

Subject: Mushrooms: Nature's Hidden Treasure. Natural Vitamin D.

Mushrooms may be nature's hidden treasure when it comes to helping meet vitamin D needs. A serving of just 4 to 5 mushrooms has 4% of the Daily Value (DV) of vitamin D – no other fresh vegetable or fruit has it.(1,2) Preliminary research suggests that the ultraviolet light found in sunlight may boost levels of vitamin D in mushrooms. The process of “enriching” mushrooms by briefly exposing mushrooms grown in the dark to light for 5 minutes may boost vitamin D levels from 15 IU (4% DV) to as much as 100 percent of the DV (400 IU).(3,4)

The *Dietary Guidelines for Americans* states many Americans aren't getting enough vitamin D and a new study in the American Heart Association's scientific journal, *Circulation*, found only 10% of Americans have optimal blood levels of vitamin D.(5,6) Often, that's because the main source of vitamin D is sun exposure in the summer months, which activates the production of vitamin D in the body.(7,8) Factors that may put a person at risk for having a low vitamin D level include: (5,7,8)

- advancing age (elderly)
- dark skin color
- use of sunscreen or avoiding the sun
- living in Northern climates
- obesity

While the main source of vitamin D for individuals comes from sun exposure, foods can be another source of vitamin D, such as mushrooms, fatty fish or fortified milk.(9)

While most people recognize Vitamin D is essential for healthy teeth and bones, few know vitamin D may:

- Help support a healthy immune system.(9)
- Be protective against some cancers according to laboratory, animal and epidemiological studies.(10-16)
- Help preserve vitamin D levels to support health and perhaps decrease the risk of chronic diseases, including heart disease, type 1 diabetes, rheumatoid arthritis and multiple sclerosis, according to results from mostly cross-sectional human studies.(6,7,17)

Adding mushrooms enriched with vitamin D through light enhancement to everyday meals is an easy and tasty way to increase vitamin D intake and mushrooms are available year-round. **Mushroom, Salmon and Edamame Penne** and **Mushroom Veggie Frittata** are delicious ways to add vitamin D and other nutrients to the diet. For these recipes and information about the health benefits of nature's hidden treasure, visit www.mushroominfo.com or contact me directly.

Warm regards,
Margo

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