

## MUSHROOMS

# Nutrition At A Glance

0 grams of cholesterol

0 grams of fat

More than 12 vitamins and minerals<sup>1</sup>

Up to 4.9mg of the antioxidant ergothioneine<sup>2</sup>

excellent source of 3 different B vitamins<sup>4</sup>

### 8X

the amount of **vitamin D** in in fortified milk

(5 medium white mushrooms, exposed to UV light, 23.6mcg vs. 1 cup nonfat milk with added vitamins A and D, 2.94mcg)

### More

**selenium** than any other fruit or vegetable<sup>1</sup>

### More

**potassium** per serving than tomatoes<sup>1</sup>

(4 crimini mushrooms, 358mg vs. 1 whole red, raw tomato 237mg)

### Combine

mushrooms with meat to **reduce sodium by 25%** while still maintaining flavor<sup>3</sup>

# Mushroom Nutrition Download

One whole portabella mushroom, exposed to UV light contains  
**23.9mcg | 120% DV**

## Vitamin D

Maintains and supports strong bones by helping the body absorb calcium.<sup>4</sup>

Four crimini mushrooms contain  
**20.8mcg | 38% DV<sup>4</sup>**

## Selenium

Antioxidant that protects cells from damage that may lead to serious chronic diseases.<sup>5</sup>

**2.8-4.9mg<sup>5</sup>**

## Ergothioneine

A naturally occurring antioxidant that may also help protect cells from damage and is known for its role in immunity.<sup>2</sup>

Five medium white mushrooms contain  
**286 mg | 6% DV<sup>1</sup>**

## Potassium

Controls blood pressure and nerve and muscle function.<sup>5</sup>

## B Vitamins

Provide energy and support metabolism.<sup>9</sup>

Five medium white mushrooms contain  
**1.345mg | 27% DV<sup>1</sup>**

## Pantothenic Acid

Important for metabolism and production of hormones.<sup>6</sup>

Four crimini mushrooms contain  
**0.392mg | 30% DV<sup>1</sup>**

## Riboflavin

Plays role in cellular function, energy production, growth and development, and metabolism.<sup>7</sup>

One whole portabella mushroom contains  
**3.78mg | 24% DV<sup>1</sup>**

## Niacin

Promotes healthy skin and supports digestive and nervous system functions.<sup>8</sup>

## Can Mushrooms Help You Lose More Weight?

With a similar texture to meat, mushrooms are hearty, filling, and satisfying, but unlike meat, mushrooms are a low-calorie, fat-free and cholesterol-free food, making them a great choice for those looking to manage their weight. Preliminary research suggests increasing intake of low-calorie, high-volume foods, specifically mushrooms, in place of high-calorie, low-volume foods, like ground beef, can be an effective method for reducing daily calorie and fat intake while still feeling full and satiated.<sup>10</sup>

## The Trend Is To Blend

The Blend, combining meat with mushrooms, makes iconic recipes (burgers, meatloaf, tacos, meatballs) healthier without sacrificing taste or texture. In fact, data shows that combining meat with mushrooms actually improves the flavor and nutrition of your favorite recipes.<sup>3</sup>

The Blend is easy to make in just three simple steps:

1. **CHOP** up your favorite mushroom variety to match the consistency of the ground meat in the recipe.
2. **COOK** and season mushrooms the same way you would meat.
3. **COMBINE** the cooked meat and mushrooms and use the mix to complete your recipe.

1. U.S. Department of Agriculture, Agricultural Research Service. FoodData Central, 2019. [fdc.nal.usda.gov](https://fdc.nal.usda.gov). 2. Dubost, N.J., et al. (2006). Identification and quantification of ergothioneine in cultivated mushrooms by liquid chromatography-mass spectroscopy. *International Journal of Medicinal Mushrooms*, 2006, 8(3), pg 221. Table 3. 3. Miller, A.M., Mills, K., Wong, T., Drescher, G., et al. 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* (2014). Attached, substantiation underlined. 4. IOM (Institute of Medicine). 2010. *Dietary Reference Intakes for Calcium and Vitamin D*. Washington, DC, National Academies Press. Report Brief. Health Effects of Vitamin D and Calcium Intake, Page 1. 5. Duyff, R. Academy of Nutrition and Dietetics Complete Food and Nutrition Guide, Fifth Addition. Houghton Mifflin Harcourt. April 2017. 6. Pantothenic acid and biotin. Medline Plus. NIH U.S. National Library of Medicine. Reviewed July 9, 2019. Accessed February 3, 2020. 7. Riboflavin. Fact Sheet for Health Professionals. National Institutes of Health. Reviewed July 9, 2019. Accessed February 3, 2020. 8. Niacin. Medline Plus. NIH U.S. National Library of Medicine. Reviewed July 9, 2019. Accessed February 3, 2020. 9. What Are B-Vitamins and Folate? Academy of Nutrition and Dietetics. Reviewed July 9, 2019. Accessed February 3, 2020. 10. Cheskin LJ, Davis LM, Lipsky LM, Mitola AH, Lycan T, Mitchell V, Mickle B, Adkins E. Lack of energy compensation over 4 day

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