

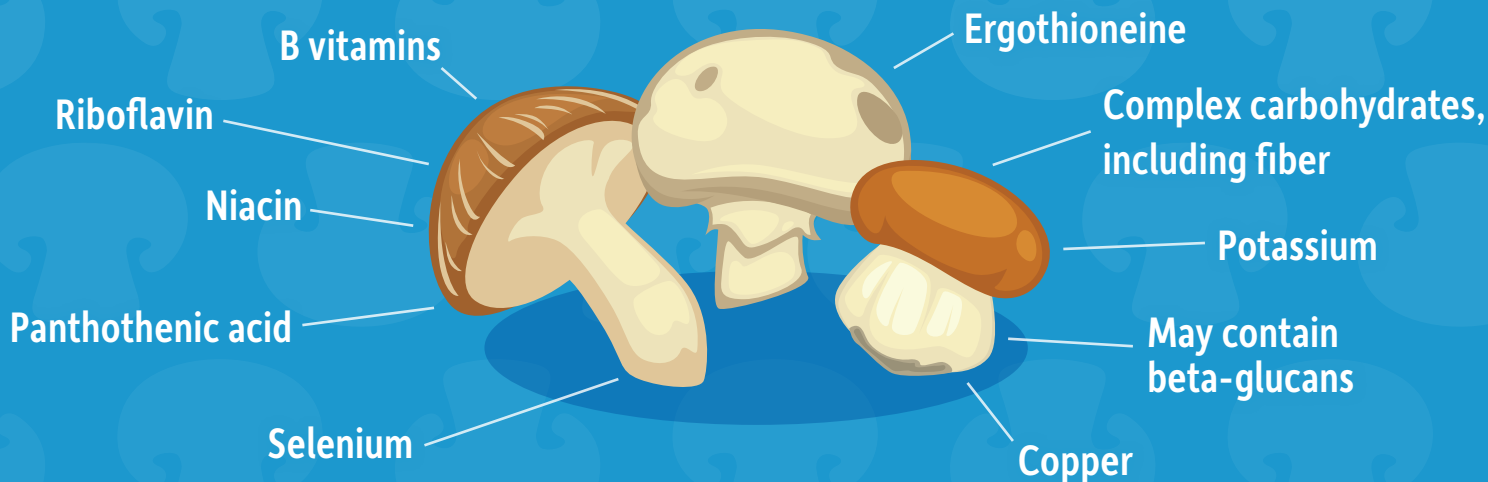
MUSHROOMS MATTER

# Nutrition

Full of powerful nutrients, mushrooms are increasingly being named as a must-have on healthy plates, providing many of the same nutritional benefits as vegetables, as well as attributes commonly found in meat, beans, and grains.



A NATIONAL ASSOCIATION



## Mushrooms, Research, & Health

When it comes to health, researchers are increasingly turning to mushrooms.

**Fight against cancer:** early studies show mushrooms might be a factor in reducing levels of PSA in prostate cancer patients and help prevent recurrence of hormone-dependent breast cancers.

**Anti-aging:** mushrooms contain ergothioneine and glutathi-

one antioxidants which work to protect the body from stress that causes visible signs of aging and may also help prevent symptoms of Parkinson's and Alzheimer's.

**Cognitive decline:** Researchers are finding that less than one cup of cooked mushrooms twice per week can help to reduce the odds of mild cognitive decline.