

Biological role of mushroom proteins in human diet.

Donghong Liu*

Department of Food Science, University of Leibniz Hannover, Germany

Introduction

Mushrooms are a type of fungus that have been consumed for centuries due to their rich nutritional content and distinct flavor. In recent years, mushrooms have gained popularity as a plant-based protein source due to their high protein content and low-calorie count. In addition to their protein content, mushrooms contain a variety of bioactive compounds that can promote human health. In this article, we will discuss the biological role of mushroom proteins in the human diet.

Mushroom proteins are a rich source of amino acids, the building blocks of protein. Unlike animal proteins, mushroom proteins are free from cholesterol, fat, and contain very low levels of carbohydrates. This makes mushroom proteins a great option for individuals who are looking to reduce their intake of animal-based proteins while still maintaining adequate protein intake. Mushrooms are a great source of essential amino acids, including lysine, threonine, and phenylalanine [1].

In addition to providing a source of dietary protein, mushroom proteins contain a variety of bioactive compounds that can promote human health. One of the most well-known bioactive compounds in mushrooms is beta-glucans. Beta-glucans are complex polysaccharides that are found in the cell walls of mushrooms. These compounds have been shown to have immune-modulating effects, which means that they can help to strengthen the immune system and protect the body against infections [2].

Another bioactive compound found in mushrooms is ergothioneine. Ergothioneine is an antioxidant that is found in high levels in mushrooms. This compound has been shown to have anti-inflammatory properties, and it can help to protect the body against oxidative stress. Oxidative stress occurs when the body is exposed to harmful molecules called free radicals. These molecules can damage cells and contribute to the development of chronic diseases such as cancer, diabetes, and heart disease.

Mushroom proteins are also a good source of B vitamins, including riboflavin (B2), niacin (B3), and pantothenic acid (B5). These vitamins play a crucial role in energy metabolism, helping the body to convert food into energy. They also play a role in maintaining healthy skin, hair, and eyes [3].

One of the most significant benefits of consuming mushroom proteins is their potential to reduce the risk of chronic diseases. Studies have shown that consuming mushrooms on a regular basis may help to lower the risk of certain types of cancer,

including breast, prostate, and colon cancer. Mushroom proteins have also been shown to have a positive effect on blood sugar levels, which makes them an excellent food option for individuals with type 2 diabetes.

mushroom proteins are a valuable addition to the human diet. They provide a rich source of amino acids, B vitamins, and bioactive compounds that can promote human health. The immune-modulating effects of beta-glucans, the anti-inflammatory properties of ergothioneine, and the potential to reduce the risk of chronic diseases make mushroom proteins an excellent option for individuals who are looking to improve their overall health and well-being. Whether eaten fresh, dried, or as a supplement, mushroom proteins can be a delicious and nutritious addition to any meal plan.

When it comes to incorporating mushroom proteins into your diet, there are many options available. One of the most popular ways to consume mushrooms is by including them in meals such as stir-fries, soups, salads, and pasta dishes. Another option is to use mushroom powders or extracts as a dietary supplement. Mushroom powders and extracts are a convenient way to add mushroom proteins and bioactive compounds to your diet without having to consume large amounts of mushrooms [4].

It's important to note that while mushrooms are generally considered safe for most people to consume, some individuals may have an allergic reaction to certain types of mushrooms. If you have a history of mushroom allergies, it's best to speak with a healthcare provider before adding mushroom proteins to your diet.

mushroom proteins are an excellent source of dietary protein, B vitamins, and bioactive compounds that can promote human health. The immune-modulating effects of beta-glucans, the anti-inflammatory properties of ergothioneine, and the potential to reduce the risk of chronic diseases make mushroom proteins an excellent addition to any healthy diet. Whether consumed fresh, dried, or as a supplement, mushrooms are a versatile and delicious ingredient that can be easily incorporated into a variety of meals and snacks [5].

Conclusion

Mushroom proteins offer many potential health benefits and play an important biological role in the human diet. With their high protein content, low calorie count, and wealth of bioactive compounds, mushrooms are an excellent source

*Correspondence to: Donghong Liu, Department of Food Science, University of Leibniz Hannover, Germany, E-mail: dhliu@lih.lu

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of nutrition for individuals looking to reduce their intake of animal-based proteins or improve their overall health and well-being. Incorporating mushrooms into meals or using mushroom powders or extracts as a supplement are great ways to reap the benefits of these nutrient-dense fungi. As with any dietary change, it's important to speak with a healthcare provider before making significant adjustments to your diet. Overall, mushrooms are a valuable and delicious addition to a healthy, balanced diet.

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