

# HOW MUSHROOMS' NUTRIENTS **STACK UP**

With less calories than a rice cake and zero grams of fat, mushrooms are still a source of several important nutrients<sup>1,2</sup>. Read on to discover some of nature's hidden treasures found in mushrooms and learn why they are an ideal food for every body.

## Antioxidants

Mushrooms provide natural antioxidants, specifically 8-22 mcg of selenium<sup>1</sup> and 2.8-4.9 mg of ergothioneine<sup>3</sup> per serving of white, Portabella or crimini mushrooms. White mushrooms have an antioxidant capacity similar to colorful vegetables such as tomatoes, zucchini and carrots; brown mushrooms are comparable to green beans, red peppers and broccoli<sup>5</sup>.

## B Vitamins

B vitamins help convert food into energy by breaking down proteins, fats and carbohydrates<sup>6</sup>. Mushrooms contain **riboflavin** (B<sub>2</sub>), **niacin** (B<sub>3</sub>) and **pantothenic acid** (B<sub>5</sub>)<sup>1,2</sup>.

## Copper

Copper is a mineral that helps produce red blood cells and keeps nerves and bones healthy<sup>1,2,6</sup>.

## Phosphorus

Phosphorus is a mineral that generates energy and is essential for strong bones and teeth<sup>6</sup>. Portabella and crimini mushrooms are good sources of phosphorus<sup>1,2</sup>.

## Potassium

Potassium is a mineral and electrolyte that helps to regulate fluid and mineral balance, controls blood pressure and helps nerves and muscles function properly<sup>6</sup>. Per serving, mushrooms have 267-407 mg of potassium, an important nutrient that many Americans don't get enough of<sup>1,2,7</sup>.

## Vitamin D

Vitamin D promotes the absorption of calcium, which is essential for healthy teeth and bones<sup>6</sup>. White button mushrooms are one of the few natural food sources of vitamin D and provide 15 IU per serving<sup>1,2</sup>.



## MUSHROOMS. NATURE'S HIDDEN TREASURE

For more information, visit [mushroominfo.com](http://mushroominfo.com).

2007 Mushroom Council

<sup>1</sup> U.S. Department of Agriculture, Agricultural Research Service. 2006. USDA National Nutrient Database for Standard Reference. Release 20. Nutrient Data Laboratory Home Page. <http://www.ars.usda.gov/ba/bharc/ndl>

<sup>2</sup> U.S. Food and Drug Administration. Center for Food Safety & Applied Nutrition. A Food Labeling Guide. September, 1994 (Editorial revisions: June, 1999) <http://www.cfsan.fda.gov/~dms/flg-toc.html>

<sup>3</sup> Dubost, NJ, et al. Identification and Quantification of Ergothioneine in Cultivated Mushrooms by Liquid Chromatography-Mass Spectroscopy. Presented at 230th American Chemical Society Meeting, August 2005, Washington, D.C.

<sup>4</sup> Selenium Content of Selected Foods Per Common Measure, Sorted by Nutrient Content. 2005. USDA National Nutrient Database for Standard Reference 18. <http://www.ars.usda.gov/Services/docs.htm?docid=9673>.

<sup>5</sup> Dubost, NJ, et al. Quantification of Polyphenols and Ergothioneine in Cultivated Mushrooms and Correlation to Total Antioxidant Capacity Using the ORAC and HORAC Assays. Presented at Institute of Food Technologists Meeting, June 2006, Orlando, FL.

<sup>6</sup> Dwyer, R. *American Dietetic Association's Complete Food and Nutrition Guide*. Third edition. Wiley & Sons, NJ, 2006.

<sup>7</sup> U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans 2005. Chapter 2. <http://www.health.gov/dietaryguidelines/dga2005/document/html/chapter2.htm>