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Mushrooms Flaunt Their Versatile Nutrient Mix this National Nutrition Month

Redwood Shores, CA (February 6, 2017) – While shopping for mushrooms, it's not as easy to see the nutritional differences between varieties as it is to decipher between shape and color. Offering beneficial nutrients such as Vitamin D, selenium and B vitamins, mushrooms are a nutrient powerhouse with each mushroom type providing its own health benefits.

This March, during National Nutrition Month, the Mushroom Council encourages shoppers to “[Put Your Best Fork Forward](#)” and dive deeper into the leading health benefits¹ behind four common mushroom varieties:

Looking for a low-calorie ingredient? Opt for white buttons: Boasting just 18.5 calories per serving², white button mushrooms contain the lowest calories of all mushroom varieties. Additionally, white buttons provide 15 percent of the daily recommended intake of the Vitamin B3, niacin, which may promote healthy skin and digestive health.

Say hello to shiitakes, your bones will thank you: One serving of shiitake mushrooms is an excellent source of copper, offering 40 percent of the recommended daily intake, which helps keep bones and nerves healthy.

Improve your immunity with cremini: One serving of cremini mushrooms is an excellent source of selenium, containing 31 percent of the recommended daily intake. Selenium may help the immune system function properly.

Make room for the mighty maitake: One serving of maitake mushrooms contains a whopping 236 percent of the daily recommended intake of vitamin D. Vitamin D may help build and maintain strong bones by helping the body absorb calcium. Additionally, it may support cell growth, neuromuscular and immune function, and help reduce inflammation.

To learn more about mushroom varieties and nutrition facts, visit <http://www.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.

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¹ [Mushroom Varieties Chart and Nutrition by Varieties](#)

² Average serving size is 4-5 mushrooms.