

**Leah Bramich,
Chief Executive Officer,
Australian Mushroom Growers Association**

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[AMGA PTC Leah Bramich](#)

My name is Leah Bramich. I'm the Chief Executive Officer of the Australian Mushroom Growers Association.

Over the past decade, we have invested heavily into nutrition research into the "mighty mushroom", and we've found that mushrooms are in fact a unique powerhouse with a combination of both macro and micro nutrients. And perhaps the most exciting research of all, is vitamin D research.

So mushrooms contain a small amount of vitamin D, but if you pop them out in the sun for just 15 minutes, they supercharge. This is really important for Australian consumers, because one in three of us are actually vitamin D deficient.

Currently in the Australian Dietary Guidelines, mushrooms are categorised as a vegetable, when biologically, they are very different to plants. Mushrooms aren't a vegetable, they're a fungi. So we believe that mushrooms should have their own separate food group, with a recommendation of a serving size of 75 grams.

Australian mushroom growers are working very hard to produce safe, quality mushrooms for Australian consumers, 365 days a year.

We strongly advise Australian consumers to buy mushrooms from a reputable retailer, independent green grocer, or a quality farmer's market, where you can be assured that the mushrooms are safe, and of the highest quality.

So I ask you to support your Aussie mushroom growers. Go to the shops, buy some mushrooms, cook them for breakfast, lunch, and dinner. Put 'em in your pasta and your pizza, because mushrooms taste great and they're nutritionally good for you as well!

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