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University of Belgrade
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**PROGRAM
I
ZBORNIK RADOVA**

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Jestive i lekovite gljive – uticaj na zdravlje ljudi

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Hipokratova fraza "Neka hrana bude lek, neka lek bude hrana", izgovorena pre više od 2500 godina, i danas je aktuelna, jer potrošači hrane i naučnici shvataju zdravstveni značaj hrane.

Od drevnih vremena, gljive su deo ljudske kulture, hrane, lekova, legendi, folkloru i religije. Stari Grci verovali su da obezbeđuju snagu ratnicima u borbi, a Rimljani su ih smatrali "hranom bogova". Vekovima, kineska kultura koristi gljive kao zdravu hranu ili za lečenje bolesti u tradicionalnim narodnim lekovima. Interesovanje za jestive i lekovite vrste makromiceta je veoma povećano u poslednjim decenijama prošloga veka. Danas naučne studije pokazuju da makromicete su visoko vrednovana hrana, jer imaju nizak sadržaj masti i energetske vrednost. Bogate su ugljenim hidratima, vitaminima, mineralima i dijetetskim vlaknima, a prisutni proteini u makromicetama sadrže devet esencijalnih amino kiselina. Takođe, one su relativno dobar izvor minerala kao što su kalijum, fosfor, gvožđe, i vitamina (tiamin, riboflavin, askorbinsku kiselinu, ergosterol i niacin). Različite vrste gljiva stvaraju veliki broj bioaktivnih jedinjenja velike i/ili male molekulske mase. Neka od njih, kao što su polisaharidi, peptidi i proteini, posebno lektini, kao i mnoga terpenoidna jedinjenja pokazuju različite biološke aktivnosti, uključujući antitumorsku, imunomodulatornu, kardioprotektivnu, hepatoprotektivnu, hipoholesterolemičnu, antivirusnu, antibakterijsku, antifungalnu, antiparazitsku i antidijabetičnu. Mnoge jestive i lekovite vrste gljiva predstavljaju potencijalni izvor velikog broja bioaktivnih jedinjenja koja se mogu koristiti kao profilaktički agensi u prevenciji oboljenja i zaštiti ljudskog zdravlja.

Edible and medicinal mushrooms - The beneficial role for human health

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Hippocrates's phrase "Let food be the medicine and medicine be the food," pronounced more than 2500 years ago, it is still interesting today, because food consumers and scientists realize the health benefits of food.

Since ancient times, mushrooms have been part of the human culture, as food, as medicine, as legends, and in folklore and religion. Thus, ancient Greeks believed that mushrooms provided strength for warriors in battle, and the Romans perceived them as the "Food of the Gods." For centuries, the Chinese culture has treasured mushrooms as a health food or for disease treatment in traditional folk medicines. In the last decade, the interest of edible and medicinal mushrooms has been increased rapidly. Today, scientific studies consider mushrooms as healthy, having low fat content and energy value, rich in carbohydrates, vitamins, minerals and dietary fibers. Mushrooms contain protein with all the nine essential amino acids required by humans. Also, they are a relatively good source of the nutrients like phosphorus, iron and vitamins, including thiamine, riboflavin, ascorbic acid, ergosterol, and niacin. Various mushroom species produce multitude of bioactive compounds classified as high and/or low molecular weight compounds depending on their molecular weight. Some of them, such as polysaccharides, peptides and proteins, specially lectins, as well as many terpenoid compounds display various biological activities, including antitumour, immunomodulating, cardiovascular, hepatoprotective, hypocholesterolemic, antiviral, antibacterial, antifungal, antiparasitic and antidiabetic.

Many edible and medicinal mushrooms are used to protect human health and like as mini-pharmaceutical factories producing compounds with miraculous biological properties. As one of the most prominent functional food might have a big potential for the prevention and/or cure of some diseases.