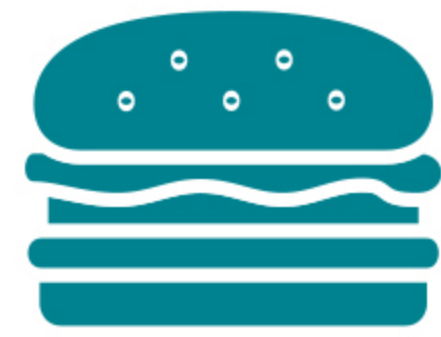
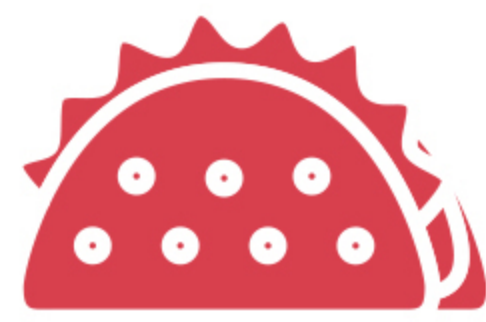


# JUST ADD MUSHROOMS

Multiply the flavor and nutrients of your favorite dishes just by adding mushrooms.



**TACOS** ➔ **TASTIER!**

**PASTA** ➔ **HEALTHIER!**

**BURGERS** ➔ **JUICIER!**

## MUSHROOMS ADD VITAMIN D



**DID YOU KNOW THAT MUSHROOMS ARE THE ONLY SOURCE OF VITAMIN D IN THE PRODUCE AISLE?**

Just 5 UV-light exposed mushrooms (90g) contain more than a full day's recommended allowance (118%) of vitamin D.<sup>1</sup>

## MUSHROOMS ADD SELENIUM

Add criminis! 4 brown mushrooms are an excellent source (38% RDA) of selenium.

This mineral may not get as much hype as other antioxidants, but that doesn't mean it's not essential. In fact, **SELENIUM PLAYS A ROLE IN PREVENTING CELL DAMAGE<sup>2</sup>, WHICH IS IMPORTANT FOR SUPPORTING A HEALTHY IMMUNE SYSTEM.**

## MUSHROOMS ADD UMAMI



**UMAMI IS JAPANESE FOR "A PLEASANT SAVORY TASTE," AND THAT'S EXACTLY WHAT MUSHROOMS DELIVER.**

Add finely chopped mushrooms to ground meat to enhance overall flavor while reducing sodium intake by 25%.<sup>3</sup>



THE MUSHROOM COUNCIL

**IT'S EASY TO JUST ADD MUSHROOMS. GO TO [MUSHROOMCOUNCIL.COM](https://mushroomcouncil.com) FOR RECIPES AND COOKING TIPS.**

<sup>1</sup>U.S. Department of Agriculture, Agricultural Research Service, FoodData Central, 2019. [fdc.nal.usda.gov](https://fdc.nal.usda.gov).

<sup>2</sup>U.S. National Library of Medicine. Selenium in Diet. <https://medlineplus.gov/ency/article/002414.htm>

<sup>3</sup>Myrdal Miller, A, Mills, K, Wong, T, Drescher, G, Lee, SM, Sirimuangmoon, C, Schaefer, S, Langstaff, S, Minor, B and Guinard, J.-X. (2014), Flavor-Enhancing Properties of Mushrooms in Meat-Based Dishes in Which Sodium Has Been Reduced and Meat Has Been Partially Substituted with Mushrooms. *Journal of Food Science*, 79: S1795-S1804. doi: 10.1111/1750-3841.12549