

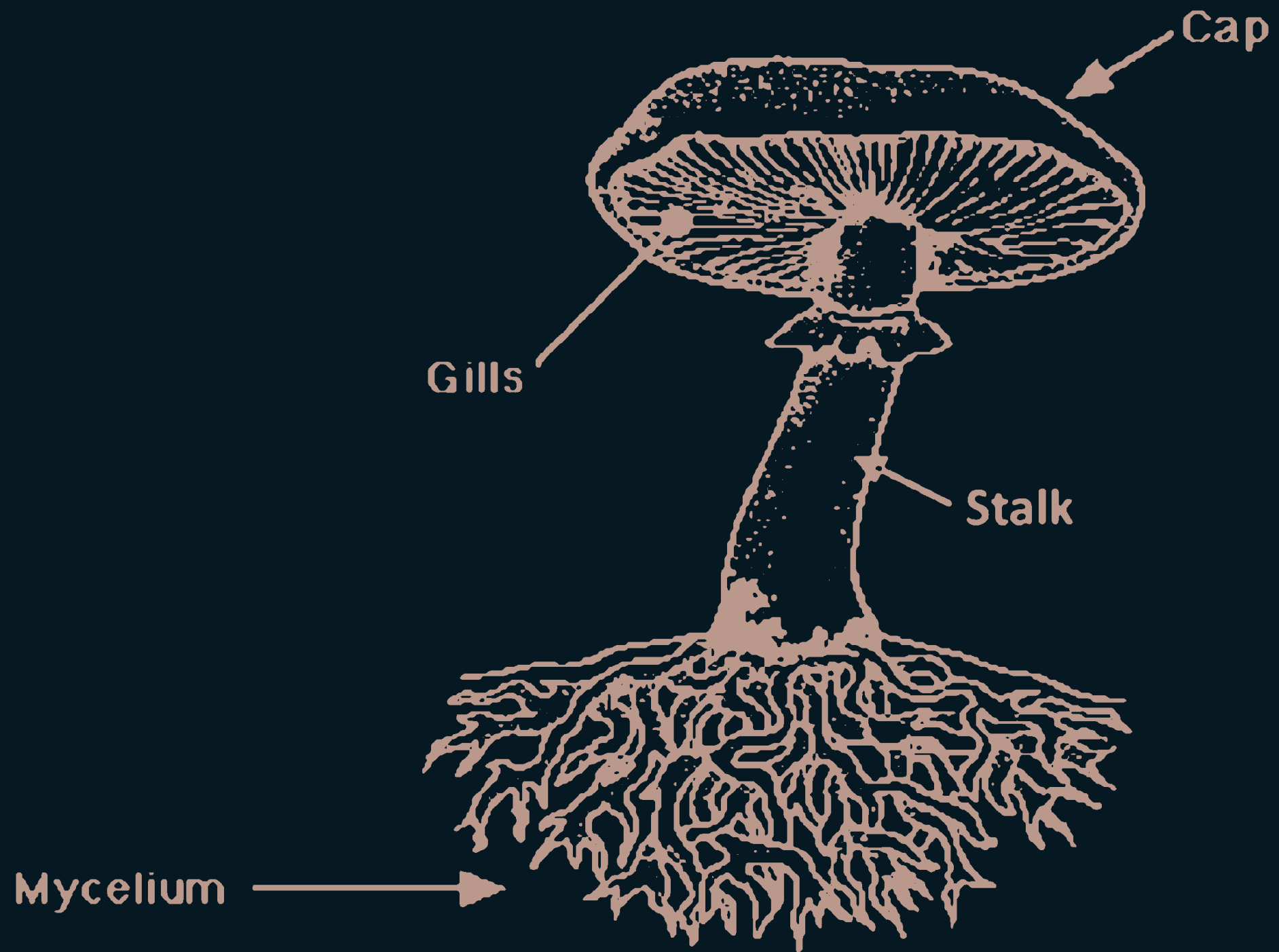


# Mushrooms

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*Indian Institute of Horticultural Research, Bengaluru - 560 089*



# *Mushrooms are*

- *Excellent vegetarian diet*
  - *High protein, fiber, B vitamins*
  - *Source of Vitamin D*
  - *High in minerals like Potassium, selenium, copper*
  - *Low in sodium*
  - *No cholesterol*
  - *Very low fat*
  - *Highly recommended for lowering blood cholesterol, triglycerides*
    - *Highly recommended for diabetics to reduce sugar*
    - *Excellent blood builder*
    - *Excellent immune system stimulator*
  - *Low calorie, hence excellent for weight loss*



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