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shitaki (chewy, meaty flavor), enoki (long, thin), portabella (large) and porcini (nutty). Note: Not all varieties are suitable for eating

resistance, lower cholesterol and boost immunity
Edible varieties include cremini (white button),

- Special dietary fibers (chitin and beta-glucan) may reduce insulin
 - Contain choline which helps with sleep, learning & memory
- Depending on where they are grown, may be a source of vitamin D
- Contain minerals potassium, copper, iron, phosphorus & selenium
- Rich in B vitamins to help get energy from food, form red blood cells
 - Potential benefits of consuming mushrooms

15 Calories, 2.2 gm protein, 1 gm fiber, no fat or cholesterol

Health Benefits of Mushrooms



Mushrooms are not vegetables or even plants, but fungi, organisms without roots or stems. They have a rich taste and are high in many antioxidants and protective minerals.

Mushrooms

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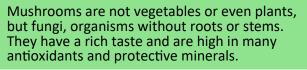
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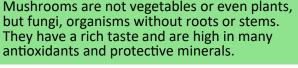
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