



# AMERICAN MUSHROOM INSTITUTE

1284 Gap Newport Pike, Suite 2, Avondale, PA 19311 610-268-7483 [www.americanmushroom.org](http://www.americanmushroom.org)

**FOR IMMEDIATE RELEASE**

**CONTACT: Lori Harrison**  
[lharrison@americanmushroom.org](mailto:lharrison@americanmushroom.org)

## **Facts About Mushrooms During COVID-19 from the American Mushroom Institute** *Now More than Ever, Mushrooms Offer Much Needed Nutrients and Vitamins*

Olympia, WA, April 6, 2020 -- The ongoing COVID-19 pandemic has upended supply chains across every industry, but the fresh produce community has been hit particularly hard. Including the mushroom farming community.

To address this, American Mushroom Institute ([www.americanmushroom.org](http://www.americanmushroom.org)), along with the Produce Marketing Association, is working to ensure consumers are well-armed with positive practices and accurate facts about produce during this time. With input from experts including Dr. [Max Teplitski](#), PMA's Chief Science Officer, and Dr. William Li, the author of the *New York Times* bestseller "[Eat to Beat Disease](#)," the organizations have pulled together top-line tips, facts, and soundbites surrounding the benefits of buying and eating fresh produce (outlined below).

### **The Nutritional Value of Produce**

Now more than ever, it's important to consume fresh fruits and vegetables, which can help boost the immune system and overall health during a time when everyone is less active and more susceptible to viruses. In addition, many fresh fruits and vegetables have proven scientific association with one or more of the body's five health defense systems.

"No single factor in our lives is going to prevent sickness, but there is a way to boost our own defense systems. A big part of that is consuming fresh produce," says Dr. William Li, an internationally renowned physician, scientist, and author of the *New York Times* bestseller "Eat to Beat Disease." He continues, "The rules have not changed for healthy eating, even with the emergence of COVID-19. Consuming fresh fruits, vegetables, and legumes boosts our health defenses. This can help our bodies prevent and fight chronic diseases, as well as improve our defenses against infection."

### **Nutritional Value of Mushrooms**

Fat, gluten and cholesterol-free and low in calories and salt, mushrooms are a flavorful superfood that benefits every type of diet and cuisine and contain more than 12 vitamins and minerals. These nutrients provide many of the same nutritional benefits as vegetables, as well as attributes commonly found in meat, beans and grains.

Mushrooms:

- Are rich in selenium, a mineral that helps the immune system function properly.
- Are an excellent source of three different B vitamins, including Riboflavin and Niacin, which help to provide energy by breaking down proteins, fats and carbohydrates.
- Are the produce aisle's only natural source of vitamin D, which can be increased by exposing mushrooms to a controlled amount of ultraviolet light.

### **COVID-19 and Food**

The US Food and Drug Administration has found **NO** evidence of food or food packaging being linked to transmission of COVID-19. This is not a foodborne illness and it is not known to be transmitted via food or food packaging. Likewise, other respiratory viruses, such as the influenza virus or other coronaviruses that cause the common cold, are not known to be transmitted with food.

“It’s more important than ever to consume produce, which can help boost the immune system and overall health during a time when everyone is less active and more susceptible to viruses. Produce—and specifically mushrooms—is not only safe, but essential to a healthy lifestyle—which is vital to everyday life now more than ever,” said AMI President Rachel Roberts.

At this time, it is critical for consumers to remember the importance of fresh produce in their diets. Produce is not only safe, but essential to a healthy lifestyle – which is vital to everyday life now more than ever.

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### **About AMI**

The American Mushroom Institute (AMI), headquartered in Avondale, Pennsylvania, is a national voluntary trade association representing the growers, processors and marketers of cultivated mushrooms in the United States and industry suppliers worldwide. For more information, visit [www.americanmushroom.org](http://www.americanmushroom.org).

### **About Produce Marketing Association**

Produce Marketing Association (PMA) is the leading trade association representing companies from every segment of the global produce and floral supply chain. PMA helps members grow by providing connections that expand business opportunities and increase sales and consumption. For more information, visit [www.pma.com](http://www.pma.com).

