

# Seaweed Products Developed by SSMP

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Did you know that processed edible seaweed or benthic macroalga is rich in nutrients such as antioxidants, soluble dietary fibers, protein, minerals, vitamins, phytochemicals, and polyunsaturated fatty acids (omega3)? Besides taken as food, seaweeds are also a prospective complementary medicine. Research studies show that red, brown and green seaweeds exhibit therapeutic properties as anticancer, antidiabetic, antiobesity and much more. Therefore, the demand for seaweed as food and food ingredients has increased tremendously.

With the aim to promote and create more edible seaweeds among the community, SSMP has developed several food products made from seaweeds. The research on seaweed food product development in the School of Food Science and Nutrition, UMS is lead by Dr. Patricia Matanjun. From 2000 to 2012, more than one hundred food products have been developed from seaweeds including seaweed noodles, bun with seaweed filling, mayonnaise seaweed, chocolate with seaweed filling, seaweed ice-cream, seaweed chilli sauce, seaweed crackers, seaweed juice, seaweed burger and many more. These products were developed by undergraduate students taking Food Product Development course, under the supervision of SSMP lecturers.

