

## The health benefits of eating Quorn™ products

You may know Quorn™ as a range of foods popular with vegetarians.

What you may not know is that more and more non-vegetarians are incorporating Quorn products into their diets to help them follow a lighter, healthier lifestyle.

### What is Quorn™?

Quorn™ is the brand name for a versatile range of healthy foods. At the heart of all Quorn products is a unique ingredient called Mycoprotein.

Mycoprotein is made from a nutritious member of the fungi family which was discovered growing in a garden in Marlow, Buckinghamshire forty years ago.

Today there are more than 100 products in the Quorn range, from burgers and sausages to ready meals and pies.

Here we focus on the cooking ingredients in the range, Quorn Mince and Quorn Pieces, both of which are very high in mycoprotein.

### What are the benefits of replacing meat with Quorn Mince and Quorn Pieces?

Like meat, Quorn Mince and Quorn Pieces are excellent sources of protein but they're generally lower in saturated fat and calories than their meat equivalents.

For example, Quorn Mince contains only 54 per cent of the calories of beef mince, about 22 per cent of the fat, and just 14 per cent of the saturates.

Quorn Mince and Quorn Pieces also contain no cholesterol and no trans fats at all.

They're also good sources of dietary fibre. In fact you get more fibre from 100g of Quorn Mince than from 100g of baked beans. By the way, there is no dietary fibre at all in meat and poultry.

### Health benefits of Quorn products

There have been a number of academic studies examining the health properties of mycoprotein, the special ingredient in all Quorn products.

- **Cholesterol**

Most Quorn products contain no cholesterol, but in addition to that research suggest that Mycoprotein may have a valuable role to play in helping to maintain healthy cholesterol levels or even to lower LDL (bad) cholesterol, so helping to maintain a healthy heart.

- **Weight control**

There is also evidence to suggest that Mycoprotein can help improve what dieticians call 'satiety', the sense of feeling satisfied and full. Hence Mycoprotein may help regulate energy intake among those looking to control or lose weight.

### Do Quorn products have all the same nutrients as meat and poultry?

Quorn products have less of the things that most people need to cut down on, such as fat, saturates and calories. But broadly speaking, you can get all the good things from Quorn products that you get from meat. In fact, the quality of protein in Quorn Mince and Quorn Pieces is identical to chicken and a little better than beef. Being vegetable in origin, there is less iron in Quorn products than in red meat but this can be made up with foods such as leafy green vegetables, lentils, kidney beans and some dried fruits.

### How do I cook with Quorn products?

In general, Quorn foods can be prepared using a conventional oven or microwave. They can be prepared in a similar fashion to their meat and poultry counterparts. They're delicious and tasty grilled, baked, and sautéed and can be prepared quickly and easily, and there's no preparation necessary and no waste. Cooking instructions appear on each pack and will of course vary depending on the product type.

### Where can I get more information about Quorn products?

For more information about Quorn visit [www.quorn.co.uk](http://www.quorn.co.uk)

For more information about Mycoprotein visit [www.mycoprotein.org](http://www.mycoprotein.org)