

## Dr Flávia Fayet-Moore CEO & founder, FOODiQ Global Nutrition Scientist & Space Nutritionist

Click on link below to watch vision. Run time = 2.41 mins

[AMGA PTC Flavia Fayet-Moore](#)

Hi, I'm Dr. Flavia Fayet-Moore. I'm a nutrition scientist and space nutritionist at FOODiQ Global.

FOODiQ Global is a group of passionate foodies, and we're on a mission to translate food and nutrition science to benefit humanity.

Mushrooms are so cool, because they're not a plant, and they're not an animal, and they have this natural ability to make vitamin D.

FOODiQ Global recently asked the question, what would happen if we were to add vitamin D mushrooms to the diet in terms of the nutritional intake of Australians?

We found that when you put mushrooms in the sun, three mushrooms or 75 grams for 15 minutes, they make 100 per cent of our daily vitamin D requirement.

But we know the 95 per cent of Australians have inadequate dietary vitamin D, and almost one in three are actually vitamin D deficient.

So diet provides an opportunity for a food-based solution to solve the vitamin D deficiency problem that's a public health issue here in Australia, and globally.

It's quite easy to meet your vitamin D requirements in summer, and quite hard in winter.

And diet can provide that additional source of vitamin D, especially in winter, when levels are much lower than they are in summer.

Mushrooms also have a very high and unique nutritional profile. Mushrooms have four different B vitamins that are typically found in vegetables. But they have seven additional nutrients that aren't typically found in vegetables. You've got phosphorus, selenium, copper, and all those nutrients will help boost the nutritional intake of a meal.

And what you can do is, not only lower the amount of salt that you add to a meal by adding mushrooms, but you can also substitute some of the mince that you're adding to your hamburger patty or to spaghetti bolognese with mushrooms, boosting the nutritional profile of that meal.

Mushrooms are also a sustainable food choice, they're grown in a sustainable way, in controlled conditions, and have a lower carbon footprint.

I would like policy makers and decision makers and the people that are working with dietary guidelines, to remember to consider vitamin D mushrooms as a source of vitamin D, to help address the vitamin D deficiency in Australia.

It's a food-based solution that has nutritional benefits. It has culinary benefits. It's natural, it's vegan, and it's sustainable, and I believe that it can make a huge impact in the health of Australians.

**ends#**