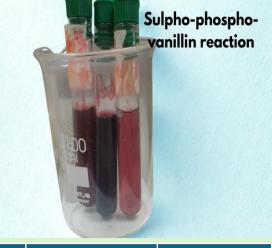
## Potential of *Ulva*, *Jania*, and *Padina* Seaweeds as Sustainable Diet

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- Seaweed samples collected from Mediterranean Sea (summer season)





Samples	Dried sample size	Oil weight after extraction	Oil percentage in the samples
Ulva	100.19g	0.48 g	0.5%
Padina	140.24 g	0.38 g	0.27%
Jania	52.54 g	0.11 g	0.21%

## Results

- Padina: Highest total phenolic content and antioxidant activity.
- Ulva: Highest oil and polysaccharide percentage.
- Jania: Lowest values for oil, TPC, and polysaccharides, with no antioxidant activity.

## Conclusion:

- •Padina appears promising due to its highest total phenolic content and highest antioxidant activity.
- •Ulva stands out for having the highest oil percentage and significantly the highest polysaccharide percentage.
- •Jania had the lowest values in all measured categories (oil, TPC, and polysaccharides) and no antioxidant activity.

• Analyzed for oil content, total phenolic content (TPC), polysaccharide percentage, and antioxidant activity.				
J > U	acmx The second	Total phenolic content evaluation	Sana Libe of L	
		Sample	Total phenolic content	
		Padina	72.86 mg GAE/100g	
		Ulva	25.2 mg GAE/100g	
		Jania	7.8 mg GAE/100g	

Séaweeds socked in distilled water for polysaccharide extraction			J	
Sample	Polysacch arides percentage			
Padina	18%			
Ulva	26%	1		
Jania	9%	E		

Sample	Color	Antioxidant activity
Padina	Yellow	High Activity
Jania	Violet	No Activity
Ulva	Pale Violet	Slight Activity