

Sustainable Diets with Mushrooms

Shiitake (*Lentinula edodes*)



Traditional use in feudal China & Japan

Prevention of oral diseases:

Caries preventative activity,
Antibacterial & antifungal activity,
Reduction in oral biofilm formation
& antigingival effects.⁵

Nutrition: Meat Versus Fungi



Protein,
B vitamins (niacin,
thiamine, riboflavin & B6),
Vitamin E,
Iron,
Zinc,
Magnesium^{3, 14}



Vitamin D (grown in UVB),
Fiber,
Copper,
Potassium,
Magnesium,
Zinc,
B vitamins (folate, riboflavin,
thiamine, pantothenic acid,
niacin)
Antioxidants (selenium,
glutathione (GSH))^{8, 8a}



Koji (*Aspergillus oryzae*)

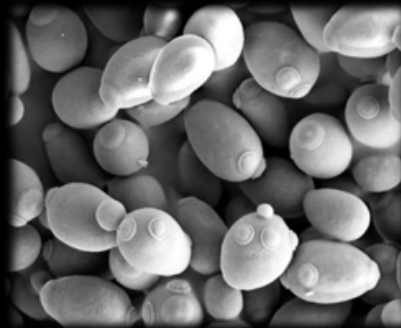


Koji produces hydrolases in the saline fermentation of soybeans to produce the traditional Chinese & Japanese seasonings sake, miso and soy sauce.

Produces cutinase & hydrophobin (to recruit cutinase) which can degrade plastic.

GE Koji efficiently produces lipases. Used in laundry detergent since 1988.^{2, 2a}

Yeast (*Saccharomyces cerevisiae*)



Used in leavening bread & brewing beer.

Fleischmann's developed an active dry yeast that does not require refrigeration & has a longer shelf-life since 1988.^{3, 4}

Lion's Mane (*Hericium erinaceus*)



Diabetes Meletus therapeutic properties^{6, 6a}

Safe & Sustainable Foraging Practices



- 1) Pick far from polluted/ industrial areas to avoid contaminated specimens.
- 2) Never pick what you can't ID with certainty.
- 3) Only harvest from trees that have already fallen.

- 4) Only consume fresh mushrooms.
- 5) Take every measure to avoid disturbing the environment.^{9a, 9b, 9c}



For a more complete list visit:

