

More than umami. High-fat diet? Add shiitake!

Also served at Hattori Nutrition College (No.1 festival menu).
Professor Ichimada's Matsusaka Pork Bowl.



Journal-published study High-fat diet + 5% shiitake

Published in a U.S. nutrition journal's "Food as Medicine" special issue.

- Gut microbiome: improved diversity
- Gut signaling: shifted toward baseline
- **10% lower weight gain / 30% lower fat gain**

3-minute visual guide:
Study overview (this PDF)

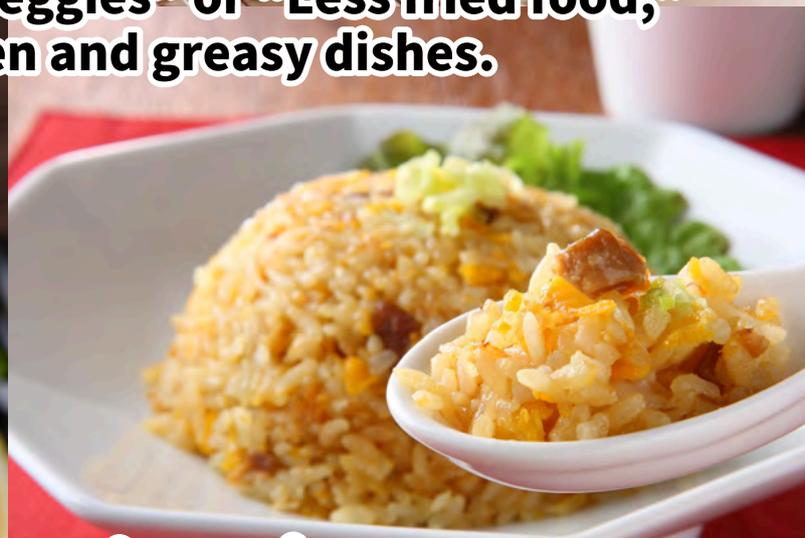


SUGIMOTO

Numbers are approximate values estimated from mouse-study graphs.
Product used: Forest-grown Shiitake powder (our product).



Even when we think, “More veggies” or “Less fried food,” we still end up choosing ramen and greasy dishes.



**We can't quit ramen.
We can't quit fried food.**

So don't change the menu—

Add one spoonful of shiitake powder.

In this study, a high-fat Western-style diet stayed the same, with 5% shiitake powder added to examine gut changes.

Start with one spoonful.



A shiitake powder study was published in the “Food as Medicine” special issue.

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Special issue information:

Plain-English summary (blog)



The blog is excellent! I'm glad to see your shiitake mushroom has a positive impact on human health.
— Dr. Liu



“Food as Medicine” Special Issue

The Journal of Nutrition is pleased to announce a special issue on Food as Medicine – Unveiling Mechanisms and <https://www.sciencedirect.com/special-issue/320890/food-as-medicine-unveiling-mechanisms-and-advancing-health-through-nutrition>



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Evidence in Nutrition Research and Practice

JN THE JOURNAL OF NUTRITION

journal homepage: <https://jn.nutrition.org/>

Nutrition and Disease

Shiitake Mushroom as a Wholefood Supplementation in a Western Diet Modulates the Gut Microbiome, Serotonergic System, and Wnt Signaling to Promote Gut Health in Mice

Check for updates



A study using our Shiitake Powder

shown in [Supplemental Table 1](#). Mice in the experimental group (HFM) were fed with HF supplemented with 5% mushroom powder (SUGIMOTO Co). The composition of these diets is provided in detail in [Table 1](#). At the end of 12 wk of treatment, mice

We supplied a retail product for this study.

A shiitake powder study was published in the “Food as Medicine” special issue.

What is Food-Is-Medicine?

In the U.S., health is increasingly supported through food and nutrition—not only medicine.

In 2022, the White House announced a national goal to reduce hunger and diet-related chronic disease by 2030.

Food is Medicine is a key part of that movement.

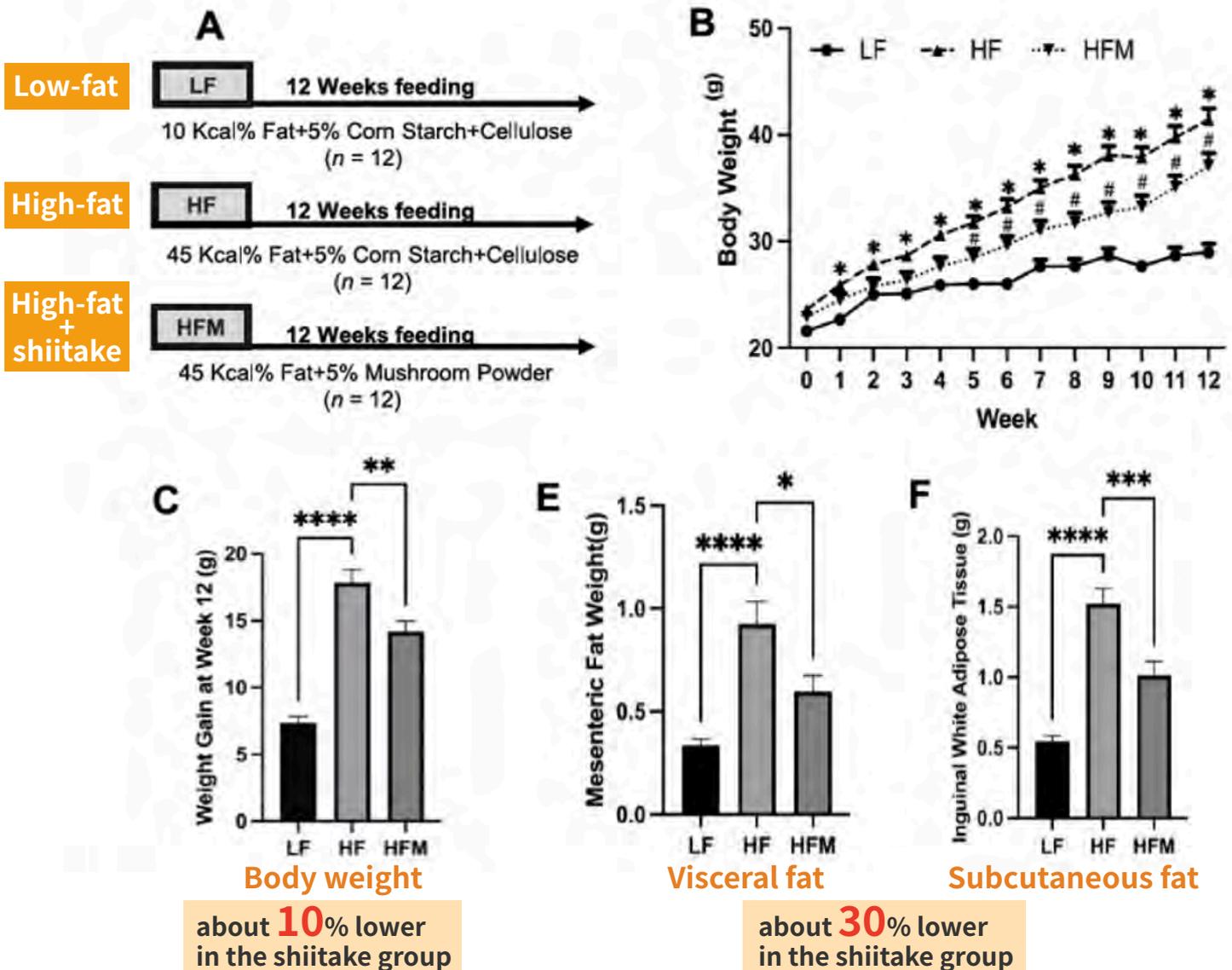
“Food-Is-Medicine” is common in policy; “Food as Medicine” is common in research.



Shiitake powder reduced weight gain and body fat gain.

"Shiitake Mushroom as a Wholefood Supplementation in a Western Diet Modulates the Gut Microbiome, Serotonergic System, and Wnt Signaling to Promote Gut Health in Mice"

Figure from the paper.

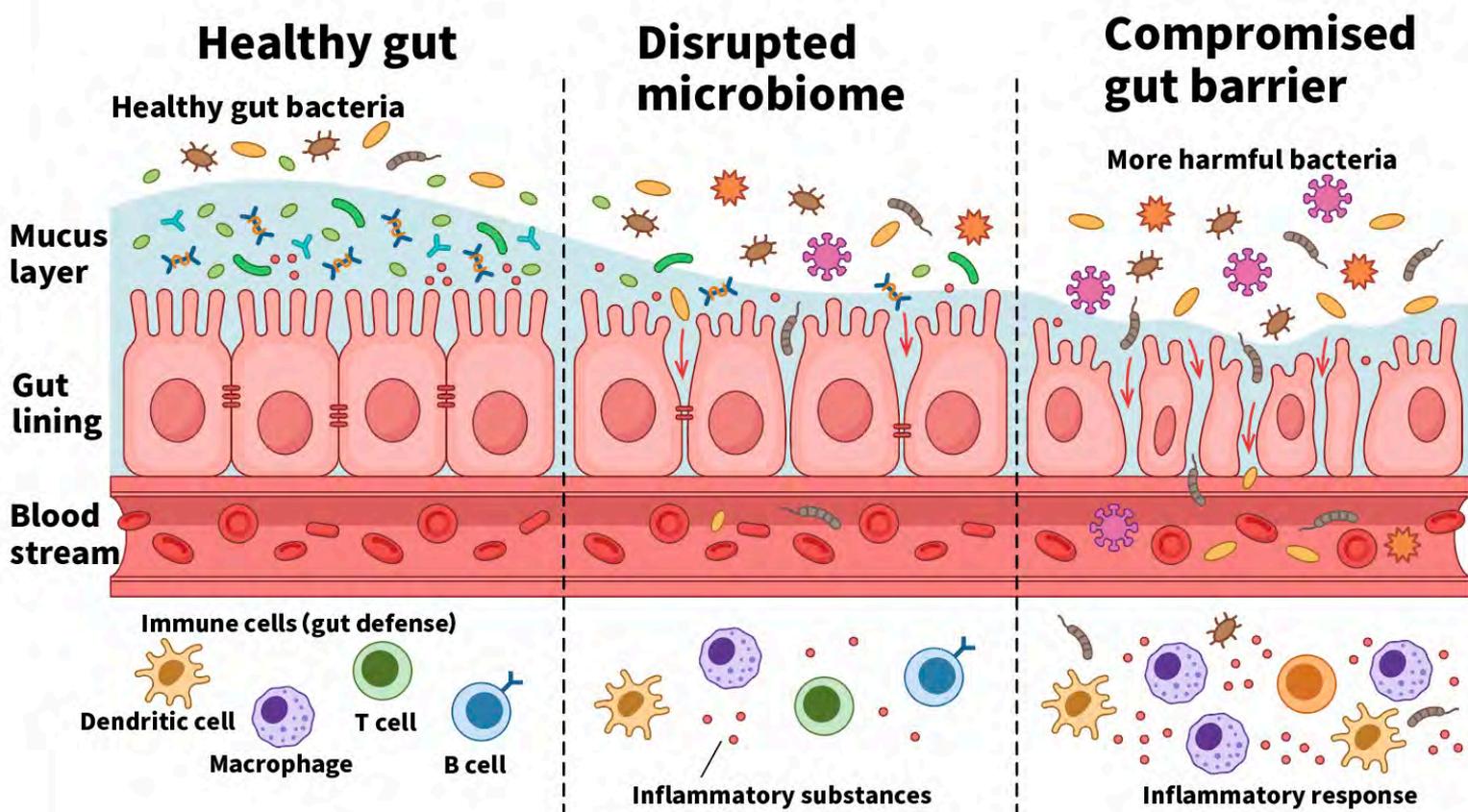


High-fat diet + 5% shiitake.

After 12 weeks: ~10% less weight gain and ~30% less body fat gain

Key point: ① Same diet.
② Only shiitake powder was added.

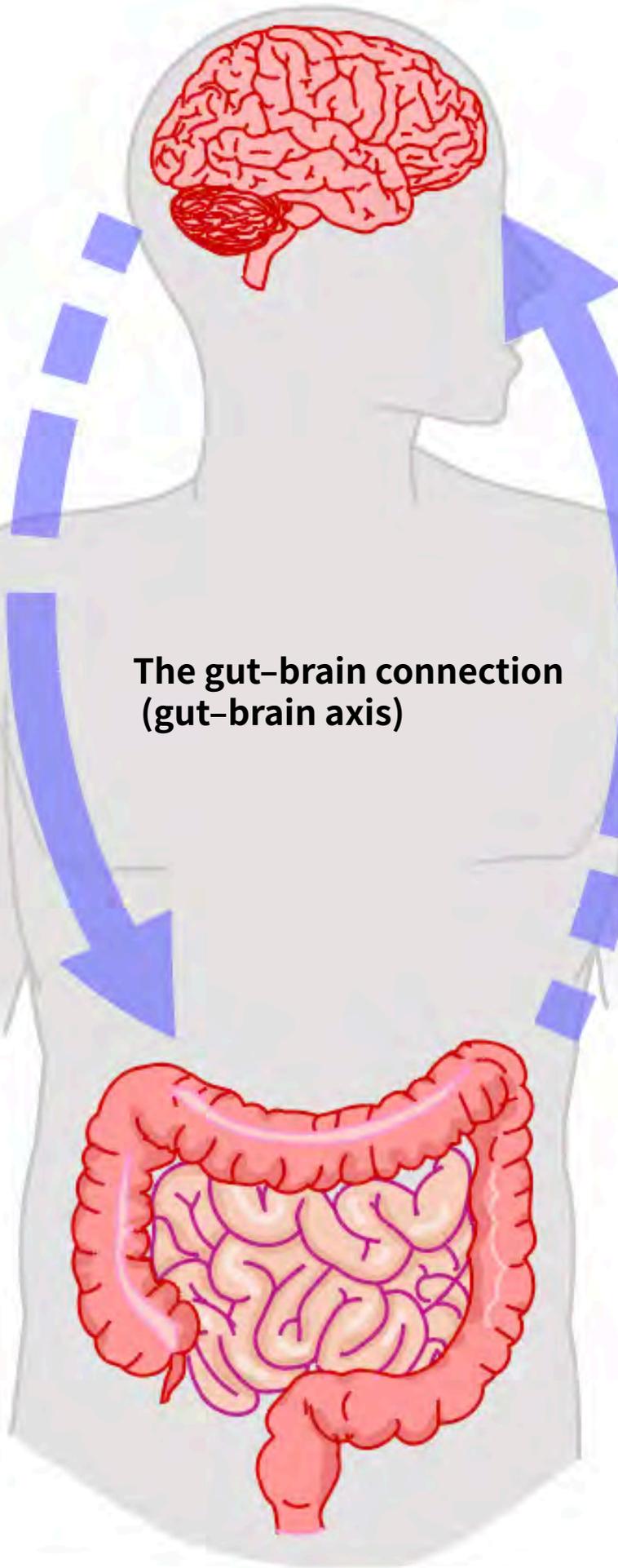
A high-fat diet over time can disrupt the gut microbiome and weaken the gut barrier.



- A high-fat diet can weaken the gut barrier, allowing inflammatory substances to leak into the bloodstream.
- In mice, the same high-fat diet + 5% shiitake powder improved microbiome diversity and profile.
- Beneficial bacteria such as Akkermansia increased.

All statements above are based on the paper.

Shiitake powder may help restore balance in the gut serotonin system.



The gut-brain connection
(gut-brain axis)

About 90% of the body's serotonin is produced in the gut (separate from brain serotonin).

Gut condition may influence well-being through the gut-brain connection.

In mice, a high-fat diet disrupted the gut serotonin system, and **shiitake powder shifted it toward baseline** (as reported in the paper).

This system is studied in gut barrier function, immunity/inflammation, and metabolism.

A gut-related “internal switch” shifted toward stability.

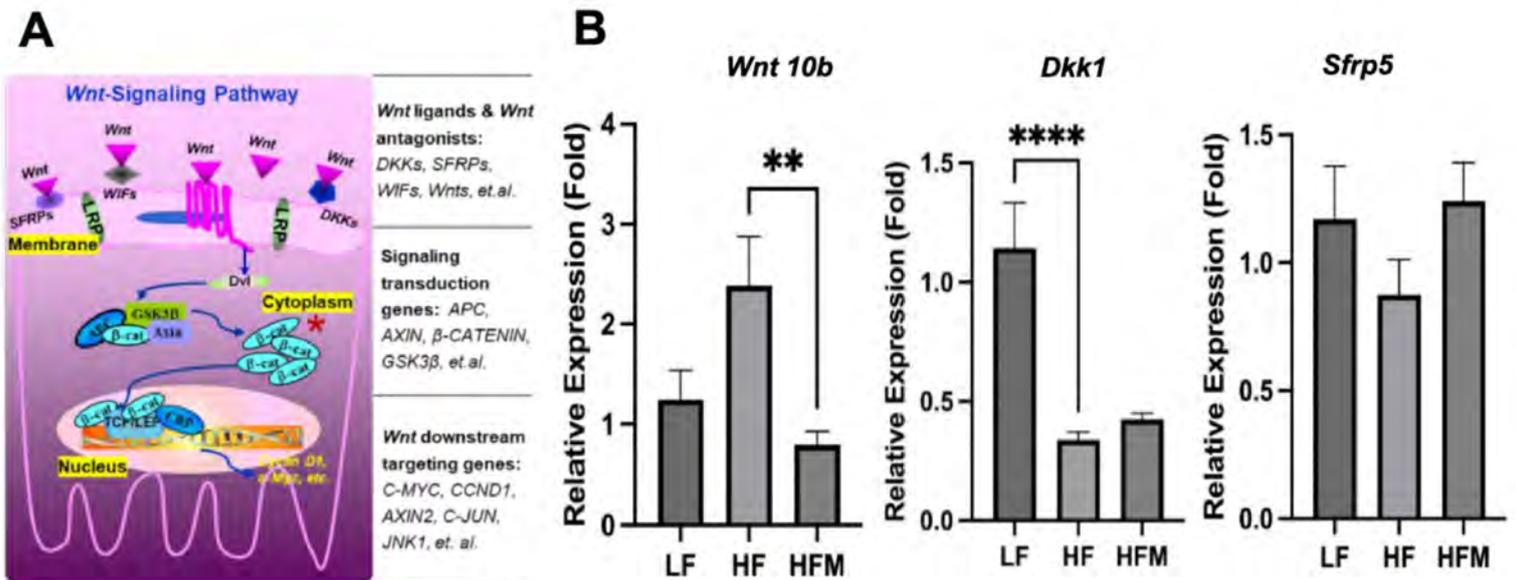


Figure from the paper.

The Wnt/ β -catenin pathway is widely studied in metabolism, obesity, diabetes, and cancer research.

It acts like an internal “switch” linked to gut health.

HF: Wnt10b \uparrow ; Dkk1 \downarrow
→ switch leans toward ON

HFM (+5% shiitake): Wnt10b \downarrow ; Dkk1 toward baseline → switch shifts back

**Keep your diet as it is.
Add one spoonful of shiitake powder.**

In mice on a high-fat diet, adding shiitake powder was linked to:

**After 12 weeks: ~10% lower weight gain /
~30% lower fat gain (approx.).**

Other gut markers also shifted toward baseline (as reported in the paper).

Start with one spoonful.

Animal study—does not guarantee the same effects in humans.

Full study summary (blog)



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—Dr. Liu**