



29 November 2006

**Think summer – think mushrooms - think BBQ's – think Go for 2&5<sup>®</sup>**

When we think of summer, we think of long hot days relaxing with good friends and good food.

And when we think of food it is important that we start the season off right with a balanced diet to get your body in top shape for the year ahead.

Mushrooms and Go for 2&5<sup>®</sup> are a great team for this summer, combining good health and great taste in any number of simple, convenient meal ideas.

Good health has never been so tasty or convenient and best of all it can be as simple as throwing another mushroom on the BBQ. Why not try barbecued mushrooms on a steak sandwich; thread mushrooms onto a colourful vegetable skewer or perhaps try a large flat mushroom packed with pesto.

Did you know that mushrooms are one of the highest antioxidant vegetables in the world or that they can provide more than a quarter of your daily needs of the essential vitamins riboflavin and niacin?

They are also a good source of folate and potassium and a wonderful source of fibre to keep you healthy on the insides.

No matter how you look at it mushrooms are a deliciously easy way to head towards your dietary goal of two serves of fruit and five serves of vegetables per day.

The mushroom industry is a strong supporter of the Go for 2&5<sup>®</sup> campaign and its good health message aimed at improving the diet of all Australians.

When the Australian government launched its national campaign in 2005, the mushroom industry became the first industry Go for 2&5<sup>®</sup> sublicensee and actively promoted the healthy eating message through its ongoing radio advertising campaign.

The mushroom industry is also working with other industry bodies to promote better health through its membership of organisations such as the South Australian Fruit & Vegetable Coalition.



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The modern consumer is looking for foods that are convenient, that taste great and deliver real health benefits. While Go for 2&5<sup>®</sup> provides a simple nutrition message, mushrooms provide an equally simple nutrition solution for the busy consumer.

To discover more delicious ways to get more mushrooms into your diet please visit our website at [cookingwithmushrooms.com](http://cookingwithmushrooms.com) To find out why your body will thank you for adding more mushrooms to your diet why not check out our simple health fact sheets at [www.mushroomsforlife.net/](http://www.mushroomsforlife.net/)

Mushrooms really are The Great HEALTHY All Rounder!

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For further information please contact Pam Tobin - (08) 8234-8601.