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Health Benefits of Lactarius delicious Type Mushroom and Its Use in Functional Products

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In recent years, consumer interest has been increasing to natural products and natural products are taking the place of synthetic products. Mushrooms have been a part of human nutrition and medicine for centuries. They are ideal food with their rich mineral and phytochemical contents, low sugar and fat content. *Lactarius deliciosus*, one of the valuable edible mushroom species, has color characteristics ranging from pale pinkish-yellow to dark orange. It has been stated that *L.deliciosus* has a wide range of biological activities including phenolic, antioxidant, anti-inflammatory, antimicrobial, anti-biofilm, anti-hyperglycemic, immunomodulatory, antiproliferative and anticancer.

Mushroom extracts has been used to enrich various food products such as cheese, yoghurt, meat products due to their bioactive properties. The use of *L. delicious* mushroom, which is also considered as a prebiotic source, in functional product development is quite limited. The addition of mushroom extracts can stimulate the growth of probiotic bacteria and enable beneficial microorganisms to maintain their viability in the gastro-intestinal system. This study aims to examine the possibility of the enrichment of fermented products such as yoghurt and kefir with *L. delicious* and the changes in the final products.

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Circular Economy in action: where changes in thinking and attitude start Health Benefits of Lactarius delicious Type Mushroom and Its Use in Functional Products

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E³UDRES² is a European University Alliance - a network of higher education institutions (HEIs) located in Europe, that have decided to closely work together and collaborate in the fields of research, teaching, innovation and beyond. This initiative has given the opportunity to scientists from six HEIs in Europe to research how to promote the implementation of circularity at all levels of the economy and society. During the implementation phase, an additional internal project called Change CornEr was established. This project has several important missions and aims, and one of them is to enable future students in helping to change society's attitude towards the environment and sustainability. This research included focus groups, role plays, interviews and/or observations to find out how prepared schools are to get involved in enabling principles of sustainability and circularity. Different lecturing and seminar materials were used to prepare the different methodological approaches. Focus groups included teachers of primary and secondary schools, as well as pupils of secondary schools. The first results show remarkable levels of readiness to be and get involved in all necessary processes for the introduction of circularity principles in everyday life but also some lack of knowledge. The research will be continued by involving other representative groups of the society in local communities.

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