

I. Illnesses where Hushrooms can help:

I Immune System Boost: Reishi, Shiitake and maitake mushrooms enhance immune function,
helping with colds, flu, and other
infections.

2. Canser support: Turkey tail, reishi and maitake mushrooms contain compounds that may aid in cancer prevention an support treatment.

2. Helping with depression:

2. Helping with depression:

1. Hental Health: Shiltake and maitake mushrooms help reduce cholesterol and support cardiovas duar nealth.

2. Heart Health: Shiltake and mistake

2. Heart Health: Shiltake and mistake

2. Heart Health: Shiltake and mistake

3. Heart Health: Shiltake and mistake

3. Heart Health: Shiltake and mistake

4. Denotical for an analysis and maitake

4. Heart Health: Shiltake and maitake

4. Heart Health: Shiltake and maitake

4. Heart Health: Shiltake and maitake

5. Heart Health: Shiltake and maitake

6. Heart Health: Shiltake and maitake

7. Heart Health: Shiltake and maitake

8. Heart Health: Shiltake and maitake

8. Heart Health: Shiltake and maitake

9. Heart Health: Shiltake and maitake

9. Heart Health: Shiltake and maitake

1. Heart Health: Shiltake and maitake

1. Heart Health: Shiltake and mistake

2. Heart Health: Shiltake and mistake

3. Heart Health: Shiltake and mistake

4. Health: Shiltake and mistake

4. Health: Shiltake and mistake

5. Heart Health: Shiltake and mistake

6. Health: Shiltake and mistake

8. Health: Shiltake and mistake

8. Health: Shiltake and mistake

9. Health: Shiltake and mistake

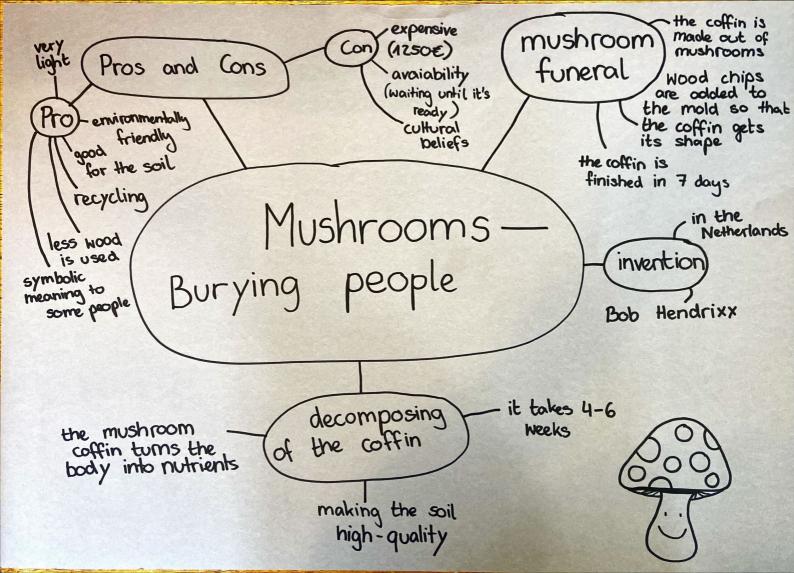
9. Health: Shiltake and mistake

9. Health: Shiltake and mistake

1. Health: Shiltake and mis

Heart Health: Shirts want has compounds beneficial for an-Lion's mane has compounds beneficial for anxiety, depression, and cognitive healt.

Emma, Lea, Luis, Malin, Mimi, Amanaa



MUSHROOMS - SAVING FOOD

MUSHROOM	(84 9)	MEAT 84'8
Energy	1549	1929
Carbohydrate	2'28 9	09
Protein	2769	23,39
Fat	149	40,59
Needed water for April 1'874		2400 ggs
Electricity	A Rie. hours	407,482 Btu
CO.:	O'7 pounds	≈ 13 % Kg

Conclusion:

Mushrooms are way more sustainable than meat because it takes less water electricity and co2 to "produce" it. In addition Mushrooms are better for you because they are healthier than meat but you would have to balance your protein and energy intakes with something else.