



Winter 2010



mushrooms.canada

Fresh. Simple. Good.

So your concern is *Vitamin D?*

Many of us are aware that vitamin D is essential for bone health and strong teeth. Although there are many gaps in our understanding of other health effects of vitamin D, new research suggests that higher levels of the vitamin may also be important for helping to prevent chronic diseases and conditions including certain cancers, heart disease, diabetes and multiple sclerosis. Scientists have found that many of us may not be getting enough vitamin D, especially if we live in latitudes like Canada, spend most of our time indoors, use sunscreen regularly, or have diets low in the vitamin.

We get our vitamin D from two sources: exposure to sunlight, which allows the body to produce its own vitamin D using ultraviolet light and cholesterol in the skin; and a limited number of food sources including fortified milk, fish, eggs and fresh Canadian mushrooms. Mushrooms are the only vegetable that contains natural vitamin D. Currently, the Adequate Intake (AI) for vitamin D for adults to age 50 is 5 mcg per day (200 IU).

It increases to 10 mcg (400 IU) per day for those 51-70 years and 15 mcg (600 IU) per day for those older than 70 years.

A ½ cup serving of sliced fresh white mushrooms has 0.5 mcg (18 IU) of vitamin D, that is 9% of an adults Adequate Intake.

Combating Cancer

A double-blind, randomized, placebo-controlled trial published in 2007 in the American Journal of Clinical Nutrition found that women who took a calcium supplement that contained 1100 IU vitamin D had a significantly lower incidence of cancer over 4 years compared to women taking a placebo.

Diabetes Defense

Researchers in the U.K. found that dietary vitamin D supplementation was associated with a reduced risk of type 1 diabetes in children. Analysis of data from the Nurses' Health Study in the U.S. found that a combined daily intake of >1200 mg calcium and >800 IU vitamin D was associated with a 33% lower risk of type 2 diabetes compared to an intake of <600 mg calcium and 400 IU vitamin D.

You can find more information on vitamin D at mushrooms.ca.



Mushroom Stuffed Pizza Pocket Video

Preparation Time: 30 min

Cooking Time: 15 min

A larger version of this Italian recipe is often called a calzone. Vary the fillings to your families liking and you will win raves at the table.

See how easy it is to prepare the Mushroom Stuffed Pizza Pocket, **watch the video!**

Looking to print the recipe? You can find it on page two of the newsletter.

Fresh Mushrooms *and your Health*

About Gout

Did you know that gout affects up to 500,000 Canadians? That is 1 in 30. Men over 40 are four times more likely to develop gout than women. Gout is a type of arthritis that is caused by too much uric acid. Uric acid is a waste product that is found naturally in the body and is normally flushed away by the kidneys. With gout, the body either makes too much uric acid or doesn't get rid of enough of it. Extra uric acid turns into crystals that can build up in the joints. Most often it affects the joint at the base of the big toe but it can also affect the ankle, knee, hand, wrist and elbow.

Joints affected by gout can have hot, red swollen skin and a feeling of pressure around the area caused by inflammation. Unfortunately, gout can be quite painful. So what can be done to help manage gout? Your doctor may prescribe a painkiller or other medication. Applying heat or cold can help ease the pain and swelling and once the gout is under control, exercise can help strengthen the affected joint.

So what about diet and gout? Foods that contain high levels of purine, a substance that when broken down in the body produces uric acid, should be avoided. High levels of purine are found mostly in organ meats, some fish and shellfish, gravies and broths. Traditionally, a low-purine diet was prescribed, but today effective medications make rigid restrictions unnecessary. Mushrooms do contain a moderate amount of purine but should still be included as part of a healthy diet. Enjoyed in moderation, fresh mushrooms may provide some additional benefits as well.

Mushrooms for Meat

Eating moderate amounts of mushrooms in place of large servings of meat means less purine in the diet. It also means fewer calories and less fat, saturated fat and cholesterol: important strategies for weight maintenance and heart health. In fact, a healthy body weight, or gradual weight loss to achieve a healthy body weight, may help prevent gout attacks.

References and more information on Mushrooms & Gout can be found at mushrooms.ca.

“What For Us” in these locations:

- March 19-21, 2010 - The Toronto Wine & Cheese Show, Toronto Ontario
- April 9-11, 2010 - Hamilton Food & Drink Fest, Hamilton Ontario
- May 1-2, 2010 - The National Women's Show, Ottawa, Ontario



Mushroom Stuffed Pizza Pockets

5-6 medium fresh white Mushrooms (about 3 oz/90g pre-sliced)	5-6
1/2 cup diced green pepper	125 mL
1/4 cup pre-cooked bacon pieces or pepperoni	50 mL
1/2 cup pizza or spaghetti sauce	125 mL
3/4 cup pre-shredded mozzarella or Italian cheese blend	175 mL
1 pkg (10 oz/283 g) refrigerated pizza dough	1
1 tbsp milk	15 mL
1 tbsp grated Parmesan cheese	15 mL

Clean mushrooms with a damp paper towel or mushroom brush. On the cutting board with the sharp knife trim bottom of stems; coarsely chop the mushrooms to fill 1¼ cups (300 mL). Place the mushrooms, diced green pepper, bacon, pizza sauce and cheese in the bowl; stir to mix well. Preheat oven to 425°F (220°C).

On a lightly floured counter or cutting board unroll the pizza dough according to package directions. Roll or press out to 12"(30 cm) x10" (25 cm) rectangle. With sharp knife cut into 4 equal pieces. Using a pastry brush moisten edges of each

piece of dough with water. Mound ¼ of mixture onto half of each piece of dough leaving a ½"(1 cm) border. Pull and stretch the other half of dough over the filling and press edges firmly together.

Lightly spray a large baking sheet with cooking spray and place pizza pockets about 2"(5 cm) apart on it. With the tines of a fork press edges firmly again to seal and prick a few holes in the top to allow steam to escape. Brush top of pockets with milk and sprinkle with Parmesan cheese. Place baking sheet in middle of oven and bake for 13 –15 min until lightly browned and crisp on top.

Using oven mitts remove baking sheet from oven and place on cooling rack for 5 minutes. With sharp knife cut in half diagonally to serve if desired. Makes 4 pizza pockets.