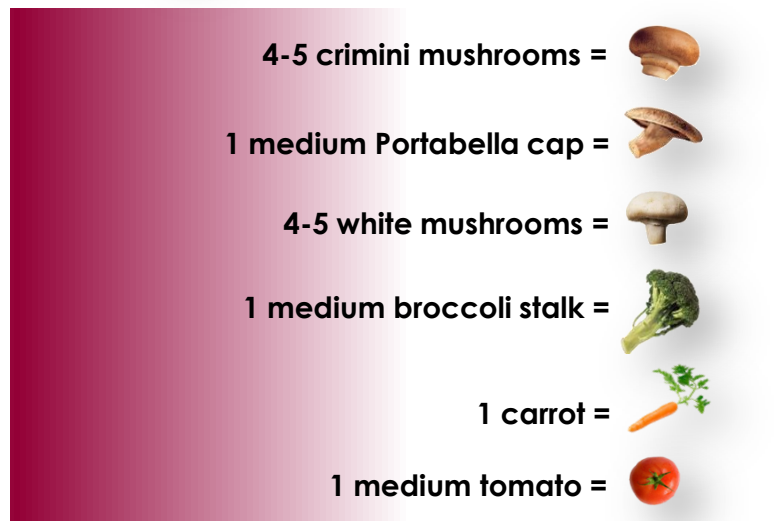
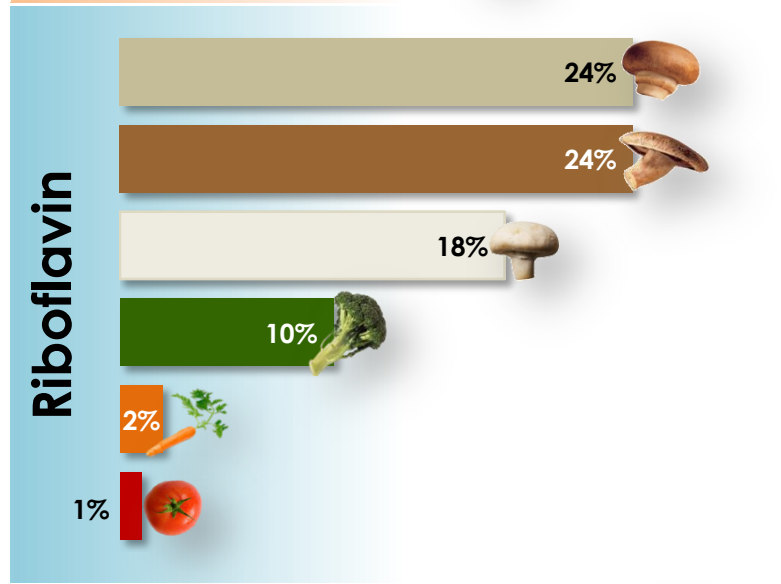
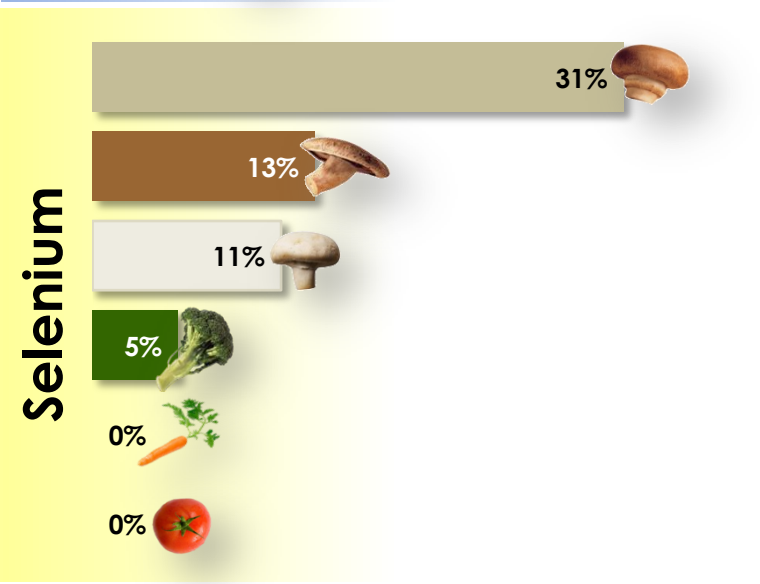
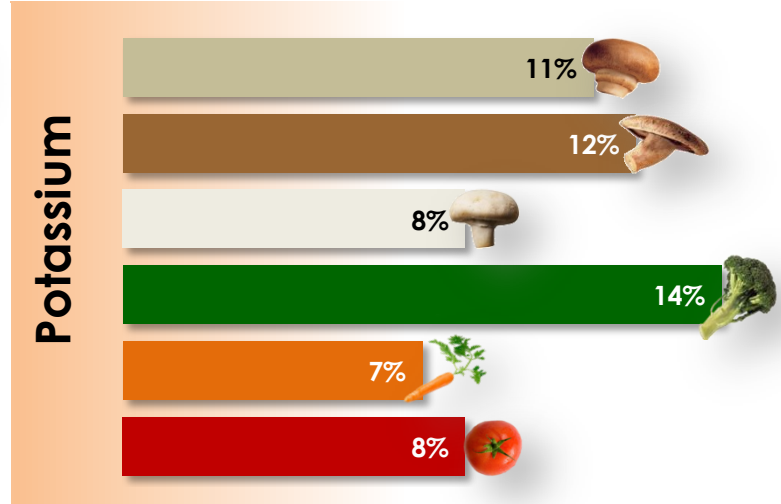
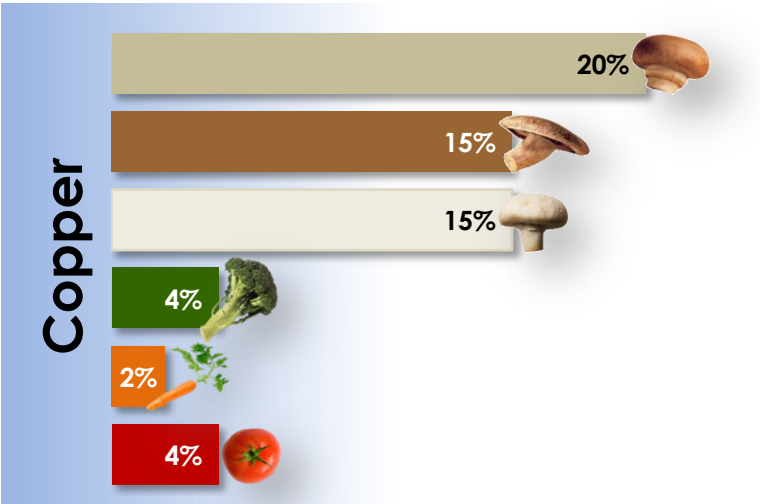


# Mushrooms

## Light in Color, Dense in Nutrients

Naturally nutritious and delicious mushrooms make any everyday meal better by adding great flavor with few calories and no fat.

Excellent source  $\geq 20\%$  Daily Value • Good Source 10-19% Daily Value



USDA National Nutrient Database for Standard Reference, Release 20 (2008) Broccoli #11090; Carrot #11124; Crimini mushroom #11266; Tomato #11529; Portabella mushroom #11135; White mushroom #11260. US FDA CFSAN A Food Labeling Guide <http://www.cfsan.fda.gov/~dms/flg-7a.html>. Serving size based on FDA's Reference Amounts Commonly Consumed.