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Ingredient used in Quorn™ products may help reduce cholesterol, manage obesity and type-2 diabetes

A diet rich in the unique ingredient found in all **Quorn™** products could help people to reduce their cholesterol levels, and may help people to manage obesity and type-2 diabetes risk as part of a healthy, balanced diet.

These are the findings of a paper (1) published in the December issue of *Nutrition Bulletin*, the journal of the British Nutrition Foundation.

The paper's authors reviewed published data investigating the health benefits of the fungi-based protein, called mycoprotein. The findings showed that mycoprotein has modest but meaningful cholesterol-lowering properties and might help to reduce blood glucose and insulin levels to the normal range. Mycoprotein might also prolong fullness after a meal, potentially helping people to manage their weight.

The review reported that reductions in total cholesterol of up to 14 per cent had been recorded among people eating 190g of mycoprotein per day for three weeks. For comparison, a serving of **Quorn™** mince contains 80g of mycoprotein.

The studies included in the review also reported meaningful reductions in total cholesterol of around 10 per cent among people with elevated cholesterol levels eating 120g-140g of mycoprotein per day.

Mycoprotein might be useful in the management of obesity and type-2 diabetes since it may slow down the transport of food sugars from the stomach to the bloodstream. This would have the effect of lessening the peaks and troughs often seen in blood glucose and insulin levels after meals. Frequent high peaks in insulin secretion are thought to contribute to the development of heart disease and type-2 diabetes.

The review found some evidence to suggest that mycoprotein is better than other foods, such as chicken, at prolonging fullness after meals, i.e. is more satiating. However the authors recommended that further research is needed before making a firm conclusion.

About mycoprotein

Mycoprotein is a meat-free, high quality protein ingredient, which is made by adding oxygen, nitrogen, glucose and minerals to a natural fungus called *Fusarium venenatum*.

Mycoprotein contains all the essential amino acids. It's low in fat and saturates and contains no cholesterol or trans fats. Unlike meat, mycoprotein is a surprisingly good source of dietary fibre, providing around 6g per 100g.

Quorn™ products which are particularly high in mycoprotein (over 85 per cent) include **Quorn™** mince, & beef-style and chicken-style **Quorn™** pieces.

The first batches of mycoprotein were made 40 years ago, a year after the *Fusarium venenatum* organism was discovered in a garden in Marlow, Buckinghamshire. Mycoprotein is found in all **Quorn™** products including mince, pieces, sausages, escalopes, deli products and ready meals.

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Editors' notes

(1) Mycoprotein and Health, A Denny, B Aisbitt and J Lunn, BNF 2008

The paper can be downloaded from

<http://www3.interscience.wiley.com/journal/118516588/home?CRETRY=1&SRETRY=0>

For more information on mycoprotein please visit

www.mycoprotein.org

For more information on Quorn products visit

www.quorn.co.uk

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