

# Mushrooms solution to vitamin d deficiency in Aussies

Written by Warren Sim

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A new Sydney University<sup>[i]</sup> study released today proved that mushrooms can provide 100 per cent of the recommended daily intake of vitamin D – a deficiency affecting more than a third of Australians. <sup>[ii]</sup>

In addition, research just released by Australian Mushroom Growers Association found that almost half of Australians don't know the health risks associated with low vitamin D levels and a third of us aren't even sure if we are getting enough.

Professor Rebecca Mason, Deputy Director at Bosch Institute and Head of Physiology at Sydney Medical School, who assisted with the study, says vitamin D is essential to maintaining bone health and general wellbeing.

“Low Vitamin D levels cause poor calcium absorption that can result in osteoporosis, a disease affecting more than one million Australians. Vitamin D is also important in helping us fight infection, heart disease and even type-two diabetes,” she said.

The Australian research investigated the vitamin D levels of three standard button mushrooms exposed to direct midday sunlight. Results confirmed that mushrooms generate vitamin D levels in a similar way to humans and an average serve\* can provide 100 per cent of an adult's vitamin D requirement (10 mcg).

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Accredited practising dietitian, Glenn Cardwell, says vitamin D rich mushrooms are an effective way to achieve our daily requirement.

“After one hour in direct sunlight, your mushrooms won’t diminish in flavour or appearance but will have adequate vitamin D levels. It’s a real breakthrough in nutritional science and this small change may help the millions of Australians overcome their vitamin D deficiency,” says Cardwell.

“Despite so many Aussies suffering a vitamin D deficiency, over a third of us aren’t able to name a single source of vitamin D. The Australian Mushroom Growers research also found that 84 per cent of Australians don’t know you can actually get your much needed vitamin D from food.

“Foods like sun-exposed mushrooms are a great source of vitamin D and for those of us who are sun conscious, this is obviously great news,” he says.

However, Cardwell warns that not all foods containing vitamin D can provide the amount we need.

“To achieve enough vitamin D you could eat half a kilo of fatty fish such as tuna or salmon, around five tablespoons of margarine or half a litre of vitamin D fortified milk. Mushrooms however, can provide all the vitamin D we need, in just one serve,” concluded Cardwell.

Wok- Fried Mushrooms with Honey and Soy

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Cooking Time 9 minutes

Serves 4

1 tbs sesame seeds

1 tbs peanut oil

400g button mushrooms, trimmed

200g Swiss brown mushrooms, trimmed

2 tbs soy sauce

1 tbs oyster sauce

1 tbs honey

6 green onions (shallots) thinly sliced

1 small red chilli, deseeded & finely chopped

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1. Heat a wok over high heat. Add sesame seeds and cook, stirring constantly, for 2-3 minutes or until golden.
2. Add oil, button and Swiss brown mushrooms to the wok and stir-fry for 1 minute or until well coated.
3. Add combined soy sauce, oyster sauce and honey and stir-fry for 2 minutes or until mushrooms are tender.
4. Add green onions, chilli and sesame seeds and stir-fry for 1 minute. Serve immediately.

[i] Quantification of Vitamin D levels in mushrooms (*Agaricus bisporus*) exposed to sunlight, Applied Horticulture Research – 2013

[ii] Professor Daly, Dakin University 2012 [www.deakin.edu.au/news/2012/160112vitamindeficiency.php](http://www.deakin.edu.au/news/2012/160112vitamindeficiency.php)

\*One serve = 100g is equivalent to three average button mushrooms