'Shrooms even healthier than we thought

**Functional Ingredients**

**Shara Rutberg**

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Thu, 2013-10-03 13:16  
Fungus facts sprout at summit

Mushrooms can help fight obesity and boost our immunity (among other things) according to experts who gathered at the first-ever Mushrooms and Health Summit. The Summit was held last week in Washington, D.C. It was noted on Healthgauge.com.

Nearly 200 researchers, academics and health, nutrition, government and industry professionals met to explore the current state of science supporting the health benefits of mushrooms. "This meeting revealed an expansive canon of scientific research," said speaker and moderator Roger Clemens, Adjunct Professor of Pharmacology and Pharmaceutical Sciences, School of Pharmacy at the University of Southern California and immediate past president of the Institute of Food Technologists.

"We've evaluated results under the lens of our nation's most pressing health challenges: obesity; adequate vegetable consumption; nutrients of concern like vitamin D, immunity and neurological function," Clemens continued in a release.

A few key findings from the event:

Mushrooms, when substituted for meat in meals, can potentially assist weight control in obese adults; short term data and data from up to one year duration showed lower fat intake and better success at losing/maintaining weight over time compared to those who only ate meat.

Mushrooms are a proven enhancer of both innate and adaptive immunity through consumption.

Mushrooms, when exposed to ultraviolet light for a few seconds, can provide 100 percent of the recommended dietary allowance of vitamin D.

"By focusing on mushrooms' inherent nutritional properties, we are working together as a global community to identify ways to improve the health of our population, and encourage the continued growth of a vibrant industry," said Clemens.

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