

Mushroom Nutrition At a Glance



Mushrooms are low in calories, fat-free, and can be a satisfying substitute for higher-calorie ingredients.

Mushrooms are the only item in the produce aisle with vitamin D and one of the few non-fortified food sources.

Scientists at City of Hope, one of the nation's leading cancer research centers, were among the first to study the potential effects of white button mushrooms on breast cancer.

Mushrooms provide B vitamins including riboflavin, niacin and pantothenic acid, which help to provide energy by breaking down proteins, fats and carbohydrates.

Prepare some sautéed mushrooms and freeze them – they'll keep for up to one month, and can be used as a quick, nutritious addition to meals.

Add meaty mushrooms to your favorite recipes for extra flavor and to make meals more filling.

Mushrooms are low in sodium, plus their umami counterbalances saltiness so less salt can be used in a dish without compromising flavor.

Mushrooms are grown indoors, so they are always in season and ready to use.

Mushrooms are unique for their umami content, meaning a "savory" or "meaty" taste.

Mushrooms deliver the antioxidants selenium and ergothioneine. These antioxidants help maintain the immune system.

Sauté or grill extra mushrooms then use the leftovers throughout the week in pasta dishes, soups, sandwiches and salads.

Research shows that increasing the intake of lower calorie foods, specifically mushrooms, in place of those higher in calories, like ground beef, can be an effective method for reducing calories and fat while still feeling full and satisfied after a meal.

Lighten up favorite meals with Swapability, a cooking technique in which finely chopped mushrooms are used as a substitute for a portion of ground meat.

A mushroom has almost as much potassium as a small banana.

Mushrooms can be folded into everyday dishes to help you fill half your plate with fruits and vegetables without weighing down the dish with calories, fat, cholesterol or sodium.

Mushroom love speaks volumes! More than 900 million pounds of mushrooms were grown in the U.S. last year.

