

Supplementary Table 1. Contents of total glucans, α -glucans and β -glucans (g/100 g dry weight) in raw and cooked mushrooms

Samples	Cooking methods	Total glucans	α -glucans	β -glucans
Oats	Raw	7.6 \pm 0.1	n.a.	7.6 \pm 0.1 ^b
	Cooked	4.9 \pm 0.1	n.a.	4.9 \pm 0.1 ^a
<i>Pleurotus</i> , Shimeji	Raw	34.4 \pm 0.6 ^b	1.9 \pm 0.0 ^b	32.5 \pm 0.6
	Boiling	33.5 \pm 0.2 ^{ab}	2.0 \pm 0.0 ^b	31.5 \pm 0.2
	Frying	31.8 \pm 0.6 ^a	1.4 \pm 0.0 ^a	30.4 \pm 0.6
<i>Pleurotus</i> , Oyster	Raw	42.3 \pm 1.3 ^a	5.0 \pm 0.3 ^c	37.4 \pm 1.3 ^a
	Boiling	50.1 \pm 0.8 ^b	3.2 \pm 0.1 ^b	46.9 \pm 0.8 ^b
	Frying	42.5 \pm 1.1 ^a	2.8 \pm 0.0 ^a	39.7 \pm 1.1 ^a
<i>Agaricus bisporus</i> , Button	Raw	10.3 \pm 0.0 ^a	2.2 \pm 0.0	8.1 \pm 0.0 ^a
	Boiling	15.5 \pm 0.3 ^b	2.2 \pm 0.1	13.3 \pm 0.3 ^b
	Frying	10.1 \pm 0.7 ^{ab}	2.4 \pm 0.2	7.7 \pm 0.7 ^a
<i>Agaricus bisporus</i> , Cup	Raw	7.4 \pm 0.4	1.1 \pm 0.0 ^a	6.4 \pm 0.4
	Boiling	9.6 \pm 0.1	1.5 \pm 0.0 ^b	8.1 \pm 0.1
	Frying	8.8 \pm 0.2	1.9 \pm 0.0 ^c	7.0 \pm 0.2
<i>Agaricus bisporus</i> , Flat	Raw	5.5 \pm 0.1 ^a	1.0 \pm 0.0 ^{ab}	4.5 \pm 0.1 ^a
	Boiling	8.3 \pm 1.1 ^b	1.1 \pm 0.0 ^b	7.2 \pm 1.1 ^b
	Frying	5.3 \pm 0.0 ^a	0.7 \pm 0.0 ^a	4.6 \pm 0.0 ^a
<i>Agaricus bisporus</i> , Brown	Raw	9.1 \pm 0.7 ^a	1.5 \pm 0.1 ^a	7.6 \pm 0.7 ^a
	Boiling	13.8 \pm 0.8 ^{ab}	2.4 \pm 0.1 ^b	11.4 \pm 0.8 ^b
	Frying	8.9 \pm 0.3 ^a	1.6 \pm 0.0 ^a	7.2 \pm 0.3 ^a

Values are mean \pm SEM, n=2. For each mushroom type, a different letter denotes significant difference between cooking methods (P<0.05) as determined by a two-way ANOVA and a Tukey's post-hoc test. For oats, a different letter denotes significant difference between cooking methods (P<0.0001) as determined by a two-tailed student t-test. n.a., not analysed.