









Comparison of Daily Value (%DV) between Mushrooms and other Common Fruits and Vegetables

Vitamin / Mineral (DV)	Agaricus Mushrooms	Shiitake Mushrooms	Lettuce	Cabbage	Spinach	Tomato	Carrot	Apple	Banana	Orange	Grapes	Peach
Riboflavin mg	24% 	6%	3%	2%	3%	1%	2%	2%	5%	3%	2%	2%
Niacin mg	17% 	7%	1%	1%	1%	4%	4%	1%	4%	2%	2%	4%
Copper mg	15% 	40% 	1%	1%	7%	3%	2%	1%	4%	3%	6%	3%
Pantothenic Acid mg	13% 	31% 	1%	1%	0%	1%	2%	1%	4%	3%	0%	2%
Selenium cmg	11% 	30% 	0%	1%	0%	0%	0%	0%	2%	1%	0%	0%
Folate cmg	11% 	8%	5%	8%	15%	5%	4%	1%	6%	10%	0%	1%
Potassium mg	8%	3%	3%	5%	5%	8%	7%	4%	12%	7%	3%	5%
Phosphorus	6%	4%	2%	2%	2%	3%	3%	2%	3%	2%	1%	2%
Thiamin mg	5%	4%	3%	2%	2%	3%	3%	2%	2%	8%	2%	2%
Sodium mg	0.1%	0.1%	0.7%	0.5%	1%	0.3%	2%	0%	0%	0%	0%	0%

U.S. Department of Agriculture, Agricultural Research Service. USDA Nutrient Database for Standard Reference Release 18. Based on serving size of 85 g of Agaricus mushrooms and 145 g of shiitake. Values for other fruits and vegetables based on a single serving size as defined in the USDA Nutrient Database.

Daily Value (%DV) based on a 2,000 Calorie Intake; for Adults and Children 4 or More Years of Age.

 "Excellent Source" means a serving contains 20% or more of the Daily Value (%DV).

 "Good Source" means a serving contains 10 - 19% of the Daily Value.