Fatty Acid Composition in Some Economical and Edible Mushrooms

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Abstract:
Mushrooms are important foods for health, and they are used to control of some diseases\textsuperscript{1,2}. Mushrooms have also been reported as useful therapeutic agents to prevent hypertension, hypercholesterolemia, atherosclerosis and cancer like diseases\textsuperscript{3}. In this study, the fatty acid composition of some mushrooms species grown in Tokat region was studied. Methylation of the fatty acids after extraction was performed on the indicated mushrooms and fatty acids composition and percentages were determined by gas chromatography. The fatty acid composition was determined in five (Coprinuscomatus, Coprinellusatramentarius, Ganodermalucidium, Leatiphorussulphureus, Suillusluteus) different species of edible wild mushrooms. Saturated and unsaturated fatty acids of these mushrooms were compared with each other. Saturated fatty acids in Ganodermalucidium and unsaturated fatty acids in Coprinellusatramentarius are found in high level. 16 and 18 carbon fatty acids in Ganodermalucidium were found in higher level. Omega 3 and 6 fatty acids were found not to be significantly lower level than fatty acids 16 and 18, except for two fungal species.

References