

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	Banana	Orange	Grapes	Peach
Riboflavin mg	24%	6%	3%	2%	3%	1%	2%	5%	3%	2%	2%
Niacin mg	17%	7%	1%	1%	1%	4%	4%	4%	2%	2%	4%
Copper mg	15%	40%	1%	1%	7%	3%	2%	4%	3%	6%	3%
Pantothenic Acid mg	13%	31%	1%	1%	0%	1%	2%	4%	3%	0%	2%
Selenium cmg	11%	30%	0%	1%	0%	0%	0%	2%	1%	0%	0%
Folate cmg	11%	8%	5%	8%	15%	5%	4%	6%	10%	0%	1%
Potassium mg	8%	3%	3%	5%	5%	8%	7%	12%	7%	3%	5%
Phosphorus	6%	4%	2%	2%	2%	3%	3%	3%	2%	1%	2%
Thiamin mg	5%	4%	3%	2%	2%	3%	3%	2%	8%	2%	2%
Sodium mg	0.1%	0.1%	0.7%	0.5%	1%	0.3%	2%	0%	0%	0%	0%

Source: U.S. Department of Agriculture, Agriculture Research Service. USDA Nutrient Database for Standard Reference Release 18. Based on serving size of 85g of Agaricus mushrooms and 145g 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.