

# Produce of the Month



## Nutritional Information

Serving Size: 1 cup of pieces or slices white mushrooms

Amount Per Serving

Calories from Fat 2

Calories 15

	% Daily Values*
<b>Total Fat</b> 0.24g	<b>0%</b>
Saturated Fat 0.035g	<b>0%</b>
Polyunsaturated Fat 0.112g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 4mg	<b>0%</b>
<b>Potassium</b> 223mg	
<b>Total Carbohydrate</b> 2.3g	<b>1%</b>
Dietary Fiber 0.7g	<b>3%</b>
Sugars 1.16g	
<b>Protein</b> 2.16g	
Vitamin A 0%	Vitamin C 2%
Calcium 0%	Iron 2%



**Cooper and Phosphorus.** White mushrooms benefit your bones by boosting your copper and phosphorus intakes. These minerals have important roles in bone health; phosphorus contributes to the inorganic mineral tissue that provides bone density, while copper helps you make collagen, a protein that keeps your bones from becoming brittle. Both minerals also aid in energy production, and phosphorus helps you make DNA. A cup of whole white mushrooms provides 305 micrograms of copper, or 34 percent of the recommended daily intake, as well as 80 milligrams of phosphorus, or 11 percent of your daily intake requirement.

## Mushrooms



### Antioxidant and Other Benefits

White mushrooms also house a range of beneficial antioxidants. Chemicals with antioxidant function fight oxidation -- a chemical process that increases your risk of genetic mutations, and also damages the lipids and proteins that make up your cell membranes. White mushrooms contain ergosterols, The mushrooms might also play a role in fighting chronic disease by lowering cholesterol levels and blood sugar. This suggests that white mushrooms might offer benefits for controlling high cholesterol or diabetes, though more research is needed to figure out how well they work.

Currently there are over 10,000 known types of mushrooms. That may seem like a large number, but mycologists suspect that **this is only a fraction of what's out there!** Of course not all are edible.

**Morel, white button, oyster, truffle, portobello, shitake, porcino, chanterelle, crimini to just name a few.**

Use white mushrooms' meaty texture to your advantage in the kitchen. Use sauteed mushrooms in place of some of the ground beef in homemade meat sauce for pasta, because you'll lower the sauce's calorie and fat content. Combine sauteed white mushrooms and onions, breadcrumbs and lentils in a food processor for meaty vegetarian burgers, or use seasoned cooked white mushroom slices in place of meat in fajitas or tacos. Alternatively, simply drizzle white mushrooms in olive oil, wrap them in tinfoil and then barbecue until tender.

### Manchester's Message for a Healthier You

9

5

2

1

0

9 Hours of Sleep - 5 Servings of Fruits & Vegetables - 2 Hours or less of Screen Time - 1 Hour of Physical Activity - 0 Sugary Beverages  
For more information visit: <http://95210.townofmanchester.org/> For more ideas, see: <http://townesharvest.montana.edu/documents/Cauliflower.pdf>