



FUN-GI VEGGIE FACTS



LEARN INTERESTING INFORMATION ABOUT VEGGIES AND MUSHROOMS, INCLUDING TOP TIPS ON HOW TO EAT MORE!

3 REASONS TO VEG OUT ON VEGGIES



THE NATURAL GUT FOOD

Vegetables are nutrient dense and contain dietary fibre, which is an important nutrient for gut health.



YOUR HEART LOVES THEM

Eating plenty of vegetables can be protective against cardiovascular or heart disease, as part of a balanced diet.



BRIGHTEN UP YOUR DAY

Vegetables naturally contain plant compounds such as carotenoids (a pre-form of vitamin A), which add colour to your plate.

3 REASONS TO MUNCH ON MUSHROOMS



ONE OF A KIND

Mushrooms are a fungi, and not a plant. This means they provide a unique nutritional package that includes nutrients found not only in vegetables, but in whole grains and animal foods too.¹



THE SUNSHINE FOOD

Mushrooms are a natural and vegan source of vitamin D. Putting 1 cup of uncooked mushrooms in the sun for 15 minutes can provide you with your daily vitamin D needs.²



MEATY FLAVOUR

Mushrooms have a unique meaty texture and umami (savory) profile. They're a natural flavour enhancer and a tasty addition to vegetarian dishes.



This project has been funded by Hort Innovation using the mushroom research and development levy and funds from the Australian Government. For more information on the fund and strategic levy investment visit horticulture.com.au

-TOP TIPS- VEGGIES

1 FILL ½ YOUR PLATE WITH VEG



Serve vegetables or salad as a side dish.

2 ENJOY TWICE A DAY

Enjoy a variety at least twice a day.



3 EMBRACE ALL THE OPTIONS

Frozen, fresh or canned?

They're all good for you. Frozen and canned varieties are nutritious, convenient, produce less waste and are available all year round. Remember legumes count as veggies too.



HOW MUCH?



Enjoy 5 serves of vegetables and mushrooms every day

WHAT'S A SERVE?

Green leafy or raw salad vegetables = 1 cup

OR

Cooked, canned or frozen vegetables = ½ cup

OR

1 cup uncooked mushrooms = 1 Portobello
3 Cup
5 White button



-TOP TIPS- MUSHROOM

1 EAT THE WHOLE MUSHROOM



Did you know that the mushroom 'cap' contains more antioxidants, while the mushroom 'stem' contains more of the soluble dietary fibre called beta-glucan.³

2 TRY THE DIFFERENT TYPES

Portobello? Cup? Button? Swiss Brown? Different mushrooms have different nutritional profiles, so make sure you enjoy a variety!



3 SWAP MEAT FOR MUSHROOMS



Swapping some of your meat for mushrooms can help to reduce your meat intake, while still maintaining the meaty flavour.

REFERENCES

1. Feeney et al. Nutr Today 2014.
2. Philips & Rasor. J Nutr Food Sci 2013.
3. Blumfield et al. J Nutr Biochem 2020.