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MUSHROOMS IN HUMAN DIET – THEIR NUTRITIONAL AND HEALTH-PROMOTING VALUE

Summary

Mushrooms, included by Poles in their diet since a long time, show multiple nutritional, health-promoting and medical properties. These properties are found in the most popular wild (chanterelle, cep, bay bolete) and cultivated (button mushroom, oyster mushroom) mushroom species. However the most common in food industry are macrofungi, scientists have recently developed a technology of obtaining Quorn mycoproteins from *Fusarium graminearum*. Some products with the addition of mushrooms may be considered as functional food, the consumption of which increases human health quality. The medical use is known in folk medicine and four fungal polysaccharides – grifolan, crestin, lentinan and schizophyllan are in several countries registered as medicines exhibiting anticancer activities. The main concerns related to mushrooms consumption are heavy metals accumulations in their hyphae and their heaviness due to chitin content in cell walls. The culinary treatment, like cooking, drying, freezing, blanching and preservation, changes mushroom nutritional value.