

Smart ways to live well  
**Prevention**

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nutrition



PHOTO BY PAUL LOWE FOR VIVIAN ARTISTS

*Subbing mushrooms for beef is a simple way to lose weight*

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THE NUMBER OF CALORIES IN 1 CUP OF GRILLED SLICED PORTOBELLO MUSHROOMS

### The Meat You Won't Miss

Here's an easy swap to drastically cut calories: Trade the beef in your recipes for mushrooms. Research from Johns Hopkins University showed that when adults ate a mushroom-based version of four beef dishes such as lasagna and chili, not only were they just as full, but they also ate around 420 fewer calories and 30 fewer grams of fat. Subbing 1 cup of mushrooms for 3 ounces of 85% lean ground meat twice a week could add up to a 6-pound weight loss over 1 year.

*Subbing mushrooms for beef is a simple way to lose weight*