

The doctor called gastritis and cholecystitis one of the diseases in which it is impossible to eat mushrooms.

The dietitian Mikhail Ginzburg warned that mushrooms can be dangerous for people with gastrointestinal tract problems and children under 12 years of age due to the lack of the necessary enzymes for their digestion. You may encounter indigestion, weight and nausea.

People with gastritis, ulcer, cholecystitis and other gastrointestinal diseases are also not recommended to use mushrooms so as not to provoke an exacerbation. Children under 3 years old (preferably up to 12) mushrooms should not be introduced into the diet due to an unheated digestive system.

According to Ginzburg, the benefits of mushrooms are exaggerated. They contain group B vitamins and minerals, but are not superfood. Their protein is not considered particularly valuable, and chitin fibers have anti-inflammatory effects, but food fibers from vegetables and other products have a similar property.

The doctor noted that mushrooms can diversify the diet and give pleasure, but a portion of ready-made mushrooms should not exceed 100 grams. Mushrooms should not eat along with sour cream or fried potatoes so as not to overload the gastrointestinal tract.

"To people with any diseases of the gastrointestinal tract: gastritis, ulcer, biliary dyskinesia, cholecystitis, colitis, and so on-I do not advise at all to eat mushrooms. Otherwise, this can cause an exacerbation," the nutritionist recommended.

News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.