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4 Ways Mushrooms Boost Your Health during National Nutrition Month

Make Nutrient-Dense Mushrooms a Part of Your Daily Diet

Redwood Shores, CA (February 18, 2016) – There’s more than meets the eye when it comes to fungi. Mushrooms are packed with flavor – and nutrients. As National Nutrition Month approaches, the Mushroom Council encourages everyone to reach for mushrooms for a delicious and nutritious way to boost healthy eating.

“Mushrooms often get overlooked as a source of nutrition,” states Kara Lydon, RD, LDN, RYT, author of *The Foodie Dietitian* and nutrition consultant for the Mushroom Council. “For consumers looking to follow long term healthy eating patterns, they will be pleased to discover that mushrooms provide several essential minerals, such as vitamin D and potassium (8%), our bodies require to function properly.”

In honor of National Nutrition Month, the Mushroom Council shares four key reasons why adding mushrooms to your meals will benefit your body:

- **Maintain strong bones.** Mushrooms are the [only source of vitamin D in the produce aisle](#) and one of the few non-fortified food sources. Vitamin D helps build and maintain strong bones by helping the body absorb calcium. Moreover, it [helps](#) with cell growth, neuromuscular and immune function, and reduction of inflammation. Eating mushrooms may also be as effective as [increasing \(and maintaining\) vitamin D](#) levels as taking vitamin D supplements.
- **Boost immunity.** Mushrooms are among the [richest sources of selenium](#), a mineral that helps the immune system function properly. White, portabella and crimini mushrooms also contain ergothioneine (2.8 - 4.9), a naturally occurring antioxidant that may help protect the body’s cells.
- **Feel energized.** Mushrooms are a good source of B vitamins, like riboflavin and niacin, which [provide energy](#) by breaking down proteins, fats and carbohydrates. Riboflavin helps maintain healthy red blood cells, while niacin promotes healthy skin and helps the digestive and nervous systems function properly.
- **Find balance.** Potassium is an important mineral that aids in the maintenance of normal fluid and mineral balance, key for controlling blood pressure. It also plays a role in making sure nerves and muscles, including the heart, function properly. A variety of [mushrooms have 98-376 mg of potassium](#) per 84 gram serving, which is 3-11 percent of the daily value.

For recipes and inspiration for infusing more mushrooms into your diet, visit mushroominfo.com.

About The Mushroom Council

The Mushroom Council is composed of fresh market producers or importers who average more than 500,000 pounds of mushrooms produced or imported annually. The mushroom program is authorized by the Mushroom Promotion, Research and Consumer Information Act of 1990 and is administered by the Mushroom Council under the supervision of the Agricultural Marketing Service. Research and promotion programs help to expand, maintain and develop markets for individual agricultural commodities in the United States and abroad. These industry self-help programs are requested and funded by the industry groups that they serve. For more information, visit mushroomcouncil.org.