



## **A Review on Mycoprotein as an Alternative Source of Meat Protein**

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### **ABSTRACT**

*Mycoproteins were developed during the Green Revolution. Mycoprotein is a nutritious, fungal-based protein that is an alternative source to animal-based protein foods such as meat. *Fusarium venenatum*, a naturally occurring fungus, produces a meat-like texture and can be consumed as an alternative source of meat. Mycoproteins are a healthy source of various vitamins, carbohydrates, amino acids, and high fibre content. It helps control blood cholesterol and blood sugar. Finding a substitute for meat for those consumers who cannot imagine a diet without meat. Some think that meat is part of a healthy diet, but regularly eating processed meat can raise the risk of certain cancers, heart diseases, and diabetes. Many people who are vegan, vegetarian, or have allergies avoid eating animal-based products. Mycoproteins help them get enough protein and fibre if they don't eat meat.*

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### **Alternative source of meat**

Mycoproteins as alternative source of meat

All around the world, meat consumption has been increasing day by day. Mycoprotein is a nutritious, naturally occurring, fungal-based protein with a meat-like texture that is considered a sustainable food. Mycoprotein is obtained from fungal biomass, which is used as an alternative source of meat for human consumption [4]. Many fungi, like mushrooms and truffles, belonging to the kingdom of fungi, have been part of the diet, but they are not considered good meat because of their low content of proteins and mycoproteins. This refers to high-proteinaceous foods with low fat and high fibre.

A vegetarian diet requires the non-consumption of meat or any animal-based food, while a vegan diet requires not only meat but also eggs, yogurt, milk, or any product made by animals for that person [8]. Mycoprotein is a high-protein, high-quality source of fungal biomass. Quorn and Promin are well-known mycoprotein products found all over the world that contain glucose and nutrients produced by fungi. The aim of mycoprotein study is to provide nutritious, healthy, and vegan food to consumers as a meat substitute for maintaining cholesterol levels, healthy blood cholesterol levels, and controlling glucose levels [6].

### **NUTRITION AND HEALTH**

Mycoprotein is the fungus-based protein as a meat substitute product that comes from *Fusarium venenatum*, a naturally occurring fungus. Mycoprotein is protein rich & fibre rich, plant-based proteins as healthier than animal products. Pure, Food-grade mycoprotein contains proteins, fats, carbohydrates, fibre and essential minerals like Sodium, zinc, Iron [1]. Mycoprotein is low in saturated fat & it is meat free protein can provide alternative source of healthful protein. It may also help to maintain blood cholesterol level, help to control blood sugar [5].

### **CONCLUSION**

World population is increasing day by day and demands for Nutritional foods it also increase.

Consume mycoprotein as meat alternative it shows beneficial results over the human health [9].

The aim of mycoprotein study to provide nutritious, healthy & Vegan Food as a meat alternative to consumers for maintaining their health [3].



**Fig:1 mycoprotein (source: [www.slideserve.com](http://www.slideserve.com))**

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