Shroomin’

Lose weight by eating good ol’ fungi.

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A 2008 study found that people who added white button mushrooms instead of meat to lasagna, chili and Sloppy Joes consumed 420 fewer calories. They also thought the meatless meals were equally delicious and satisfying. Why? Mushrooms’ density makes you feel fuller longer. “The [participants] didn’t compensate for the lower calorie mushroom meals by taking in more food later in the day,” says Lawrence Cheskin, MD, the director of Johns Hopkins Weight Management Center in Baltimore and the study’s lead author. Plus mushrooms have no fat and are inexpensive: a bargain for calorie counters and penny-pinchers!

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http://beta.docker.realhealthmag.com/article/mushroom-weight-loss-16712-1207