

MUSHROOMS

A Nutrient
Powerhouse

0 grams of
cholesterol

0 grams of
fat

More than 12
vitamins and
minerals⁴

Up to 4.9mg 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
flavor⁵

Mushroom Nutrition Download

One serving of mushrooms has...

384 IU | 64% DV VITAMIN D

(based on one serving of UV-exposed portabella mushrooms)

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 and 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 Manage Your 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,

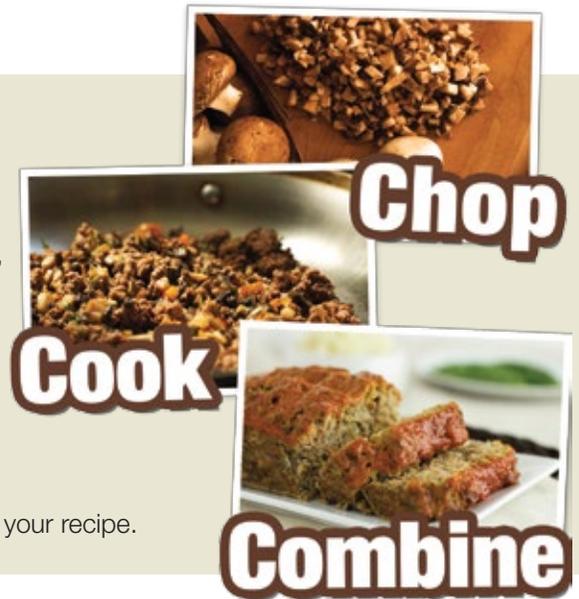
specifically mushrooms, in place of high-calorie, low-volume foods, like ground beef, can be an effective method for reducing daily calorie and fat intake while still feeling full and satiated.⁸

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.



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