

Use of medicinal mushrooms in the preparation of superfoods for sustainable nutrition and human health



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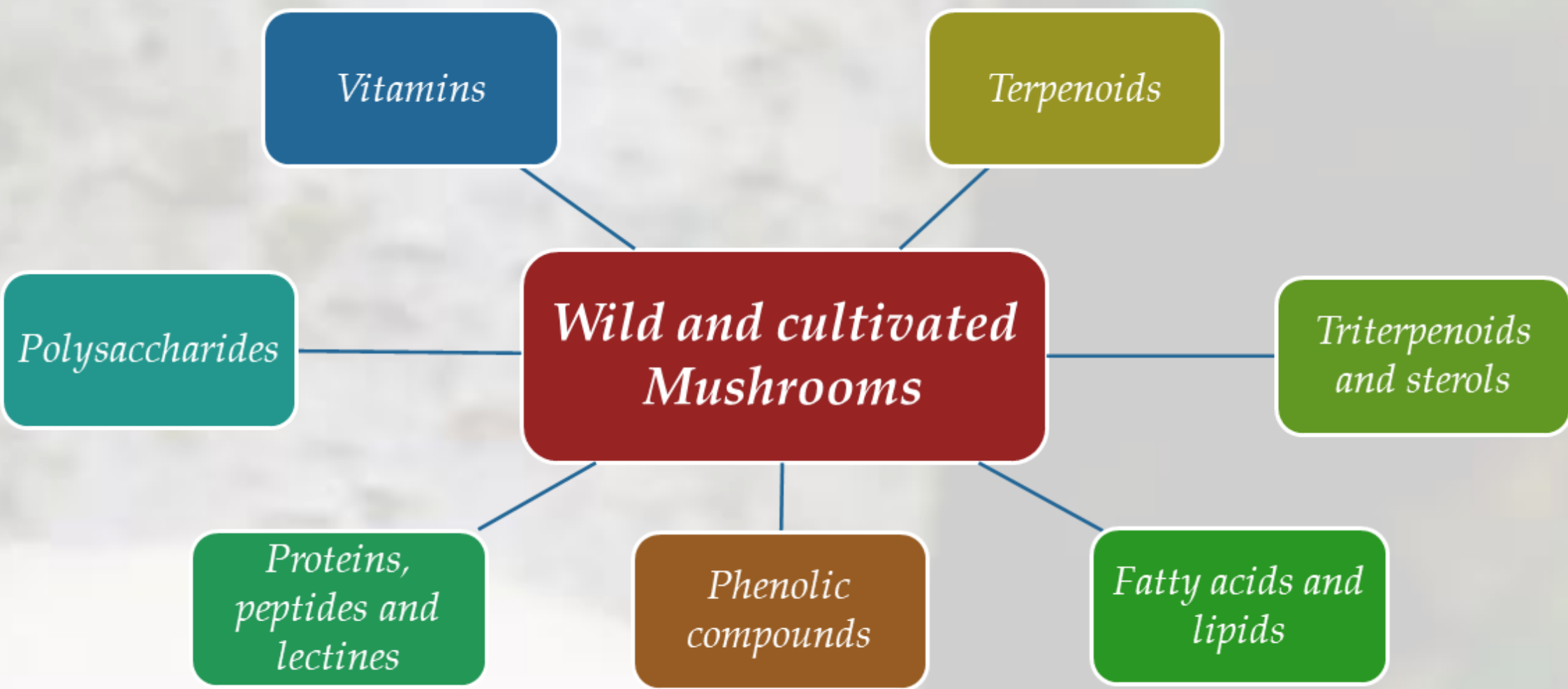


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Medicinal Mushrooms:

«Macroscopic fungi that are used in the form of extracts or powder for prevention, alleviation, or healing of multiple diseases, and/or in balancing a healthy diet»

Chemical substances, elaborated and accumulated by *medicinal mushrooms*, play an important role in human and animals health and nutrition



Bioactive compounds hosted in mushrooms mycelia and fruiting bodies.
(adapted from Venturella et al., 2021)

The high quantities of Bioactive metabolites reported for medicinal have different **biological activities**

Antiallergic

Antibacterial

Antifungal

Anti-inflammatory

Antioxidant

Antiviral

Antihyperlipidemic

Antitumor

Antidiabetic

Cytotoxic

Prebiotic

Digestive

Immunomodulating

Hepatoprotective

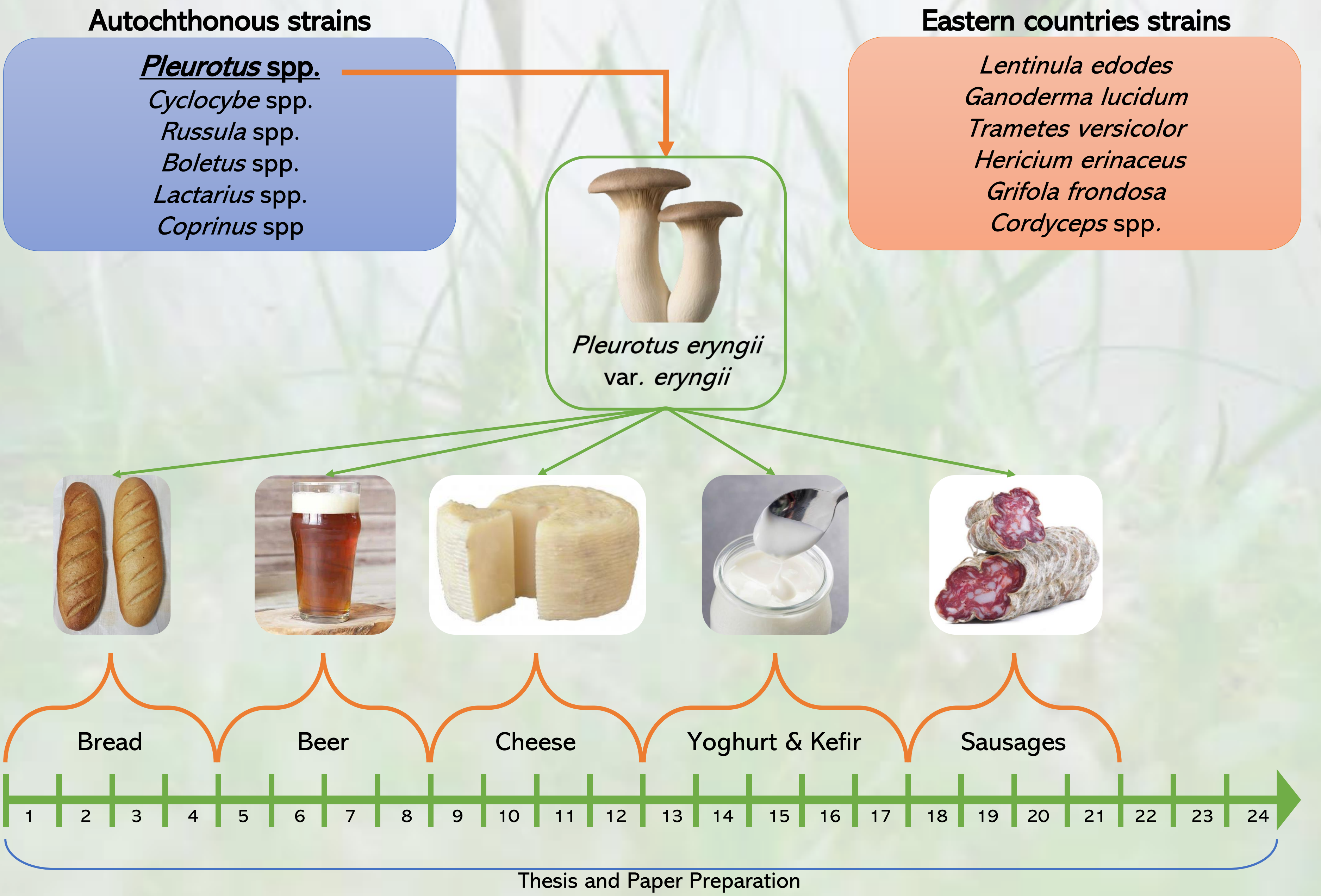
Neuroprotective

Nephroprotective

Osteoprotective

Hypotensive

Several works showed that the enrichment of foods with fungal mycelia or fruiting bodies extracts increased the total availability of vitamins, minerals, fibre, beta-glucans, and antioxidants. Most of these works were focused on the use of **mushrooms species from eastern countries** and only few authors considerate to use **autochthonous strains** for the development of functional foods.



References

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