

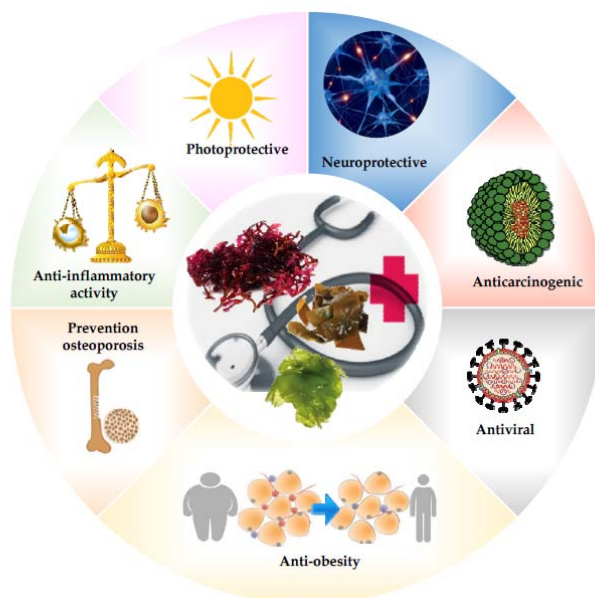
Seaweeds as a Functional Ingredient for a Healthy Diet

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INTRODUCTION

Since ancient times, seaweed has been used as food, especially in Asian countries, where it is an important foodstuff. However, as a result of globalisation, migratory movements and new dietary trends, seaweed consumption is increasing in Western countries. Seaweeds are a good source of nutrients such as proteins, vitamins, minerals, and dietary fiber. Polyphenols, polysaccharides, and sterols, as well as other bioactive molecules, are mainly responsible for the healthy properties associated with seaweed. Antioxidant, anti-inflammatory, anti-cancer, and anti-diabetic properties are attributed to these compounds



If seaweeds are compared to terrestrial plants, they have a higher proportion of essential fatty acids as eicosapentaenoic (EPA) and docosahexaenoic (DHA) fatty acids. In addition, there are several secondary metabolites that are synthesized by algae such as terpenoids, oxylipins, phlorotannins, volatile hydrocarbons, and products of mixed biogenetic origin

CONCLUSION

Therefore, algae can be considered as a natural source of great interest, since they contain compounds with numerous biological activities and can be used as a functional ingredient in many technological applications to obtain functional foods.

