

Nutritional Value of Green Seaweeds *Ulvarigida* and *Ulvaintestinalis*

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ABSTRACT

Seaweeds are traditionally used as human food, because they provide nutritional value and a specific taste. This study illustrated some nutritional value of two marine algaes (*U. rigida* and *U. intestinalis*) which belong to the division chlorophyta. The composition and content of sterol, unsaturated fatty acid, amino acid and mineral in *U. rigida* and *U. intestinalis* were analyzed. For sterol study, the result showed that fucosterol (29,961 µg /100g DW) was found in *U. rigida*, while beta-sitosterol (2,126 µg /100g DW) and desmosterol (923.50 µg /100g DW) were found in *U. intestinalis*. Unsaturated fatty acids content in *U. rigida* and *U. intestinalis* were 885.75 and 20.06 mg /100g fatty acid, respectively. Eicosapentaenoic acid (EPA), omega-3 fatty acid, was detected only in *U. rigida*. Total amino acid content in *U. rigida* and *U. intestinalis* were 11.06 and 4.65 g/100g DW, respectively. Aspartic acid was dominant in *U. rigida*, whereas cyteine was dominant in *U. intestinalis*. Calcium, iron and magnesium were similar in both types of algae, with the exception of magnesium that was high in *U. rigida*. Both green algaes from this study were a good source of nutritional food for human and animal. However, *U. rigida* seem to show the better nutritional value.

Keywords: *U. rigida*, *U. intestinalis*, nutritional value

INTRODUCTION

Seaweeds (or called as sea vegetables) have become a valuable vegetable (both fresh and dried) and an important food ingredient in the human diet because of their high nutritional value and a peculiar taste. The nutritional value of seaweeds are very

interesting as they are low calorie foods but rich in vitamins, minerals and dietary fiber (Jensen, 1993; Noda, 1993; Oohusa, 1993). Seaweeds belonging to the Rhodophyta (e.g. *Porphyra*) and Chlorophyta (e.g. *Ulva*) contain substantial amount of proteins (10-47% DW) with potential for human and animal nutrition (e.g. as functional food and

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fish feed) (Fleurence *et al.*, 1999). In some green seaweeds, such as the species belonging to the genus *Ulva*, the protein content is between 10 and 26% (DW) of the plant. For instance, the species *Ulvapertusa* has a high protein content, between 20 and 26% (DW) (Fujiwara-Arasaki *et al.*, 1984).

Green algae are distributed worldwide and are very common in coastal areas. *U.rigida* and *U.intestinalis* are one kind of green seaweed Ulvales (Chlorophyta) and ulvan is a complex acidic sulfated polysaccharide extracted from the cell-walls of the green sea weed Ulvales. In general, ulvan represents about 8–29% of the algae dry weight. It is composed of different repeating chemical sequences mostly based on disaccharides made of rhamnose, glucuronic acid, iduronic acid, xylose and sulphate (Percival and Wold, 1963; Quemener *et al.*, 1997). This polysaccharide has shown several physicochemical and biological properties (Lahaye and Robic, 2007) that could have a potential impact in many applications. Some green seaweed Ulvales (*U.rigida*) has been found to contain high amounts of good -quality protein, carbohydrates, vitamins and minerals (Taboada *et al.*, 2010). *U.rigida* acid polysaccharide can be used as an experimental immunostimulant for analysing inflammatory responses related to macrophage functions and this polysaccharide may also be of clinical interest for modifying certain macrophage activities in diseases where macrophage (Leiro *et al.*, 2007). For *U.intestinalis*, it is previously called *Enteromorpha intestinalis* (Björk *et al.*, 2004). In the past, it was used as edible and medical algae by residents of the coastal districts in China.

The chemical composition of seaweeds varies with species, habitats, maturity and environmental conditions (Ito and Hori, 1989). Compared to land plants, the chemical composition of seaweeds in Thailand has been poorly investigated and most of the available information only deals with seaweeds in other country. Therefore, the objective of this study was to evaluate some nutritional value of *U.rigida* and *U.intestinalis* in order to evaluate their potential use as food ingredients.

MATERIALS AND METHODS

Collection and preparation of seaweeds

U.rigida (dried sample) was purchased from Trat Coastal Fisheries Research and Development Centre, Trat, Thailand and *U.intestinalis* (fresh sample) was collected from shrimp culture ponds in Nakhon Si Thamarat province, south of Thailand. The fresh sample was washed thoroughly using tap water to remove the salt on the surface of the sample. Then the seaweeds were air-dried. Both dried algae were stored in glass bottle at -18°C for further analysis.

Sterol analysis

The sterol isolation method was described as modified method of AOAC (2005). In brief, the dried samples were saponified with 50% KOH in 95 % Ethanol and extracted with hexane. Sterols were derivatized to form trimethylsilyl (TMS) ether which were determined quantitatively by gas chromatography (Agilent Model

6890, Agilent Technologies, USA) with flame ion detector, using 5α -cholestane as internal standard. Retention times were compared with those of authentic sterols.

Unsaturated fatty acid analysis

Unsaturated fatty acids were obtained by modified method of AOAC (2005) and Compendium of Methods for Food Analysis of DMSc (2003). Fatty acid composition was determined by gas chromatography (Agilent Model 6890, Agilent Technologies, USA) with flame ion detector. Identification of fatty acids in the samples was performed by comparison with chromatograms of fatty acids standard (C4-C24 fatty acids). Fatty acids composition was calculated from the total identified fatty acids area and the average values were computed from the data collected from at least two injections of each duplicate extracts.

Amino acid analysis

Amino acid composition were performed according to Sarwar *et al.* (1988). Samples were analyzed using an Agilent 1100 Series high performance liquid chromatography

system Agilent Technologies, USA) coupled with mass spectrometer (Agilent model SL G1956 B, Agilent Technologies, USA).

Mineral analysis

Calcium, iron and magnesium were estimated by modified method of AOAC (2005). The microwave digestion procedure obtained from the United States Environmental Protection Agency (USEPA method 3052) (US Environmental Protection Agency, 1996). The concentration of calcium, iron and magnesium were determined by ICP-MS (Agilent model 7500C, Agilent Technologies, USA).

RESULTS

U. rigida and *U. intestinalis* were analyzed for sterol content. β -sitosterol, stigmasterol, campesterol, fucosterol, desmosterol and ergocalciferol were used as standard. The result found that fucosterol (29,961 μg /100g DW) was found in *U. rigida*. Furthermore, β -sitosterol (2126 μg /100g DW) and desmosterol (923.50 μg /100g DW) were found in *U. intestinalis*, as shown in Table 1.

Table 1. Sterol from *U. rigida* and *U. intestinalis*.

| Sterol Type | Sterol content (μg /100g DW) | |
|---------------------|--|------------------------|
| | <i>U. rigida</i> | <i>U. intestinalis</i> |
| β -sitosterol | - | 2,126.00 \pm 8.49 |
| Stigmasterol | - | - |
| Campesterol | - | - |
| Fucosterol | 29,961.00 \pm 82.73 | - |
| Desmosterol | - | 923.50 \pm 4.95 |
| Ergocalciferol | - | - |

The profile and contents of unsaturated fatty acid from *U. rigida* and *U. intestinalis* are shown in Table 2. Unsaturated fatty acids of *U. rigida* were ranged from 0.49 – 153.40 mg/100 g fatty acid and 0.09 – 12.19 mg/100 g fatty acid for *U. intestinalis*. Total contents of

unsaturated fatty acid for *U. rigida* and *U. intestinalis* were 885.75 and 20.06 mg/100 g fatty acid respectively. The dominant type of unsaturated fatty acid in *U. rigida* was oleic acid. While the dominant type of unsaturated fatty acid in *U. intestinalis* was elaidic acid.

Table 2. Unsaturated fatty acid (UFA) from *U. rigida* and *U. intestinalis*.

| Type of unsaturated fatty acid | UFA content (mg /100 g fatty acid) | |
|--|------------------------------------|------------------------|
| | <i>U. rigida</i> | <i>U. intestinalis</i> |
| Myristoleic acid/Tetradecenoic (C14 : 1) | - | 0.09 ± 0.12 |
| cis-10-Pentadecenoic acid (C15 : 1) | 1.66 ± 0.01 | 0.12 ± 0.17 |
| Palmitoleic acid/ Hexadecenoic (C16 : 1) | 91.60 ± 0.24 | 0.95 ± 0.17 |
| cis-10-Heptadecenoic acid/Margaroleic (C17 : 1) | 13.22 ± 0.03 | - |
| Elaidic acid (C18 : 1n9t) | 27.20 ± 0.25 | 12.19 ± 0.06 |
| Oleic acid (C18 : 1n9c) | 153.40 ± 0.57 | 3.70 ± 0.14 |
| Linolelaidic acid (C18 : 2n6t) | - | - |
| Linoleic acid/Octadecdioic (C18 : 2n6c) | 38.79 ± 0.00 | 1.86 ± 0.16 |
| g-Linolenic acid (C18 : 3n6) | 6.01 ± 0.09 | - |
| Linolenic acid (ALA) (C18 : 3n3) | 88.31 ± 0.24 | - |
| cis-11-Eicosenoic acid/Ecosenic (C20 : 1) | - | 0.68 ± 0.09 |
| cis-11,14-Eicosadienoic acid (C20 : 2) | - | - |
| cis-8,11,14-Eicosatrienoic acid (C20 : 3n6) | 1.53 ± 0.16 | - |
| Arachidonic acid (C20 : 4n6) | 5.15 ± 0.10 | - |
| cis-11,14,17-Eicosatrienoic acid (C20 : 3n3) | 0.49 ± 0.07 | - |
| cis-5,8,11,14,17-Eicosapentaenoic acid (EPA) (C20 : 5n3) | 8.41 ± 0.03 | - |
| Erucic acid/Docosaenoic (C22 : 1n9) | - | 0.48 ± 0.05 |
| cis-13,16-Docosadienoic acid (C22 : 2) | - | - |
| Nervonic acid (C24 : 1) | - | - |
| cis-4,7,10,13,16,19-Docosahexaenoic acid (DHA) (C22 : 6n3) | - | - |
| Total | 885.75 ± 0.00 | 20.06 ± 0.38 |

Amino acid profile and contents of *U. rigida* and *U. intestinalis* were evaluated, data as shown in Table 3. Amino acid content of *U. rigida* was 11.06 g/100g DW

which was higher than *U. intestinalis*. The dominant amino acid type of *U. rigida* was aspartic acid. Though, the dominant amino acid type of *U. intestinalis* was cyteine.

Table 3. Amino acid profile and contents from *U. rigida* and *U. intestinalis*.

| Amino acid | Amino acid content (g/100g DW) | |
|---------------------------------|--------------------------------|------------------------|
| | <i>U. rigida</i> | <i>U. intestinalis</i> |
| Essential amino acid | | |
| Valine | 0.56 | 0.12 |
| Methionine | 0.23 | 0.05 |
| Lysine | 0.56 | 0.32 |
| Isoleucine | 0.44 | 0.20 |
| Leucine | 0.68 | 0.22 |
| Phenylalanine | 0.63 | 0.18 |
| Threonine | 0.64 | 0.36 |
| Cystine | 0.04 | 0.00 |
| Cysteine | 1.01 | 0.84 |
| Thyptophan | 0.18 | 0.00 |
| Histidine | 0.22 | 0.02 |
| Arginine | 0.60 | 0.42 |
| Total | 5.79 | 2.73 |
| Non-essential amino acid | | |
| Aspartic acid | 1.15 | 0.39 |
| Serine | 0.43 | 0.17 |
| Glutamic acid | 0.91 | 0.51 |
| Glycine | 0.74 | 0.34 |
| Alanine | 0.70 | 0.25 |
| Proline | 0.68 | 0.06 |
| Tyrosine | 0.66 | 0.20 |
| Total | 5.27 | 1.92 |
| Total amino acid | 11.06 | 4.65 |

Mineral content of *U. rigida* for calcium, iron and magnesium were 0.499, 0.010 and 2.758 g/100 g DW, respectively.

While the content of calcium, iron and magnesium for *U. intestinalis* were 0.393, 0.061 and 0.291 g/100 g DW, respectively (Table 4).

Table 4. Mineral from *U. rigida* and *U. intestinalis*.

| Mineral type | Mineral content (g/100g DW) | |
|--------------|-----------------------------|------------------------|
| | <i>U. rigida</i> | <i>U. intestinalis</i> |
| Calcium | 0.499 ± 0.000 | 0.393 ± 0.035 |
| Iron | 0.010 ± 0.000 | 0.061 ± 0.001 |
| Magnesium | 2.758 ± 0.192 | 0.291 ± 0.009 |

DISCUSSION

It is noted that the sterols in algae vary during the life cycle of algae and because of that seasonal variations have been studied (Patterson, 1991; Culoli *et al.*, 2002). Generally, in green algae (Chlorophyceae) there is no single major sterol, the dominant sterol seems to vary within the order or for the same order, within a family (Govundan *et al.*, 1993). However, in the algae of the family Ulvaceae, the main sterol is almost always isofucosterol (Siddhanta *et al.*, 2002; Iatrides *et al.*, 1983). The result from some report differ from the literature data, the specific ecological conditions may be the reason. *U. rigida* from the Black Sea had a sterol composition completely different from other Ulvaceae, the main sterol being fucosterol (63 %), with lower concentrations of isofucosterol and cholesterol (Popov *et al.*, 1985). For this study, fucosterol was found in *U. rigida* while β -sitosterol and desmosterol were found in *U. intestinalis*. The different of geographical location may be the reason and only 6 sterols were evaluated in this study.

Fatty acids (FAs) in marine algae have aroused considerable interest among researchers. This is because marine plants can produce C18 and C20 polyunsaturated fatty acids (PUFAs; Kayama *et al.*, 1989). These fatty acids are essential for nutrition of many animals, including humans (Uki *et al.*, 1986), and are of interest in biotechnology, in food chain studies and in cosmetics (Servel *et al.*, 1994). In this study, unsaturated fatty acid content of *U. rigida* (885.75 mg /100 g DW) was higher than unsaturated fatty acid content of *U. intestinalis* (20.06 mg /100 g DW). Furthermore, omega-3 fatty acid, eicosapentaenoic acid (EPA) was detected only in *U. rigida*. Among the isolated compounds of unsaturated fatty acid, oleic acid was the main compound in *U. rigida*. Oleic acid is a monounsaturated fatty acid that elicits a cholesterol-lowering effect among other healthful attributes including a reduced risk of stroke and a significant decrease in both systolic and diastolic blood pressure in susceptible populations (Kris-Etherton, 1999). In addition, oleic acid may have protective effects against cardiovascular complications of diabetes

since glutathione (GSH), total lipid, and triacylglycerol (TAG) levels are beneficially affected. The decreased tissue factor (TF) activity in diabetic-hyperlipidemic persons may protect these tissues from the risk of thrombosis (Emekli-Alturfan *et al.*, 2010).

The dividing of amino acid as essential amino acid and nonessential amino acid in this study was divided according to deMan (1999). Total amino acid content in *U. rigida* and *U. intestinalis* were 11.06 and 4.65 g/100g DW, respectively. Compare with total amino acid in *G. domingensis*, *G. birdiae*, *L. filiformis* and *L. intricate* which were 7.6, 9.1, 11.3 and 6.7 mg/100 mg of dry weight, respectively (Gressler, *et al.*, 2010). Aspartic acid was dominant in *U. rigida*, whereas cyteine was dominant in *U. intestinalis*. Furthermore, *U. rigida* contained a high level of amino acids, both essential amino acids (5.79 g/100g DW) and non-essential amino acid (5.27 g/100g DW). For non-essential amino acids such as aspartic and glutamic acids were responsible for the special flavour and taste of the seaweeds (Mabeau *et al.*, 1992)

Seaweeds are not a main source of energy although they are reported to be of nutritional value regarding vitamin, protein and mineral contents. (Chan *et al.*, 1997; Norziah and Ching, 2000). For this study, the mineral content (calcium, iron and magnesium) of *U. rigida* and *U. intestinalis* were similar, with the exception of magnesium that was high in *U. rigida*. Murakami *et al.* (2011) reported that seasonal changes in calcium and magnesium contents in *S. horneri* did not vary significantly throughout the season.

Calcium contents were 10.3–14.7mg/g on dry weight basis and magnesium contents were 12.1–19.8 mg/g on dry weight basis.

In addition to terrestrial organisms, the marine environment has proven to be a rich source of potent compounds with diverse therapeutic properties (Newman and Cragg, 2004; Montaser and Luesch, 2011). Reports on seaweed showed that certain edible seaweed contain significant quantities of protein, lipids, minerals and vitamins (Norziah and Ching 2000; Wong and Cheung, 2000), although nutrient contents vary with species, geographical location, season and temperature (Dawes *et al.*, 1993; Kaehlerand Kennish, 1996). Then the difference of nutritional value of marine algae in this study may as described in previous report.

CONCLUSION

This study has revealed that *U. rigida* and *U. intestinalis* are a good source of many important nutrients. *U. rigida* could be considered as a better source of nutritional food compared to *U. intestinalis*. Then *U. rigida* is more potent alternative plant nutrient sources for human and animal nutrition than the *U. intestinalis*

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