

ALL ABOUT MUSHROOMS



Ancient Egyptians believed mushrooms were the plant of immortality, according to the hieroglyphics of 4,600 years ago.

available
24/7/365

Mushrooms are grown indoors, so they are always in season and

Naturally low in calories and fat-free, one serving of mushrooms provides 3 grams of protein, 1 gram of fiber and adds important nutrients to the plate.³



White button mushrooms are the most popular variety, representing 90% of mushrooms consumed in the United States.¹



Mushrooms are a \$1.1 billion industry. This year, more than 900 million pounds of mushrooms were grown in the U.S.¹



Kennett Square, PA is considered the mushroom capital of the world.



Restaurant chains are the fastest growing users of mushrooms – up 10% since 2008. Independent users have grown 3%.²

Health Areas Where Mushrooms May Play A Role



Weight Management



Bone Health



Immunity



Diet Quality

Keep the Flavor, Cut the Calories

Combine mushrooms and meat in recipes to create healthier versions

Extend portion size

Add vegetables to the plate

Reduce calorie, fat and sodium intake

Potential cost savings

Maintain flavor, texture and taste



In fall 2013, thousands of students across the country will have the option to choose a mushroom/meat blended burger as a healthier option that brings more vegetables to school lunches.

Thanks to their versatility, mushrooms can be added to virtually any dish to bring big flavor and nutrition to meals: Spaghetti • Tacos • Sloppy Joes • Fajitas • Pizza • Pasta • Omelets • Frittatas • Hamburgers • Meatballs • Marinara • Meatloaf • Stir-Fries • Salads • Chili • Rice • Mac and Cheese • Soups • Casseroles • Appetizers • Kabobs • Topper for Steak, Chicken and Fish • Sandwiches

Visit mushroominfo.com for the latest news, recipes and blog posts from the Mushroom Council.

A collaboration between the Mushroom Council and BrandX.

¹ US Department of Agriculture's National Agricultural Statistics Service Report on Mushrooms Released August 20, 2013

² Datassential's US Chains & Independents MenuTrends database featuring approximately 2,500 chain and 2,500 independent menus; data pulled across appetizers, sides and entrées.

³ U.S. Department of Agriculture, Agricultural Research Service, 2012. USDA National Nutrient Database for Standard Reference, Release 25.

