DETERMINATION OF THE PROXIMATE COMPOSITION OF EDIBLE MUSHROOMS MARKET IN BELO HORIZONTE, MINAS GERAIS

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The nutritional value of edible mushrooms, cultivated or wild, has been extensively studied. Many cultures consume mushrooms due their nutritional and medicinal value, however in Brazil has a lowest consumption. In general, mushrooms are good sources of proteins, carbohydrates, fibers and, at the same time, poor in fat and energy contents. Furlani and Godoy (2005) compiled proximate composition of three species of mushrooms consumed in Campinas, Sao Paulo, Brazil, where the crude protein levels ranged between 19.0 – 28.5% dm (dry matter) and lipids were present in 4.3 – 5.4% dm. The present study shows the proximate composition of seven mushrooms (Portobello, Champignon Paris, Salmon Hiratake, Eryngui, Black Shimeji, White Shimeji and Shiitake) commercialized in Belo Horizonte, Minas Gerais, Brazil. For crude protein the digestion was performed by the Kjeldahl method, using sulfuric acid (AOAC, 2007) and conversion factor 4.38. The quantification of total lipids, total ash and moisture followed Adolfo Lutz Institute. The moisture ranged between 66.21 and 92.10% for salmon Hiratake and black Shimeji, respectively. Crude protein levels ranged between 20.918 and 36.874 g.100g⁻¹ dm for Shiitake and Portobello, respectively. Total lipids ranged between 8.189 and 16.009 g.100g⁻¹ whole matter for white Shimeji and Champignon Paris, respectively. Total ash ranged between 2.754 and 13.307 g.100g⁻¹ w.m. for black Shimeji and Portobello. Edible mushrooms analyzed showed high levels of total protein whereas the conversion factor used was lower when compared conversion factor standard for food (6.25). The samples tested showed a high content of total lipids, when compared to other studies.