

the great all-rounder[®]
Mushrooms for Life



Mushroom Fact Sheet No.4 – Keeping trim

Most of us find it all too easy to gain weight. An increase in body weight only happens when people eat more kilojoules than they burn each day through physical activity. So, to lose any excess body fat they have to eat less kilojoules than they burn.

There are three ways to achieve that:

1. Eat less kilojoules by changing the diet;
2. Burn more kilojoules by being more active; or
3. A mixture of eating less kilojoules and being more active

In reality, a mix of dietary change and becoming more active has the greatest chance of long-term weight loss success.

Surprisingly, we appear to be conditioned to eat the same amount of solid food each day. Think about it – you probably eat the same breakfast most mornings of the week and your dinner plate is probably filled to the same level each night. So, rather than trying to eat fewer kilojoules it is smarter to choose more foods that have less kilojoules per serve. These are called lower energy dense foods.

Low energy dense foods are very likely to be low in fat and high in water, as is found in mushrooms, fruits and vegetables. Although the term ‘energy’ implies vitality, in food terms, it refers to the kilojoules in food. As can be seen from the table to the right, mushrooms are one of the lowest energy dense, and best tasting, foods on the market.

In 2007, Dr Cheskin from the Johns Hopkins Bloomberg School of Public Health, found that substituting meat with button mushrooms increased the satiety of the meal. Although the mushroom meal was about 420 kJs (100 Cals) less than the meat meal, consumers actually ate 1590 fewer kilojoules (379 Cals) a day over four days, suggesting mushrooms have the power to make meals more filling.

Mushroom are ideally suited for weight control because they are low in fat, low in kilojoules and low in energy density. That makes mushrooms suitable for everyone, including those who have heart disease or diabetes. A single serve of mushrooms (100 g or three button mushrooms) has only 103 kJs (25 Cals).

Energy Density of Mushrooms and Common Foods

Food	kJ/100g	Cals/100g
Mushrooms	103	25
Apple	180	45
Boiled potato	290	70
Milk, regular	280	67
Milk, skim	145	35
Baked beans	395	90
Lean meat	730	175
Bread	925	220
Meat pie	1065	255
Croissant	1340	320
Muesli bar	1680	400
Potato crisps	2100	500

Recipe selected from www.cookingwithmushrooms.com

Per Serve	Protein	Fat	Sat. Fat	Carb	kJ
Mushroom Fish Skewers	30g	17g	7g	55g	2070



For more information visit www.mushroomsforlife.net