



SIX REASONS WHY MUSHROOMS ARE HEALTHY

- A 100g serving of mushrooms contain more dietary fibre (2.5g) than 100g of celery (1.8g) or a slice of wholemeal bread (2.0g)
- Mushrooms contain more protein than most vegetables
- A medium portabello mushroom contains more potassium than a banana
- A 100g of raw mushrooms contains just 100 kilojoules
- Mushrooms contain significant amounts of B-group vitamins, notably niacin, riboflavin, pantothenic acid, biotin and folate (which is especially important during the early stages of pregnancy)
- Some specialty mushrooms – notably the Asian varieties such as shiitake – are believed to enhance the human immune system and may have great use in preventing or treating some serious human health problems. Further research may provide more information about how these varieties may assist human health.

