

Supercharge your child's lunchbox to support immunity

Millions of Aussie children have returned to school and now more than ever parents are looking for ways to support their child's immune health.

One of Australia's leading nutritionist's Jane Freeman believes strengthening your child's immune system should be added to the Term 1 'to do' list.

The AMGA Dietitian says adding the mighty mushroom into lunchboxes is an easy way to support tip-top immune health.

"As a mother-of-three myself, I understand that mushrooms might not be the first ingredient that comes to mind when working out what to put in your child's lunchbox, but mushrooms are a super source of vitamin D, antioxidants and other biochemical nutrients proven to help strengthen our immune systems," says Ms Freeman.



"Mushrooms pack a powerful punch when it comes to health goodness and there are simple ways to sneak them in, even for the fussiest eaters.

"Interestingly, increasing intakes of wholefood antioxidants is something that can help our immune system to defend the body, and mushrooms contain a number of potent antioxidants to help do this.

"Mushrooms also contain a prebiotic type of fibre which provides an essential food source to the numerous types of good gut bacteria and cells in

our body. In fact, 70 percent of the immune system is housed in the gut which is why including this superfood can help with overall gut and immune health."

Ms Freeman says researchers are investigating whether a powerful antioxidant called ergothioneine and a compound called B-glucans – both found in mushrooms - might have a role to play in the overall treatment of respiratory illness, including COVID-19.

So how can you add more of the mighty mushroom to your child's diet?

"For a start, I recommend setting a target of around three small mushrooms per day as part of a plant-focused, whole-food diet," says Ms Freeman.

"No matter how you decide to include more mushrooms in your child's diet, you can be certain they will be better for it."

Power up your child's lunchbox with these 5 tasty lunchbox recipes:

- [Lunchbox pizza pockets](#)
- [Immune-supporting mini quiches](#)
- [Bacon, lamb & mushroom blended sausage rolls](#)
- [Mushroom sushi rolls](#)
- [Swiss Brown arancini snowballs.](#)

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INTERVIEW OPPORTUNITIES AVAILABLE with AMGA Dietitian Jane Freeman.

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The Australian Mushroom Growers Association (AMGA) is the not-for-profit peak industry body for the Australian mushroom industry. For the past 60 years, AMGA have represented the best interests of the mushroom growers of Australia.

AMGA Dietitian, Jane Freeman, is an internationally regarded and experienced dietitian and nutritionist, is an IOC (International Olympic Committee) qualified sports nutritionist, Leiths qualified cook and an award-winning author. As a practicing dietitian and director for CANutriton, a cancer specialist nutrition practice in Sydney, Jane is big mushroom lover and passionate about delivering practical nutrition advice that is easy to understand and adopt.