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

IT’S EASY TO JUST ADD MUSHROOMS.

GO TO MUSHROOMCOUNCIL.COM FOR RECIPES AND COOKING TIPS.