



Benefit whites mushrooms - 5 good reasons to add a superfood to your diet

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Abstract. The article discusses the main properties of the white fungus and its effect on the human body. A systematic review of modern specialized literature and relevant scientific data was carried out. The chemical composition and nutritional value of the product are indicated, the use of white fungus in various types of medicine and the effectiveness of its use in various diseases are considered. The potentially adverse effects of the white fungus on the human body under certain medical conditions and diseases are analyzed separately.

Key words: ceps , benefits , harms, beneficial properties, contraindications

White mushrooms contradict the concept that the healthiest vegetarian foods are the brightest vegetables and fruits. Boletus mushrooms contain phytochemical compounds that have anti-cancer and anti-aging properties. Already at this stage, they could win the title of superfood , but their benefits are not limited to this. Doubt it's true? We've found five good reasons why you want to add a superfood to your diet.

The calorie content of white mushrooms is 22 kcal per 100 g. This is a low- carbohydrate , almost fat-free food with a low protein content. They also contain vitamin B6, folic acid, magnesium, zinc, potassium, riboflavin, niacin, and pantothenic acid, which helps provide energy by breaking down fats, proteins, and carbohydrates. It is also one of the best plant sources of selenium and vitamin D2.

Top 5 Health Benefits of White Mushrooms

1. Prevent Bone Loss

Superfood has the potential to combat osteoporosis, mineralization defects, and muscle weakness. It contains copper, phosphorus and vitamin D2. The latter is converted in the body into the active form of vitamin D, which is necessary to maintain calcium levels. Want more D2 in mushrooms? Keep them in direct sunlight for 15-120 minutes. A simple intake increases the level of the substance to 10 µg per 100 g. ^[1, 2]

2. Contains Antioxidants to Fight Any Inflammation and Cancer

Scientists have found polyphenols, polysaccharides, selenium, vitamin C, as well as rare antioxidants ergothioneine and glutathione in porcini mushrooms. Valuable compounds do not lose their properties even after heat treatment. They are important for the body, as the conversion of food into energy causes oxidative stress and the formation of free radicals. Antioxidants protect organs and tissues from oxidizing agents and help to avoid many diseases. [3, 4]

3. Support immunity

White mushrooms are a food source of soluble fiber, beta- glucans. They activate T-lymphocytes and macrophages, stimulate them to capture and digest bacteria, foreign toxins and other dangerous compounds. Thus, beta- glucans increase the body's ability to fight infection, stop inflammation and tumor growth. The work of the immune system is also improved by the vitamins of groups B, C and selenium included in the composition. [5, 6, 7]

4. Good for the heart

Studies have shown that porcini mushrooms rapidly lower cholesterol levels in overweight adults. The ergothioneine contained in them and other plant components prevent the formation of plaques in the vessels and arteries. All this has a positive effect on the work of the heart, maintains normal blood pressure and blood circulation. [8, 9]

5. Lower Blood Sugar and Improve Gut Health

Polysaccharides in foods increase insulin sensitivity, prevent hyperglycemic syndrome - reduce sugar levels. Some compounds, such as beta - glucan, act as prebiotics and promote the growth of beneficial gut bacteria. Their role is difficult to overestimate, since the digestion of food, immunity, and brain function depend on the state of the intestine. [10, 11]

Who should not eat porcini mushrooms - contraindications and precautions

Mushrooms bought in the store are safe for everyone who does not have allergies and who is older than 7 years old - in young children the digestive system has not yet been formed, and the digestion of a heavy product can cause a malfunction in the stomach and intestines. There are also a few potential side effects to watch out for in people with GI problems: mushrooms can cause irritable bowel syndrome (IBS) upset, worsening ulcers or gastritis, pain, bloating, and constipation.

How many white mushrooms are safe to eat each day?

It is not necessary to consume the product daily, but it can be made part of a healthy diet. Nutritionists advise taking care that the menu is varied and that there are no more than 100 g of mushrooms every day. It is important that they are obtained from reliable sources and are non-toxic.

How to eat porcini mushrooms: tips for adding to the diet

Mushrooms are eaten at different stages of ripening, and stored in a paper bag in the refrigerator for 3-4 days. Therefore, freezing, canning, and drying are popular methods to extend their shelf life without sacrificing nutritional value. Before buying, it is important to check that the caps and legs are tight, not wet, without mold. Before cooking, remove dirt from them with a brush and rinse lightly with cold water.

Raw porcini mushrooms are added to salads, grilled, fried, stewed, baked and used in omelettes, casseroles, and roll fillings. Their taste is not pronounced, so marinades and sauces are crucial in a mushroom dish. Mushroom mushrooms are combined with many products and can replace meat in risotto, stew. They also replace part of the minced meat in order to reduce the calorie and fat content of the dish.

Expert comment

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Useful porcini mushrooms help everyone to consume more antioxidants without exception - both vegetarians and vegans, and those who do not consider it necessary to monitor their diet. They protect against spikes in blood sugar and promote weight loss. The benefits can be much greater if combined with vitamin-rich vegetables and seasoned with healthy spices.

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