Nutritional composition and hypocholesterolemic effect of Mushroom.
Edition No. 1

Description: Mushroom cultivation has been started recently in Bangladesh. People in Bangladesh are still not very aware of the nutritional and medicinal importance of mushrooms. In this study, the nutritional values of two species of mushrooms (Pleurotus sajor-caju and P. florida) have been determined. These mushrooms are rich in proteins and fibers, and contain a lower amount of lipid. They are also rich in mineral contents. The feeding of hypercholesterolemic rats with 5% powder of fruiting bodies of P. sajor-caju and P. florida reduced the plasma total cholesterol, triglyceride, LDL/HDL ratio level significantly. These properties may be due to several mechanisms, one of which is the increased cholesterol excretion through feces by mushroom feeding. Dietary mushroom P. florida also reduced lipid peroxidation in hypercholesterolemic rats, this data suggests that this mushroom might be an important antioxidant. This study revealed that P. sajor-caju and P. florida mushrooms are nutritionally valuable food items with high levels of protein and fiber. And mushrooms might be good nutrition source for heart patients and also for diabetic and cancer patients.

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