

www.advancedhealth.com/healthy-bytes-initiative



- 15 Calories, 2.2 gm protein, 1 gm fiber, no fat or cholesterol
- **1 cup raw or 1/2 cup cooked mushrooms provides:**
- **Potential benefits of consuming mushrooms**
- Rich in B vitamins to help get energy from food, form red blood cells
- Contain minerals potassium, copper, iron, phosphorus & selenium
- Depending on where they are grown, may be a source of vitamin D
- Contain choline which helps with sleep, learning & memory
- Special dietary fibers (*chitin and beta-glucan*) may reduce insulin resistance, lower cholesterol and boost immunity
- Edible varieties include cremini (white button), shitaki (chewy, meaty flavor), enoki (long, thin), portabella (large) and porcini (nutty). Note: Not all varieties are suitable for eating

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

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.



Health Benefits of Mushrooms

1 cup raw or 1/2 cup cooked mushrooms provides:

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

Potential benefits of consuming mushrooms

- Rich in B vitamins to help get energy from food, form red blood cells
- Contain minerals potassium, copper, iron, phosphorus & selenium
- Depending on where they are grown, may be a source of vitamin D
- Contain choline which helps with sleep, learning & memory
- Special dietary fibers (*chitin and beta-glucan*) may reduce insulin resistance, lower cholesterol and boost immunity
- Edible varieties include cremini (white button), shitaki (chewy, meaty flavor), enoki (long, thin), portabella (large) and porcini (nutty). Note: Not all varieties are suitable for eating



www.advancedhealth.com/healthy-bytes-initiative

www.advancedhealth.com/healthy-bytes-initiative



- 15 Calories, 2.2 gm protein, 1 gm fiber, no fat or cholesterol
- **1 cup raw or 1/2 cup cooked mushrooms provides:**
- **Potential benefits of consuming mushrooms**
- Rich in B vitamins to help get energy from food, form red blood cells
- Contain minerals potassium, copper, iron, phosphorus & selenium
- Depending on where they are grown, may be a source of vitamin D
- Contain choline which helps with sleep, learning & memory
- Special dietary fibers (*chitin and beta-glucan*) may reduce insulin resistance, lower cholesterol and boost immunity
- Edible varieties include cremini (white button), shitaki (chewy, meaty flavor), enoki (long, thin), portabella (large) and porcini (nutty). Note: Not all varieties are suitable for eating

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

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.



Health Benefits of Mushrooms

1 cup raw or 1/2 cup cooked mushrooms provides:

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

Potential benefits of consuming mushrooms

- Rich in B vitamins to help get energy from food, form red blood cells
- Contain minerals potassium, copper, iron, phosphorus & selenium
- Depending on where they are grown, may be a source of vitamin D
- Contain choline which helps with sleep, learning & memory
- Special dietary fibers (*chitin and beta-glucan*) may reduce insulin resistance, lower cholesterol and boost immunity
- Edible varieties include cremini (white button), shitaki (chewy, meaty flavor), enoki (long, thin), portabella (large) and porcini (nutty). Note: Not all varieties are suitable for eating



www.advancedhealth.com/healthy-bytes-initiative