

JUST ADD MUSHROOMS

Multiply the flavor and nutrients of your favorite dishes just by adding mushrooms.



TACOS ➔ **TASTIER!**

PASTA ➔ **HEALTHIER!**

BURGERS ➔ **JUICIER!**

MUSHROOMS ADD VITAMIN D



DID YOU KNOW THAT MUSHROOMS ARE THE ONLY SOURCE OF VITAMIN D IN THE PRODUCE AISLE?

Just 5 UV-light exposed mushrooms (90g) contain more than a full day's recommended allowance (118%) of vitamin D.¹

MUSHROOMS ADD SELENIUM

Add criminis! 4 brown mushrooms are an excellent source (38% RDA) of selenium.

This mineral may not get as much hype as other antioxidants, but that doesn't mean it's not essential. In fact, **SELENIUM PLAYS A ROLE IN PREVENTING CELL DAMAGE², WHICH IS IMPORTANT FOR SUPPORTING A HEALTHY IMMUNE SYSTEM.**

MUSHROOMS ADD UMAMI



UMAMI IS JAPANESE FOR "A PLEASANT SAVORY TASTE," AND THAT'S EXACTLY WHAT MUSHROOMS DELIVER.

Add finely chopped mushrooms to ground meat to enhance overall flavor while reducing sodium intake by 25%.³



THE MUSHROOM COUNCIL

IT'S EASY TO JUST ADD MUSHROOMS. GO TO **MUSHROOMCOUNCIL.COM** FOR RECIPES AND COOKING TIPS.

¹U.S. Department of Agriculture, Agricultural Research Service, FoodData Central, 2019. fdc.nal.usda.gov.

²U.S. National Library of Medicine, Selenium in Diet. <https://medlineplus.gov/ency/article/002414.htm>

³Myrdal Miller, A. Mills, K. Wong, T. Drescher, G. Lee, SM, Sirimuangmoon, C. Schaefer, S. Langstaff, S. Minor, B and Guinard, J.-X. (2014), Flavor-Enhancing Properties of Mushrooms in Meat-Based Dishes in Which Sodium Has Been Reduced and Meat Has Been Partially Substituted with Mushrooms. *Journal of Food Science*, 79: S1795-S1804. doi: 10.1111/1750-3841.12549