

the great all-rounder[®]
Mushrooms for Life



Mushroom Fact Sheet No.3 – Essential minerals

There are many minerals found in mushrooms that are essential for a healthy body. The most abundant minerals in mushrooms are potassium, copper, phosphorus and selenium. There are lesser amounts of magnesium, iron and zinc.

Potassium is a natural mineral in plant foods and it plays a major role in maintaining fluid and electrolyte balance. A diet with plenty of potassium appears to both prevent and help correct high blood pressure. This, in turn, helps to prevent strokes.

About one quarter of your **copper** requirements are found in a serve of mushrooms. Copper is very important in the production of red blood cells and it's also a component of antioxidant enzymes naturally produced by the body. In addition, it is involved in energy production and the making of tendons and neurotransmitters.

One serve of mushrooms (100g or three button mushrooms) provides 11% of your daily **phosphorus** needs. The main role of phosphorus is, in combination with calcium, to form the structure of teeth and bones. The other roles of phosphorus include energy metabolism and being a critical part of ATP, the high-energy molecule used during muscle contraction.

Selenium is one of the body's antioxidant nutrients helping to prevent free radical formation. A serve of mushrooms can provide a quarter of your daily needs of selenium. A lack of selenium has been implicated in the cause of both heart disease and some cancers.

A serve of mushrooms is a simple way to boost your mineral intake for very few kilojoules.

Essential Minerals per Serve of Mushrooms (100 g or three button mushrooms)

Nutrient	Mushrooms (100g)	% RDI/AI
Copper	342mcg	20% AI men; 28% AI women
Selenium	15.4mcg	22% RDI men; 26% RDI women
Phosphorus	110mg	11% RDI men & women
Potassium	310mg	8% RDI men; 11% RDI women

- % RDI = Percentage of the Recommended Dietary Intake each day
- % AI = Percentage of the Adequate Intake each day (as an RDI has not been established)
- mg = milligrams; mcg = micrograms

Source: Nutrient Reference Values for Australia & New Zealand 2006; NUTTAB 2006

Recipe selected from www.cookingwithmushrooms.com

Per Serve	Protein	Fat	Sat. Fat	Carb	kJ	Cals	Iron	Zinc
Spaghetti Mushroom Carbonara	35g	18g	6g	70g	2440	190 mg	3mg	3mg



For more information visit www.mushroomsforlife.net