

Look out for dietary fiber and vitamin D in mushrooms!



Now that various mushrooms can be eaten at a low price throughout the year, if you take notice of these two ingredients, you will see that you should actively incorporate mushrooms into your diet. Mushrooms also contain more than 90% water. Since they only have 21-34 kcal per 100 g, you can eat them without worrying about calories.

Dietary fiber maintains the intestines!

Vitamin D helps with calcium absorption!

Unit: Per 100 g fresh
 Dietary fiber: **g**
 Vitamin D: **μg**

The mushrooms below are listed in order of dietary fiber content, but all contain at least 3 g, making them foods you should eat plenty of for **healthy intestines**. Maitake mushrooms are some of the best for **vitamin D**! There are many kinds of mushrooms, so why not eat some every day?



1 Shiitake mushrooms
 (mushroom bed cultivation)
 Dietary fiber: **4.9**
 Vitamin D: **0.3**
 25kcal

2 Enoki mushrooms
 Dietary fiber: **3.9**
 Vitamin D: **0.9**
 34kcal

3 Maitake mushrooms
 Dietary fiber: **3.5**
 Vitamin D: **4.9**
 22kcal

4 King oyster mushrooms
 Dietary fiber: **3.4**
 Vitamin D: **1.2**
 31kcal

5 Nameko mushrooms
 Dietary fiber: **3.4**
 Vitamin D: **0.0**
 21kcal

6 Brown beech mushrooms
 Dietary fiber: **3.0**
 Vitamin D: **0.5**
 26kcal



You can easily make new dishes by adding mushrooms to your everyday ones or sautéing them with a little butter and soy sauce.



Mushrooms are great because few fruits and vegetables contain vitamin D.

Reference: Standard Tables of Food Composition in Japan - 2020 (Eighth Revised Edition)

Sony Health Insurance Society Information

See Sony Kenpo's Health Service website
 (English version)!

The website is available in English. Please be sure to read it.



Click "English"
 at the bottom of the homepage.
<http://www.sonykenpo.or.jp/>

