



Growers & Distributors of Specialty Mushrooms since 1985

Nutritional Benefits of Mushrooms in our Diet

Not only are mushrooms delicious and versatile, but they are good for your health as well! In addition to the various medicinal properties attributed to specialty mushrooms, there are basic nutritional benefits as well. Mushrooms are good sources of riboflavin, niacin and pantothenic acid, three important B-complex vitamins, with one serving of Crimini mushrooms supplying one-quarter of our daily requirement of riboflavin. Mushrooms are also an important source of Potassium and Copper, and are the only source of the anti-oxidant Selenium among produce items. Just one Portabella mushroom contributes more Potassium to our diet than a banana! In addition to these B-Vitamins and essential minerals, mushrooms are low in calories, contain no cholesterol, and are virtually free of fat and sodium. Most recently, many mushroom growers are now enriching their mushrooms with Vitamin D because it has been discovered that mushrooms have a great capacity to absorb Vitamin D from light sources. As the October, 2008 article from the UK newspaper Daily Mail reprinted here states, mushrooms are now being elevated to the status of a “superfood” due to their many beneficial qualities.