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 (α-amylase and α-glucosidase).

2) To identify the bioactive compounds from selected edible seaweeds that inhibit α-amylase and α-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.