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**PHILIPPINE HISTORY, Its Roots And Development.ppt ##HOT##**

A number of other polyphenols are also present in mushrooms and may play important roles as antioxidant and anticancer agents. They include the following: resveratrol, quercetin, and naringenin [ 60, 90, 91 ], curcuminoids, lycopene, lutein, lycopene, and beta-carotene [ 92 ] These polyphenols possess free radical-scavenging, antioxidant, and anti-inflammatory activities. They are especially effective in inhibiting tumor cell proliferation and inducing tumor cell apoptosis. It is of interest that mushrooms contain many of these molecules and may be used as supplementary ingredients in diets to prevent or delay the onset of chronic diseases such as cancer [ 12, 18, 21, 64, 66, 67, 68, 82 ]. Various mushrooms have shown promise in the prevention and treatment of cancer. Mushrooms have been reported to have anti-carcinogenic activity due to the presence of polyphenols such as polyphenolic components, polysaccharides, and triterpenoids (Table 2 ) [ 87 ]. These compounds have been shown to inhibit cancer cells growth by inducing cell cycle arrest, apoptosis, and antiangiogenesis [ 87 ]. In addition, some polysaccharides, lignin, vitamin C, and selenium amphiphilic acid in mushrooms (*Flammulina velutipes* (Berk. Koshaki et al. [ 104 ] showed the analysis of amino acid contents, in addition to color, the antioxidant activity and protein contents of the yam cultivar (*D. alata* L. var. Tainung 2) and keelung yam (*D. japonica* Thunb. var. *pseudojaponica* (Hay.) Yamam) that are used in Philippine cuisine. The protein contents were 39.81%, 41.76% and 35.52% for *D. alata* L. var. Tainung 2, keelung yam and raw yams, respectively. The total amino acid content of *D. alata* L. var. Tainung 2 was higher than that of *D. alata* L. var. Tainung 1 in protein level, however, the yield of dry matter and the total amino acid content were not influenced by the variety of cultivar. In contrast, the total amino acid content of keelung yam was lower than that of the cultivar of *D. alata* L. var. Tainung 1. Yam has Dioscoreasaponins, and phenolic compounds such as rutin and quercetin-3- $\beta$ -d-glucoside. This prompted the researchers to study the effects of saponin and phenolics on protein and amino acid contents. It was found that saponin had a negative effect on protein content, whereas, phenolics and saponin exhibited a positive effect on amino acid contents, namely, alanine, arginine, methionine, lysine, proline, and valine. The total antioxidant activity of the yam cultivars were as follows: *D. alata* L. var. Tainung 2, keelung yam, and raw yam were, respectively, 75.6%, 74.3%, and 55.6% for antioxidant activity in the 50% methanol extract. The major flavonoid compounds are quercetin-3- $\beta$ -d-glucoside, apigenin, and kaempferol; luteolin has also been reported in yams. Quercetin, kaempferol, and luteolin had positive impact on antioxidant activity in yams [ 104 ].

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Yams have a high vitamin C content. The vitamin C content in yams averages 10 to 20mg/100g depending on the variety. Vitamin C is located mainly in the skin and may be lost in the cooking process, especially when the tuber is cooked in the presence of oxygen, thus reducing the vitamin C content. Some yams contain more vitamin C than orange sweet potatoes. When baking yams, they should be cooked until soft, but not so long that the vitamin C is lost [ 28 ]. Sweet potato is a staple food in tropical countries and the third most important source of daily calories in some countries [ 2 ]. Sweet potatoes (Ipomoea batatas L.) are cultivated primarily for their edible tubers. This food crop is available in a variety of colors, sizes, and shapes. Mushrooms are a forest mushroom obtained from mushroom fruiting bodies (Agaricus, Amanita, Lycoperdon, Pluteus ). They have been consumed by humans for thousands of years [ 61 ] and are commonly known as seafood due to the similarity of both in aroma and flavor to those of seafood. Previous studies showed that mushrooms have health promoting properties such as antioxidant [ 12, 61, 86 ] and anticarcinogenic [ 87 ] and antimutagenic [ 88 ] activities. Most of these phytochemicals are polysaccharides containing ether, ester, or peptide bonds. The brown-colored compound Reishi (Polyporus frondosus) contains high amounts of l-phenylalanine, l-tryptophan, and l-arabinose. It also contains polysaccharides such as heparin, pentosan, and galactomannan. The polysaccharide (PGW) fraction purified from the Chinese brown mushroom Ganoderma lucidum has been shown to exert an antioxidant effect on endothelial cells [ 89 ] and has been used in clinical trials to treat cardiovascular diseases such as coronary heart disease and congestive heart failure [ 55 ]. A polysaccharide-enriched fraction from another brown mushroom, Coriolus versicolor (CVPS3) has also been used in clinical trials to treat cardiovascular disease 5ec8ef588b

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