

NUTRITION

A Day of the Mushroom



April 16th is Mushroom Day. Although the mushroom isn't always a favorite food, there are plenty of reasons to love this special fungus.

Did you know

- Mushrooms are one of the few foods that contain vitamin D naturally
- Mushrooms contain important minerals like selenium and copper. These minerals aid in immune and heart health.
- Mushrooms are a good source of antioxidants which prevent against cellular damage
- Recent studies have suggested mushrooms may have anti-tumor properties



Want these health benefits? Add mushrooms to your sandwich, sprinkle some on your salad or sauté them with your pasta.

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