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Popular Article

Nutritional Potential of edible mushroom: A Powerhouse of Health Benefits

Drs. Dinesh Kumar and Baljinder Singh

Assistant Professors, Faculty of Agriculture,

Guru Kashi University, Talwandi Sabo, Bathinda, Punjab, India (151302)

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Introduction

Though they are frequently considered a delectable food, mushrooms are now recognized as a nutritious powerhouse in addition to being just one of the nutrients. In addition to their earthy taste and wide range of culinary uses, mushrooms are a key component of a diet that is both balanced and nutrient-dense because of their astonishing array of health benefits.

Packed with Nutrients

Though they are low in calories, mushrooms are a powerful source of important nutrients. B-vitamins such as biotin (B7), niacin (B3), pantothenic acid (B5), and riboflavin (B2) are abundant in them. These vitamins are essential for the neurological system, energy metabolism, and skin health.

Moreover, mushrooms are a rare non-animal source of vitamin D. When exposed to sunlight or ultraviolet (UV) light, mushrooms can produce vitamin D, making them a valuable option for individuals with limited sun exposure.

Dietary Fiber and Digestive Health

Dietary fiber from mushrooms helps to maintain a healthy digestive system. Constipation is avoided, bowel regularity is maintained, and general gastrointestinal health is supported by the fiber content. A nutritional profile that is rich in fiber and well-balanced can be achieved by include mushrooms in your diet.

Properties of Antioxidants

Antioxidants are substances that aid in defending the body against inflammation and oxidative damage. Numerous antioxidants, such as glutathione, ergothioneine, and selenium, are abundant in mushrooms. These antioxidants are essential for scavenging free radicals,



lowering the chance of developing chronic illnesses, and boosting immune system performance in general.

Helps Fight Cancer

Mushrooms are potential cancer-fighters. They contain an active compound called lentinan, which is being used as a treatment for gastric cancer. In another study Lentinan along with chemotherapy extended the survival of cancer patients.

Healthy skin formation

Being rich in Vitamin B3 (Niacin), it enables healthy skin formation and prevents wrinkles and skin diseases.



Immune System Support

The chemicals beta-glucans, which are found in mushrooms, are known to have immune-stimulating effects. Beta-glucans increase immune cell function, strengthening the body's defenses against illnesses and infections. Frequent eating of mushrooms can support a strong immune system. It will add bulk to your diet and will make you feel fuller. You will feel satiated for a longer period and refrain, from eating extra calories. You can try making our Low calorie mushroom recipes like Mushroom and Tomato Snack, Mushroom and Green Peas Curry and Grilled Mushrooms if you want to cut down on extra calories from your diet.

Mineral Content

Potassium, phosphorus, copper, and selenium are among the important minerals that are abundant in mushrooms. These minerals are essential for supporting healthy bones, neurological function, and immune system support. You can fulfill your daily mineral needs by include mushrooms in your diet.

Different Varieties, Different Benefits

Various mushroom varieties offer unique nutritional profiles. For instance, shiitake mushrooms contain compounds like lentinan, known for their potential anti-cancer properties. Meanwhile, maitake mushrooms are valued for their potential to regulate blood sugar levels. Dhingri mushroom contains Low Calorie, One cup of Mushrooms contain only 18 calories and they are excellent for your health, low in carbs and therefore do not raise blood glucose levels, low fat, good hypertensive, reduce fatigue, healthy skin formation and help fight cancer.

Conclusion

Beyond only giving your food a wonderful umami taste, including mushrooms in your diet helps you maintain a balanced and nutrient-rich diet. Mushrooms have a remarkable nutritional profile that makes them a highly adaptable meal that can strengthen the immune system, promote general health, and taste great added to a variety of dishes. The more we learn about mushrooms, the more obvious it is that they are not only a tasty food but also a nutritional treasure that has to be unlocked for optimum health and wellbeing.

