

ENJOY MUSHROOMS

EVERY DAY, EVERY WAY FOR GOOD HEALTH.

Mushrooms are low in calories, fat-free, cholesterol-free and very low in sodium, yet they provide several nutrients. Visit www.mushroominfo.com for recipe ideas and more information.



City of
Hope™



The Mushroom Council is proud to have provided \$50,000 to City of Hope's research on cancer and mushrooms. Visit www.cityofhope.org for more information.



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