

LIPID AND GLICEMIC PROFILE OF RATS FED A SEMI-PURIFIED DIET SUPPLEMENTED WITH AGARICUS BRASILIENSIS MUSHROOM

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The search for more healthful alimentary habits has stimulated the study of new food sources. Amongst these, edible mushrooms are distinguished, like those of *Agaricus* family. The aim of the present work was to evaluate dietary influence of the semi-purified diets supplemented with mushroom *Agaricus brasiliensis* in the metabolic profile of lipids in rats and their impact on blood glucose. A trial with 28 male Wistar rats separated in four groups had been carried. The first one received AIN-93 diet (CAS). The second received AIN-93 diet plus cholesterol 1% (CAS + COL). The third and fourth had been fed with AIN-93 plus mushroom with (COG) or without (COG + COL) 1% cholesterol addition, respectively. At the end of 32^o day, samples had been taken to analyze cholesterol, triacylglycerols, hepatic cholesterol and hepatic lipids. Histological analyses and glicemic load were proceeding. The study showed that rats fed with *Agaricus brasiliensis* was able to change the lipid profile, reducing total cholesterol (- 16%) and triacylglycerols (- 26,9%). We detected in this group an increasing in HDL cholesterol (+ 60,2%) and reducing levels of lipids and cholesterol in liver associated with their higher eliminating in the stools ($r^2=0,92$). Liver architecture was preserved and there was a significant reduction in lipid deposition. The glycemc load in *Agaricus* fed rats, with or without chrolesterol was five times lower than in control casein rats ($p<0,05$). All data together suggest the role of *Agaricus* mushrooms in modulate positively lipid and glicemic metabolic response in Wistar rats.