

the great all-rounder<sup>®</sup>  
**Mushrooms for Life**



## Mushroom Fact Sheet No.1 – Vitality

**You may never have thought of the mushroom as a vitamin supplement, but you can be assured that a serve of mushrooms provides a healthy 'dose' of the essential B group vitamins riboflavin (B2), niacin (B3), pantothenic acid and biotin, which are associated with vitality.**

A serve of mushrooms will give you about one third of your riboflavin and biotin, and a quarter of your niacin and pantothenic acid needs for a day (see table right). Mushrooms also contain some **folate**, another B group vitamin known to reduce the risk of spinal problems in babies during pregnancy.

The vitamins **niacin** and **riboflavin** are involved in normal body cell function and in the release of energy from carbohydrate, protein and fat. So, the fitter you are, the more riboflavin and niacin you need. While mushrooms are not often listed as a source of niacin and riboflavin, the fact is, they contain significant amounts. That makes enjoying mushrooms at any time of the day whether for breakfast, lunch or dinner a very clever idea.

**Pantothenic acid** is involved in more than 100 different steps in making neurotransmitters, hormones and haemoglobin, while **biotin** is also involved in normal body metabolism including the production of glucose. Both vitamins work primarily as co-enzymes, compounds that allow enzymes to function properly.

So, if you want to get the best out of your body, you will need plenty of B vitamins. Before you consider a vitamin supplement try getting your vitamins through real food. Mushrooms really fit the bill.

### Essential B Group Vitamins per Serve of Mushrooms (100 g or three button mushrooms)

Nutrient	Mushrooms (100g)	% RDI/AI
Riboflavin B2	0.37mg	28% RDI men; 36% RDI women
Niacin equivalents	3.7mg	25% RDI men; 29% RDI women
Pantothenic acid	1.15mg	19% AI men; 29% AI women
Biotin	8.9mg	30% AI men; 36% AI women
Folate	18mg	5% RDI men & 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](http://www.cookingwithmushrooms.com)

Per Serve	Protein	Fat	Sat. Fat	Carb	kJ	B1	B2	B3
Mushroom, Ham & Rocket Pitta Pizza	30g	17g	7g	55g	2070	0.58 mg	0.53 mg	15mg



**For more information visit [www.mushroomsforlife.net](http://www.mushroomsforlife.net)**