

Mushroom Nutrition At A Glance

0 grams of
cholesterol

0 grams
of fat

More than 12
vitamins and
minerals⁴

Up to 4.9 mg of
the antioxidant
ergothioneine⁵

Good source of
3 different B
vitamins

3X

the amount of
vitamin D
in fortified milk¹

More

selenium than
any other fruit or
vegetable²

As Much

potassium as
a tomato³
(crimini mushrooms)

Combine

mushrooms with meat to
reduce sodium by 25%
while still maintaining flavor⁶

Mushroom Nutrition – One serving of mushrooms has...

384 IU 64% DV Vitamin D <i>(based on one serving of UV-exposed portabella mushrooms)</i> Maintains and supports strong bones by helping the body absorb calcium. ⁷	8-22mcg 11-31% DV⁴ Selenium Antioxidant that protects cells from damage that may lead to serious chronic diseases. ⁸	2.8-4.9mg⁵ Ergothioneine A naturally occurring antioxidant that may also help protect cells from damage and is known for its role in immunity. ⁵	98-376mg 3-11% DV⁴ Potassium Controls blood pressure and nerve and muscle function. ⁸
B Vitamins Provide energy and support metabolism. ¹²	0.9-3mg 9-30% DV⁴ Pantothenic Acid Important for metabolism and production of hormones. ⁹	0.1-0.4mg 10-20% DV⁴ Riboflavin Plays role in cellular function, energy production, growth, development and metabolism. ¹⁰	1.3-5.9mg 7-30% DV⁴ Niacin Promotes healthy skin and supports digestive and nervous system functions. ¹¹

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.⁸

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.⁶

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. National Nutrient Database for Standard Reference Release 27 Basic Report: 01085, Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim) 115 IU compared to Basic Report: 11998, Mushrooms, portabella, exposed to ultraviolet light, raw 175 IU. 2. National Institutes of Health. Office of Dietary Supplements. Selenium. compared to Mushroom Nutrition Information spreadsheet (attached) based off U.S. Department of Agriculture, Agricultural Research Service, USDA Nutrient Data Laboratory. 2013. USDA National Nutrient Database for Standard Reference, Release 26. www.ars.usda.gov/nutrientdata. 3. Basic Report: 11529, Tomatoes, red, ripe, raw, year round average 351mg compared to compared to Mushroom Nutrition Information spreadsheet (attached) based off U.S. Department of Agriculture, Agricultural Research Service, USDA Nutrient Data Laboratory. 2013. USDA National Nutrient Database for Standard Reference, Release 26. www.ars.usda.gov/nutrientdata. 4. Mushroom Nutrition Information spreadsheet (attached) based off U.S. Department of Agriculture, Agricultural Research Service, USDA Nutrient Data Laboratory. 2013. USDA National Nutrient Database for Standard Reference, Release 26. www.ars.usda.gov/nutrientdata. 5. 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. (attached). 6. 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. 7. 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. 8. Duyff, R. American Dietetic Association's Complete Food and Nutrition Guide. Third Addition. Wiley & Sons. NJ. 2006. 9. Pantothenic acid and biotin. Medline Plus. NIH U.S. National Library of Medicine. Accessed July 21, 2015. 10. Riboflavin. Fact Sheet for Health Professionals. National Institutes of Health. Reviewed May 26, 2015. Accessed July 21, 2015. 11. Niacin. Medline Plus. NIH U.S. National Library of Medicine. Accessed July 21, 2015. Medline Plus. 12. What Are B-Vitamins and Folate? Academy of Nutrition and Dietetics. Published January 28, 2014. Accessed July 21, 2015. 13. Cheskin LJ, Davis LM, Lipsky LM, Mitola AH, Lycan T, Mitchell V, Mickle B, Adkins E. Lack of energy compensation over 4 days when white button mushrooms are substituted for beef. Appetite. 2008;51:50-57. Attached, substantiation underlined.

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