Table 2. Cholesterol-lowering effect of Mycoprotein.

Reference	Aim of the study	Study characteristics	No of participants	Study duration	Place of study	Procedure/ Intervention	Results/ Outcome	Conclusion/ Remarks
(53)	Tolerance of human subjects to mycoprotein	Double-blinded cross-over trial	100	30 days	USA	**Treatment group:** Mycoprotein-based cookies (20 g wt/day) V.s Control cookies	6.9% reduction in plasma cholesterol. Pre feeding value of 188 mg/dl to a post-feeding mean value of 175 mg/dl	Significant reduction in blood cholesterol
(37)	To test the effects of mycoprotein on blood lipids	Randomized control trial	17	3 weeks	England	Control group (n=8): Consumed Meat The experimental group (n=9) Consumed Mycoprotein	**Cholesterol Mycoprotein** Initial value: 5.54 ± 0.47 Final value: 4.8 1 ± 0.4 (Change: -0.74) **Control** Initial value: 5.3 I ± 0.27 **Final value:** 5.37 ± 0.52 (Change: 0.05)	13% reduction in cholesterol concentration in the experimental group Control group: no change
(38)	To determine the effects of mycoprotein under free living conditions	Randomized control trial	21	8 weeks	England	Groups with slightly raised cholesterol **Experimental group (n=11)** Cookies containing mycoprotein (130 g; wet weight) **Control group (n=10)** Nutrient-balanced cookies without mycoprotein	Cholesterol (mmol) **Control** Initial: 5.75±0.96 Mid-study:5.83±1.37 Final: 5.29±1.25 **Mycoprotein** Initial:5.97±0.61 Mid-study:5.35±0.50 Final: 5.02±0.46 The absolute change and difference between groups were 0.88 and 0.46 mmol/L for 0–8 weeks.	8.2% reduction Mycoprotein exerts a significant reduction effect on blood lipids.
(39)	To test the effect of blood lipids on mycoprotein	Randomized parallel group trial	15	8 weeks	Japan	Mycoprotein based cookie cookies supplementation: 18g or 24g dry weight/day	4.3% plasma cholesterol reduction in 24g mycoprotein group	Significant reduction in blood cholesterol

(51)	To test the effect of mycoprotein supplement on blood cholesterol	Randomized crossover trial	52	4 weeks	Japan	Mycoprotein-based crisps supplement: 18g or 24 g dry weight/ day	6.7% total cholesterol reduction in 24g mycoprotein group	Significant reduction in blood cholesterol
(41)	To test the cholesterol-lowering effect of mycoprotein in a consumer setting	Non-blinded controlled intervention	32	6 weeks	England	Control group: (habitual diet) Intervention group: Mycoprotein-based diet (≥ 88 g wet; 21 g dry wt/day)	**Intervention group** **Time 1:** 5.28±0.84 **Time 2:** 3.40±0.70 **Control group** **Time 1:** 4.73±0.44 **Time 2:** 4.38±0.37 Intervention group cholesterol reduction 35.6% Control group reduction 7.4%	Cholesterol level declined significantly in MYC group (P < 0.001) but not for control condition (P > 0:05).
(60)	To study the effect of incorporating mycoprotein in diet on lipoprotein concentrations.	Randomized, controlled, parallel design trial	20	1 week	England	**Habitual dietary intake** Control group (n=10) Meat/fish-derived dietary protein Protein (g/kg body weight): 1.4±0.1 Intervention group (n=10) Fat (g/d): 94±8 Mycoprotein Protein (g/kg body weight): 1.6±0.2 Fat (g/d): 99±7 **Prescribed intervention diet** Control group Protein (g/kg body weight): 1.2±0.0 Fat (g/d): 82±5 Mycoprotein group Protein (g/kg body weight): 1.2±0.0	Lipid concentrations of control group remained unchanged. That of intervention group: decrease by 7-27% (P < 0·05) in MYC group.	Daily mycoprotein consumption for 1 week modulates lipid reduction in healthy adults.

Fat (g/d): 87±8