

TABLE OF CONTENTS

PREFACE.....	3
SUMMARY.....	4
SAMMENDRAG (DANSK).....	6
LIST OF ABBREVIATIONS.....	8
1. INTRODUCTION	11
2. AIM OF THE THESIS	13
3. BACKGROUND.....	14
3.1 Hyperglycaemia	14
3.2 Carbohydrate digestion	15
3.3 Glucose metabolism and insulin resistance.....	17
3.4 Control and management of hyperglycaemia.....	18
3.5 Seaweed.....	21
3.5.1 Type of seaweeds used in the study	21
3.5.2 Application of seaweeds as human food	23
3.5.3 Nutritional composition of edible seaweeds	25
3.5.4 Bioactive compounds of seaweeds and their effect on glucose metabolism	28
4. MATERIALS & METHODS.....	37
4.1 Sample materials.....	37
4.2 Preparation of seaweed extracts for α -amylase and α -glucosidase inhibition assay	38

4.3	Identification of potent crude seaweed extracts on α -amylase and α -glucosidase inhibitory activities.....	39
4.4	Alpha-amylase inhibition assay	39
4.5	Alpha-glucosidase inhibition assay.....	40
4.6	Kinetics of enzyme inhibition.....	40
4.7	Identification of α -amylase inhibitors in seaweed extracts.....	40
4.8	Identification of α -glucosidase inhibitors in seaweed extracts	42
4.9	Human meal studies.....	43
4.10	Determination of mineral elements and nutrient composition in seaweed samples	44
5.	RESULTS	45
5.1	Paper 1: Inhibitory effects of edible seaweeds, polyphenolics and alginates on the activities of porcine pancreatic α -amylase	46
5.2	Paper 2: Inhibition of α -glucosidase by selected edible seaweeds and fucoxanthin: Kinetic studies.....	79
5.3	Paper 3: Effects of the seaweeds, <i>Laminaria digitata</i> and <i>Undaria pinnatifida</i> , on postprandial glucose, insulin and appetite in humans	102
6.	DISCUSSION.....	129
7.	CONCLUSIONS	138
8.	PERSPECTIVES	139
9.	ACKNOWLEDGEMENTS.....	140
10.	REFERENCES	141