



## Social Media Post Copy

### Post Option 1:

As a registered dietitian, here's three reasons why I encourage everyone to celebrate #MushroomMonday. 🍄

Mushrooms are a nutritious and delicious powerhouse. Amp up the flavor and nutrition of your favorite dishes simply by adding low-calorie, fat-free, cholesterol-free mushrooms to your meals.

Mushrooms can support healthy aging. They contain ergothioneine, a naturally occurring antioxidant that may help protect the body's cells.

Mushrooms can help feed your immune system. Mushrooms contain an array of nutrients that play a key role in supporting the immune system including vitamins D, E and B6, and selenium.

### Post Option 2:

Join me as I celebrate #MushroomMonday! Each week, savor the flavor of one of the most delicious and nutritious foods you can put on your plate. Whether it's a topping for a delicious breakfast power bowl, cooking up a stir-fry with broccoli or blending with beef for a plant-forward meatloaf dinner, there's a healthful option for you to try today.

### Post Option 3:

Looking for a healthy way to start off your week? Celebrate #MushroomMonday and fuel your week with delicious, Earth-friendly and nutritious mushrooms. Chopped, sautéed, air-fried, broiled or served fresh, mushrooms are always in season and can easily be added to any Monday meal.