







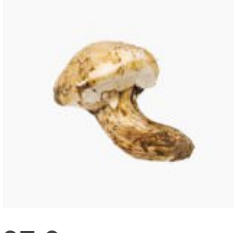

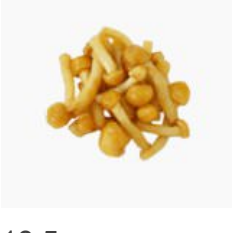

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Water Content of Mushrooms (1 - 10)

 <p>8.9 g (per 10 g edible portion)</p> <p>Common mushroom (raw)</p>	 <p>23.5 g (per 25 g edible portion)</p> <p>Kikurage (boiled)</p>	 <p>50.1 g (per 60 g edible portion)</p> <p>Yanagimatsutake (raw)</p>	 <p>18.5 g (per 20 g edible portion)</p> <p>Nameko (boiled)</p>	 <p>4.6 g (per 5 g edible portion)</p> <p>Shiro-kikurage (boiled)</p>
 <p>87.2 g (per 105 g edible portion)</p> <p>Maitake (raw)</p>	 <p>37.9 g (per 41 g edible portion)</p> <p>Matsutake (canned in water)</p>	 <p>96.7 g (per 105 g edible portion)</p> <p>Maitake (boiled)</p>	 <p>18.5 g (per 20 g edible portion)</p> <p>Nameko (raw)</p>	 <p>16.6 g (per 18 g edible portion)</p> <p>Common mushroom (canned in brine, solids)</p>

< 1 2 3 >

4 veggies to never eat:



Cut down a bit of stomach fat every day by never eating these 4 foods.



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