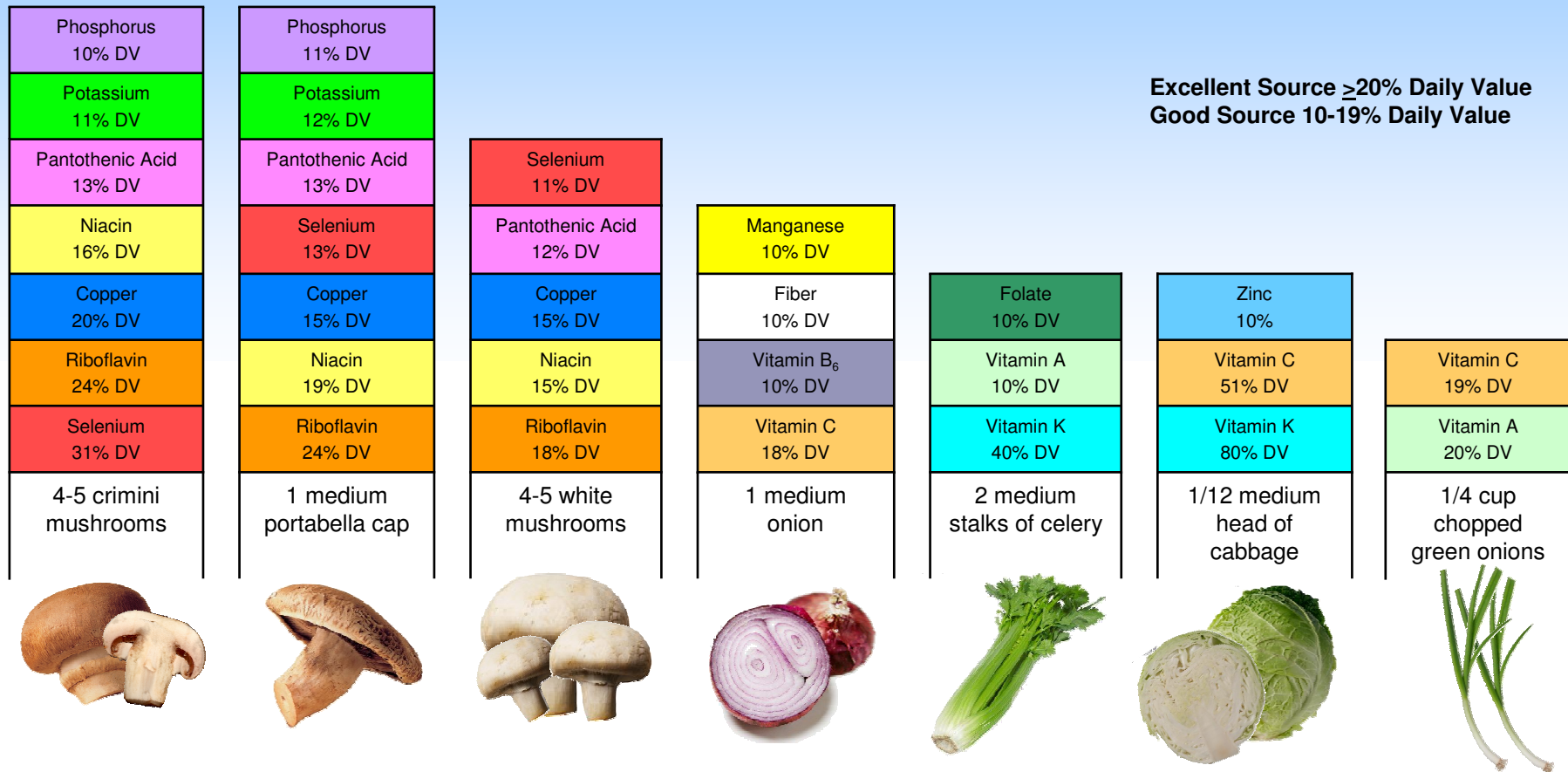


WHO'S THE FAIREST OF THEM ALL?

Conventional wisdom suggests that lightly colored vegetables offer few nutrients, but research shows that mushrooms are an excellent to good source of many nutrients. Mushrooms are full of flavor and fat free, making them a great addition to any weight maintenance program. Choose mushrooms as your go-to vegetable to add nutrients and flavor to any dish.



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

USDA National Nutrient Database for Standard Reference, Release 19 (2006) Celery, NDB No:11143; Cabbage, NDB No:11109; Green onion, NDB No:11292; Onion, NDB No:11282; White mushroom, NDB No: 11260; Crimini mushroom, NBD No: 11266; Portabella mushroom, NBD No: 11135.

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.