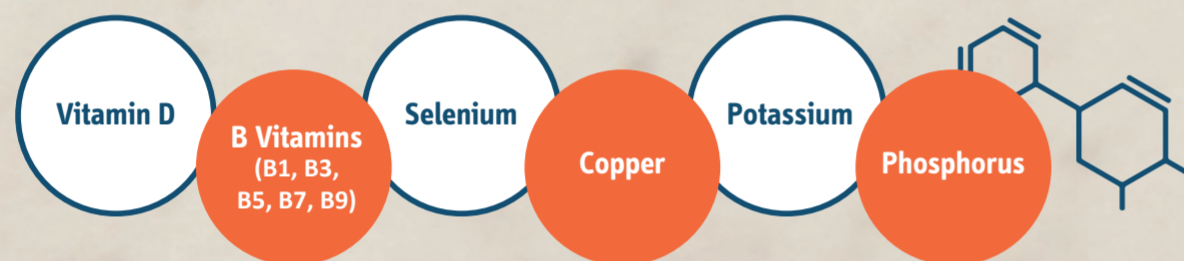


Mushrooms = X-FACTOR INGREDIENT

Unique umami TASTE & TEXTURE

- ✓ Contributes moisture = improved mouth-feel and sensory appeal¹
- ✓ Enhances flavour¹
- ✓ Reduces salt²
 - Umami sensitises tastebuds to salt, meaning you can use less salt but still maintain flavour¹
 - Research shows you can reduce salt by 25% but still maintain flavour²

Unique package of NUTRIENTS & BIOACTIVES



- ✓ 3 unique bioactives (ergothioneine, ergosterol, chitin)³⁻⁵
- ✓ Natural and non-animal source of Vitamin D⁶ Based on 100g

Mushrooms produce VITAMIN D ON SUNLIGHT EXPOSURE

100g of mushrooms provides 20% of daily vitamin D needs.⁶ But placing 100g of mushrooms in the sun for about 15 minutes can provide over 100% of daily vitamin D needs.⁷



DIETARY USES:

- ✓ Flexitarian
- ✓ Low-fat
- ✓ Keto
- ✓ Plant-based
- ✓ Gluten-free
- ✓ Low-salt
- ✓ Kosher
- ✓ Vegan
- ✓ Halal
- ✓ Low-sugar
- ✓ Low-carb
- ✓ Vegetarian

WHICH MUSHROOM IS BEST when cooking?

Perfect for...	AGARICUS BISPORUS FAMILY					SPECIALITY							
	WHITE BUTTON	WHITE CUP	WHITE FLAT	SWISS BROWN	PORTOBELLO	ENOKI <small>(Flammulina velutipes)</small>	KING TRUMPET <small>(Pleurotus eryngii)</small>	LION'S MANE <small>(Hericium erinaceus)</small>	MAITAKE <small>(Grifola frondosa)</small>	MOREL <small>(Morchella esculenta)</small>	OYSTER <small>(Pleurotus ostreatus)</small>	SHIITAKE <small>(Lentinula edodes)</small>	SHIMEJI <small>(Lyphylium or Pleurotus species)</small>
BBQ		✓	✓	✓	✓		✓						
BURGER	✓	✓	✓	✓	✓		✓		✓		✓		
CRUMB & FRY	✓	✓					✓				✓		
FLASH FRY						✓		✓			✓		
GRILL		✓	✓	✓	✓		✓	✓	✓				
PASTA	✓	✓		✓			✓				✓	✓	✓
PICKLED	✓	✓		✓			✓		✓		✓	✓	
PIZZA	✓	✓	✓	✓	✓		✓				✓		
RAW	✓	✓	✓	✓									
RISOTTO	✓	✓		✓			✓				✓	✓	✓
ROAST	✓	✓	✓	✓	✓		✓	✓	✓		✓	✓	
SALAD	✓	✓		✓			✓						
SAUCE	✓	✓	✓	✓	✓					✓			
SAUTE	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
SEAR	✓	✓	✓	✓	✓		✓	✓	✓		✓	✓	
SLOW COOK	✓	✓	✓	✓	✓	✓							
SOUP	✓	✓	✓	✓	✓	✓	✓			✓	✓	✓	✓
STIR-FRY	✓	✓	✓	✓	✓	✓	✓		✓		✓	✓	✓
STUFFED	✓	✓	✓	✓	✓								

References:

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