

Giorgio

THE NUMEROUS BENEFITS OF mushroom nutrition

tradition • quality • safety • variety

Giorgio is known as America's Favorite Mushroom with a legacy in the industry that spans three generations.

Today Giorgio Fresh is one of the largest mushroom growers in the world.

Consumers know and trust the Giorgio name and choose Giorgio over all other mushroom brands for our quality, variety and product consistency.

Fresh mushrooms are also a naturally delicious and nutritious choice. Mushrooms are noted for their flexibility for use in recipes as an ingredient, flavor-enhancer, or main dish.

Giorgio is also your #1 source to tap into the fast growing, healthy specialty mushroom segment including organic mushrooms, Vitamin D Portabella Caps, shiitake and much more. Consumers are buying more mushrooms than ever due to their health and nutrition benefits.

Mushrooms offer a wealth of nutritional benefits:

- Low in calories, fat-free, cholesterol free and low in sodium. In fact, one serving of mushrooms contains only 20-35 calories
- Provide natural antioxidants which can strengthen the immune system
- The only product in the produce aisle that provides 100% of the RDA of Vitamin D, Giorgio's Vitamin D enhanced portabella mushrooms are an excellent source of Vitamin D
- A natural source of potassium and the antioxidant selenium
- White and brown mushrooms are an excellent source of riboflavin
- Gluten free

Visit the Giorgio Fresh website at www.GiorgioFresh.com and learn why you can't pick a better partner or a more nutritional product than Giorgio branded mushrooms.

America's Favorite Mushroom

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Blend Giorgio Mushrooms with meat for better nutrition and lower costs.



Mushrooms can be used as a healthy and tasty substitute for meat. See the nutritional benefits of incorporating a variety of mushrooms into your diet below.

8oz Whole

Nutrition Facts	
Serving Size: 3oz. (85g)	
Servings Per Container: About 3	
Amount Per Serving	
Calories 20	Calories From Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Potassium 260mg	7%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%
Riboflavin 25%	Selenium 10%
Vitamin D 4%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

8oz Fresh n Clean

Nutrition Facts	
Serving Size: 3oz. (85g)	
Servings Per Container: About 3	
Amount Per Serving	
Calories 20	Calories From Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	1%
Potassium 230mg	7%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%
Riboflavin 20%	Selenium 10%
Vitamin D 4%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

8oz Baby Bella

Nutrition Facts	
Serving Size: 3oz. (85g)	
Servings Per Container: About 3	
Amount Per Serving	
Calories 30	Calories From Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Potassium 290mg	8%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%
Riboflavin 25%	Selenium 10%
Vitamin D 4%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

8oz Sliced Baby Bella

Nutrition Facts	
Serving Size: 3oz. (85g)	
Servings Per Container: About 3	
Amount Per Serving	
Calories 30	Calories From Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Potassium 290mg	8%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%
Riboflavin 25%	Selenium 10%
Vitamin D 4%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

6oz Portabella Caps

Nutrition Facts	
Serving Size: 3oz. (85g)	
Servings Per Container: 2	
Amount Per Serving	
Calories 30	Calories From Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Potassium 290mg	8%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 3g	
Vitamin A 0%	Vitamin C 2%
Calcium 0%	Iron 2%
Riboflavin 25%	Selenium 10%
Vitamin D 4%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

6oz Vitamin D Portabella

Nutrition Facts	
Serving Size: 3oz. (85g)	
Servings Per Container: 2	
Amount Per Serving	
Calories 25	Calories From Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 290mg	8%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%
Riboflavin 25%	Selenium 10%
Vitamin D 100%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

3.5oz Raw Shiitake

Nutrition Facts	
Serving Size: 3oz. (85g)	
Servings Per Container: 1	
Amount Per Serving	
Calories 30	Calories From Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Potassium 260mg	7%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

3.5oz Raw Oyster

Nutrition Facts	
Serving Size: 3.5oz. (99g)	
Servings Per Container: 1	
Amount Per Serving	
Calories 35	Calories From Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	0%
Potassium 420mg	12%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 7%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Contact your Giorgio representative for more information.

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