

## 2. AIM OF THE THESIS

The aims of this study were:

- 1) To investigate the potential of crude extracts of dried edible seaweeds in inhibiting carbohydrate digestive enzymes ( $\alpha$ -amylase and  $\alpha$ -glucosidase).
- 2) To identify the bioactive compounds from selected edible seaweeds that inhibit  $\alpha$ -amylase and  $\alpha$ -glucosidase.
- 3) To investigate the effect of selected edible seaweeds on the postprandial blood glucose and insulin levels following a starch load in a human meal study.