

# *fresh* **Mushrooms**

*Nature's Hidden Treasure*

**Healthy · Low-calorie · Fat-free · Saturated fat-free · Nutrient-dense**

## Mention “Mushrooms” and What Comes to Mind?

Most likely, their fabulous taste and texture. But there's more to mushrooms than the pleasure of sitting down to a meaty Portabella sandwich, a mixed-mushroom omelet or a steak topped with sautéed white mushrooms. These oh-so-edible fungi also deserve attention for their unique contributions to a healthful diet.

## Unearthing Mushrooms' Nutritional Treasures

Often grouped with vegetables, mushrooms provide many of the nutritional attributes of produce, as well as attributes more commonly found in meat, beans or grains<sup>1</sup>. Mushrooms are low in calories, fat-free, cholesterol-free and very low in sodium, yet they provide several nutrients, including riboflavin, niacin and selenium, which are typically found in animal foods or grains<sup>1,2</sup>.

## What the Science Says About Mushrooms' Health Benefits

For thousands of years, Eastern cultures have revered mushrooms' health benefits<sup>3</sup>. Studies conducted over the past two decades—mostly in Asia—have suggested mushrooms or substances in mushrooms may aid the immune system<sup>4</sup>. Traditionally, most of this science has focused on shiitake and maitake mushrooms.

To read research studies on the nutrients in mushrooms, including antioxidants and vitamin D, as well as studies on mushrooms and cancer prevention and weight management, visit [www.mushroominfo.com/studies](http://www.mushroominfo.com/studies).

This research is just the beginning of what is sure to be an exciting journey into a fuller understanding of mushrooms and your health!



## Popular Mushrooms Varieties



### **White/White Button**

The most popular mushroom. In fact, they represent about 90 percent of all mushrooms consumed in the United States.



### **Crimini**

Though similar in appearance to white buttons, criminis have a light tan to rich brown cap and a firmer texture.



### **Portabella/Portobello**

A larger relative of crimini. They have tan or brown caps and measure up to six inches in diameter.



### **Maitake**

Appear rippling and fan-shaped, without caps. They are also called “Hen of the Woods.”



### **Shiitake**

Tan to dark brown and have broad, umbrella-shaped caps, wide open veils, tan gills and curved stems that should be removed. They have a meaty texture.

For more information, contact the Mushroom Council: 2880 Zanker Road, Suite 203, San Jose, CA 95134  
[www.mushroominfo.com](http://www.mushroominfo.com)

## Minerals in Mushrooms

The focus on the nutritional value of brightly colored fruits and vegetables has unintentionally left mushrooms in the dark. Mushrooms provide a similar number of nutrients as brightly colored fruits and vegetables.

**Selenium** is a mineral that works as an antioxidant to protect body cells from damage that might lead to heart disease, some cancers and other diseases of aging<sup>5</sup>. It also has been found to be important for the immune system and fertility in men<sup>6</sup>.

Many foods of animal origin and grains are good sources of selenium, but mushrooms are among the richest sources of selenium in the produce aisle and provide 8-22 mcg per serving<sup>1</sup>. This is good news for vegetarians, whose sources of selenium are limited.

**Ergothioneine** is a naturally occurring antioxidant that also may help protect the body's cells. Mushrooms provide 2.8-4.9 mg of ergothioneine per serving of white, Portabella or crimini mushrooms<sup>7</sup>.

**Copper** helps make red blood cells, which carry oxygen throughout the body. Copper also helps keep bones and nerves healthy<sup>1,2,5</sup>.

**Potassium** is an important mineral many people do not get enough of. It aids in the maintenance of normal fluid and mineral balance, which helps control blood pressure. It also plays a role in making sure nerves and muscles, including the heart, function properly. Mushrooms have 267- 407 mg of potassium per serving, which is 9 percent of the Daily Value<sup>1,2,5,8</sup>.

## Vitamins in Mushrooms

Mushrooms are one of the few natural sources of **vitamin D**, which is essential for healthy bones and teeth. One serving of 4-5 mushrooms provides 15 IU of this important nutrient, which many people do not get enough of<sup>1,2</sup>.

Mushrooms are also a good source of the B vitamins riboflavin (B<sub>2</sub>), niacin (B<sub>3</sub>) and pantothenic acid (B<sub>5</sub>). These vitamins help break down proteins, fats and carbohydrates so they can be used for energy<sup>1,5</sup>.

Mushrooms can be an important source of B-vitamins for people who don't eat meat. One serving of crimini mushrooms provides nearly one-quarter of the Daily Value for riboflavin, and mushrooms are one of the best plant-based sources of niacin around<sup>1,2</sup>.

**Pantothenic acid** helps with the production of hormones and also plays an important role in the nervous system<sup>5</sup>.

**Riboflavin** helps maintain healthy red blood cells<sup>5</sup>.

**Niacin** promotes healthy skin and makes sure the digestive and nervous systems function properly<sup>5</sup>.

### Sources of Selenium<sup>1</sup>

Daily Value = 70 micrograms (mcg)

Food	Serving Size	Selenium (mcg)
Crimini mushrooms	4-5 medium	21.8
Lean beef	3 ounces	18.1
Egg	1 large	15.4
Oatmeal	1/3 cup	9.5
Portabella mushroom	1 medium	9.2
White mushrooms	4-5 medium	7.8
Spinach	1/2 cup	1.4
Black beans	1/2 cup	1

### Sources of Potassium<sup>1</sup>

Daily Value = 3,500 milligrams (mg)

Food	Serving Size	Potassium (mg)
Portabella mushroom	1 medium	407
Skim milk	1 cup	382
Crimini mushrooms	4-5 medium	376
Banana	1 small	362
Tomato	1 medium	292
White mushrooms	4-5 medium	267
Orange	1 medium	237

### Sources of Riboflavin<sup>1</sup>

Daily Value = 1.7 milligrams (mg)

Food	Serving Size	Riboflavin (mg)
Crimini mushrooms	4-5 medium	0.4
Portabella mushroom	1 medium	0.3
White mushrooms	4-5 medium	0.3
Lean beef	3 ounces	0.2
Chicken breast	3 ounces	0.1

### Sources of Niacin<sup>1</sup>

Daily Value = 20 milligrams (mg)

Food	Serving Size	Niacin (mg)
Portabella mushroom	1 medium	3.8
Crimini mushrooms	4-5 medium	3.2
White mushrooms	4-5 medium	3
Black beans	1/2 cup	.4
Tofu	3 ounces	.1

## References

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