

Mushrooms

Nature's Hidden
Treasure

Top Reasons to Celebrate Mushrooms Every Day, Every Way

- Popularity:** Mushrooms join tomatoes and broccoli as one of the three most popular vegetables among U.S. consumers.
- Flavor without Sodium:** Mushrooms are low in sodium, plus their umami counterbalances saltiness and allows for less salt to be used in a dish, without compromising flavor.
- Vitamin D:** Mushrooms are the only fresh fruit or vegetable with vitamin D.
- Weight Management:** Mushrooms are low in calories, fat free, and can be an effective substitute for meats thanks to their hearty and fulfilling nature.
- Cancer Research:** Initial studies show compounds in mushrooms suppress the effects of aromatase, an enzyme that helps the body make estrogen. Blocking aromatase is a way physicians reduce circulating estrogen levels, which is important in addressing hormone-dependent breast cancers.
- B Vitamins:** Mushrooms provide B vitamins, including riboflavin, niacin, and pantothenic acid, which help to provide energy by breaking down proteins, fats and carbohydrates.
- Antioxidants:** Within the produce aisle, mushrooms are a leading source of the antioxidant selenium, which helps strengthen the immune system and protect body cells from damage that might lead to chronic diseases. Mushrooms are one of the best dietary sources of the antioxidant ergothioneine, which is known for its role in immunity.
- Blood Pressure:** White button mushrooms (stir-fried with water) have more potassium per 100g serving than a banana; potassium helps control blood pressure.
- Versatility:** Mushrooms are a kitchen staple: they can star as the feature ingredient, or pair with any dish.
- High Demand:** Mushrooms appear on more restaurant menus than ever before! Since 2005, there has been a 12.5 percent increase in mushrooms on menus. Mushrooms are everywhere – college dining halls, school cafeterias, and on-the-go in mobile food trucks.

