged Parmesan and soy sauce **have that super-savory flavor.**"

[Can you become a part-time vegetarian?](#)

The State, thestate.com, June 15, 2009

Satisfy a meat craving. "Many people who crave meat aren't necessarily wanting the actual protein as much as **the meaty flavor known as umami**," said Blatner. "**Foods including mushrooms (which are also meaty in texture)**, cooked tomatoes, aged Parmesan and soy sauce **have that super-savory flavor.**"

[Five nutrients for prostate health](#)

Examiner, examiner.com, June 15, 2009

Selenium: An essential trace mineral selenium is necessary to immune system and thyroid health. Research indicates that it **can also protect the prostate as well as reducing heart disease.** Get this important **antioxidant from** brazil nuts, tuna, salmon, **shitake mushrooms**, shellfish, and garlic.

[Make 'shroom sandwich for Daddy](#)

Tampa Tribune, 2.tbo.com, June 14, 2009

Father's Day is next weekend. The good news is that dads generally are pretty easy when it comes to food. Cook them anything and they're likely to stuff it in their mouths. You get extra points for making something tasty, though. **The Mushroom Council has a recipe for a Philly Cheese sandwich loaded with Portabella 'shrooms that looks delicious enough to make for the entire family.**

[Super veggie mushroom pasta](#)

Mountainview Mushrooms, mvmushrooms.com, June 14, 2009

SUPER MUSHROOM VEGGIE PASTA: Mushroom Council and **mushroominfo.com.**

[Eat it: Portabella skins](#)

Fort Worth Star Telegram, star-telegram.com, June 10, 2009

Fresh and healthy, mushrooms can do more than dress up pasta, steak and salad. Portabella mushrooms, for instance, can be marinated and grilled, or you can stuff them with spinach or crab dip and bake them. **The Mushroom Council offers dozens of recipes at mushroominfo.com, such as the one here.** Get the kids to come up with variations on toppings. **Recipe: Portabella skins.**

[Make room for mushrooms on the grill](#)

Canton Rep, cantonrep.com, June 9, 2009

Mushrooms are easy to grill and look great served on a skewer. In this recipe from the **Mushroom Council, they are paired with a quick-to assemble pesto dip.** These are ideal as an accompaniment to grilled steak, or can be served as an appetizer. **Recipe: Mushroom chips and dip.**

[Filling up faster with mushrooms!](#) (Hardcopy available)

Woman's World, June 8, 2009

Try **substituting chopped mushrooms of any kind for ground beef** in at least one meal a week. Volunteers who made the switch in dishes like lasagna and chili **consumed 420 fewer calories and 30 fewer grams of fat that day.**

[Baked mushroom parmesan](#) eCountry Lifestyle, ecountrylifestyle.com, June 8, 2009

[Grill veggies, not meat](#)

The Reporter, thereporter.com, June 8, 2009

There are easy ways to reduce our cancer risk without giving up grilling. For a healthy backyard barbecue, **try throwing** veggie burgers, veggie hot dogs or **portabella mushroom "steaks" on the grill** -- and make sure to fill up on plenty of fruits and vegetables.

[Mushroom growers to vote on good agricultural practices measure](#)

The Packer, thepacker.com, June 8, 2009

Mushroom producers and importers will **decide whether the Mushroom Council can develop good agricultural practices for mushrooms.** The referendum, slated for **July 7-16**, also will ask producers and importers to **approve a change in the membership in the Mushroom Council** to reflect shifts in mushroom production, the USDA said in the release. The vote will be conducted by mail, the USDA said, by the department's Agricultural Marketing Service. **Ballots will be sent to all known producers and importers who paid assessment in 2008 by June 29.**

Lunch at Abacus with the Mushroom Council (Blog)

Evil Shenanigans, evilshenanigans.com, June 5, 2009

The **goal of the lunch was to show the attendees the versatility, cost effectiveness, and nutritional benefit of mushrooms**. There was a lot of information presented before the cooking demonstration that was eye opening. For example, **mushrooms are an excellent source of vitamin D**, something which most Americans lack and in the months to come **mushrooms will be packaged in pink indicating that part of the proceeds go to breast cancer research**. Good to know!

Father's Day grilling recipes

Leader-Post, communities.canada.com, June 3, 2009

This year, put a healthy grilling twist on Dad's favorite **Philly Cheese Mushroom Sandwich**. Click [here](#) for the recipe. By the way, did you know research suggests **mushrooms may offer prostate cancer protection**? That's because they are the **leading source of selenium in the fruit and vegetable category**. Or, surprise the whole family with grilled **Mushroom Chips and Dip**. Click [here](#) for the recipe. They're easy to make and fun for everyone to eat—all while **adding vitamin D and antioxidants**.

Beefed up barbecue without the meat

Staten Island Advance, silive.com, June 3, 2009

To **lose the baby weight**, the most dramatic thing I've done in my diet has been **subbing vegetables for meat at least twice a week**. And so far it's been working. Here are some suggestions. **Use mushrooms**. One can adhere rather closely to a **burger texture with large mushrooms**. **Portabella, a likely choice for a meat patty substitute**, should be cleaned first.

Putting the "pro" in antioxidants

The Packer, thepacker.com, June 2, 2009

The **fresh produce industry has put the "pro" in "antioxidants."** There are over 300 references to antioxidants in The Packer's library, with articles so far this year **touting the antioxidant levels in** dates, blueberries, strawberries, blackberries, tomatoes, **mushrooms**, grapes and a host of other **"superfoods."**

'Top Chef' Carla Hall shares love of mushrooms

Des Moines Register, desmoinesregister.com, June 2, 2009

The **Mushroom Council** gig is a **perfect fit for her**, she said. **"I love mushrooms all kinds of mushrooms, and I always have,"** Hall said. **"A lot of people who don't like mushrooms, a lot of time, as it is with anything, haven't had them cooked properly."**

Cheesy mushroom sandwich

Produce for Better Health, fruitsandveggiesmorematters.org, June 2009

Mushroom chips and dip

Produce for Better Health, fruitsandveggiesmorematters.org, June 2009

Portabella eggs Benedict

Produce for Better Health, fruitsandveggiesmorematters.org, June 2009

Baked mushroom parmesan

Produce for Better Health, fruitsandveggiesmorematters.org, June 2009

Fire it up!

Produce Merchandising, June 2009

The **Mushroom Council, San Jose, Calif., offers a tip sheet on how to grill mushrooms** and other vegetables and grilled mushroom recipes, says Lexie Alcon, spokesperson for the Mushroom Council's public relations firm Edelman, Chicago. **Mushroom grilling techniques** include **"straight on the grill"** for Portabellas, **"in a basket"** for smaller, more delicate mushrooms, and **"sautéed"** directly on the grill in a disposable pan with small amounts of olive oil and butter, **according to the Mushroom Council's "How to grill mushrooms and other vegetables."**

Stealth health (Hardcopy available)

Restaurant Business, June 2009

Here are some of the lessons the participants learned: **Sauté fresh mushrooms** in just a touch of oil or fat **to add moisture and umami or “savoriness”** to stuffings and other preps.

The burger joint (Hardcopy available)

Wine Access, June 2009

And then there is the **Umami Burger with five high-volume umami accompaniments**: an oven-roasted tomato, a roasted **shiitake mushroom**, a frico of fried Parmigiano, buttery sautéed onions and housemade ketchup.

Lose the last 10 pounds! (Hardcopy available)

Shape, June 2009

Day 11: **Turn to ‘shrooms**. According to research from the **Johns Hopkins Bloomberg School of Public Health**, **replacing ground beef with chopped mushrooms in a single meal saved more than 400 calories and 30 grams of fat**, but meal testers **felt just as satisfied** and didn’t compensate by eating more food later in the day.

Nature’s hidden treasure (Hardcopy available)

Food & Drink, Summer 2009

Mushrooms are the **only fruit or vegetable with natural vitamin D**. **All mushrooms have vitamin D, ranging anywhere from 4 to 400 percent**, based on a recent review of all varieties of mushrooms. Currently, there are a number of research **studies underway on mushrooms and breast and prostate cancer, immunity, vitamin D, weight management and arthritis**.

MUSHROOMS IN THE NEWS:

[Delicious D’s, ways to get more vitamin D in your diet](#) (Blog)

EmpowHer, empowher, June 26, 2009

When **exposed to UV rays, mushrooms can also be rich in vitamin D**. **Monterey Mushrooms’ Sun Bella brand mushrooms are ripened in the sun**, rather than in the dark, like most mushrooms, **so that they have vitamin D**.

[California Pizza Kitchen adds fabulous new salad to veggie options](#)

Examiner, examiner.com, June 25, 2009

They **offer a veggie sandwich with grilled Portobello mushrooms**, red and yellow peppers, baby field greens and sliced Roma tomatoes with melted Fontina and Mozzarella cheeses and sun-dried tomato aioli on focaccia.

[The 10-ingredient shopping trip](#)

New York Times, well.blogs.nytimes.com, June 24, 2009

Here’s a **10-ingredient shopping list that will give you five days of meals**.

1. Chicken breasts (4 boneless)
2. Bacon (1/2 pound)
3. Shrimp (1 pound)
4. Spinach (1 pound)
5. Tomatoes (6)
6. Ginger
7. Onions
8. Asparagus (2 pounds)
9. **Button mushrooms (1 pound)**
10. Loaf of good country bread

[Eating mushrooms slashes risk of breast cancer by two-thirds](#)

Natural News, naturalnews.com, June 24, 2009

Regular **mushroom consumption can decrease a woman's risk of breast cancer by two thirds**, researchers have found.

Mushrooms tasty, nutritious

The Free Lance-Star, fredericksburg.com, June 21, 2009

Sizzling **mushrooms are delicious, affordable and packed with antioxidants and nutrients**. In China and Japan, **mushrooms are used both as food and as medicine to stimulate the immune system and reduce infections and cancer**. At a recent nutrition conference in Chicago, **Dr. Andrew Weil**--a physician and expert in natural medicine--**recommended eating cooked Asian mushrooms often**.

Monterey Mushrooms Launches Vitamin D Enriched Sun Grill-A-Bella and White Mushrooms (Hardcopy available)

Medical Letter on the CDC & FDA, June 21, 2009

New mushrooms offer 100% of recommended daily Vitamin D intake in 3-ounce servings. Monterey Mushrooms has launched Vitamin D enriched mushrooms through a collaborative research effort with the United States Department of Agriculture (USDA).

Monterey Mushrooms Launches Vitamin D Enriched Sun Grill-A-Bella and White Mushrooms (Hardcopy available)

Obesity, Fitness & Wellness Week, June 20, 2009

New mushrooms offer 100% of recommended daily Vitamin D intake in 3-ounce servings. Monterey Mushrooms has launched Vitamin D enriched mushrooms through a collaborative research effort with the United States Department of Agriculture (USDA).

New species of mushroom discovered

United Press International, upi.com, June 18, 2009

A new species of mushroom found on the African island of Sao Tome has been named after California Academy of Sciences curator of herpetology Robert Drewes. The **two-inch-long mushroom grows on wood and is shaped like a phallus**, San Francisco State University **Professor Dennis Desjardin and Brian Perry, the scientists who discovered the mushroom**, said.

Little pigs

Examiner, examiner.com, June 15, 2009

Here is a mushroom that deserves to be called a piglet. **Porcini are fat little boletus mushrooms with a flavor reminiscent of the woods and a savory taste that invites hearty, warm cooking**.

Project to boost vitamin D in mushrooms

Horticulture Week, hortweek.com, June 5, 2009

Mushrooms produce vitamin D when exposed to sunlight and are potentially the **only natural source of vitamin D in our diets that is not derived from animals**. Studies in other countries have already shown that **treating mushrooms with ultraviolet light on the packing line can boost their vitamin D content** and that the vitamin is stable for several days in cool storage.

Ganoderma: Mushrooms for your health

About - News & Issues, altmedicine.about.com, June 4, 2009

One of the most **popular medicinal mushrooms, ganoderma appears to possess immune-boosting effects**. More commonly known as **reishi**, this bitter mushroom can be consumed in coffee form (as well as in tea, capsules, or liquid extracts). Although science has yet to determine whether ganoderma may curb **high blood pressure** as proponents claim, there's **evidence that it may stimulate immunity and benefit people coping with cancer**.

La ventaja de los hongos (Hardcopy available)

Vanidades, June 2, 2009

Un estudio llevado a cabo por la Universito of Western Australia entre más de dos mil mujeres, revelo que las **comen una buena cantidad de hongos a diario**, pueden **reducir su riesgo de contraer cáncer de seno** hasta casi un 70 por ciento.

Mushrooms protect your breasts (Hardcopy available)

Woman's World, June 1, 2009

Women who eat the most fresh white button mushrooms are almost two-thirds less likely to develop breast cancer than those who never eat mushrooms, suggests a new study reported in the **International Journal of Cancer**.

San Marcos' new mushroom factory

San Diego Daily Transcript, sddt.com, June 1, 2009

Situated along one of the back roads of **San Marcos** near a series of hothouses is a huge new building at the top of a winding driveway. Marked only by a small sign with the name **Hokto Kinoko**, the imposing structure is **this country's first mushroom production facility**.

Wait a minute, Monterey Mushrooms was at this year's Mardi Gras

Morgan Hill Times, morganhilltimes.com, June 1, 2009

Monterey Mushrooms was there with a display and along with that was our very own "Monte Mush" who brought smiles to all on Saturday May 23. We had **mushroom growing kits** showing the different stages of mushroom growing and **many mushroom recipes for the public to enjoy**.

Monterey Mushrooms launches vitamin D enriched Sun Grill-A-Bella and White Mushrooms

NPI Center, npicenter.com, June 1, 2009

This nationwide launch is just in time for the summer grilling season. Mushrooms, especially **Sun Grill-A-Bella (Portabella) Mushrooms are the perfect meatless substitute** for steaks or burgers. They are easy to prepare for summer meals by grilling with simple ingredients such as olive oil and seasoning. Sun Grill-A-Bella Portabellas are sold as sliced Portabella Mushrooms and Portabella Caps in 8-ounce tray packs. The product **packaging is made from 100 percent composite, recyclable material** and is available nationwide in stores.

Monterey Launches vitamin D enriched mushrooms

Food Business Review, fruitvegetables.food-business-review.com, June 1, 2009

New mushrooms offer 100% of recommended daily Vitamin D intake in 3-ounce servings. Monterey Mushrooms has launched Vitamin D enriched mushrooms through a collaborative research effort with the United States Department of Agriculture (USDA).

The raw and the cooked (Hardcopy available)

Restaurant Business, June 2009

Cooked carrots, spinach, **mushrooms**, asparagus, cabbage, peppers and many other vegetables **supply more antioxidants, such as carotenoids and ferulic acid, to the body than they do when raw**, Liu says.

MUSHROOM RECIPES:

- **Tofu and shiitake bit salad**, *Seattle Post Intelligencer*, blog.seattlepi.com, June 19, 2009
- **Asparagus, blue cheese and ham stuffed mushrooms**, Capital News 9 - Albany, NY, capitalnews9.com, June 18, 2009
- **Mushroom and fresh herb salad**, *New York Times*, nytimes.com, June 15, 2009
- **Spinach and mushroom Stromboli**, *Detroit Free Press*, freep.com, June 14, 2009
- **Polenta with mushrooms, favas and tomatoes**, *New York Times*, nytimes.com, June 9, 2009
- **Portobello fries with spicy aioli**, Fox 13 Now - Salt Lake City, fox13now.com, June 9, 2009
- **Lowfat: Chicken and mushroom tacos**, *The Times*, nwi.com, June 7, 2009
- **Mushroom crepes with poblano chile sauce**, *Latina*, latina.com, June 4, 2009
- **Grilled polenta with mushroom ragout**, *Richmond Times Dispatch*, timesdispatch.com, June 3, 2009
- Creamy mushroom spaghetti, *The News—Gazette* (Hardcopy available), June 3, 2009

VITAMIN D NEWS:

[New and better test for vitamin D](#)

Top Cancer News, topcancernews.com, June 30, 2009

A three year research, involving and funded by the National Institute of Standards and Technology (NIST) and the National Institutes of Health's (NIH's) Office of Dietary Supplements of the US, **recently came up with a standard for measuring vitamin D**. Set to be **revealed to the public later this year**, this development could prove to lead to a **better understanding of vitamin D in health and disease**.

[Vitamin D deficiency a growing global problem](#)

Examiner, examiner.com, June 30, 2009

The report suggests Vitamin D levels are inadequate, regardless of the debate, **in large populations globally**. The **IOC recommends national focus on vitamin D deficiency to educate** about safe sun exposure, and the importance of eating vitamin D fortified foods. Also suggested, is **adding vitamin D to a wider array of foods**.

[Some nutrients work better in pairs](#)

United Press International, upi.com, June 29, 2009

Vitamin D and calcium. Calcium is easily absorbed, primarily in the small intestine, if large quantities are present but **in smaller amounts the mineral gets absorbed with active assistance from vitamin D**. Right now, official nutrition guidelines recommend adults get 1,000 mg of calcium and 400 International Units of vitamin D daily. However, some experts say a **much higher vitamin D intake -- 1,000 IU daily or more -- is even better**.

[AMA meeting: Vitamin D checks urged](#)

American Medical News, ama-assn.org, June 29, 2009

"We need to **get the word out to doctors to measure vitamin D levels in patients who might be deficient**," said Sandra Fryhofer, MD, the member of the council who presented the report during the meeting. The **action was taken because a growing body of literature indicates that intake of vitamin D**, which is primarily obtained from being exposed to the sun and drinking fortified milk, has gone down. Studies have **connected vitamin D depletion to bone problems, some cancers, cognitive decline, cardiovascular disease, diabetes and several autoimmune conditions**.

[Low vitamin D may raise metabolic syndrome risk](#)

Food Consumer, foodconsumer.com, June 28, 2009

Low levels of serum vitamin D may increase the risk of metabolic syndrome, according to a new study **reported in Diabetes Care**. The study of 3,262 Chinese people aged 50 to 70 suggests that **insufficient and deficient levels of vitamin D may raise the risk by 52 percent**.

[How may vitamin D deficiency lead to cancer?](#)

Personal Liberty Digest, personalliberty.com, June 26, 2009

Dr. Cedric Garland, professor of family and preventive medicine at the UC San Diego School of Medicine, explains the **origins of cancer can be traced to a loss of communication abilities among cells which can be a result of low vitamin D and calcium levels**.

[Vitamin D - The sun vitamin. Have you had your dose today?](#)

Examiner, examiner.com, June 25, 2009

Whether we eat the vitamin or it is made by our skin, it is taken to the liver and kidneys to form the actual hormone. **Vitamin D regulates the amount of calcium and phosphorus in our bones and blood**. They work together to keep our **bones strong** and to provide the body with enough calcium to carry on our daily internal functions. It also **helps in the immune system keep our body free from disease**.

[Vitamin D sufficiency and the food industry](#)

Renal Business, renalbusiness.com, June 24, 2009

Scientific evidence shows vitamin D may go beyond its traditionally known role in maintaining bone integrity, according to new research presented at the Institute of Food Technologists Annual Meeting and Food Expo® earlier this month. It may play a role in preventing autoimmune diseases such as multiple sclerosis and rheumatoid arthritis, some types of cancer (breast, ovarian, colorectal and prostate). **Advancing technologies to**

add vitamin D to natural cheese, fruit juice, and other beverages and foods create offerings that provide excellent sources of both vitamin D and calcium which can help consumers achieve dietary adequacy of these largely under-consumed nutrients.

Vitamin D sufficiency challenges and opportunities for the food industry

Newswise, newswise.com, June 24, 2009

Scientific evidence shows vitamin D may go beyond its traditionally known role in maintaining bone integrity, according to new research presented at the Institute of Food Technologists Annual Meeting and Food Expo® earlier this month. It may play a role in preventing autoimmune diseases such as multiple sclerosis and rheumatoid arthritis, some types of cancer (breast, ovarian, colorectal and prostate). **Advancing technologies to add vitamin D to natural cheese, fruit juice, and other beverages and foods create offerings that provide excellent sources of both vitamin D and calcium** which can help consumers achieve dietary adequacy of these largely under-consumed nutrients.

Vitamin D and depression

Examiner, examiner.com, June 24, 2009

But can **vitamin D supplementation relieve depression**? In a [study](#) published in the *Journal of Internal Medicine* in 2008, researchers evaluated the relationship between low levels of vitamin D and depression among overweight adults. They found that subjects who had low levels of 25(OH)D scored higher on a depression scale than those who had higher levels. Some of these subjects were then treated with vitamin D while others received a placebo. **There was a significant improvement among individuals who were treated with vitamin D, but not among those who took a placebo.**

Big US study will test vitamin D, fish oil

Associated Press, ap.org, June 22, 2009

Two of the most popular and promising dietary supplements — **vitamin D and fish oil** — **will be tested in a large, government-sponsored study to see whether either nutrient can lower a healthy person's risk of getting cancer, heart disease or having a stroke.** The study will be one of **the first big nutrition experiments ever to target a specific racial group — blacks**, who will comprise one quarter of the participants.

Brigham study will test vitamin D, fish oil supplements

Boston Globe, boston.com, June 22, 2009

Boston researchers are launching a large, national trial of vitamin D and fish oil to see if the dietary supplements make a difference in developing cancer or cardiovascular disease. They are also testing the idea that lower levels of vitamin D **might explain higher rates of these diseases among black people.**

Vitamin D - Could D stand for diet?

Examiner, examiner.com, June 18, 2009

Vitamin D could be a key factor in weight loss suggests a new study. For the study, 38 obese men and women were measured for vitamin D levels then put on a diet for 11 weeks. **Results showed that those participants of the study who had higher Vitamin D levels lost an average a quarter of a pound more per vitamin D increment point.** They lost more weight and it was discovered that they also had shown higher loss of fat around their abdomens.

Vitamin D linked to successful weight loss

Examiner, examiner.com, June 17, 2009

But new **research suggests that it is also important for weight loss.** Research findings were **presented last week at the Endocrine Society's 91st Annual Meeting** in Washington, DC. The study, **funded by the NIH** (National Institutes of Health) found that for every 1 ng/mL increase in blood vitamin D levels, subjects ended up losing almost 0.2kg more on their diet. In other words, **those with better Vitamin D status were more successful in losing weight when following a calorie-restricted diet.**

Health Watch: Vitamin D and weight loss

WCBS-TV New York, wcbstv.com, June 17, 2009

Researchers found **women with low levels of the nutrient were, on average, 16.3 pounds heavier** than those who were vitamin D sufficient. Yet *Good Housekeeping's* health director Toni Hope explained that **the exact cause of this phenomenon still has not been confirmed**. "Researchers believe that vitamin D may slow down the growth of fat cells," Hope said Wednesday. "Though it could be the fat cells are simply trapping the vitamin so it's not circulating through the blood."

Vitamin D may help dieters succeed

United Press International, upi.com, June 16, 2009

People whose **vitamin D levels test high before going on a diet experience better weight loss than those with lower levels, U.S. researchers say**. The study found for every increase of 1 nanogram per milliliter of 25-hydroxycholecalciferol -- a precursor form of vitamin D found in the blood -- study participants lost almost a half pound more on their calorie-restricted diet.

Study suggests vitamin D screening and appropriate supplementation indicated for all cancer patients

PR Newswire, prnewswire.com, June 15, 2009

Vitamin D deficiency was found to be prevalent in cancer patients regardless of nutritional status, according to the results of a recent study conducted at [Cancer Treatment Centers of America](#) (CTCA). Based on these results, CTCA researchers determined that **screening for vitamin D deficiency and aggressive vitamin D repletion should be considered for all people with cancer**.

Could vitamin D be a key to successful dieting?

Los Angeles Times, latimesblogs.latimes.com, June 15, 2009

In testing **vitamin D levels before and after the diet**, researchers discovered a **relationship between levels of a precursor form of vitamin D (frequently used as an indicator of vitamin D levels) and weight loss**; for every incremental increase of the substance, **subjects lost almost a half-pound more while on their diets**. Those who had **increases in an active form of vitamin D also lost about a quarter-pound more**. Having higher levels of both forms of vitamin D at the start of the diet also forecast more weight lost in the abdomen.

Low vitamin D may be root cause of cancer

Natural News, naturalnews.com, June 15, 2009

Reporting online in the current *Annals of Epidemiology*, they point to a host of research that suggests **cancer develops when cells lose the ability to stick together in a healthy, normal way -- and the key factor to this initial triggering of a malignancy could well be a lack of vitamin D**.

Vitamin D deficiency linked to bacterial vaginosis

Medscape, medscape.com, June 1, 2009

Vitamin D deficiency is associated with bacterial vaginosis (BV), and this link may contribute to the strong racial disparity in the prevalence of BV, according to the **results of a pregnancy cohort study reported in the June issue of the Journal of Nutrition**.