

COMPOSITION, NUTRITIONAL VALUE AND MEDICINAL PROPERTIES OF WILD MUSHROOMS

Summary

Wild mushrooms are widely available in Polish forests. They can be a valuable supplement to the diet because of the content of easily digestible amino acids, minerals, vitamins and fiber. Many species also contain biologically active substances, useful in the prevention and treatment of serious diseases, including cancer and heart diseases. Active compounds contained in the carpophores have the ability to lower blood sugar and blood cholesterol, and exhibit anti-inflammatory, antibacterial, antiviral and

antioxidant properties. Some danger connected with the consumption of wild mushrooms, is the content of heavy metals in the carpophores, due to their high bioaccumulation. Therefore it is important not to collect mushrooms from polluted areas, and not to exceed the permitted amount of their consumption. Wild mushrooms can be recommended as a functional food with certain limitations relating to specific groups of population.