

ARE YOU DEFICIENT IN VITAMIN D?

Nearly 1 in 4 Australians are.¹



Why do I need vitamin D?

You may have heard that vitamin D helps your body absorb calcium and supports healthy bones and muscles.² But did you know that vitamin D also plays an integral role in ensuring your immune system is healthy?²



IMMUNITY



MUSCLES & BONES

Where do I get it from?

Called the 'sunshine vitamin', vitamin D is produced in your skin when exposed to sunlight. Some foods and supplements are also sources of vitamin D.



SUN

- ✔ Vitamin D is produced in your skin when exposed to sunlight.
- ✘ Can be challenging to get enough sun exposure during winter and adhere to sun smart guidelines in summer.



FOOD

- ✔ Natural source of vitamin D and provide other essential nutrients.
- ✘ Few foods are a good source of vitamin D.



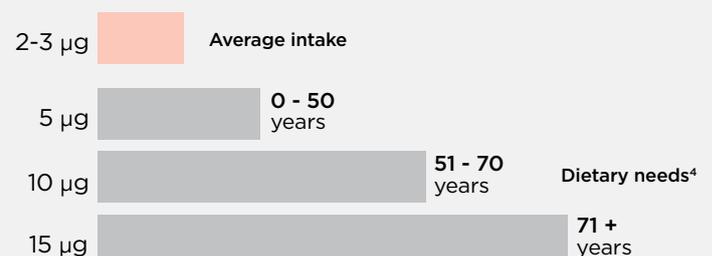
VIT D SUPPLEMENTS

- ✔ Can provide 100% of your daily vitamin D needs.
- ✘ Can be an added cost and typically provide few other nutrients.



DID YOU KNOW?

Australians are getting less than they need from food³



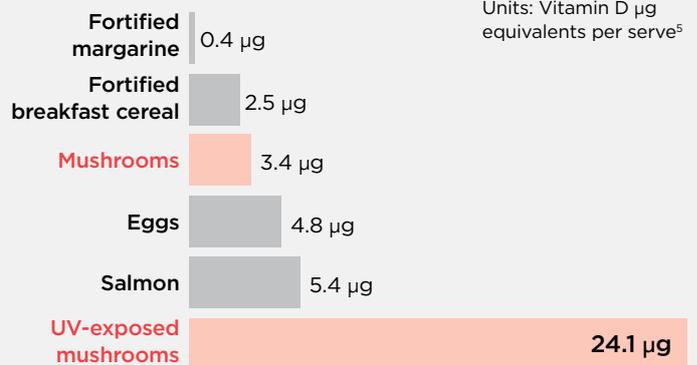
SUN-EXPOSED MUSHROOMS

A stand out source of vitamin D to support immunity.*

Mushrooms are one of the only non-animal sources of vitamin D, with one serve providing at least 20% of daily dietary needs.⁵ Like humans, clever mushrooms produce vitamin D on sunlight exposure.

Placing just 3 Cup or 5 Button mushrooms in the sun for about 15 minutes can provide over 100% of daily vitamin D needs!⁶

FOOD SOURCES OF VITAMIN D



Tan your mushrooms, not your skin!



STEP 1: PREPARE

Choose one serve which is equal to 1 portabello, 3 cup mushrooms or 5 button mushrooms. Use the whole mushroom as there are different nutrients in the stem compared to the caps.^{7,8}



STEP 2: TAN

Put them in the sun for just 15 minutes and you can increase vitamin D content to 100% of your daily needs.⁶ They retain their vitamin D in the fridge for up to 8 days.⁹



STEP 3: COOK

Cook on low heat and add some lemon juice to help preserve vitamin D content.^{10,11}

Much more than vitamin D

✓ VEGAN AND VEGETARIAN

✓ PROVIDES B VITAMINS

✓ GLUTEN FREE



LOW IN KILOJOULES ✓

ADDS FLAVOUR TO MEALS ✓

LOW IN SODIUM ✓

For recipes and more facts: australianmushrooms.com.au

Australian MUSHROOMS

NRAUS

Hort Innovation
Strategic Levy Investment

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*As part of a healthy and varied diet.