



Nutritional benefits of eating mushrooms

Mushrooms are a type of fungi that are now gaining superfood status as they are loaded with some of the most potent nutrients in the planet.

They're fat-free, low-sodium, low-calorie, and cholesterol-free. They're also packed with fibre, vitamins and minerals. Nutritional benefits vary depending on the type of mushroom. But overall, they are a good source of the following nutrients.

Antioxidants

Antioxidants help protect the body from damaging free radicals that can cause conditions like heart disease and cancer. They also protect you against damage from aging and boost your immune system.

Mushrooms are rich in the antioxidant called selenium. In fact, they are the best source of the mineral in the produce aisle.

Beta glucan

Beta glucan is a form of soluble dietary fibre that's been strongly linked to improving cholesterol and boosting heart health. It can also help your body regulate blood sugar, reducing the risk of type 2 diabetes. Oyster and shiitake mushrooms are believed to have the most effective beta glucan's.

Mushroom Nutrition Facts
Good Sources of
Vitamin D
B vitamins (Riboflavin, niacin, and pantothenic acid)
Offer antioxidants
Ergothioneine
Minerals
selenium, copper, potassium, betaglucons, and polyphenols
Provide healthful dietary fiber
Can act as "prebiotics" for the growth of probiotic gut organisms
Low in calories and sodium
Gluten-free



Nutritional benefits of eating mushrooms

B vitamins

Mushrooms are rich in the B vitamins: riboflavin, niacin, and pantothenic acid. The combination helps protect heart health. Riboflavin is good for red blood cells. Niacin is good for the digestive system and for maintaining healthy skin. Pantothenic acid is good for the nervous system and helps the body make the hormones it needs.

Copper

Copper helps your body make red blood cells, which are used to deliver oxygen all over the body. The mineral is also important to other processes in the body, like maintaining healthy bones and nerves. Even after being cooked, a 1-cup serving of mushrooms can provide about one-third of the daily recommended amount of copper.

Potassium

Potassium is extremely important when it comes to heart, muscle, and nerve function. There's about as much potassium in 2/3 cup of cooked Portobello mushroom as there is in a medium-sized banana.

