An Investigative Study Into the Beneficial Use of Seaweed in Bread and the Broader Food Industry.

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An investigative study into the beneficial use of seaweed in bread and the broader food industry.

A dissertation presented to Dublin Institute of Technology, School of Culinary Arts and Food Technology in partial fulfilment of the requirements for the Bachelor’s Degree BSc (Hons) Baking & Pastry Arts Management.

By
James A. Griffin
April 2015

Supervisor Dr. F. Cullen
Declaration

I certify that this dissertation, which I now submit for examination for the award of Bachelor’s Degree (Hons) in Baking & Pastry Arts Management, is entirely my own work, and has not been taken from the work of others save and to the extent that such work has been cited and acknowledged within my work.

This dissertation was prepared according to the regulations of Dublin Institute of Technology and has not been submitted in whole or in part for an award in any other institute or university.

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Signed: _____________________________             Date ____________________

James A. Griffin
Abstract

The primary objective of this research was to investigate the beneficial use of seaweed in bread and the broader food industry. The author began the thesis by reviewing Japan’s consumption of seaweed (the highest, per capita, in the world, with the lowest incidence of obesity and cancer). The author introduced a new Irish seaweed product and examined how seaweed could be integrated more effectively into the Western diet. Using the literature reviewed in Chapter Two, the author explored the nutritional aspects of how seaweed is used both in Asian cuisine and in Western culture, in addition to how seaweed use could be promoted and improved in the West. Health is of major interest in society today, with health and nutrition being very strongly interlinked. The research indicated that, not only was seaweed nutritious, but it was also good for health. The expression “you are what you eat” has become a way of life for many consumers, who choose healthy options over highly processed alternatives.

The Western diet and food culture differs greatly from that of Asia, and so different approaches are required to encourage greater consumption of seaweed. Bread and baked products are consumed by most Western countries. Adding dried seaweed to flour for baked goods, or in health drinks, were considered the most appropriate models for achieving this, and indeed yielded encouraging results. In Chapters Three and Four, the author set out the methods and analysed the results collected from both an online survey and the sale of seaweed baked goods over a six-month period. The responses from both the survey and actual sales were encouraging, and most respondents were interested in eating seaweed breads. In conclusion, it is interesting to speculate as to what the health benefits for various populations would be if merely a small percentage of dried seaweed were added to the breads, pastas, wraps, tortillas and pita and breads of the world.
Acknowledgements

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Finally, to my wonderful family, my children, Dillon, Janice and Sophie, who inspire me daily; but, most of all, to my devoted and beloved wife Bogna, for her daily commitment, support, dedication and love. She has taught me that dreams do come true; it is just a matter of believing in them, and in yourself. Without her support, none of this would have been possible to achieve.
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<tbody>
<tr>
<td>BIM</td>
<td>Bord Iasciagh Mhara</td>
</tr>
<tr>
<td>CSO</td>
<td>Central Statistics Office</td>
</tr>
<tr>
<td>EPOS</td>
<td>Electronic Point Of Sale System</td>
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<tr>
<td>DW</td>
<td>Dry Weight</td>
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<tr>
<td>DHA</td>
<td>docosahexaeonic acid</td>
</tr>
<tr>
<td>DIT</td>
<td>Dublin Institute of Technology</td>
</tr>
<tr>
<td>EPA</td>
<td>eicosapentaenic acid</td>
</tr>
<tr>
<td>FHIS</td>
<td>Food and Health Innovation Service</td>
</tr>
<tr>
<td>FMI</td>
<td>Food Marketing Institute</td>
</tr>
<tr>
<td>PUFA</td>
<td>polyunsaturated fatty acid</td>
</tr>
<tr>
<td>RDA</td>
<td>recommended daily allowance</td>
</tr>
<tr>
<td>RDI</td>
<td>recommended daily intake</td>
</tr>
<tr>
<td>UNICEF</td>
<td>United Nations International Children’s Fund</td>
</tr>
<tr>
<td>USP</td>
<td>unique selling point</td>
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<td>WHO</td>
<td>World Health Organization</td>
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Chapter One: Introduction and Contextual Overview

1.1 Introduction

Japan, which today has the world’s largest seaweed consumption per capita, with 10-15% of the Japanese diet consisting of algae, is also associated with a significantly lower rate of cancer, thyroid diseases, heart disease and dementia than Western cultures (Fitzgerald et al. 2011; Venugopal 2011, cited in Food and Health Innovation Service 2013, p.1). Connemara Ventures Ltd., a seaweed harvesting and processing company based in the Inagh Valley in County Galway, has identified that Irish people do not consume enough seaweed. It has developed a blend of dried seaweeds for use in the baking, restaurant and snacking sector in Ireland. Director James Cunningham (CEO) and Scientific Director Dr. Stefan Kraan, a prominent seaweed scientist in the Galway Mayo Institute of Technology, have provided the researcher with working samples, nutritional information and specifications regarding the product that is presently called NORI Bake Pro. In this context, seaweed use in food goes beyond matters of flavour and nutrition, but also encompasses – by its addition to foodstuffs – how it may be used to control obesity and heart disease, and to deliver iodine into the food chain. By comparing and contrasting the most up-to-date reference material, including Sea Plants (Collén 2014), in addition to published scientific research, the researcher will explore the use of seaweed in food products, with a particular focus on its use in baked goods within Ireland.

1.2 Contextual overview

Awareness among the populations in the developed world, and, more specifically, Ireland, regarding health and longevity has led to fundamental changes in peoples’ attitudes to such activities as dieting, regular exercise, smoking and the drinking of alcohol. According to International Living Magazine,

optimism and purpose, a low stress level, a natural diet and an active lifestyle, experts say those factors are three times as important as your genetic makeup when it comes to enjoying a long and healthy life (International Living Magazine 2014).
The available choice of various foods and supplements to fulfil these consumer demands is
growing continually. Adams (2007, p.205) expresses his concerns over highly processed
foods, where the “long-term effects of additives to food are now being questioned,
particularly for children, for example, the effect of certain additives on children’s behaviour”.
There is a growing demand for organic and non-processed food choices, according to the
Food Marketing Institute (FMI) (2008, p.3). The FMI explains that “certain health benefits
motivate shoppers to buy natural or organic foods. For instance, people allergic to foods,
chemicals or preservatives can gain relief by switching to organic foods”. The horsemeat
scandal (involving the inclusion of horsemeat in products advertised as beef-based, such as
hamburgers) has highlighted to the greater worldwide population that processed foods may
not be what they seem (Telegraph 2013). With obesity on the rise amongst young people, it is
now commonplace to see children’s education programmes stress the benefits of healthy
living and eating (McConnell et al., 2014), which contribute to maintaining a healthy
lifestyle. In the USA, Surgeon General Dr. Carmona (American Heart Association 2014) has
predicted that the current generation will contain the first children to have a lower life
expectancy than that of their parents. The reduction in longevity is directly attributed to
obesity, according to a recent publication of The American Heart Association (2014).

Governmental and international interests influence consumer demand and the delivery of
various supplements to populations, both privately and through documented national policies
aimed at preserving and maintaining national health. For example, the fluoridation of state
water schemes, the iodisation of salt and the legislated fortification of flour at the milling
stage with calcium and folic acid are examples of tools that various governments use to
provide supplements directly to the majority of their citizens (WHO 2009).

1.3 Aims and objectives

The purpose of the study is to investigate the use of, and the benefits of, seaweed in food. The
literature review conducted by the author has complemented his choice of objectives,
investigating the potential health role of the use of seaweed in food and bread products in
Ireland. In considering the consumption habits of seaweed in foods, the research will
concentrate on the existing use of seaweed in foods. The objectives are explicitly set out as follows:

- To discuss the evolution, use and consumption of seaweed in food, with a particular focus on baked products.
- To compare and contrast literature related to the use of seaweed as a source of food.
- To investigate the health benefits of the daily consumption and general use of seaweed in foodstuffs.
- To offer recommendations concerning how to increase the use of seaweed in food products.

1.4 Structure of the dissertation

Chapter One
Chapter One sets out the main aims and objectives of the research. The work is introduced, and the theoretical framework is outlined. A brief introduction is provided which considers both the historical use of seaweed in food and examples of how seaweed is being used in food within today’s evolving marketplace.

Chapter Two
In Chapter Two, the theoretical framework which underpins and informs the structure of this dissertation is developed and expanded. The works of Allen (2004), Brownlee (2010), Collén (2014), Guiry (2014), Indergaard (1983), Jensen (2011), Steele (2013), Watson (2011), Rose (2012) along with findings from the Marine Institute (2006), An Bord Iscaigh Mhara (2001) and the World Health Organization (2009), are all used to guide the research and progress the knowledge to a deeper understanding of seaweed use in food. The researcher will also explore how the regular consumption of seaweed can be achieved in food. Trials using bread and drinks which have been subject to the addition of alginates for clinical trials are explored and compared. The secondary research in Chapter Two provides an understanding of the consumption of seaweed in food and the approach by which seaweed may be distributed as part of a national diet plan. Baked goods offer high potential as a delivery vehicle for bioactive ingredients, as they are the most widely consumed goods in the world (Culliney 2014). There are many potential health benefits to be gained from regular seaweed
consumption, ranging from the intake of minerals and vitamins to iodine (Fitzgerald et al. 2014, pp.398-405). There are also risks involved in the consumption of seaweed, which can include exceeding the RDI of iodine. This is of particular interest to breastfeeding and pregnant women, and there is also a risk of the seaweed being contaminated by radiation or high levels of arsenic (FSAI 2010).

Chapter Three
Chapter Three incorporates a restatement of the aims and objectives of the study. In this chapter, the methods and methodologies available for collecting the primary data are discussed. The methods most suited to this particular study are stated, and the reasons for choosing these methods over others are explained. The data was collected over a period of two weeks, using SurveyMonkey as the online research tool. The survey focused on the respondents' perceptions of consuming seaweed through food, as a healthy nutritional supplement, with an emphasis on its use in bakery products.

Chapter Four
In Chapter Four, the data presented in Chapter Three is discussed. The various methods used are described and explained. Chapter Four establishes why the study is weighted towards the quantitative approach, rather than the qualitative approach. There is also an explanation of why the case study or interview processes were not selected for this particular study, and why new product development was used to compliment the survey. Finally, the ethical considerations involved in conducting this study are examined, in addition to how these principles are upheld, both in formatting the questionnaire and in concluding the examination of the data.

Chapter Five
Chapter Five concludes the discussion of the various questions and answers that were explored in the study. In this chapter, connections between the literature, the methodology and the findings are determined. The research question is re-examined, identifying how the objectives were achieved. The key findings are listed and referenced back to the relevant chapter. The limitations of the study are also discussed.
Chapter Two: Literature Review

2.1 Introduction

This study will focus on the historical and existing health benefits of seaweed consumption in the human diet. The findings will enable the identification, from the research, of particular types of seaweed application in food which may appeal to the health market. The research will also further examine how these products may be incorporated as part of a regular diet. Dr. Susan Steele, CEO of the Sea Fisheries Protection Authority of Ireland, is quoted below in the foreword of Sally Mc Kenna’s book *Extreme Greens* (Mc Kenna 2013).

Imagine being offered a plentiful free food. Imagine, if this free food was packed with the health-promoting minerals, nutrients and anti-oxidants, which could help you live longer and fight disease, help you lose weight and give healthy skin and hair. Imagine a natural, sustainable free food which is also proven to confer health benefits on your pets, livestock, and chickens. A free food that will make the vegetables in your garden germinate faster and be more resistant and give better yields (Steele 2013, p.7).

Edible seaweeds have historically been consumed by coastal populations across the globe. Today, seaweed is still part of the habitual diet in many Asian countries (Brownlee, et al., 2012). As residents of an island, the Irish are surrounded by the rich natural resources of the sea. There is a vastly under-utilised food resource available in the form of sea vegetables (Seaweed.ie 2015). Allen (Allen and Hatfield 2004, p 1021) have documented that, for centuries, seaweed was collected as a form of food and medicine in most coastal areas of the world. These areas include Ireland, the UK, China, Japan and south-east Asia, among many others (Allen 2004, p.1021). In addition, “A poem, probably dating from the twelfth century, describes monks harvesting dillisk (*Palmaria palmata*) from the rocks and distributing it to the poor as one of their daily duties” (Kraan 2010).

2.2 A brief history of seaweed use in food

“Brown seaweed has been an important part of the Japanese diet for centuries; it is used in soups, as an additive to change the taste of other foods and as a wrap for the raw fish and rice
combinations known as sushi” (What when how 2010). Furthermore, Indergaard (1983, pp.137-167) states that seaweed has been eaten since prehistoric times as part of a staple human diet in most Asian countries. According to Indergaard, cited in Guiry (Guiry 2015a), a Chinese scholar called Sze Teu wrote in 600 BC that “Some algae are a delicacy fit for the most honoured guests, even for the King himself”. Indergaard (1983) explains that 21 species of seaweeds are used in everyday cookery in Japan today, six of which have been used since the 8th century. Kombu, wakame, nori and, in particular, kaiso seaweed, accounted for more than 10% of the Japanese seaweed diet until relatively recently. Seaweed consumption reached an average of 3.5 kg per household in 1973, in Japan, representing a 20% increase over 10 years (Indergaard 1983, pp.137-167). In Ireland, it is assumed that, at most, merely three to six tonnes of domestically produced seaweed food products are consumed annually (Walsh and Watson 2010).

Stein and Borden (1984), cited in Seaweed.ie (2015), refer to regulations for the harvesting of Palmaria palmata (dulse, dillisk), a red seaweed, which is mentioned in the 10th century Icelandic sagas. Laver (Porphyra) has been eaten in Wales since at least AD 1600 (Allen and Hatfield 2004, p.1021). It is still eaten today and produced commercially for sale in Wales, for local and export trade. The consumption of edible seaweed has also been documented in Ireland for a very long time (Bliss 1985, pp.141-166; Guiry 2015a). In Collén et.al. (2004), Bliss (1985) articulates that the domestic use of Irish moss was documented at least as early as 1809. Mitchell and Guiry support this by observing, in Collén (2014, p.57) that, in 1829, the name “Chondrus Crispus” (for Irish moss) alluded to its putative therapeutic properties. Furthermore, it was acclaimed for wellbeing as a remedy in Ireland at this time (Allen 2004). Collén (2014) indicates that a traditional treatment in Ireland for chest and lung ailments involved Irish moss, which was boiled in milk or water. “Various red algae have also been used in the Mediterranean as sources of dyeing agents and as anthelmintic and other health remedies since pre-Christian times” (Stein and Borden 1983, pp.485-501). While seaweed has had many uses in the past, the study will examine the main types and modern uses of seaweed in the next section.

2.3 Main types and uses of seaweeds in food

Three main uses for seaweed have been identified as follows:
Human consumption and agriculture
Cattle feed
Soil enrichment.

Archaeologists and ethnologists have mentioned other uses, such as those related to fuel and filling for bedding mattresses (Netalgae.eu 2012). Parson Pickles, a food processing company based in Wales, commercially produces and sells seaweed bread mixes, and a range of other food products. Its laver bread product is described on its website as follows:

Laver Bread is a Celtic delicacy which is produced from a particular type of seaweed. It is very similar to the seaweed which is used by the Japanese called nori. The seaweed is mainly found on the West Coast of the British Isles and Southern Ireland. After being gathered the seaweed is thoroughly washed and is cooked until it becomes soft. It is then minced to convert it into a paste like texture. Laver is nutritious, very low in calories and is rich in protein. It also contains iodine and vitamins A, B, B2, C and D. Because of the nature of the product it is classified as being able to use the vegetarian symbol (Pickles 2014).

Seaweed.ie (2015), a website dedicated to Irish seaweeds, explains that “the trend today is to refer to marine algae used in food as sea-vegetables”. This view is supported by Myslabodski in (Fisheries and Aquaculture Department, 2003) (refer to Section 5.6). The word “seaweed”
in the English language portrays a negative image towards what is a highly regarded and nutritious foodstuff in Asia. In recent years, there has been a strong movement in France to introduce seaweed into European cuisine, with some success, although it is still regarded as an exotic component of the menu (Fisheries and Aquaculture Department 2003).

The main species used in Ireland at present are dulse, carrageen moss, and various kelps and wracks. Dulse – also known as dillisk – is a red alga (Palmaria palmata). It is eaten on both sides of the North Atlantic, but dulse is mostly eaten only in Ireland after it has been dried; it is frequently sold in small packets, most commonly in the west and north. It is also eaten in Canada, Iceland, Norway, France and Scotland (Seaweed.ie 2015).

Carrageen moss, or Irish moss (Chondrus crispus and Mastocarpus stellatus), is widely sold in its dried form. It is used for cooking, and also as a remedy for colds and influenza (Guiry 2015). “While dulse and carrageen moss are worthy sea vegetables with a history of utilisation and a small but proven market, other species also show considerable promise. Our kelp resources are considerably under-utilised. All of the Irish kelp species are edible, but Saccharina latissima (formerly known as Laminaria saccharina) is perhaps the most palatable, as it has a slightly sweet taste, due to high levels of mannitol. Two other brown algae generally accepted as offering potential as food are Himantalia elongata, also known as thongweed, or Ríseach in Irish, and Alaria esculenta, also known as dabberlocks or murlins. Himantalia elongata (“Spaghetti de mer”) is widely eaten in France, after drying or pickling, and plants are also sold in Ireland in a dried form. After soaking the Spaghetti de mer in water, it is blended along with other vegetables in mixed salad; it does not have the strong seaweed taste that many find overpowering”, states Guiry (2015d) in Use of seaweed as food in Ireland.

Sea vegetables are as nutritionally valuable as any land-vegetable, and, in most cases, they are far superior in their vitamin, trace element and even protein content. Food tastes in Europe are witnessing growth in the consumption of seaweed. This growth is set to continue to rise over the next 20 years (Seaweed.ie 2015). There is renewed interest, in Western Europe and the USA, in the use of seaweed in food applications such as cooking and baking. Authors such as Gusman (Gusman 2003), Bird (Bird 2013) and Mc Kenna (Mc Kenna 2013) support and encourage the use of seaweeds or sea vegetables in foods as a nutritional addition to food. In Asian countries, seaweed is viewed as merely another vegetable, and is used
extensively. Japanese and Korean broths made using dried fish and seaweed are considered to be the most pure umami flavour. “Seaweed is a source of a series of minerals that help contribute to a stock’s backbone and umami”, according to DiCamillio (2014). Traditionally, seaweed has been used in Japanese dashi, a stock made from the kombu variety of kelp and dried bonito flakes. According to The Huffington Post, the serving sizes of seaweed are often not large enough to provide a significant boost in nutrients, but they can serve as an extraordinary source of iodine (DiCamillo 2014).

Edible seaweeds commonly used for human consumption are classified into four main groups:

- Brown algae
- Red algae
- Green algae
- Macro algae

A comprehensive list of these algae can be found in Appendix C). The next section will examine the use of seaweed in food, bread and beverages. Bread application, in particular, will be researched, as “Bread is the world’s most widely eaten food and has been part of our diet since the early times of mankind” (University of Illinois 2000). It is the ideal conduit to carry alginates into the diet.

2.4 The use of seaweed in food, bread and beverages

Bread has been described as the staff of life in the Bible (Leviticus n. d.). It has been a part of human experience for thousands of years, and has been extensively documented since ancient Egyptian times, over 5,000 years ago (Food Timeline.Org 2015). While the processes and ingredients have changed down through the ages, bread is still eaten by most of the world’s population, and is viewed as a healthy food (Culliney 2014). The idea that eating the correct balance of foods might provide therapeutic benefits is undoubtedly not a new perception. The view “Let food be thy medicine and medicine be thy food” was embraced over 2,500 years
ago by Hippocrates, in 460 BC (Hopkins Medicine 2010). Japan is possibly the most notable example of a known culture with a seaweed-consuming population and history.

Japan, which, today has the world’s largest seaweed consumption per capita, with 10-15% of the Japanese diet consisting of algae, is also associated with a significantly lower rate of cancer, thyroid diseases, heart disease and dementia than western cultures. (Fitzgerald et al. 2011; Venugopal 2011, cited in Food and Health Innovation Service 2013, p.1).

In Western cultures, the addition of seaweed to bread for health reasons is, however, a relatively new concept; trials have been conducted adding seaweed to both brown and white breads since 2010 by Brownlee (Brownlee 2010) in the UK. In Denmark, Jensen (Jensen 2011) conducted trials by adding alginates to beverages and yogurts. Improving dietary habits is a societal, not merely an individual, problem. Therefore, it demands a population-based, multi-sectorial, multi-disciplinary and culturally relevant approach (WHO 2010). With the ever-increasing consumption of processed foods and a demand for more natural alternatives in food, processed foods and the additives contained therein (including plants, crops and grains which are high in natural fibre) are being promoted by the World Health Organization as essential for providing a balanced, healthy diet. Poots (2012, cited in Northern Ireland Executive 2012) states, “people should be aware of the importance of a healthy diet and taking more exercise. We must act now to avoid a future where our children face significant health problems. Individuals can make choices in everyday life that will improve and protect their health” (Northern Ireland Executive 2012). With health and diet highlighted as being of major importance in modern life (Northern Ireland Executive 2012) by government ministers such as Poots (2012), the next section will explore the health aspects of seaweed use in food.

2.5 Exploring the health aspects of seaweed use in foods

According to Rosenfeld (2000), “Early Chinese medical writings in approximately 3600 B.C. were the first to record the decreases in goitre size upon ingestion of seaweed and burnt sea sponge. Although iodine was yet to be discovered, these remedies remained effective and their use continued globally” (Rosenfeld 2000). Other medicinal uses of seaweed are noted, including carrageen moss, in Seaweed uses and utilization (Guiry, 2015c). Carrageenans have been patented as anti-viral agents, while corallina is being used in bone-replacement therapy.
(Stein and Borden 1984). Exciting research findings by Brownlee (2010) and, more recently, Jensen (2011), involving clinical trials using seaweed in bread by Dr. Ian Brownlee in the UK and alginites in yogurts and beverages by Dr. Morgen Jensen in Denmark, are yielding promising results. Using seaweeds in breads may potentially help to control obesity and heart disease. A recent study into the use of red seaweed in bread has indicated promising results for heart health (Culliney 2014). The study, which was published in the Journal of Food Science and Technology, brought together researchers from Ireland and the UK. The aim of their study was to examine whether the rennin inhibitory properties in the seaweed were damaged or were effective following the baking process. The bread was tasted by a sensory panel, and found to be acceptable. The baked samples also retained their bioactivity after baking (Fitzgerald, et al., 2014). In 2012, Dr. Craig Rose was also engaged in clinical trials involving 80 obese men at Sheffield Hallam University using dried seaweed in bread (Telegraph 2012). Furthermore, Dr. Combert, a nutritionist from the School of Medicine in Glasgow, has led a study involving Scottish seaweed to treat iodine deficiency in women. The seaweed was used to replace salt which had been fortified with iodine. Her findings suggest that seaweed releases lower levels of iodine in food than salt but sustains this release over a longer period (Combet, et al. 2014). Other positive health aspects of alginate use in food include satiety, reduced plasma cholesterol, and reduced glycaemic and insulinaemic response, as discussed by Brownlee et al. (2009), cited in Rehm (Rehm 2009). There is much ongoing research in regard to the use of seaweeds in food and beverages, as discussed above. Research laboratory trials, along with clinical trials, have been conducted by Brownlee (2010) and Pelkman et al. (2007, cited in Rehm and Jensen 2011). While much research into the benefits of seaweed consumption has been documented, many of the reported medicinal effects of marine algae have not yet been substantiated, according to Guiry (2015b) in Medicinal uses of seaweed. The merit of these trials will be compared and discussed in the next section.

2.6 The introduction of seaweed trials using baked goods and alginate drinks

A recent study completed by the World Health Organization found that obesity, globally, has reached epidemic levels, with at least 2.8 million people dying each year as a result of weight-related health problems (WHO 2014). Furthermore, in support of these findings, Dr Carmona Surgeon General, in a study conducted by the American Heart Association,
categorised the threat of obesity as follows: “Because of the increasing rates of obesity, unhealthy eating habits and physical inactivity, we may see the first generation that will be less healthy and have a shorter life expectancy than their parents” (American Heart Association 2014). According to Smith (Smith 2010), we take for granted the many foods presented in supermarkets and specialty shops. Exciting recent research carried out by Brownlee (Brownlee 2010) suggests that, “if we can add the natural fibre from seaweed to products commonly eaten daily – such as bread, biscuits and yogurts – up to three-quarters of the fat contained in that meal could simply pass through the body”, but only if scientific testing by clinical trials is successful in proving that the consumption of bread containing alginates can improve health. Trials on nearly 80 healthy but overweight men revealed that those fed scrambled egg on seaweed-enriched toast felt so full that they consumed 179 less calories per day (Telegraph 2012). Brownlee’s trials were based on sensory analysis responses and observation of the subjects, followed by questionnaires in conducting his analysis.

Alginate drinks were examined and compared in Jensen’s research, and two further studies, in particular, deserve inclusion in this inquiry. Pelkman et al. (2007, cited in Rehm 2009) describe a survey concerning the effects of alginate on satiety, where an alginate/pectin beverage was used to measure dietary restraint in a study of overweight and obese non-dieting female volunteers. The beverage successfully reduced energy intake and significantly reduced carbohydrate intake in the participants of the study. Secondly, supporting research on alginates and satiety was conducted by Jensen (2011). Jensen’s (Jensen 2011) doctoral research, titled Effect of alginate fibre supplementation in regulation of appetite, body weight and metabolic risk factors, involved analysis using alginates derived from brown algae that are noted for creating an “artificial feeling of fullness” in the stomach (Jensen 2011). Jensen further expands on his findings, and explains that “Eating more than you burn results in a body energy imbalance, which may lead to weight gain in the long term. It is, therefore, crucial that new dietary measures improve appetite control and limit our food intake” (Jensen 2011). Choosing a seaweed product at breakfast-time, such as a beverage or bread, may well give consumers the “artificial feeling of fullness” in the stomach to which Jensen (2011) refers. The next section examines how alginates may be introduced into the national diet.
Bread is consumed mainly during breakfast. It is eaten mainly as toast or with other products, and this would serve as the ideal time to introduce the daily intake of seaweed products into the diet. Whether eaten during breakfast or in the form of a sandwich taken to school or work for later consumption, there are many opportunities for introducing seaweed into the daily diet using bread or snacks. By examining existing successful methods for the distribution of fortified foods and cereals to the public, it may be possible to mirror the models of successful food businesses to include seaweed in the daily diet in the form of bread, snack bars or pastry items. Multinational companies such as Kellogg’s and Nestlé have developed global businesses selling breakfast cereal products that are both fortified and enriched with vitamins. Kellogg’s is a multinational consumer goods company with a focus on breakfast cereals and convenience foods; in 2004, Kellogg’s net sales reached approximately $9.6 billion USD. (Statistica 2015). Breakfast is a growing market, and this breakfast market segment is now dominated by multinational companies. The morning breakfast market segment could be open to future competition by fortified, nutritious breads. Commercial interests and government incentives already legislate the fortifying of flour, the fortification of salt with iodine and the fluoridation of water for the overall benefit of public health (WHO 2009). Eighty-two countries now participate in cereal fortification worldwide (Food Fortification Initiative 2014) (refer to Figure 2).

![Figure 2: Cereal fortification by quantity per global region during 2004 and 2007](Source: (Centres for Disease Control and Prevention, 2008))

Figure 2: Cereal fortification by quantity per global region during 2004 and 2007
Source: (Centres for Disease Control and Prevention, 2008)
Of the 82 countries that require the fortification of wheat flour, maize products or rice:

- 81 countries mandate wheat flour fortification;
- Six states mandate rice fortification;
- 12 countries require maize flour fortification;
- Six countries fortify at least half of their industrially milled wheat flour through voluntary efforts;
- 31% of the world’s industrially-milled wheat flour is fortified with iron or folic acid.

In a study that commenced in 2012 (Food Fortification Initiative 2014), it was found that at least 38,417 serious birth defects were prevented in one year due to flour being fortified with folic acid. This equates to 105 healthier babies every day.

The World Health Organization’s (WHO) schemes have been very successful to date in delivering nutrients aimed at the wider population base. Vitamins and minerals such as vitamins A, B12, iron, calcium, zinc and folic acid have, for many years, been added by millers to fortify flour and impact positively on public health (WHO 2009). There is further scope to fortify flour with seaweed, either privately, nationally or internationally, in the future. It may be entirely feasible in the future to use the model described above in the provision of seaweed within bread and foodstuffs through cereal fortification. The mechanisms of how flour and other food fortification with alginates could be brought to the consumer marketplace are discussed in the following section. Snacks, breakfast bars,
convenience foods, restaurants and artisan bakeries could all be instrumental in achieving this goal, by adding dried seaweed directly to the food and dough preparation process.

2.8 The delivery of nutrients to the population using flour or bread

Since 1993, when the WHO and UNICEF recommended and implemented universal salt iodisation, many countries worldwide have made substantial progress in the control and prevention of iodine deficiency disorders, largely as a result of salt iodisation (World Health Organization 2014). According to the World Health Organization (2009), the fortification of “industrially processed wheat and maize flour, when appropriately implemented, is an effective, simple, and inexpensive strategy for supplying vitamins and minerals to the diets of large segments of the world’s population” (WHO 2009). The negative aspect of having to fortify food to a large population in developing countries is mainly related to the rising over-consumption of highly processed foodstuffs which contain little or no nutritional value (Maberly, et al. 1995).

Once its efficacy has been recognised, seaweed could perhaps be added to some, or all, flour supplies, just as calcium is presently added by law, for the benefit of the population’s health. Additional nutrients could be provided to the public through the medium of bread or other widely consumed foods such as cereals, pasta and rice. Research conducted in the UK by leading scientist Dr. Ian Brownlee has incorporated trials using bread made with seaweed, and has achieved some success. Brownlee (Brownlee 2010) states that “bread fortified with the seaweed, eaten regularly with the correct lifestyle, based on very recent research, helps to improve wellness, tackle obesity and many other illnesses which are now attributed to our poor diet and poor lifestyle” (refer to Appendix E). Some of the many health benefits which assist in maintaining wellness are outlined in the next section.

2.9 The health benefits of seaweed consumption

The Food and Health Innovation Service (FHIS 2003) commissioned a study titled “Sea Vegetables for Health”. The study was concluded in 2013 by Professor Marcel Jaspers and Dr. Florence Folmer of the Department of Chemistry, University of Aberdeen, UK. They
produced the following list of health benefits associated with seaweed consumption from this research:

- the regulation of blood sugar levels and the prevention and treatment of diabetes;
- the regulation of cholesterol levels;
- a reduction in lipid absorption in the gastrointestinal tract;
- weight loss and anti-obesity effects;
- the prevention of hypertension;
- the prevention of thrombosis and of excessive blood coagulation;
- cardiac health improvement;
- antioxidant effects;
- the promotion of intestinal health;
- the prevention and treatment of arthritis, asthma, rhinitis, gastric ulcers, and other inflammatory diseases;
- the support of healthy joints;
- the prevention of osteoporosis;
- cancer-preventive effects;
- antiviral effects (against HIV and Herpes simplex);
- the promotion of healthy thyroid function and the prevention of goitre;
- prebiotic activities;
- the regulation of bowel function;
- the prevention and treatment of anaemia;
- wound-healing;
- the regulation of hormone balance during menopause;
- detoxification from radioactive elements, heavy metals and free radicals.

(Food and Health Innovation Service 2013, pp.3-4)

The benefits referred to above relate only to the properties researched as regards nutritional benefit in food, but further study has discovered that seaweeds offer other valuable properties, such as natural preservation agents and significant other roles in food preparation (refer to Section 2.10).
2.10 Gastronomic and food-preservation properties of seaweed

The study also found that seaweed acted as a natural thickener and food preservative, as well as several other purposes listed below:

- food thickening, emulsifying, and gelling properties (phycocolloids)
- vegetarian and vegan substitute for gelatine
- substitute for gluten
- natural food colouring
- foam-stabilising properties
- cryoprotection
- moisture preservation in meat and bread; retardation of bread staling
- aroma enhancement

(Food and Health Innovation Service 2013, pp.3-4)

For many vegans, the ability to use alginates instead of gelatine opens up many new avenues for food enjoyment, such as desserts and mousses. Bread preservation and gluten substitution are of major interest to the bakery sector, while aroma enhancement and food thickening are of interest to the broader food and catering sector. In the next section, the scientific findings and benefits of seaweed use in bread are examined.

2.11 Scientific findings concerning the benefits of the use of seaweed in bread

Professor Ian Brownlee and his team began trials using seaweed in bread in 2010. Brownlee’s findings are further supported by Parsons, cited in Rae (Rae, 2014), who, along with a team of scientists at Newcastle University, recognised seaweeds that are most efficient at inhibiting the adsorption of fat. Parsons explains that “alginites – chemicals from seaweed – are already used in many foodstuffs”. Varied uses include assisting frothy heads in beers and as thickeners in jam manufacture. Their potential as a food supplement, however, is of significant interest. Scientific researches indicating that alginates prevent the absorption of fat in the gut are presently being further investigated by Brownlee (2010). New research published by Brownlee has identified those chemical properties found in alginates which prevent the fat from being absorbed into the body. These findings will allow seaweed
specialists to produce a league table of the most chemically efficient seaweeds for use with foodstuffs. “If added to everyday foods, these seaweeds could help to curb the growing obesity problem” (Brownlee 2010). Parsons (cited in Rae 2014) adds that “Alginates are made up of long chains of sugars, guluronate and mannuronate. Scientists identified that alginates containing more guluronate were more effective at preventing the digestion of fat”. Dr Matthew Wilcox, cited in Rae (Rae 2014), reports, that the seaweeds with a high level of guluronate prevent the body breaking down and absorbing fat. Wilcox states that

As they are already used in the food industry in small amounts, we are looking at increasing their levels in foods that could reduce the amount of fat that we get which could help in weight management […] The study shows that certain seaweeds can be used in the fight against obesity, in conjunction with a healthy diet and increase in exercise (Wilcox 2014).

The five-year study cost £500,000, and builds on previous work by the team which found that alginate, a natural fibre found in sea kelp, and one of the world’s largest commercially-used seaweeds, could reduce the amount of fat available for absorption into the body by approximately 75% (refer to Appendix E). Pearson, cited in Rae (Rae 2014), supports these findings, adding

We have already added the alginate to bread and initial taste tests have been extremely encouraging. Now the next step is to carry out clinical trials to find out how effective they are when eaten as part of a healthy diet. A brown sea kelp called tangle or cuvie was found to be the most effective at preventing the digestion of fat. The next step for the team is to test the different seaweeds in a model gut and then to recruit volunteers to study whether the effects they have modelled in the lab can be reproduced in real people and whether such foods are truly acceptable in a healthy diet (Rae 2014).

Rose (Telegraph 2012) has completed food and tasting trials using seaweed bread. The findings are very promising, and were conducted on 80 subjects. The process description is rich in detail, and particularly well described (refer to Appendix E). The earlier research results of Rose (2012), Brownlee (2010), Wilcox (2014) (refer to Sections 2.6, 2.8 and 2.11) were based on sensory analysis, weight loss observation and satiety feedback from the participants. The studies of Jensen (2011) and Houghton et al. (2013) are documented in full (Appendix E). While they both had sensory and satiety elements to their study, they also
incorporated greater scientific data than the Brownlee (2010) study, including blood analysis of the subjects involved in the research, which resulted in quantifiable proof of the fat-inhibiting properties of alginates. In the journal article Houghton et al. (2013) “Treating overweight/obesity using alginate enriched bread”, further scientific data was presented by a team of scientists which included Wilcox and Brownlee. The most recent scientific findings from their study indicate that

obesity is a rapidly growing medical issue worldwide, and is fast becoming one of the leading causes of mortality. Data from our laboratory have demonstrated that alginates have the ability to inhibit pancreatic lipase activity in-vitro, and may therefore reduce the fat absorbed in the diet (Houghton, et al. 2013).

Siggins (2014), in *Irish Times News*, also supports this research, reporting that seaweeds provide protein and vitamins that help to maintain gut health. Seaweeds are also “anti-carcinogenic”, and promote better hormone balance in women. Furthermore, according to new research, Siggins adds that seaweed can control “fat deposition” and help with weight management (Siggins 2014). The seaweed market is a global one; most coastal communities, by their nature, are surrounded by water, and have free access to the harvesting of seaweed. The next section investigates both the Irish and the global potential of the seaweed functional food market.

### 2.12 The seaweed market in Ireland, and its global potential

Today, seaweed is a growing business in Ireland. It is used in many cosmetic products, as well as in food. Ireland’s seaweed industry is predicted to increase in value from its 2006 value of €18 million to €30 million per annum by 2020 (Marine Institute of Ireland 2006). A significant contribution to this expansion is derived from cultured seaweed, according to Watson (2011, p.7), although there is an identified need to capitalise on Ireland’s existing wild resources. Watson (2011, p.5) also comments that the introduction of mechanical harvesting in Ireland is currently being investigated. This opens up opportunities for new developments, such as functional foods. At a recent conference held in Limerick by Bord Iascaigh Mhara, Siggins (2014) reported that consumers are becoming “more aware of the health and nutritional benefits” of seaweeds. Seaweed farming is now a global business, and
the value placed on the world market of farmed seaweed for human consumption is estimated to be worth €6 billion per annum, a market which is currently dominated by China and Japan. However, the cultivation of just four types of seaweed in Ireland could provide some 100 new jobs along the west and south-west coasts, with a further 80 to 100 jobs in processing (Siggins 2014). In Ireland, seaweed is an under-used food commodity with world export potential. The following section will examine the development of the seaweed business in Ireland, and its export potential.

2.13 Harnessing the national and export potential of Irish seaweed

In 2007, the Marine Institute of Ireland initiated Sea Change, a marine knowledge research and innovation strategy for Ireland during 2007-2013. The policy was aimed at driving the development of marine resources in Ireland in a manner that contributed to the knowledge economy. Research priorities highlighted included the need for the extraction of bioactive compounds and the development of functional foods from seaweeds. The seaweed industry was also highlighted as a research interest in 2011 in the Irish government’s initiative to develop an “Integrated Marine Plan for Ireland” to harness the country’s “ocean wealth”. Ireland’s seaweed and biotechnology sectors are estimated at €184 million per annum. There are 36,000 tonnes of wild seaweed harvested per year, and there are currently 185 full-time employees involved (Morrissey et al. 2011, pp.721-727). On this basis, the level of seaweed harvesting in Ireland appears to be set to increase in the future.

The 2011 Bord Iscaigh Mhara (BIM) market analysis report titled The Further Development of Seaweed Aquaculture in Ireland Report has outlined the need for the seaweed industry to develop processing in order to add value to its products. It was also noted that substantial technical development is required in the areas of drying, milling and the production of liquid extracts, along with the need for a science-based approach to the development and marketing of novel seaweed products, including functional foods (Watson 2011, pp.5-7). Ireland’s seaweed is mainly presented to consumers in traditional forms such as nori, dillisk and carrageen. Nori is used as a wrap for sushi and new forms of “health foods”, enticing customers to purchase the product from supermarket shelves.
In the journal *Marine Medicinal Foods*, Se-Kwon-Kim (Se-Kwon-Kim 2011), referring to seaweed, affirms that the well-known relationship between growing consumer interest and functional foods developed using marine sources has been witnessed as a significant business opportunity for the agri-food sector, and, among them, greater potential exists to promote the utilisation of seaweeds in the functional food industry (Se-Kwon-Kim 2011, p.5). One Irish-based company, Connemara Food Ventures Ltd., is presently following this trend, and has begun harvesting, processing and selling seaweed products to the Irish food industry, with a view of exporting in the future. Late last year (October 2014), a new range of dried, milled seaweed-based health food products were launched locally in the west of Ireland city Galway (Ni Fhlatharta 2014) (refer to Chapter 4 and Appendix F). The seaweed product was widely publicised in Connaught by the *Connaught Tribune and City Tribune* newspapers, in articles by Ni Fhlatharta and by Lyons (Lyons 2014) in Cork. The product is also used and supported by the book *Extreme Greens* (2013) written by Sally Mc Kenna, who is based in the Cork area (Lyons 2014).

2.14 Potential hazards concerning the use of seaweed in food

Not all seaweed is suitable for human consumption; Mouritsen (2013, p.68) alerts the reader to contamination in the water within which seaweeds are harvested. Drum (2015) further supports Mouritsen (2013) in “Sea Vegetables for Food and Medicine”, adding that seaweed can be contaminated by many pollutants, such as sewage, heavy metals, radiation and cholera. In 2010, the Food Safety Authority of Ireland (FSAI) issued an article advising consumers regarding high levels of arsenic in hijiki seaweed (FSAI 2010). The FSAI alerted consumers with a warning that “Recent sample results from around the world have shown that hijiki seaweed is fundamentally high in inorganic arsenic. As a direct consequence of these findings, the FSAI advises consumers to limit their consumption of hijiki seaweed or choose alternative types of seaweed, where possible”. Bruso (2014) supports the FSAI in this view, and has expanded on the potential dangers of seaweed contamination with heavy metals. “If seaweed grows in waters with high levels of arsenic or other heavy metals, it can absorb these metals. Getting too much of them in your diet over time could be deadly. Brown seaweed and the black seaweed called hijiki may be more likely to be contaminated, according to the European Food Information Council. If you purchase seaweed supplements,
look for those that have been tested and verified not to be contaminated with heavy metals” (Bruso 2014).

A recent analysis of dried seaweed samples purchased in London and over the Internet found that some contained worrisome levels of arsenic (American Cancer Society 2008). Bruso (2014) also cautions that seaweed should always be harvested from clean and unpolluted waters. However, due to oceanic tidal currents, seaweed may become contaminated from sources that lie far away from the site of harvesting. An example of this was discovered recently, where, apart from typical pollutants, radiation was detected in samples of seaweed harvested off the Californian coast that was consistent with the radiation released during the Fukushima disaster thousands of miles away in Japan. Bruso (2014) also warns that the consumer should be aware of the source from which the seaweed originated. Cone (2012) supports Bruso’s findings concerning the importance of sourcing seaweed for human consumption in non-polluted waters. Cone’s earlier findings from readings of kelp samples were taken from the Californian coast, and were examined both prior to and following the Fukushima disaster.

The level of radioactive iodine found there – 2.5 Becquerel per gram of dry weight – was “well above” levels sampled in kelps prior to the Fukushima release, according to the paper, published online earlier this month in the journal Environmental Science & Technology (Cone 2012).

In addition, the New South Wales government issued a warning to pregnant and breastfeeding women in particular concerning the dangers of consuming certain seaweed soups, some of which contained over 33 times the RDI of iodine, which could prove harmful to the unborn foetus or the breastfeeding child (NSW Ministry of Health 2010). While dangers exist for the over-consumption of seaweed with high levels of sewerage pollution, iodine or radiation, proper sourcing and consumption of seaweed can eliminate this danger. In the following section, the researcher has included 10 reasons for which seaweed should be included in the diet (refer to Table 2).
2.15 Chapter conclusion

To conclude the chapter, the researcher begins by including a table from the FSAI (2012) that gives ten reasons why seaweed should be consumed regularly. The table reinforces some of the main nutritional qualities of seaweed and the benefits to both health and the environment arising from their use.

### Table 2: Why consumers should consume seaweed

<table>
<thead>
<tr>
<th>No.</th>
<th>Reason</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Algae are of low caloric value and hence suitable food sources during weight loss and weight management diets.</td>
</tr>
<tr>
<td>2</td>
<td>Algae are suitable and complementary to vegetarian, vegan, and low calories diets, and conform to Kosher regulations (alginates, agar, and carrageenans are excellent gelling agent alternatives to gelatin). Algae provide vitamin B12 which tends to be low in vegan and vegetarian diets.</td>
</tr>
<tr>
<td>3</td>
<td>Algal products can be used as substitutes for gluten in gluten free foods.</td>
</tr>
<tr>
<td>4</td>
<td>Algae are a rich source of iron and of iron bioavailability-enhancing vitamin C.</td>
</tr>
<tr>
<td>5</td>
<td>Algae are a rich source of iodine and hence have the ability to help prevent and treat hypothyroidism and to protect against health damage caused by nuclear radiation.</td>
</tr>
<tr>
<td>6</td>
<td>Algae have a low salt (NaCl) content and are a good salt substitute with rich sea salt-like flavors.</td>
</tr>
<tr>
<td>7</td>
<td>Algae possess numerous bioavailable nutraceutical compounds with health-beneficial properties including hypoglycemic, hypocholesterolemic, anti-obesity, cardioprotective, anti-inflammatory, anti-cancer, anti-viral, and immune-stimulant properties.</td>
</tr>
<tr>
<td>8</td>
<td>Algal products can be easily integrated into common food such as bakery products, pasta, etc. without affecting the taste or texture of the food.</td>
</tr>
<tr>
<td>9</td>
<td>Algae grow fast compared to agricultural plants, and they are well suited to the British climate. Algae grow in the ocean, solving issues of freshwater supply and arable land availability, as the U.K. possesses a large coastal area.</td>
</tr>
<tr>
<td>10</td>
<td>Algae are low-cost, highly nutritional alternative to soy and other protein crops. They are also an environment-friendly alternative to tropical palm trees for cooking oil, spread, confectionery, chewing gum, and chocolate spread production.</td>
</tr>
</tbody>
</table>

Source: (FSAI 2010, p.20-21).

The use and benefits of seaweed in food have been introduced in this chapter. A brief history of the application of seaweed use in Ireland and Asia was outlined. The main types and uses of seaweeds for human consumption were also listed, while the increasing popularity of seaweed consumption in Western culture was noted, and examples of its use in culinary application were mentioned. The research was developed and expanded by outlining the use of seaweeds in beverages and broader food applications. The research was further segmented to examine the health aspects of seaweed and the introduction of seaweed trials using baked goods and beverages. Methods were discussed and examined in regard to how seaweeds could be introduced into the national diet. Using proven methods endorsed by the WHO and UNICEF, the successful delivery of nutrients such as calcium, iron, folic acid and vitamins through flour fortification and the iodisation of salt was discussed. The successes of some of
these programmes were listed, and the research briefly examined how seaweed nutrients could be sold to consumers in baked goods, based on trials conducted by Brownlee (2010). The health benefits of seaweed consumption were outlined, and food preservation was listed and discussed. The findings of clinical and scientific trials conducted using alginate drinks and seaweed breads were explored, while the role that alginates could play in the fight against obesity when consumed in foods was discussed and analysed.

As an island nation, Ireland is surrounded by the sea, and the research investigated how it may be possible to better harness the seaweed resources currently available. Research conducted by the Marine Institute of Ireland indicated that the seaweed industry has the potential to become a multimillion euro business for the domestic use and export of seaweed for foodstuffs. A start-up business was found to be manufacturing a dried seaweed product in Connemara for the bakery and catering business. The hazards concerning seaweed consumption were also identified and discussed, with particular reference to pregnant and breastfeeding mothers. Finally, 10 reasons for which more seaweed should be consumed were listed.

In summary, four themes were evident during the course of the research. Firstly, seaweed has been a part of the daily human diet for thousands of years; in particular, its importance has always been recognised more in Asia than in Western culture. Secondly, seaweeds are a plentiful source of food and nutrition, and are a very much an underutilised natural resource. Thirdly, there is great potential in regard to both the nutritional findings and the health benefits that regular consumption of seaweed can bring to the consumer. Fourthly, the scientific findings indicate that seaweed, if incorporated into bread and alginate drinks, could facilitate a reduction of many modern illnesses, such as cholesterol, thyroid problems, heart disease and obesity.
Chapter Three: Methods and Methodology

3.1 Introduction

Goddard and Melville (2001, p.1) describe research as “not merely a process of gathering information, as is sometimes suggested. Rather, it is concerned with answering unanswered questions or creating an area of study which does not currently exist”. In this study, there was a distinct lack of recipe information available for baked goods using seaweed. Thus, using the manufacturer’s guidelines, a range of seaweed products were developed for the study, and research was conducted in regard to sales, and perceptions of their appearance and the concept itself. The concepts were outlined in the questionnaire design and supplemented with photographs of prototype products. “In many ways, research can be perceived as a process of expanding the boundaries of our ignorance” (Melville 2001, p.1). The purpose of this chapter is to explain the various methods available to analyse and collect data, to indicate what is meant by primary and secondary data, and to explain and justify the chosen research methods. The research questions are outlined and explained, while the reliability and validity of the study, and its relevant ethical considerations, are also addressed.

3.2 Research topic and design

“Interest in a particular topic usually begins the research process, but it is the familiarity with the subject that helps define an appropriate research question for a study” (Haynes, 2006 ). As the consumption of seaweed is not commonplace, the survey was designed to measure the reaction of a broad demographic to the concept of eating seaweed in foods such as bread, pastries and snack bars. The research topic was as follows: “An investigative study into the beneficial use of seaweed in bread and the broader food industry”. The study was investigated both by way of an online survey and via the performance of sales of seaweed products developed for the study, which provides the framework for the research question. According to Sekaran and Bougie (2009, p.102), a research design is the most important step in gathering and analysing relevant data and in determining the location of the study, the sample size, the population, and so on.
Five seaweed products were developed for the study; sourdough bread, baguettes, soda bread, laminated pastry and flapjacks. The questionnaire design consisted of 25 questions, each chosen to gain specific data from the respondents. The questions sought information regarding a varied range of topics, each connected to the research question, such as the age of the respondents, their geographical area, demographics and the reaction of those respondents to pictures of actual seaweed-baked goods. The objective was to identify the respondents’ knowledge, the potential future users of seaweed products, their age, gender, demographics, attitudes towards health, nutritional habits and typical weekly spend on bakery products.

3.3 Sources of data

Data can be obtained both from primary and secondary sources. Primary data is that which has been collected for the sole purpose of the project at hand. It does not exist already, and is unique to the particular research question itself, having been gathered personally by the researcher. Data collection can also be achieved by way of face-to-face interviews, telephone interviews, questionnaires and focus groups. Secondary data, meanwhile, refers to information that already exists, such as published academic papers, company websites, government publications and industry analyses (Sekaran and Bougie 2010).

3.4 Quantitative research

According to Denscombe, (Denscombe 2014), there are four main factors required when pursuing the quantitative approach: the validity of the data, the reliability of the methods, the external validity and the objectivity of the researcher (Denscombe 2014, pp.271-272). Bryman and Bell suggest that quantitative research is a distinctive research strategy; it entails the collection and analysis of numerical data, and is described as involving the collection of numerical data to exhibit a deductive view of the relationship between theory and research (Bryman and Bell 2011). Bryman and Bell also indicate that there are four distinctive preoccupations regarding quantitative research: measurement, causality, generalisation and replication. In this study concerning seaweed, all of the principles above have been incorporated. The basic premise of quantitative research involves examining numbers and viewing their relationship with published theory. Simply stated, it is common for outlines of
the main steps of quantitative research to suggest that a hypothesis be deduced, in theory, which is subsequently tested through research.

Researchers will aim to ensure that the results are as representative as possible of a whole group, as opposed to only the group that has directly participated in the survey. Causality deals with the investigation into why a particular occurrence happened, and attempts to explain it. Quantitative researchers are more interested in the “why”, as opposed to the “how”. It is also important that the results obtained in a survey can be generalised outside of that particular study. Finally, it is imperative that it is possible to replicate the results of a body of research. This is necessary in order to protect the validity of the original findings (Bryman and Bell, 2011).

3.5 Qualitative research

Qualitative research is multi-method in focus, involving an interpretive, naturalistic approach to its subject matter. This means that qualitative researchers study features in their natural settings, attempting to make sense of, or interpret, phenomena in terms of the meanings people attach to them. Qualitative research involves the studied use, and collection of, a variety of empirical materials – case studies, personal experiences, introspective accounts, life stories, interviews, observational data, historical information, interactional accounts and visual texts – that describe routine and problematic moments and meanings in individuals’ lives (Denzin and Lincoln 2005, p.2). Qualitative research mostly deals with the generation, as opposed to the testing, of theories (Bryman and Bell 2011). The marketplace in which the potential to sell healthy bread and measure consumers’ attitudes to healthy additives in bread was also investigated. The information was developed based on research undertaken by An Bord Bia (2014) (refer to Appendix D).

3.6 Case study

A case study approach was not used in this instance to carry out the research for the project. It was viewed as being both unsuitable and too large an undertaking, considering the resources available and the time frame remaining for the study. Yin (2009), a recognised leader in case study methods, emphasises that case studies may also be useful for explaining
presumed causal links between variables (e.g., treatment and intervention outcomes) which are “too complex” for survey or experimental designs. Furthermore, they may describe the real-life context of a causal chain, illustrate specific constructs and illuminate a situation when outcomes are not clear (Yin 2009).

Whilst research is generally carried out using either qualitative or quantitative methods, Neuman (Neuman 2003) suggests that research would benefit from using both qualitative and quantitative methods. As regards this research project, it was felt that using the quantitative method (involving, for instance, sales figures for the new products developed) combined with survey results would produce the most accurate results for this particular study, as it was focused on a broad cross-section of people. Babbie (Babbie 2010) suggests that quantitative methods emphasise objective measurements and the statistical, mathematical or numerical analysis of data collected through polls, questionnaires and surveys, or by manipulating pre-existing statistical data using computational techniques. Quantitative research focuses on gathering numerical data and generalising it across groups of people, or using it to explain a particular phenomenon.

3.7 Data collection

This study was framed by the collection of primary data from the actual localised sales of seaweed products, combined with an online survey involving a larger demographic group. The data did not exist prior to the research, and the sales data was gathered over a six-month period. The survey data, meanwhile, was collected over a period of two weeks. The data gathered for the primary research was collected through an electronic survey, using the online SurveyMonkey tool. The participants living in Ireland were further segmented with the inclusion of a question regarding the provincial area in which they currently resided. The secondary data in Chapter 2 was framed by a comprehensive review of books, journals, websites, newspaper articles, conference proceedings and semi-state bodies. Drawing on the information resource collected in Chapter 2, the frameworks of methodology in Chapter 3 and the sales data gathered in Chapter 4, the research questionnaire was prepared. Using the information from the aforementioned sections, the survey was designed to seek specific data relating to public opinion, acceptance or rejection of the potential health benefits of seaweed use in food.
3.8 The reliability and validity of survey data

In assessing reliability and validity, it is essential to observe that Bryman and Bell (2011) state that reliability and validity are extremely important to the area of research, and that, if a measure is not reliable, it cannot be valid. In order for a piece of research to be considered robust, it simply must be reliable and valid (Kirk and Miller 1986, p.19). In support of Bryman, LeCompte and Goetz (1982, p.32) offer a further definition: “While reliability is concerned with the replicability of scientific findings, validity is concerned with the accuracy of scientific findings”. Furthermore, Kirk expands on the validity of gathered data: “Loosely speaking, reliability is the extent to which a measurement procedure yields the same answer however and whenever it is carried out; validity is the extent to which it gives the correct answer” (Kirk and Miller 1986).

Last (Last 2001) also highlights the issue of threats to validity and reliability: “Threats to a study’s validity and reliability exist at almost every turn in the research process”. In this context, it is important to ensure that protocols are designed and followed to minimise the threats faced. LeCompte and Goetz (1982) add to the views concerning validity and reliability by stating that, when addressing the issues of reliability and validity, it is important to view them in the context of “internal” and “external” design issues. External reliability deals with whether independent researchers would discover the same information in the same, or similar, settings, whereas internal reliability refers to the degree to which other researchers would arrive at the same conclusions as the original researcher given the same data set and conditions. To ensure that both external and internal reliability were addressed, all data, including the recipes for the products featured in the survey, are set out in detail (refer to Appendix H). In this regard, a bakery researcher could follow the steps required to reproduce all of the data required to emulate this study.

3.9 Ethical considerations

It is important to ensure that, during the course of the research, the trust placed in the researcher is respected at all times, and that no harm is caused to the participants. It is also vital that there is no invasion of privacy, that there is no deception and that there is always informed consent in relation to the research activities (Diener and Crandall 1978). As defined
by Cooper and Schindler (1998, p.180), ethics can be described as “the norms or standards of behaviour that guide moral choices about our behaviour and our relationships with others”. The online survey used for the collection of this data was a completely anonymous application, protecting the identities of all participants in the survey. As a student in the School of Culinary Arts and Tourism at Dublin Institute of Technology, the researcher’s study was also conducted under the guidelines laid down by Dublin Institute of Technology’s Code of Research Ethics. Confidentiality and anonymity were guaranteed to all respondents (refer to Appendix I).

3.10 Limitations

The author has selected SurveyMonkey over other methods of data collection, due to the limitations of time, accuracy and financial constraints. For a small fee, SurveyMonkey gathered all of the data together into one report, saving the author a great deal of time. The methodology consisted of a questionnaire containing 25 questions. The survey was distributed using Facebook and email as the method of engagement.

The sales figured of seaweed products were gathered on the EPOS system of the researcher’s bakery store over a six-month period, and represent a very small percentage of sales and local demographics. The target sample for the study consisted mostly of people living in Ireland. While the author was most interested in their views and opinions, in the interests of multi-cultural balance, bias and a more global view of opinion, respondents of other nationalities also participated. As Facebook is an international medium by which to conduct a survey, provision was made to include other geographical regions, including the United Kingdom, Europe and the United States. The author believes that the combined population and geographical mix factors involved could distort the results of the survey due to differing cultures and tastes.

Sensory analysis, for example, could be used for further study in the future, such as at master’s degree level. Interviews were not conducted, due to time limitations. There was insufficient time to conduct an in-depth survey, nor would this method have been successful without substantial financial resources. The author expects that the results of the study will prove to be an honest, clear and valid snapshot from a consumer perspective. The combined
methods chosen safeguarded, that the research question was addressed, validated and answered. (Refer to Last (2001), and LeCompte and Goetz (1982) for supplementary evaluation of research methods.)

3.11 Chapter conclusion

In this chapter, the research design was outlined. The sources of data were explained, and the various research methods available were stated, identified and explained. The choices were justified, in terms of how they fulfilled the objectives of this study. This chapter defined both the research topic and the methodology used to undertake the study. Reliability and validity issues have been addressed, as well as ethical issues. The quantitative approach has been adopted for this segment of the dissertation, as it is particularly well-suited to the study of a broad cross-section of consumers of differing age, gender and social background. The credibility of quantitative data depends on how effective the research methods are at producing data that is accurate and consistent. In all, 172 responses were received from the questionnaire results with an assortment of differing demographics. The results provided a snapshot of people and their opinions, which, combined with the research in Chapter 2 and the findings in Chapter 4, should provide a fair and unbiased result. The limitations of the study were explained and justified according to the researcher’s time and resource limitations.
Chapter Four: Results and Discussions

4.1 Introduction

This chapter will collate, analyse and discuss the data collected from the primary research, the secondary research and the researcher’s own test bake trials. The researcher was unable, at the beginning of his study, to source any baked products made with seaweed in Ireland. A chance meeting with a director of Connemara Food Ventures Ltd. led to the discovery of samples of an Irish-made seaweed powder. The researcher used this product, which was initially called ARON Seaweed Powder, for a series of test bakes over a 20-week period from September, 2014 to January, 2015. A soda bread recipe was developed for Connemara Food Ventures Ltd (refer to Recipe 1 and Appendix G). In addition to this, the researcher developed several recipes and new product lines for this study, incorporating seaweed into bread, pastry and flapjacks. The recipes used were the standard recipes available to all students and lecturers in the School of Culinary Arts and Hospitality Bakery programme at DIT, Cathal Brugha Street, Dublin. The recipes incorporated were used to create baguettes, sourdough, flapjacks, soda bread and croissant pastries. These recipes were used so that others could reproduce the research by following the manufacturer’s guidelines (refer to Section 4.2) for seaweed addition in baked goods (refer to Appendix F). The products were photographed and sold in the researcher’s retail bakery (Appendix H).

Quantitative research was gathered from an online survey and analysed through SurveyMonkey to yield statistical results. The results are displayed in figures, charts and graphs (refer to Sections 4.5 to 4.29). The figures, graphs and charts collate the data in a visual form, which will assist the reader in gaining a deeper understanding of the results. The overall outcomes of the findings are discussed in the conclusion. Data was also collected from the researcher’s sources, the secondary research of the literary review, pooled with the data from the primary research. The three sources function together to triangulate the data, in the hope of ensuring the fulfilment of the aims and objectives of the study.
4.2  Commercial use of NORI Bake Pro in Irish bakery products

Connemara Ventures Ltd.’s product NORI Bake Pro is a blend of dried and milled seaweed powders. It is used as a natural bread improver. It health bar, named SMRT Bar, also contains seaweed as one of its primary ingredients. The SMRT Bar is composed of natural ingredients, with the addition of seaweed in the form of a tasty snack. These products were featured in an article contained in the regional *Connaught Tribune* newspaper (Ni Fhatharta 2014, p.25).

![Figure 3: NORI Bake seaweed bread additive](image)

Source: Connemara Ventures Ltd.

![Figure 4: SMRT Bar](image)

Source: Developed for this study

NORI Bake Pro is currently being used in artisan bakeries in Ireland. Mr. Declan Ryan managing director of Arbutus Breads in Cork is currently using the Nori Bake product, and remarks thusly: “As you know, we have introduced NORI bake sourdough to the market and if you haven’t tried it, it tastes the same as our normal sourdough, but with added nutrients and anti-staling” (Ryan 2015).
The recommended quantity of NORI Bake Pro to be added to bread recipes, as outlined by the manufacturers, is 3% of flour weight, but this can vary at the baker’s discretion. Cost-effectiveness is also a consideration when determining the quantity, as the product costs €15 per kg. Using 3% seaweed per 100% weight of flour allows greater liquid absorption and reduces the cost to an acceptable level for commercial production. While these levels permit a higher degree of hydration in the bread dough, they do not overpower the flavour of the baked product. Regular hydration levels for soda bread are in the 85-87% range for standard Dublin Institute of Technology (DIT) brown soda recipes. The hydration levels increase dramatically when seaweed powder is added in accordance with the manufacturer’s instructions (refer to Figure 6).

![Figure 5: Commercial application of seaweed in bread (2015)](image)

Source: Connemara Ventures Ltd.

![Figure 6: Hydration levels breads: control compared to NORI Bake Pro recipe](image)

Source: Developed for this study
The bread recipes compare standard soda bread to soda bread fortified with NORI Bake seaweed. The first recipe is a standard recipe for brown soda bread from the DIT baking programme, and is compared with the second formula, which contains a 3% addition of NORI Bake Pro. The hydration levels, when compared with the two examples, provide an indication of the greater hydration levels achieved using the NORI Bake Pro product. The potential uses of this product in baked goods are considerable; recently, the author created a range of sweet, laminated, yeasted pastries, with promising results. The dough, when mixed, has the appearance of poppy seed dough as mentioned by Rose in (Telegraph 2012), (refer to Appendix E, Study 1). The dough can be laminated easily with butter to produce a range of pastry items that are pleasing to the eye for end consumers (refer to Figure 16, Appendix G).

4.3 Dough appearance, and applications using dried seaweed

The bread and pastry dough created using 3% of NORI Bake Pro seaweed has an appearance similar to that witnessed in dough with the addition of poppy seeds. The dough can be baked into many shapes to highlight the bread’s seaweed content and entice consumers to purchase, from both an aesthetic and a nutritional perspective (refer to Appendix G).

4.4 Online survey using the collection tool SurveyMonkey

Drawing from the resources which were investigated in Chapter Two, 25 questions were prepared for inclusion in the online survey. The questions were selected to broaden both the depth of study and the validity of the data. The questionnaire was compiled and distributed electronically via both Facebook and email. The Facebook page used to distribute the questionnaire had 8,099 followers at the time it was circulated. It was also distributed to all four years of bakery students currently studying in DIT at Cathal Brugha Street. The target population mostly consisted of people living in Ireland. However, Facebook crosses all international boundaries, and so international participation in the survey was obtained. The objective of the survey was to measure the knowledge and reaction of consumers to the use of and the health benefits of seaweed in food. The data collected permitted the author to investigate a wide-ranging cross-section of respondents from all areas of life. The validity of
the data was important to the author at all times. This method of data collection was justified over other methods, as it was deemed valid and unbiased.

4.5 Demographic information

- Of the 174 people surveyed, 63.79% were female, and 36.21% were male.

- The majority of respondents resided in Ireland (72.51%), with the UK (13.45%), the USA (9.94%) and other countries (4.68%) also featuring.

Graph 1: Summary, nationalities
Source: Developed for this study

Graph 2: Summary, where respondents' reside
Source: Developed for this study
The ideal target group for this study was found to be Irish or from the UK. The results of the survey were reliable, with tastes and opinions from an Irish perspective weighing most heavily in the final outcome of the research questions.

- In regard to the geographic spread of the respondents, 50% resided in Leinster, 22.08% lived abroad, 20.13% resided in Connaught, 4.55% resided in Munster and 3.90% lived in Ulster.

With almost 50% of the population residing in Leinster, the author has no concerns regarding the validity of the survey based on resident location.

- 50.89% of respondents were found to reside in coastal areas, while 49.11% did not.

There was a very slight majority of respondents residing in coastal areas. This could have a bearing on the survey result, as coastal dwellers are generally familiar with seaweed and seafood.

4.6 Summary, whether coastal dwelling respondents were influenced by seaweed foods

- Respondents were asked whether they thought that living in a coastal area would influence them more towards food choices of seaweed foods. 53.85% indicated “yes”, while 46.15% selected “no”.

There was a slightly greater majority of respondents who indicated that they may be more influenced by seaweed foods based on their proximity to the sea.

4.7 Summary, whether respondents consume nutritional supplements

- 58.96% of candidates did not take additional nutritional supplements, while 41.04% did.
The 41% of respondents who consumed nutritional supplements, while in a minority, would represent the more receptive candidates to the marketing of a seaweed product.

4.8 Summary, nutritional product choices that influence purchasing decisions

- The top considerations affecting the purchasing decisions of the respondents were related to health benefit (78.40%), with nutritional content (36.42%), pricing (33.95%), quality (30.25%), value (13.58%) and innovation (4.94%) also being selected.

Health benefit scored highest in this question, indicating that consumers place a high value on the health benefits of the foods they choose. This is indicative of consumer bread choices revealed in Bord Bia (2014a, p. 7 and 21) (refer to Appendix D).

Graph 3: Summary, respondents’ purchasing nutritional products

Source: Developed for this study
4.9 Summary, frequency with which respondents included a daily healthy food option

- 29.34% of interviewees did so three times per day, while 28.74% indicated twice per day, and 17.96% once per day. 13.77% were associated with four times per day, while 10.18% claimed to embrace healthy options five times per day.

The response to Q.8 demonstrates that most of those surveyed made daily healthy option choices, and have concern and control over their healthy food choices. This is also reflective of consumer bread purchasing in Bord Bia (2014a) (Appendix D).

4.10 Summary, importance of a healthy diet combined with exercise

- 35.63% stated that this was moderately important, while 32.76% indicated “important”, 22.99% selected “extremely important”, and 6.32% opted for “slightly important”. A very small percentage (2.30%) claimed that it was not at all important.
Graph 5: Summary, importance of healthy diet combined with exercise

Source: Developed for this study

The response to Q.9 is indicative that the public perception of a healthy diet combined with regular exercise relates to a large majority (refer to (Poots 2011) in Section 2.4).

4.11 Summary, whether respondents had ever consumed a seaweed product

- 71.60% of respondents indicated “yes”, while 28.40% answered negatively.

A surprising majority had consumed a seaweed product, based on figures quoted in FHIS. The results of this question exceed by 5% the average figures according to Honkanen (2009) and Edwards et al. (2012), cited in Food and Health Innovation Service (2013, p.16), which state that over two thirds of the general public in the Western world have eaten seaweed at least once.
4.12 Summary, prior knowledge of health benefits from seaweed consumption

- The respondents were asked a range of questions to measure their knowledge concerning the health benefits of consuming seaweed. The respondents were requested to select all of the choices of which they already possessed prior knowledge.

Table 3: Previous knowledge of the beneficial advantages of consuming seaweed

![Image of Table 3](image)

Source: Developed for this study
Table 4: Consumption of seaweed benefits known to respondents

<table>
<thead>
<tr>
<th>Benefit</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Natural Organic product with no preservatives.</td>
<td>57.7%</td>
</tr>
<tr>
<td>Provides physical and nutritional benefits.</td>
<td>46.4%</td>
</tr>
<tr>
<td>Increases energy levels and brain function.</td>
<td>23.2%</td>
</tr>
<tr>
<td>Contains Calcium, Magnesium, Iodine, Zine, B Vitamins: B12 &amp; B13.</td>
<td>42.9%</td>
</tr>
<tr>
<td>Nutrients are bio-available and easily absorbed.</td>
<td>21.4%</td>
</tr>
<tr>
<td>Natural immune stimulant and gut flora modulator.</td>
<td>14.3%</td>
</tr>
<tr>
<td>Lower's GI index of baked products.</td>
<td>9.5%</td>
</tr>
<tr>
<td>Allows salt and sugar levels to be reduced in food and baked goods</td>
<td>19.9%</td>
</tr>
<tr>
<td>Allows for increased hydration in the baking process giving a moister crumb.</td>
<td>16.1%</td>
</tr>
<tr>
<td>Anti-staling effects which naturally extend shelf life of bread.</td>
<td>7.7%</td>
</tr>
<tr>
<td>Increases shelf life of products without having to use chemical additives.</td>
<td>8.3%</td>
</tr>
<tr>
<td>I had no prior knowledge of the nutritional value of seaweed.</td>
<td>27.4%</td>
</tr>
</tbody>
</table>

Source: Developed for this study

The results of Q.11 support the view that the majority of the respondents possess knowledge of the nutritional and health benefits of seaweed.

4.13 Summary, seaweed bread makes one feel fuller for longer

- The reaction to the scientific data which claims that, by eating seaweed in bread, one feels fuller for longer, was measured. 57.23% were very positive, while 39.31% were somewhat positive and 3.47% were somewhat negative.
Graph 6: Summary, seaweed bread makes one feel fuller for longer

Source: Developed for this study

The results to Q.12 are very encouraging, and demonstrate that the respondents were very responsive to the idea of satiety being maintained by consuming seaweed, as discussed by Brownlee (2010) and Rose (2012) (refer to Sections 2.4 and 2.5).

4.14 Summary, seaweed bread combined with exercise can lead to weight loss

- 46.75% of the respondents were very positive, while 44.97% were somewhat positive, 6.51% were somewhat negative and 1.78% were very negative.
Graph 7: Summary, seaweed bread combined with exercise can bring about weight loss

Source: Developed for this study

Clearly, the idea of consuming the correct balance of foods and combining diet with exercise to achieve weight loss is of interest to the majority of respondents. This aspect was highlighted earlier by Poots (2012), detailed in Section 2.4.

4.15 Summary, perceptions of a seaweed baguette’s appearance

- The response to the pictures of actual seaweed products were very positive for 65.09%, with 33.14% somewhat positive, 1.18% somewhat negative and 0.59% being very negative.
The 98% result achieved in Q.14 indicates that creativity of presentation is most important in “selling” a seaweed product to consumers. Seaweed is subject to negative connotations, according to Myslabodski (2003), cited in Fisheries and Aquaculture Department (2003) (refer to Section 5.6): “weeds are something we do not want, seaweed implies something negative about the product”. Basically, the logic of “If it looks nice, it will taste nice” prevails.

4.16 Summary, reactions to seaweed Danish pastry images

- The reactions to the images of actual seaweed Danish products were very positive for 65.06%, with 27.71% being somewhat positive, 6.02% somewhat negative and 1.20% very negative.
The results of Q.15 indicate more negative views among customer perceptions of Danish pastry made with seaweed. Negative sentiment rose sharply to 7.22% among those surveyed, when compared to that related to the baguette (1.77%).

4.17 Summary, seaweed soda bread images

- The reaction to the images of seaweed soda bread products was generally very positive for 54.88%, while 37.20% were somewhat positive, 6.71% somewhat negative and 1.22% very negative.
The results of Q.16 indicate an even more negative view in regard to customer perceptions of soda bread made with seaweed. Negative sentiment rose sharply to 7.93% of those surveyed, when compared to that associated with the baguette (1.77%) or Danish (7.22%).

4.18 Summary, reactions to seaweed flapjack images

- The reaction to the images of seaweed flapjack products was very positive for 54.12%; 34.71% were somewhat positive, 10% somewhat negative and 1.18% very negative.
The results of Q.17 indicate an even more negative view of flapjacks made with seaweed. Negative sentiment rose dramatically to 11.18% for flapjacks, compared to 7.93% for soda bread, Danishes (7.22%) and baguette (1.77%).

4.19 Summary, perceptions of seahorse baguette images

- The response to the pictures of seahorse seaweed baguette products was very positive among 62.05%, with 31.33% somewhat positive, 4.82% somewhat negative and 1.81% very negative.
The results of Q.18 reveal a less negative view of seahorse baguette made with seaweed. Negative sentiment fell to 6.63% for the seahorse baguette, compared to 11.18% for flapjacks, 7.93% for soda bread, 7.22% for the Danish and 1.77% for the baguette. There is a clear indication, that bread products are more favourable than other baked goods made with seaweed.

4.20 Summary, seaweed goods liked the most

- The baked goods that appealed to the respondents most were as follows: bread – 56.98%; all products – 26.16%; pastry – 19.77%; snack bars were rated lowest, at 13.37%.
The results of Q.19 correlated with the actual sales trends found by the researcher in retail sales trials over a six-month period (October, 2014 to March, 2015) (refer to Appendix G). Bread products reaped, by far, the greatest interest amongst consumers.

4.21 Summary, using seaweed in foodstuffs and baked goods

- 76.79% of respondents liked the concept a great deal, while 20.83% liked the idea a little, and 2.38% of respondents disliked it a little.
The great majority of the respondents were open to, and indeed liked, the concept a great deal. The findings are indicative that consumers are very aware of health, and are willing to choose new products which will improve and maintain their health. This trend is reflected in the Bord Bia (2014b) survey data compiled by Insight (refer to Appendix D).

4.22 Summary, seaweed-baked goods in the future

- The respondents were asked to express the level of their future interest in seaweed-baked goods. The results are as follows: extremely interested – 46.24%; very interested – 41.07%; slightly interested – 13.69%. No participant was recorded as being not at all interested.
A great majority of the respondents expressed a desire for the availability of seaweed-baked goods. They were open to, and liked, the concept a great deal. The findings are indicative that consumers are very aware of health, and desire new products which will improve and maintain their health. As no commercial recipes or methods for seaweed bread were discovered during the secondary research, there is no comparison to be drawn in this case.

4.23 Summary, top two important factors when purchasing baked goods

- Respondents’ top two factors when purchasing a new food or bakery goods were as follows: quality – 70.66%; pricing – 45.51%; health and wellbeing – 40.72%; value – 20.36%; innovation – 15.57%; impulse purchase – 7.19%; and brand – 2.99%.
Graph 11: Summary, considerations when purchasing food or bakery product

Source: Developed for this study

Quality, price, along with health and wellbeing, were the top three factors which respondents indicated in this study as affecting the decision to purchase baked goods. This is a very positive result, as consumers desire high quality, affordability and a health aspect to the food or baked goods purchased. These findings are similar to those documented in the Bord Bia 2014 bakery sector survey (Bord Bia 2014a, p.6) (refer to Appendix D).

4.24 Summary, whether respondents would purchase a seaweed-baked product

- Respondents were asked how likely they would be to purchase baked goods that contain a nutritional seaweed product. “Very likely” was selected by 47.88%, while “extremely likely” was indicated by 26.67%, and “slightly likely” by 24.85%.
Graph 12: Summary, respondents’ attitudes to purchasing nutritional seaweed products

Source: Developed for this study

A two-thirds majority of those surveyed expressed that they would be interested in purchasing a seaweed-based food. The survey appears to have also served as an educational exercise, and has stimulated interest among the respondents in seaweed use in baked goods and other foods.

4.25 Summary, weekly expenditure on bakery products

- The respondents were asked to list their weekly spend on baked goods. The figure below explains that the average weekly spread of consumer spend ranged from €5.00 to €40.00 +
Table 5: Summary, the average weekly spend on bakery products

Source: Developed for this study

<table>
<thead>
<tr>
<th>Weekly Spend Range</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>€0.00 - €5.00</td>
<td>26.2%</td>
</tr>
<tr>
<td>€5.00 - €10.00</td>
<td>44.8%</td>
</tr>
<tr>
<td>€10.00 - €20.00</td>
<td>21.4%</td>
</tr>
<tr>
<td>€20.00 - €30.00</td>
<td>5.4%</td>
</tr>
<tr>
<td>€30.00 - €40.00</td>
<td>1.8%</td>
</tr>
<tr>
<td>€40.00 +</td>
<td>3.0%</td>
</tr>
</tbody>
</table>

The weekly spend on bakery goods was very low among the group included in this survey. According to Bord Bia (2014a, pp.35-36) (Appendix D), freshly baked and natural ingredients are key factors which will drive consumers to pay more for baked goods. Of those surveyed, 34% indicated that they would pay more for baked goods containing ingredients with a specific health benefit. Bord Bia (2014b) states that Irish consumers spend €393 million annually on baked goods (refer to Table 12). The population of Ireland was measured as 4.6 million by the Central Statistics Office (Central Statistics Office 2014) in 2014. This
equates to the weekly spend per person in Ireland averaging at €1.64 per person, per week. Considering that the average Irish family consists of two adults and two children (Central Statistics Office 2014), the weekly spend on bakery products by consumers would be up to €6.56. This data is reflected by 44.6% of the respondents.

4.26 Summary, age profile

- The age profile of the respondents was measured from age 18 to age 75 or older. The data is set out in varying age profiles segmented initially in groups of five years, with the remainder in groups of nine years.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>18 to 24</td>
<td>25.9%</td>
</tr>
<tr>
<td>25 to 34</td>
<td>22.4%</td>
</tr>
<tr>
<td>35 to 44</td>
<td>15.5%</td>
</tr>
<tr>
<td>45 to 54</td>
<td>22.4%</td>
</tr>
<tr>
<td>55 to 64</td>
<td>11.5%</td>
</tr>
<tr>
<td>65 to 74</td>
<td>2.3%</td>
</tr>
<tr>
<td>75 or older</td>
<td>0.0%</td>
</tr>
</tbody>
</table>

Source: Developed for this study
The age profile measured by the survey indicates a wide spread, and a mostly even mix, which can be considered a pleasing result, as the respondents were from a variety of age groups, with differing tastes, backgrounds, requirements and purchasing power.

**4.27 The main findings from the primary research**

The main findings from the online questionnaire demonstrate that there is already public awareness of the health benefits of seaweed and its use in food. The findings illustrate that the public are open to trying new choices of foods (Bord Bia 2014a; Bord Bia 2014b) which contain a nutritional benefit for them. The participants were mostly Irish people residing in
Connaught and Leinster. There were also a significant percentage of respondents who lived abroad (22.08%). Over 78% of respondents considered the health benefit when purchasing nutritional food products. The largest group of respondents were aged 18 to 24 (29.5%), and were mainly female (63.79 %). The majority were very likely to buy food with nutritional seaweed content. While the greatest spend from a group on baked goods was relatively low (€5.00-€10.00), the survey results demonstrated that the respondents were open to purchasing seaweed products as highly nutritional foods with health benefits. The data has been referenced back to the findings in Chapter 2 and compared to statistical data from the CSO (2014) and Bord Bia (2014b).

It is clear from the findings that 167 respondents surveyed made at least one healthy food choice option daily. This provides a strong indication that the younger generation – aged 18-44 years old – 63.8% were concerned about their health and wellbeing. There was also an understanding among over 90% of respondents that a healthy diet combined with exercise was of primary importance. The majority of the respondents (71.6%) had previously consumed, and were familiar with, a seaweed product. This was further supported by the fact that only 27.4% of respondents were unaware of the potential health benefits of consuming seaweed. Scientific findings that were presented in the survey met with very favourable reactions, with only 1.78% of those viewing the scientific findings negatively. The survey results concerning the respondents’ reactions to images of baked goods containing seaweed were all very positive. Bread products containing seaweed were the most prevalent group, in this regard, scoring 56.98%, while snack bars scored 13.37%. There was a large majority of respondents who would purchase the seaweed-baked goods in future, and who liked the concept of seaweed-baked goods. Chef Shaya highlights that “we eat with our eyes” (Shaya, 2013). The findings overwhelmingly demonstrate that, if food is presented in an attractive manner, there will be interest in it, and it will be consumed.

4.28 Chapter conclusion

Chapter Four presented the primary research findings. Following a brief outline of the methodology, this chapter addressed the results of the online survey detailed in Chapter Three. The results from the study were mostly quantitative in nature. The survey was
distributed to more than 8,000 potential respondents. The response after 10 days was 174, which the researcher’s supervisor deemed to be sufficient for an undergraduate dissertation. The data was subsequently collected, examined and summarised under its various headings. When compared to the secondary data from Chapter Two, and the various appendices, it supported many of the questionnaire results, and granted the researcher greater insight into his area of investigation. The research also highlighted that this particular area of study was very new, that there is currently a scarcity of data in this area, with much more exploration to be completed.
Chapter Five: Discussion

5.1 Introduction

This study set out to investigate the beneficial use of seaweed in bread and the broader food industry. This chapter is aimed at providing the reader with a conclusion to the study, and will focus on the main findings reaped from the work. The results of this dissertation are drawn together from the primary research and the findings in Chapter Four, in addition to the extensive secondary research detailed in Chapter Two, and the questionnaire and actual sales figures of seaweed products from Chapter Four. The significant outcomes from the collected data will be identified and discussed. This chapter will endeavour to draw, interpret and provide recommendations concerning how seaweed may be better promoted as a mainstream food in Western culture. Seaweed has many scientifically proven health benefits; this has long been known and appreciated in Asian culture. By educating Western consumers regarding its value in their diet, greater consumption of it may be possible by promoting and marketing it in a more positive manner. The study raises many more questions regarding the topic, and recommends aspects that should be considered in any future study.

5.2 Aims and objectives

- The aim of this dissertation was to investigate the beneficial use of seaweed in bread and the broader food industry.

The objectives of the study were as follows:

- To discuss the evolution, use and consumption of seaweed;
- To compare and contrast literature related to the use of seaweed as a source of food;
- To investigate the health benefits of the regular consumption, and general use, of seaweed in a variety of foodstuffs;
- To conduct quantitative research drawing from data resources within the researcher’s means of time and finance. The findings discovered during the course of this investigation (from the online survey, the literature review and from the
analysis of sales of products developed for the study) were designed to complement the primary and secondary research.

- To offer recommendations concerning how to increase the use of seaweed in food.

### 5.3 Key findings

The main conclusions from the primary data resulted from the study of the secondary data, presented in the literature review. Having consulted the literature, it was clear that there were few seaweed products available for consumption in Ireland, other than packaged dillisk, carrageen moss and nori. Five new products were developed by the author to better gauge the interest in seaweed products amongst consumers. The products were developed and photographed, and the data was used to assist in structuring the online questionnaire. The questions were drafted and distributed using Facebook and email. The feedback from the survey indicated the following main points:

- The target market was mostly Irish, female, young and interested in their health and wellbeing;
- Most make healthy eating choices for a minimum of one meal per day;
- Greater than 50% surveyed lived in a coastal area, and claimed that this influenced their decisions to consume seaweed;
- The majority of respondents (71.60%) had eaten a seaweed product prior to the survey;
- Most were aware of the health and nutritional benefits that seaweed provided;
- They valued the health benefit of a nutritional product as more significant than its price.
- They recognised that a healthy diet combined with exercise was highly significant;
- 72.6% of respondents were already aware of the many nutritional benefits of seaweed prior to participating in the survey;
- They were most interested in the fact that bread containing seaweed had certain health benefits, in particular dietary-related findings;
- Respondents reacted positively to various seaweed-baked goods, and indicated that they would be interested in purchasing them if available;
Following on from the survey, it was found that 74.55% indicated that they would be very likely or extremely likely to purchase baked goods containing seaweed products.

While the weekly spend on baked goods was relatively small (€5.00 to €10.00 per week), the majority of respondents in the survey were very positive about their desire to purchase and consume nutritional foods.

Pioneering studies by Brownlee (2010) and Jensen (2011), referred to earlier in Chapter Two, indicate that the trials into the uses of alginates to combat weight gain through lower calorific intake have paved the way for further research. Their collective studies indicate that alginate consumption may help to reduce obesity, by preventing fats from being absorbed by the body, which is crucial for better collective health for all. While there appears to be an initial positive reaction to the survey, seaweed is not among the mainstream foods consumed in Ireland, as compared to its consumption levels in Asia. The practice of baking with added seaweed nutrient and alginate drinks is very much in a state of infancy, so it will be some time before products containing seaweed become prominent in any levels of volume production. Promising outcomes from the survey (refer to Sections 4.15 to 4.19) suggest that, when presented attractively, seaweed products can be desirable to consumers. This aspect of the survey has been confirmed by way of actual sales in the researcher’s bakery store over a six-month period. The sales of seaweed products have grown in the bread sector, but have stagnated in the health bar and pastry areas, and these products have now been withdrawn. Feedback from the pictures of seaweed breads and baked goods was very positive, which offers hope for the future, especially if increased seaweed consumption can lead to the overall health of a nation. The Japanese diet, as outlined earlier in Section 1.1, has confirmed the link between greater seaweed consumption and lower rates of cancer, heart disease and obesity. Bord Bia’s (Bord Bia 2014a) market research has also confirmed that consumers are prepared to pay for, and are interested in, fortified bread which contains added nutritional content. The research has highlighted that seaweed, in its various forms, is already used in a wide range of food applications, such as soups, salads, pasta, sushi, breads, health bars, yogurts, gelling agents and gluten-free products. The challenge ahead relates to increasing the consumption of seaweed in the Western diet. This can be achieved by everyone in the food preparation industry, from small enterprises to government bodies. The promotion of healthy foods, and fortifying the very raw materials used to make these foods such as flour fortified with
seaweed, is achievable. National health promotion incentives provided by bodies such as Bord Bia and BIM could be further promoted on a local level by local producers and restaurateurs. Ireland’s coastline extends over 5,600 km (Ordinance Survey Ireland 2015); there is great future potential for a seaweed industry which could engage in greater export, as well as providing for local demand. The growth and consumption of more seaweed on this island is possible, and has the likely capacity to improve the health and wellness of all its citizens.

5.4 Conclusion

It is the opinion of this researcher that the stated aims and objectives of this study were accomplished, and significant levels of understanding of the research question were realised. In Section 2.7 of the study, the research indicated that the food industry was well-placed to cater for the growing requirement of healthy food choices. The World Health Organization (WHO 2014) makes several recommendations by which the industry can play a significant role in promoting a healthy diet and reducing obesity:

- reducing the fat, sugar and salt content of processed foods;
- ensuring that healthy and nutritious choices are available and affordable for all consumers;
- practising responsible marketing, especially when aimed at children and teenagers;
- ensuring the availability of healthy food choices and supporting regular physical activity in the workplace.

It was also found that at least 38,417 serious birth defects were prevented in one year due to flour being fortified worldwide between 2012 and 2014 with folic acid (Food Fortification Initiative 2014) (refer to Section 2.7). Seaweed may, in the future, be incorporated into the food chain as a mainstream foodstuff that is consumed daily in some form or other. This study has highlighted the many benefits that seaweed can offer from a nutritional point of view (refer to Sections 2.7 and 2.9). The survey results presented have underlined that, with correct marketing and creativity, the food industry has the means to present seaweed foods in
a positive and desirable light (refer to Sections 4.15 to 4.21). This is critical to the success of marketing seaweed in the future, as emphasised in Section 5.5.

Grain fortification programmes (refer to Sections 2.7 and 2.8) involving the WHO (2009) have had great success in combating hunger and disease in the past. Their success has underpinned a new sickness – obesity (refer to Section 2.11), caused by the over-consumption of processed foods in the developed and developing world. Section 2.11 also discussed how seaweed alginates have, in scientific tests, demonstrated the ability to prevent fat from being absorbed into the body. The possibilities of this are enormous, considering that seaweed is a natural product which can be harvested and dried, and is not perishable in this state. Section 2.5 explored the health aspects and the fact that seaweed contains most vital trace elements needed for our very survival. With correct marketing and the scientific data to support its argument, the WHO is well-positioned to begin a new chapter. Instead of battling malnutrition, the WHO could well be engaged in the fight against human obesity for the future.

5.5 Limitations

While the research has achieved its stated aims, it was subject to certain limitations. Interviews were not conducted due to constraints of time and finance. This may have proven to be useful had it been feasible. It was deemed to be of minor importance in this particular study, as such interviews would only have gained the views of one or two participants at a time, while the online survey reached 174 within a short space of time. Having completed the work, going forward, it would be most beneficial to interview a seaweed scientist and document his/her views. It would also have been advantageous to visit a seaweed processing factory, in order to grant the author a greater understanding of the process involved. Nevertheless, despite these limitations, it is reasonable to contend that the research process was of a high quality, and that it accurately examined the subject matter appropriately. While clinical human trials on the effects of consuming alginates are still in their infancy, bringing new seaweed foodstuffs to market will require much new product development. Making these foods appetizing, desirable and mainstream in the future will prove most challenging and rewarding of all.
5.6  A final word

During the course of the literature review, the researcher discovered a particularly pertinent statement from Myslabodski (cited in Fisheries and Aquaculture Department 2003). It was felt fitting that Myslabodski should provide the final word in this paper. He explains that, “In the English language, we have done ourselves a disservice calling it ‘seaweed’: weeds are something we do not want, seaweed implies something negative about the product. When trying to convince others to eat it, ‘sea plants’ or ‘sea vegetables’ may be more appropriate words to describe it” (Fisheries and Aquaculture Department 2003).
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Bibliography


77


Appendix A – SurveyMonkey response count and response percentages
### 1. What is your gender?

<table>
<thead>
<tr>
<th>Answer Options</th>
<th>Response Percent</th>
<th>Response Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>63.8%</td>
<td>111</td>
</tr>
<tr>
<td>Male</td>
<td>36.2%</td>
<td>63</td>
</tr>
</tbody>
</table>

**answered question** 174

**skipped question** 0

### 2. In what country do you currently reside?

<table>
<thead>
<tr>
<th>Answer Options</th>
<th>Response Percent</th>
<th>Response Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ireland</td>
<td>72.5%</td>
<td>124</td>
</tr>
<tr>
<td>United Kingdom</td>
<td>13.5%</td>
<td>23</td>
</tr>
<tr>
<td>USA</td>
<td>9.9%</td>
<td>17</td>
</tr>
<tr>
<td>Other</td>
<td>4.7%</td>
<td>8</td>
</tr>
<tr>
<td>Other (please specify)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**answered question** 171

**skipped question** 3

### 3. If you live in Ireland, in what province do you currently reside?

<table>
<thead>
<tr>
<th>Answer Options</th>
<th>Response Percent</th>
<th>Response Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Munster</td>
<td>4.5%</td>
<td>7</td>
</tr>
<tr>
<td>Leinster</td>
<td>50.0%</td>
<td>77</td>
</tr>
<tr>
<td>Ulster</td>
<td>3.9%</td>
<td>6</td>
</tr>
<tr>
<td>Connaught</td>
<td>20.1%</td>
<td>31</td>
</tr>
<tr>
<td>I do not live in Ireland</td>
<td>22.1%</td>
<td>34</td>
</tr>
<tr>
<td>Other (please specify)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**answered question** 154

**skipped question** 20
4. Do you live in a coastal area?

<table>
<thead>
<tr>
<th>Answer Options</th>
<th>Response Percent</th>
<th>Response Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>50.9%</td>
<td>86</td>
</tr>
<tr>
<td>No</td>
<td>49.1%</td>
<td>83</td>
</tr>
<tr>
<td><strong>answered question</strong></td>
<td></td>
<td><strong>169</strong></td>
</tr>
<tr>
<td><strong>skipped question</strong></td>
<td></td>
<td><strong>5</strong></td>
</tr>
</tbody>
</table>

5. Do you think that living in a coastal area would influence you more towards purchasing seaweed food products than if you did not?

<table>
<thead>
<tr>
<th>Answer Options</th>
<th>Response Percent</th>
<th>Response Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>53.8%</td>
<td>91</td>
</tr>
<tr>
<td>No</td>
<td>46.2%</td>
<td>78</td>
</tr>
<tr>
<td><strong>answered question</strong></td>
<td></td>
<td><strong>169</strong></td>
</tr>
<tr>
<td><strong>skipped question</strong></td>
<td></td>
<td><strong>5</strong></td>
</tr>
</tbody>
</table>

6. Do you take nutritional supplements?

<table>
<thead>
<tr>
<th>Answer Options</th>
<th>Response Percent</th>
<th>Response Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>41.0%</td>
<td>71</td>
</tr>
<tr>
<td>No</td>
<td>59.0%</td>
<td>102</td>
</tr>
<tr>
<td><strong>answered question</strong></td>
<td></td>
<td><strong>173</strong></td>
</tr>
<tr>
<td><strong>skipped question</strong></td>
<td></td>
<td><strong>1</strong></td>
</tr>
</tbody>
</table>
7. When you’re considering purchasing nutritional products, what are the top two things you generally consider? (Check two boxes.)

<table>
<thead>
<tr>
<th>Answer Options</th>
<th>Response Percent</th>
<th>Response Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Price</td>
<td>34.0%</td>
<td>55</td>
</tr>
<tr>
<td>Health Benefit</td>
<td>78.4%</td>
<td>127</td>
</tr>
<tr>
<td>Innovation</td>
<td>4.9%</td>
<td>8</td>
</tr>
<tr>
<td>Quality</td>
<td>30.2%</td>
<td>49</td>
</tr>
<tr>
<td>Value</td>
<td>13.6%</td>
<td>22</td>
</tr>
<tr>
<td>Nutritional content</td>
<td>36.4%</td>
<td>59</td>
</tr>
<tr>
<td>Other (specify)</td>
<td></td>
<td>7</td>
</tr>
</tbody>
</table>

answered question 162

skipped question 12

8. In a typical day, how many of your meals or snacks include healthy options choice?

<table>
<thead>
<tr>
<th>Answer Options</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5+</th>
<th>Rating Average</th>
<th>Response Count</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>30</td>
<td>48</td>
<td>49</td>
<td>23</td>
<td>17</td>
<td>42.54</td>
<td>167</td>
</tr>
</tbody>
</table>

answered question 167

skipped question 7

9. How important is a healthy diet combined with exercise to your lifestyle?

<table>
<thead>
<tr>
<th>Answer Options</th>
<th>Response Percent</th>
<th>Response Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Extremely important</td>
<td>23.0%</td>
<td>40</td>
</tr>
<tr>
<td>Very important</td>
<td>32.8%</td>
<td>57</td>
</tr>
<tr>
<td>Moderately important</td>
<td>35.6%</td>
<td>62</td>
</tr>
<tr>
<td>Slightly important</td>
<td>6.3%</td>
<td>11</td>
</tr>
<tr>
<td>Not at all important</td>
<td>2.3%</td>
<td>4</td>
</tr>
</tbody>
</table>

answered question 174

skipped question 0
10. Have you ever consumed a product containing seaweed?

<table>
<thead>
<tr>
<th>Answer Options</th>
<th>Response Percent</th>
<th>Response Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>71.6%</td>
<td>121</td>
</tr>
<tr>
<td>No</td>
<td>28.4%</td>
<td>48</td>
</tr>
</tbody>
</table>

answered question 169
skipped question 5

11. Did you know that eating seaweed in food daily include the following benefits:
- click all that you are aware of?

<table>
<thead>
<tr>
<th>Answer Options</th>
<th>Response Percent</th>
<th>Response Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Natural Organic product with no preservatives.</td>
<td>57.7%</td>
<td>97</td>
</tr>
<tr>
<td>Provides physical and nutritional benefits.</td>
<td>46.4%</td>
<td>78</td>
</tr>
<tr>
<td>Increases energy levels and brain function.</td>
<td>23.2%</td>
<td>39</td>
</tr>
<tr>
<td>Contains Calcium, Magnesium, Iodine, Zinc, B Vitamins B12 &amp; B13.</td>
<td>42.9%</td>
<td>72</td>
</tr>
<tr>
<td>Nutrients are bio-available and easily absorbed.</td>
<td>21.4%</td>
<td>36</td>
</tr>
<tr>
<td>Natural immune stimulant and gut flora modulator.</td>
<td>14.3%</td>
<td>24</td>
</tr>
<tr>
<td>Lowers GI index of baked products.</td>
<td>9.5%</td>
<td>16</td>
</tr>
<tr>
<td>Allows salt and sugar levels to be reduced in food and baked goods</td>
<td>19.0%</td>
<td>32</td>
</tr>
<tr>
<td>Allows for increased hydration in the baking process giving a moister crumb.</td>
<td>16.1%</td>
<td>27</td>
</tr>
<tr>
<td>Anti-staling effects which naturally extend shelf life of bread.</td>
<td>7.7%</td>
<td>13</td>
</tr>
<tr>
<td>Increases shelf life of products without having to use chemical additives.</td>
<td>8.3%</td>
<td>14</td>
</tr>
<tr>
<td>I had no prior knowledge of the nutritional value of seaweed.</td>
<td>27.4%</td>
<td>46</td>
</tr>
</tbody>
</table>

answered question 168
skipped question 6
12. Recent scientific findings indicate that regular daily intake of bread containing seaweed helps you feel fuller for longer and reduce your daily calorific intake. What’s your first reaction to this information?

<table>
<thead>
<tr>
<th>Answer Options</th>
<th>Response Percent</th>
<th>Response Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>4. Very positive</td>
<td>57.2%</td>
<td>99</td>
</tr>
<tr>
<td>3. Somewhat positive</td>
<td>39.3%</td>
<td>68</td>
</tr>
<tr>
<td>2. Somewhat negative</td>
<td>3.5%</td>
<td>6</td>
</tr>
<tr>
<td>1. Very negative</td>
<td>0.0%</td>
<td>0</td>
</tr>
</tbody>
</table>

answered question 173
skipped question 1

13. Scientific findings indicate that a daily intake of bread containing seaweed, combined with regular exercise can bring about weight loss. Is your first reaction to this information: (click answer below)

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>3</td>
<td>11</td>
<td>76</td>
<td>79</td>
<td>84.17</td>
<td>169</td>
</tr>
</tbody>
</table>

answered question 169
skipped question 5

14. The image below shows sourdough baguettes made using seaweed as an ingredient. What’s your first reaction to this new product idea?

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1</td>
<td>2</td>
<td>56</td>
<td>110</td>
<td>90.68</td>
<td>169</td>
</tr>
</tbody>
</table>

answered question 169
skipped question 5
15. The image below shows Danish pastries made using seaweed as an ingredient. What's your first reaction to this new product idea?

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2</td>
<td>10</td>
<td>46</td>
<td>108</td>
<td>89.16</td>
<td>166</td>
</tr>
</tbody>
</table>

answered question 166

skipped question 8

16. The image below shows soda bread made using seaweed as an ingredient. What's your first reaction to this new product idea?

<table>
<thead>
<tr>
<th>Answer Options</th>
<th>Very negative</th>
<th>Somewhat negative</th>
<th>Somewhat positive</th>
<th>Very positive</th>
<th>Rating Average</th>
<th>Response Count</th>
</tr>
</thead>
<tbody>
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<td></td>
<td>2</td>
<td>11</td>
<td>61</td>
<td>90</td>
<td>86.43</td>
<td>164</td>
</tr>
</tbody>
</table>

answered question 164

skipped question 10

17. The image below shows flapjacks made using seaweed as an ingredient. What's your first reaction to this new product idea?

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2</td>
<td>17</td>
<td>59</td>
<td>92</td>
<td>85.44</td>
<td>170</td>
</tr>
</tbody>
</table>

answered question 170

skipped question 4
18. The image below shows seahorse baguettes made using seaweed as an ingredient. What's your first reaction to this new product idea?

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>3</td>
<td>8</td>
<td>52</td>
<td>103</td>
<td>88.40</td>
<td>166</td>
</tr>
</tbody>
</table>

answered question: 166

skipped question: 8

19. Having seen the photos of the various baked seaweed products above, which ones appeal to you most?

<table>
<thead>
<tr>
<th>Answer Options</th>
<th>Response Percent</th>
<th>Response Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bread</td>
<td>57.0%</td>
<td>98</td>
</tr>
<tr>
<td>Pastry</td>
<td>19.8%</td>
<td>34</td>
</tr>
<tr>
<td>Snack bar</td>
<td>13.4%</td>
<td>23</td>
</tr>
<tr>
<td>All products</td>
<td>26.2%</td>
<td>45</td>
</tr>
</tbody>
</table>

answered question: 172

skipped question: 2

20. On a scale of 1-4, do you like the health concept behind the use of seaweed products in food and baked goods?

<table>
<thead>
<tr>
<th>Answer Options</th>
<th>1. Dislike a great deal</th>
<th>2. Dislike a little</th>
<th>3. Like a little</th>
<th>4. Like a great deal</th>
<th>Rating Average</th>
<th>Response Count</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>0</td>
<td>4</td>
<td>35</td>
<td>129</td>
<td>93.60</td>
<td>168</td>
</tr>
</tbody>
</table>

answered question: 168

skipped question: 6
21. On a scale of 1-4 Having viewed the photographs of baked goods containing seaweed, how interested would you be in edible seaweed baked products in the future?

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>0</td>
<td>23</td>
<td>69</td>
<td>76</td>
<td>82.89</td>
<td>168</td>
</tr>
</tbody>
</table>

answered question 168

skipped question 6

22. When you’re considering purchasing new food or bakery products, what are the top two things you generally consider? (Check two boxes.)

<table>
<thead>
<tr>
<th>Answer Options</th>
<th>Response Percent</th>
<th>Response Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Price</td>
<td>45.5%</td>
<td>76</td>
</tr>
<tr>
<td>Brand</td>
<td>3.0%</td>
<td>5</td>
</tr>
<tr>
<td>Innovation</td>
<td>15.6%</td>
<td>26</td>
</tr>
<tr>
<td>Quality</td>
<td>70.7%</td>
<td>118</td>
</tr>
<tr>
<td>Value</td>
<td>20.4%</td>
<td>34</td>
</tr>
<tr>
<td>Health and wellbeing</td>
<td>40.7%</td>
<td>68</td>
</tr>
<tr>
<td>Impulse purchase</td>
<td>7.2%</td>
<td>12</td>
</tr>
<tr>
<td>Other (specify)</td>
<td></td>
<td>9</td>
</tr>
</tbody>
</table>

answered question 167

skipped question 7
23. How likely would you be to buy food or baked goods which include a nutritional seaweed product?

<table>
<thead>
<tr>
<th>Answer Options</th>
<th>Not at all likely</th>
<th>Slightly likely</th>
<th>Very likely</th>
<th>Extremely likely</th>
<th>Rating Average</th>
<th>Response Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>41</td>
<td>79</td>
<td>44</td>
<td></td>
<td>75.15</td>
<td>165</td>
</tr>
</tbody>
</table>

answered question: 165

skipped question: 9

24. What is your average weekly spend on bakery products?

<table>
<thead>
<tr>
<th>Answer Options</th>
<th>Response Percent</th>
<th>Response Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>€0.00-€5.00</td>
<td>26.2%</td>
<td>44</td>
</tr>
<tr>
<td>€5.00-€10.00</td>
<td>44.6%</td>
<td>75</td>
</tr>
<tr>
<td>€10.00-€20.00</td>
<td>21.4%</td>
<td>36</td>
</tr>
<tr>
<td>€20.00-€30.00</td>
<td>5.4%</td>
<td>9</td>
</tr>
<tr>
<td>€30.00-€40.00</td>
<td>1.8%</td>
<td>3</td>
</tr>
<tr>
<td>€ 40.00 +</td>
<td>3.0%</td>
<td>5</td>
</tr>
<tr>
<td>Other (specify)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

answered question: 168

skipped question: 6
<table>
<thead>
<tr>
<th>Answer Options</th>
<th>Response Percent</th>
<th>Response Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>18 to 24</td>
<td>25.9%</td>
<td>45</td>
</tr>
<tr>
<td>25 to 34</td>
<td>22.4%</td>
<td>39</td>
</tr>
<tr>
<td>35 to 44</td>
<td>15.5%</td>
<td>27</td>
</tr>
<tr>
<td>45 to 54</td>
<td>22.4%</td>
<td>39</td>
</tr>
<tr>
<td>55 to 64</td>
<td>11.5%</td>
<td>20</td>
</tr>
<tr>
<td>65 to 74</td>
<td>2.3%</td>
<td>4</td>
</tr>
<tr>
<td>75 or older</td>
<td>0.0%</td>
<td>0</td>
</tr>
</tbody>
</table>

answered question 174

skipped question 0
Appendix B – Questionnaire
1. What is your gender?
   - Female
   - Male

2. In what country do you currently reside?
   - Ireland
   - United Kingdom
   - USA
   - Other
   Other (please specify)

3. If you live in Ireland, in what province do you currently reside?
   - Munster
   - Leinster
   - Ulster
   - Connaught
   - I do not live in Ireland
   Other (please specify)
4. Do you live in a coastal area?
   ☐ Yes
   ☐ No

5. Do you think that living in a coastal area would influence you more towards purchasing seaweed food products than if you did not?
   ☐ Yes
   ☐ No

6. Do you take nutritional supplements?
   ☐ Yes
   ☐ No

7. When you’re considering purchasing nutritional products, what are the top two things you generally consider? (Check two boxes.)
   ☐ Price
   ☐ Health Benefit
   ☐ Innovation
   ☐ Quality
   ☐ Value
   ☐ Nutritional content
   Other (specify) 

8. In a typical day, how many of your meals or snacks include healthy options choice?
   1 2 3 4 5 +
   ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 +
9. How important is a healthy diet combined with exercise to your lifestyle?
- Extremely important
- Very important
- Moderately important
- Slightly important
- Not at all important

10. Have you ever consumed a product containing seaweed?
- Yes
- No

11. Did you know that eating seaweed in food daily include the following benefits: - click all that you are aware of?
- Natural Organic product with no preservatives.
- Provides physical and nutritional benefits.
- Increases energy levels and brain function.
- Nutrients are bio-available and easily absorbed.
- Natural immune stimulant and gut flora modulator.
- Lowers GI index of baked products.
- Allows salt and sugar levels to be reduced in food and baked goods
- Allows for increased hydration in the baking process giving a moister crumb.
- Anti-staling effects which naturally extend shelf life of bread.
- Increases shelf life of products without having to use chemical additives.
- I had no prior knowledge on the nutritional value of seaweed.
12. Recent scientific findings indicate that regular daily intake of bread containing seaweed helps you feel fuller for longer and reduces your daily calorific intake. What’s your first reaction to this information?


13. Scientific findings indicate that a daily intake of bread containing seaweed, combined with regular exercise can bring about weight loss. Is your first reaction to this information: (click answer below?)


14. The image below shows sourdough baguettes made using seaweed as an ingredient. What's your first reaction to this new product idea?


15. The image below shows Danish pastries made using seaweed as an ingredient. What's your first reaction to this new product idea?


16. The image below shows soda bread made using seaweed as an ingredient. What's your first reaction to this new product idea?

Very negative Somewhat negative Somewhat positive Very positive

17. The image below shows flapjacks made using seaweed as an ingredient. What's your first reaction to this new product idea?

18. The image below shows seahorse baguettes made using seaweed as an ingredient. What's your first reaction to this new product idea?

19. Having seen the photos of the various baked seaweed products above, which ones appeal to you most?
☐ Bread
☐ Pastry
☐ Snack bar
☐ All products

20. On a scale of 1-4, do you like the health concept behind the use of seaweed products in food and baked goods?
1. Dislike a great deal   2. Dislike a little   3. Like a little   4. Like a great deal

21. On a scale of 1-4, having viewed the photographs of baked goods containing seaweed, how interested would you be in edible seaweed baked products in the future?
22. When you’re considering purchasing new food or bakery products, what are the top two things you generally consider? (Check two boxes.)

☐ Price
☐ Brand
☐ Innovation
☐ Quality
☐ Value
☐ Health and wellbeing
☐ Impulse purchase

Other (specify)

23. How likely would you be to buy food or baked goods which include a nutritional seaweed product?

1. Not at all likely 2. Slightly likely 3. Very likely 4. Extremely likely

☐ ☐ ☐ ☐

24. What is your average weekly spend on bakery products?

☐ €0.00-€5.00
☐ €5.00-€10.00
☐ €10.00-€20.00
☐ €20.00-€30.00
☐ €30.00-€40.00
☐ € 40.00 +

Other (specify)
25. What is your age?

- 18 to 24
- 25 to 34
- 35 to 44
- 45 to 54
- 55 to 64
- 65 to 74
- 75 or older
Appendix C – Seaweeds for human consumption
Table 7: Major nutrients found in algae commonly used for human consumption

<table>
<thead>
<tr>
<th>Official name</th>
<th>Common name</th>
<th>Major types of nutrients</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Himanthalia elongata</em></td>
<td>See spaghetti,</td>
<td>Fucoidan; beta-carotene, vitamin E</td>
</tr>
<tr>
<td><em>Laminaria japonica</em> (and other Laminaria species)</td>
<td>Seaonnerine, earweed, kelp, do mar (France)</td>
<td>Fucoidan (52%), in laminarin (49%), in mannitol (14%), in fucose (10%), in protamine (10%)</td>
</tr>
<tr>
<td><em>Fucus serratus</em> (and other Fucus species)</td>
<td>Toothed wreck</td>
<td>Fucoidan (16%), D.W.; fucosterol, fucosterol, vitamin A; iodine, calcium, iron, magnesium</td>
</tr>
<tr>
<td><em>Eisenia bicyclis</em></td>
<td>Arame (Japan)</td>
<td>Alginates, fucoidan, algal protein, fucosterol, vitamin A; iodine, calcium, iron, magnesium</td>
</tr>
<tr>
<td><em>Dulce CSS nodosum</em></td>
<td>Rockweed, kelp,</td>
<td>Alginates (25% D.W.), in fucoidan (8%), in laminarin (7%), in mannitol (7%), fucosterol, vitamin E</td>
</tr>
<tr>
<td><em>Alaria saccharina</em></td>
<td>Sugarlocks,</td>
<td>Rich in proteins, vitamin B1, fucoidan (7%), in laminarin (7%), in mannitol (7%), fucosterol, vitamin E</td>
</tr>
<tr>
<td><em>Ceramium rapaciun</em></td>
<td>-</td>
<td>Rich in alginates, iodine, calcium, potassium, phosphorus, iron, vitamin A, B complex, C, D, E, and K</td>
</tr>
<tr>
<td><em>Porphyra umbilicalis</em></td>
<td>Hawaiian red nori</td>
<td>Alginates, fucoidan, vitamin A, fucosterol, vitamin E, iodine, calcium, iron, magnesium</td>
</tr>
<tr>
<td><em>Porphyra tenera</em></td>
<td>-</td>
<td>Rich in alginates, fucoidan, fucosterol, vitamin A, fucosterol, vitamin E, iodine, calcium, iron, magnesium</td>
</tr>
<tr>
<td><em>Porphyra umbilicalis</em></td>
<td>-</td>
<td>Rich in alginates, fucoidan, fucosterol, vitamin E, iodine, calcium, iron, magnesium</td>
</tr>
<tr>
<td><em>Porphyra umbilicalis</em></td>
<td>-</td>
<td>Rich in alginates, fucoidan, fucosterol, vitamin E, iodine, calcium, iron, magnesium</td>
</tr>
<tr>
<td><em>Porphyra umbilicalis</em></td>
<td>-</td>
<td>Rich in alginates, fucoidan, fucosterol, vitamin E, iodine, calcium, iron, magnesium</td>
</tr>
<tr>
<td><em>Porphyra umbilicalis</em></td>
<td>-</td>
<td>Rich in alginates, fucoidan, fucosterol, vitamin E, iodine, calcium, iron, magnesium</td>
</tr>
<tr>
<td><em>Porphyra umbilicalis</em></td>
<td>-</td>
<td>Rich in alginates, fucoidan, fucosterol, vitamin E, iodine, calcium, iron, magnesium</td>
</tr>
<tr>
<td><em>Porphyra umbilicalis</em></td>
<td>-</td>
<td>Rich in alginates, fucoidan, fucosterol, vitamin E, iodine, calcium, iron, magnesium</td>
</tr>
<tr>
<td><em>Porphyra umbilicalis</em></td>
<td>-</td>
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<tr>
<td><em>Porphyra umbilicalis</em></td>
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<td>-</td>
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<td>-</td>
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</tr>
<tr>
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</tr>
<tr>
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<tr>
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</tr>
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<tr>
<td><em>Porphyra umbilicalis</em></td>
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</tr>
<tr>
<td><em>Porphyra umbilicalis</em></td>
<td>-</td>
<td>Rich in alginates, fucoidan, fucosterol, vitamin E, iodine, calcium, iron, magnesium</td>
</tr>
<tr>
<td><strong>Macrocytis sp.</strong></td>
<td>Giant kelp, sea holly</td>
<td>vitamin A, B₂, C, D, E, K rich in alginates, mannitol, and vitamin E</td>
</tr>
<tr>
<td><strong>Sargassum sp.</strong></td>
<td>Limu kana (Hawaii)</td>
<td>alginates; fucoxanthin; mannitol (12% D.W.); taurine</td>
</tr>
<tr>
<td><strong>Undaria pinnatifida</strong></td>
<td>Wakame (Japan)</td>
<td>rich in alginates (34% D.W.); laminarin (3% D.W.); fucoxanthin; proteins (incl. the amino acid taurine); vitamin B₂, C, E</td>
</tr>
</tbody>
</table>

**Red algae**

| **Chondrus crispus** | Irish moss | rich in carrageenane (kappa and lambda) (50% D.W.); floridean (10% D.W.); and taurine (5% D.W.); beta-carotene; vitamin B complex |
| **Eucheuma denticulatum** | Spinosum | rich in carrageenane (esp. kappa); lectin |
| **Gelidiella sp.** | Limu lo-loa (Hawaii), hal langes (China) | rich in agar (30% D.W.) |
| **Gilgurine sp.** | - | rich in carrageenane (kappa) |
| **Gracilaria sp.** | Ago, ogonori | rich in agar (25% D.W.); carrageenan; phycobiliproteins; lectins |
| **Kappaphycus alvarezii** | Candonil | carrageenan (kappa) (22% D.W.) |
| **Machurocarpus sterile** | Carrageenan moss | carrageenan (kappa and lambda) |
| **Palmaria palmata** | Soli (Iceland), dulse | rich in floridean (25% D.W.); iodine; carotenoids; vitamin B complex; taurine-
Green Algae

Porphyra sp. nori (Japan), kelp (Korea), liver, seaweed
rich proteins
rich in proteins (up to 50% D.W., 30% of the amino acid 
arginine), in porphyra (up to 48% D.W.), in fucoidan 
(up to 40% D.W.), and in chlorophyll, beta-carotene; 
vitamin A, B complex, C, E; potassium, magnesium; iron

Ulua lactea (and Ulva intestinalis)

Green Algae

Coccolithus pelagicus
sea grapes, green caviar, um-budo (Japan)
rich in iodine; phosphorus; 
calciun; magnesium

Codium sp.
dead man's finger
sea lettuce, green 
leaves, arame (Japan), li vivo 
patahika (Hawaii)
lecithin
rich in ulvan (up to 88% 
D.W.), fucoidan, glucuronic acid, and iron; calcium; 
vitamin A, B complex, and 
E; proteins (up to 20% 
D.W.; esp. lecithin); 
chlorophyll; beta-carotene

Microalgae

Arthrospira sp.
(cyanobacterium)
spirulina
rich in phycocyanin (up to 
70% of D.W.); chlorophyll and carotenoids; 
protein (15% of D.W.); chlorophyll and beta-carotene; 
rich in beta-glucan; beta-carotene; astaxanthin; vitamin C; chlorophyll (3% 
D.W.); EPA (40% of total lipids)
High levels of PUFA (37%)
rich in phycocyanin and beta-
carotene

Chaetoceros (green algae)
- D.W.)

Cryptophyceae chauld
- D.W.)

Dunaliella sp. (green algae)
- D.W.)

Nannochloropsis sp.
- D.W.)

Porphyridium sp.
- D.W.)

Spherochrysis sp. (fungus-like microalgae)
- D.W.)

Todarococcus sp. (green algae)
- D.W.)

Source: (Food and Health Innovation Service, 2013 p. 7-10)
Appendix D – Bord Bia Bakery Market Surveys 2014
Table 8: What factors consumers consider when purchasing bread


Table 9: New bread product/type trial choices

Source: Bord Bia (2014a, p.21).
Figure 12: Bread and morning goods consumption habits Ireland and UK 2014

Source: Bord Bia 2014b
Appendix E – Sample clinical trials of seaweed in bread and beverages
Study 1  Bread trials using seaweed (2012)

Dr. Craig Rose of Sheffield Hallam University (Telegraph, 2012) has completed food and tasting trials using seaweed bread. The findings set out below are very promising and were conducted on 80 subjects.

Seaweed toast is the same as half an hour on the treadmill. Breakfasting on a slice of bread baked with ground-up seaweed could help burn more calories than half an hour on a treadmill, according to new research trials on nearly 80 healthy but overweight men showed those fed scrambled egg on seaweed enriched toast felt so full they consumed 179 calories less a day. The tests at Sheffield Hallam University are the first to involve adding the entire seaweed plant to the bread mix rather than breaking it down to extract various chemicals. The bread – served with the crusts cut off – did not include any salt at all with the seaweed acting like a total replacement.

None of the men could tell the difference between an ordinary loaf and the slices seasoned with seaweed – which has a similar taste but far lower sodium levels. As well as cutting salt intake, the seaweed also acted as a bulking agent, so the men felt fuller and less hungry. So when they were presented with as many 400 gram bowls of pasta and tomato based sauce as they could eat for lunch some drew the line after a couple of bowls.

The seaweed was sourced from the pristine waters of the Scottish Outer Hebrides where it is harvested, dried and milled at a local factory. Dr Craig Rose from The Seaweed Foundation, which supported the study, said: “It is not as salty as normal bread, but you don't notice any marine flavours and it is very acceptable. It is just like eating standard bread. It rises just the same and looks just the same. If it is white bread, you might notice a touch of green. But it would just look like basil or poppy seed which appeals to the bread companies. It's not a salty taste it is mineral because seaweed is very rich in all the minerals. It has far more minerals than any land plant. It tastes minerally and works flavour wise.”

The test panel split into groups of five was fed a 100 gram slice of normal bread for one week and the enriched bread the next. The scrambled egg was just to make the toast more palatable
without butter. Researchers from Sheffield’s Centre for Food Innovation checked how much
they ate and blood pressure levels. They found the men fed the seaweed bread consumed 179
fewer calories in a day, with 100 calories being significant for weight loss.

Dr Rose added: “This is the first time that this has looked at using the whole seaweed as a
food. All that has happened is it has been dried and milled. Other works have looked at
extracting chemicals from the seaweed and using them. So this study is paramount in using
whole seaweed to provide all the benefits. There is also on-going research showing it
increases the shelf life of the product. The seaweed acts a bulking agent in the stomach giving
a feeling of fullness. It has sodium in low levels but far less than salt. It is also natural,
sustainable, and organic and adds nutrition. So unlike most bulking agents it is not just filling
something out for the sake of cheapness.”

Lecturer in Nutrition Anna Hall, who led the study, said: “I tried the bread and really liked it.
It does look a bit different to normal wholemeal. The seaweed is fine granules, so the bread
looks a bit speckled, but it tastes very nice.” Health food enthusiasts are familiar with
seaweed broken down into elements such as kelp. "But we wanted to use the whole seaweed
because it is rich in fibre as well as minerals and what we have achieved is a very welcome
addition to the research around seaweed and health.” Previous research has looked at using
seaweed as a salt substitute with pasta. As well as using it in bread the university is also
investigating applying the principle to a range of meat products including sausages, she added

Source: Sheffield Hallam University (Telegraph, 2012).
Study 2 Extra weight loss from dietary fibres extracted from seaweed (December 2011)

DIET a new research project conducted at the Faculty of Life Sciences (LIFE), University of Copenhagen, shows that dietary fibres from brown algae boost the sensation of satiety, thereby making people eat less and lose more weight.

Palm seaweed
Previous studies have shown that a fibre-rich diet makes it easier to maintain weight, and now a new PhD project documents that dietary fibres from brown algae, the so-called alginates, are excellent at creating an 'artificial feeling of fullness' in the stomach: "Over a three-year period, we have studied the effect of taking different alginate doses. We are able to demonstrate that the healthy subjects who took alginates and were also allowed to eat as much as they wanted felt less hungry and ate less than the subjects not drinking fibre drinks with alginates," says PhD student Morten Georg Jensen, who arrived at the findings with his colleagues.

Gel fills up the stomach
The 12-week study included 96 overweight men and women. 48 subjects drank a specially designed drink with alginates three times daily before each main course as a supplement to an energy-reduced diet. The other 48 subjects drank a placebo drink without alginates.

Greater weight loss with alginates
The 80 subjects who completed the study achieved a far larger weight loss with alginate treatment than those drinking a similar drink without alginates. On average, the subjects in the seaweed fibre drink group lost 1.7 kg more than those in the placebo group. According to the researchers, this weight loss is primarily due to a decrease in body fat percentage: "A probable explanation of the weight loss is that the alginates form a gel in the stomach which strengthens the gastrointestinal satiety signals to the brain because the gel takes up space in the stomach. The overweight subjects thus ate less than usual," says PhD student Morten Georg Jensen.
Counterweight to junk food

"The growing obesity epidemic requires research and the development of new dietary measures to counter the easy 24/7 access to enormous quantities of energy-rich food: Eating more than you burn results in a body energy imbalance, which may lead to weight gain in the long term. It is therefore crucial that new dietary measures improve appetite control and limit our food intake," says Morten Georg Jensen. The researchers hope that the research findings may pave the way for new treatment options for the overweight. In collaboration with the biotech company S-biotek, the researchers have developed the special fibre drink with alginates which the subjects drank. No such fibre drink is as yet available on the market.

Primarily palm seaweed
Seaweed covers a wide range of marine macroalgae which can be classified into three groups: brown algae (Phaeophyceae), green algae (Chlorophyta) and red algae (Rhodophyta). The researchers have studied fibres from brown algae, primarily palm seaweed.
Source: (University of Copenhagen, 2011)
**Study 3**  **Treating overweight/obesity using alginate enriched bread (2013)**

**Background and Objectives:**
Obesity is a rapidly growing medical issue worldwide, and is fast becoming one of the leading causes of mortality. Data from our laboratory have demonstrated that alginates have the ability to inhibit pancreatic lipase activity in-vitro, and may therefore reduce the fat absorbed in the diet [1-3]. This project has developed a bread vehicle designed by Greggs PLC that incorporates alginate and may be used in foods that people are already consuming in a "health by stealth" manner in the battle against obesity. In an acceptability study with 40 participants there were no adverse side effects with either bread, and participants preferred the alginate bread compared to the control bread. The purpose of the present study was to assess the ability of alginate enriched bread to inhibit fat digestion in-vitro and in-vivo.

**Method:**
Control bread (CB) and alginate enriched bread (AB) were used in the current study. In-vivo: data presented is preliminary data from a double blind crossover study conducted using ileostomy patients (n=13). Participants consumed a calorific set meal the night before and were then fasted for 12h. Upon arrival participants consumed either 105g CB or AB as toast which included 20g of butter. Blood samples were taken at baseline, immediately post eating and then every 30 minutes for 5 hours, and placed on ice until analysis. Free glycerol and total triglycerides was measured in plasma to assess fat digestion. In-vitro: three fat substrates (Trioctanoate, Trioleate and Tributyrate) were digested in an open model gut system developed within this laboratory, which replicates digestion in the mouth, stomach and small intestines. 500µl of each substrate was added alone or with 5.2g AB or CB (n=9) at 0 minutes. A 1ml sample was then taken at 180 minutes for each sample. Free glycerol was measured to assess fat digestion. A t-test was used to compare CB and AB with normal substrate digestion in the model gut, and to compare total triglycerides in plasma between CB and AB at various time points in ileostomy patients. Data presented as mean ± standard error of the mean (SEM).
**Results:**

Preliminary data from ileostomy plasma samples indicated a reduction in the total triglycerides in the plasma ranging from 9-34% from 0-5h compared with the control bread, with a significant difference at 210 minutes (p>.05). In the model gut at 180 minutes there was a significant reduction in fat digestion of 47.7% (1.2), 32.5% (2.4) and 51.1% (1.3) for trioctanoate (p>.05), tributyrate (p>.05) and trioleate (p>.05) respectively.

Conclusion: This study has the potential to provide evidence that normal foods supplemented with alginate can be used to treat obesity/overweight and could be utilised by the food industry. Further recruitment is required to acquire a larger group of ileostomy patients and to analyse the ileum effluent fluid to determine levels of undigested fat. Where applicable, experiments conform with Society ethical requirements.

Source: (Houghton, et al., 2013)
Appendix F – NORI Bake Pro product background
NORI Bake Pro

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### Table 10: Nutritional data for NORI Bake Pro

<table>
<thead>
<tr>
<th>Minerals &amp; trace elements</th>
<th>Vitamins</th>
<th>Amino acids</th>
</tr>
</thead>
<tbody>
<tr>
<td>Iodine</td>
<td>Vitamin D1 Thiamine</td>
<td>Tryptophan (g/100g) 0.09</td>
</tr>
<tr>
<td>Copper</td>
<td>Vitamin B2 (riboflavin)</td>
<td>Aspartic acid (g/100g) 0.35</td>
</tr>
<tr>
<td>Fluoride</td>
<td>Vitamin B3 Niacin</td>
<td>Serine (g/100g) 0.47</td>
</tr>
<tr>
<td>Molybdenum</td>
<td>Vitamin D5 Pantothenic acid</td>
<td>Glutamic acid (g/100g) 1.01</td>
</tr>
<tr>
<td>Selenium</td>
<td>Vitamin B6 Pyridoxin</td>
<td>Glycine (g/100g) 0.43</td>
</tr>
<tr>
<td>Iron</td>
<td>Vitamin B7 (Biotin)</td>
<td>Histidine (g/100g) 0.1</td>
</tr>
<tr>
<td>Manganese</td>
<td>Vitamin B8 Inositol</td>
<td>Arginine (g/100g) 0.49</td>
</tr>
<tr>
<td>Cobalt</td>
<td>Vitamin B9 (Folic acid)</td>
<td>Threonine (g/100g) 0.45</td>
</tr>
<tr>
<td>Chromium</td>
<td>Vitamin B12 (cobalamin)</td>
<td>Alanine (g/100g) 0.56</td>
</tr>
<tr>
<td>Zinc</td>
<td>Vitamin C</td>
<td>Proline (g/100g) 0.4</td>
</tr>
<tr>
<td>Borium</td>
<td>Vitamin A</td>
<td>Cystine (g/100g) 0.13</td>
</tr>
<tr>
<td>Chloride</td>
<td>Vitamin E</td>
<td>Tyrosine (g/100g) 0.27</td>
</tr>
<tr>
<td>Calcium</td>
<td>Vitamin K</td>
<td>Valine (g/100g) 0.49</td>
</tr>
<tr>
<td>Potassium</td>
<td></td>
<td>Methionine (g/100g) 0.13</td>
</tr>
<tr>
<td>Sodium</td>
<td></td>
<td>Lysine (g/100g) 0.37</td>
</tr>
<tr>
<td>Nitrogen</td>
<td></td>
<td>Iso-Leucine (g/100g) 0.41</td>
</tr>
<tr>
<td>Sulphur</td>
<td></td>
<td>Leucine (g/100g) 0.54</td>
</tr>
<tr>
<td>Magnesium</td>
<td></td>
<td>Phenylalanine (g/100g) 0.43</td>
</tr>
<tr>
<td>Silicon</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Phosphorus</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Source: Connemara Ventures Ltd.
Table 11: Key Nutritionals for NORI Bake Pro, per 100g

<table>
<thead>
<tr>
<th>NORI Bake Key Nutritionals</th>
</tr>
</thead>
<tbody>
<tr>
<td>Typical values</td>
</tr>
<tr>
<td>Energy</td>
</tr>
<tr>
<td>Fat</td>
</tr>
<tr>
<td>Of which saturates</td>
</tr>
</tbody>
</table>

Source: Connemara Ventures Ltd.

Connemara Food Ventures is a start-up company committed to developing a premier brand of luxury bioactive foods and culinary ingredients which convey wellness to a national and an international consumer base. All ingredients are sustainably sourced, natural, and organic and validated by profound scientific insight. The company harvests and selects a blend of specific seaweeds from the west of Ireland’s Atlantic waters. The seaweed is dried, milled to a fine particle size and blended to create a range of foods and ingredient mixes that are designed to taste well and confer a nutritional benefit on the consumer. The unique selling points (USPs) of the NORI Bake Pro product are listed as follows:

- Natural, organic and Irish;
- Sustainably sourced: wild-harvested or hand-cultivated in Inagh Valley, Co Galway;
- The blend has been scientifically formulated to provide physical and nutritional benefits;
- This is a proprietary formula developed over two years, and owned by Connemara Food Ventures;
- The blend is drawn from each of the three major groups of red, green and brown seaweeds, selected at the optimum stage of the life cycle for maximum functionality;
• The nutritional analysis is detailed below. Particular claims in line with EU regulations can be made on the basis of iodine content, including the promotion of normal growth in children, normal energy metabolism and normal cognitive function;
• Its nutrients are bio-available, and thus are easily absorbed by consumers;
• It is a natural immune stimulant and gut flora modulator;
• Lowers the GI index of baked goods;
• Allows salt and sugar levels to be reduced in line with EU guidelines;
• Allows for increased hydration in the baking process;
• Anti-staling effects of formula extend shelf life of baked goods;
• Alginate content gives consumers the experience of feeling “fuller for longer”.

The American Institute of Medicine (The American Society for Nutritional Sciences, 2002) defines bio-active functional food as “food or food ingredients that may provide a health benefit beyond the traditional nutrients it contains”. A food is deemed bio-active if “it is satisfactorily demonstrated to affect beneficially one or more target functions in the body, beyond adequate nutritional effects, in a way that is relevant to either an improved state of health and well-being and/or reduction in risk of disease” (Watson and Preedy 2010, p.20).

Source: Connemara Ventures Ltd.
Appendix G—Test baking trials using NORI Bake Pro
Test baking results of bakery trials using NORI bake pro

Due to a lack of bakery products in the marketplace which contained seaweed, the researcher felt that, if prototype baked products were developed, photographed and presented to consumers, it would assist in measuring public interest in baked seaweed products. Following the manufacturer’s guidelines NORI Bake Pro (formerly known as ARON Seaweed Powder) was used to develop five bakery products. These were as follows:

- Seaweed soda bread
- Seaweed baguette
- Seaweed flapjack
- Seaweed laminated pastry
- Seaweed sourdough

The test baking began in the researcher’s facilities in Galway during September, 2014. Test baking was conducted twice weekly for 20 weeks, and the products were marketed in the researcher’s retail shop. The breads were also made and presented by the researcher during international classes conducted in Italy (2014) and Russia (2015). A soda bread recipe was developed for Connemara Food Ventures Ltd. This was further developed with added wheat germ to confer sweetness to the soda bread (refer to Appendix H). Seaweed-baked goods were introduced as new product lines in the researcher’s bakery shop; the bread products remain in weekly production today.

Following the manufacturer’s recommendations, the following changes were made to standard recipes using the Bakers% formula:

- NORI Bake Pro was added to all test products at 3% of the flour weight;
- Hydration was increased by 12% of flour weight in sourdough and baguettes;
- Buttermilk hydration was increased by 58.5% of flour weight in soda bread;
- Hydration was increased by 12% of flour weight for pastry;
- The flapjack recipe was not changed other than the addition of 3% NORI Bake Pro;
- The baking time was marginally increased to compensate for the greater hydration levels.
All recipes, production methods and expanded recipes are provided (refer to Appendix G).

Examples of products developed for the study (refer to Figures 13-20).

Figure 13: Dough using 3% dry seaweed
Source: Developed for this study

Figure 14: Seahorse seaweed bread
Source: Developed for this study
Creator: StijnVander Donckt Belgium

The seaweed bread dough was enriched with butter and sugar to make sweet laminated pastry items and brioche, the photos display the pastry during the lamination phase and the finished pear and raspberry baskets, which are garnished with mascarpone cheese topping. (refer to Figures 15 and 16)
Figure 15: Raw pastry with seaweed
Source: Developed for this study

Figure 16: Baked pastries with seaweed
Source: Developed for this study

Figure 17: Seaweed baguette
Source: Developed for this study
Figure 18: Seaweed Flapjack
Source: Developed for this study

Figure 19: Seaweed soda bread
Source: Developed for this study

Figure 20: Seaweed sourdough bread
Source: Developed for this study
Seaweed Sales GBG October 2014 – March 2015

In order to quantify the interest and sales of seaweed products in the researcher’s retail shop, Griffin’s Bakery Galway Ltd. (herein referred to as “GBG”), all seaweed products were given a unique code, and a button for the products was set up on the electronic point of sale system (EPOS) in the shop. Seaweed-baked products were developed from test baking, and random taste sampling was ongoing, where the seaweed products were presented for sale, and customers had the opportunity to sample them prior to purchase. The EPOS system tracked the sales over a six-month period. The sales information was expressed as a percentage of total unit sales divided by the individual product sales in a Microsoft Excel spreadsheet (refer to Table 13). The information was imported into a spreadsheet and expressed as a percentage of total unit sales. The pie chart below represents the data gathered during the research.

Table 12: Monthly unit sales of seaweed products in GBG

<table>
<thead>
<tr>
<th>Seaweed product</th>
<th>Sales</th>
<th>Sodas</th>
<th>Sourdough</th>
<th>Flapjack</th>
<th>Danish</th>
<th>Baguette</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unit price</td>
<td></td>
<td>€2.65</td>
<td>€4.00</td>
<td>€2.25</td>
<td>€2.05</td>
<td>€1.95</td>
</tr>
<tr>
<td>01/10/2014 - 20/03/15</td>
<td>758</td>
<td>1842</td>
<td>60</td>
<td>249</td>
<td>969</td>
<td></td>
</tr>
<tr>
<td>Unit sales per month</td>
<td>117</td>
<td>283</td>
<td>9</td>
<td>38</td>
<td>149</td>
<td></td>
</tr>
</tbody>
</table>

Source: Developed for study

Graph 15: Seaweed product sales at Griffin’s Bakery

Source: Developed for this study
Appendix H – Seaweed product recipes and production methods
Recipe 1: Initial test bake recipe for James Cunningham

In August 2014, a brown soda bread was developed for James Cunningham CEO of Connemara Ventures Ltd. The recipe was formulated by the researcher using the bakers percentage method for scientific accuracy.
Recipe 2: Seaweed baguette

Stage | Ingredients | Gr. | Method
--- | --- | --- | ---
1 | Yeast, Strong Flour, Water | 100 | Mix together 1 set aside for 24 hours at 18°C
2 | Seaweed Extract, Water | 100 | Mix water and seaweed
3 | Yeast, Strong Flour, Water | 100 | Mix 1 minute slow stir. Autolyse 30 min
4 | Yeast, Water | 100 | Add Seaweed, yeast and water Mix 5 minutes
5 | Salt | 20 | Add and mix 4 minutes fast

Details:
- Room Temperature: 25°C
- Fermentation time: 90 min.
- Scale and Yield after 60 min. Scale after 80 min
- Scaling Weight: 3kg
- 5 Pieces
- Proof: Hand up into a crescent shape
- Intermediate Free: 20 to 25 min.
- Keep covered
- Shape: Vertical - 0.5 cm long and dress if required.
- Place each piece on floured Couche cloth with seam up.
- Proof Temp: 25-27°C
- Proof RH: 96%
- Final Proof Time: 70 min
- Set seam down. Slice Cot, then to "F" shape Cot and dress as required. Rest 4 minutes. 10 second trim.
- Baking Temperature: 250°C
- Falling to 220°C open damper after 12 min

Baguette with Seaweed

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>X1</th>
<th>X2</th>
<th>X3</th>
<th>X4</th>
<th>X5</th>
<th>X6</th>
<th>X10</th>
<th>X12</th>
<th>X14</th>
<th>X16</th>
<th>X18</th>
<th>X20</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kg / g</td>
<td>Kg / g</td>
<td>Kg / g</td>
<td>Kg / g</td>
<td>Kg / g</td>
<td>Kg / g</td>
<td>Kg / g</td>
<td>Kg / g</td>
<td>Kg / g</td>
<td>Kg / g</td>
<td>Kg / g</td>
<td>Kg / g</td>
<td>Kg / g</td>
</tr>
</tbody>
</table>
| Starter Foolish Stage 1 | 69 | 120 | 248 | 398 | 480 | 686 | 729 | 840 | 960 | 1,080 | 1,200 | 6%
| Yeast | 1 | 2 | 4 | 6 | 8 | 16 | 12 | 14 | 16 | 18 | 20 | 6%
| Water | 80 | 160 | 240 | 320 | 480 | 480 | 560 | 640 | 720 | 800 | 800 | 4%
| Soak stage 2 | 33 | 66 | 132 | 198 | 264 | 336 | 396 | 462 | 528 | 594 | 660 | 3%
| NORD Seaweed | 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 5%
| Water | 100 | 200 | 300 | 400 | 500 | 600 | 700 | 800 | 900 | 1,000 | 1,200 | 13.5%
| Dough Stage 3 | 1,000 | 2,000 | 3,000 | 4,000 | 5,000 | 6,000 | 7,000 | 8,000 | 9,000 | 10,000 | 11,000 | 9.5%
| Water | 900 | 1,100 | 2,300 | 3,500 | 4,700 | 5,900 | 7,100 | 8,300 | 9,500 | 10,700 | 11,900 | 9.5%
| Bannister Stage 4 | 900 | 200 | 400 | 600 | 800 | 1,000 | 1,200 | 1,400 | 1,600 | 1,800 | 2,000 | 5%
| Water | 50 | 100 | 150 | 200 | 250 | 300 | 350 | 400 | 450 | 500 | 500 | 0.5%
| Delayed Salt Stage 5 | 25 | 50 | 100 | 150 | 200 | 250 | 300 | 350 | 400 | 450 | 500 | 2%
| Total Weight | 1,974 | 3,948 | 7,896 | 11,844 | 15,792 | 19,740 | 23,688 | 27,636 | 31,584 | 35,532 | 39,480 | 110%
| YIELD | 5 | 11 | 22 | 33 | 44 | 55 | 66 | 77 | 88 | 99 | 110 | 110%
| SCALING WT: in grams | 360 |
Recipe 3: Seaweed sourdough

Seaweed Sourdough Bread

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>X1</th>
<th>X2</th>
<th>X3</th>
<th>X4</th>
<th>X5</th>
<th>X6</th>
<th>X7</th>
<th>X8</th>
<th>X9</th>
<th>X X</th>
<th>X X X</th>
<th>X</th>
<th>H2O</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Kg/g</td>
<td>Kg/g</td>
<td>Kg/g</td>
<td>Kg/g</td>
<td>Kg/g</td>
<td>Kg/g</td>
<td>Kg/g</td>
<td>Kg/g</td>
<td>Kg/g</td>
<td>Kg/g</td>
<td>Kg/g/100</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stage #1 Hard Overnight Sponge Dough</td>
<td>2,400</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>T. 65 Strong Flour</td>
<td>450</td>
<td>90</td>
<td>90</td>
<td>1,440</td>
<td>1,480</td>
<td>2,400</td>
<td>2,490</td>
<td>3,360</td>
<td>3,840</td>
<td>4,520</td>
<td>4,800</td>
<td>5,280</td>
<td>10.3 %</td>
</tr>
<tr>
<td>Water</td>
<td>320</td>
<td>64</td>
<td>64</td>
<td>960</td>
<td>1,280</td>
<td>1,800</td>
<td>1,920</td>
<td>2,480</td>
<td>2,560</td>
<td>3,020</td>
<td>3,200</td>
<td>3,520</td>
<td>6.8 %</td>
</tr>
<tr>
<td>Yeast</td>
<td>8</td>
<td>16</td>
<td>16</td>
<td>24</td>
<td>32</td>
<td>40</td>
<td>48</td>
<td>56</td>
<td>64</td>
<td>72</td>
<td>80</td>
<td>88</td>
<td>9.2 %</td>
</tr>
<tr>
<td>Sponge Weight</td>
<td>888</td>
<td>1,616</td>
<td>2,424</td>
<td>3,232</td>
<td>4,040</td>
<td>4,848</td>
<td>5,656</td>
<td>6,464</td>
<td>7,272</td>
<td>8,080</td>
<td>8,888</td>
<td>17.3 %</td>
<td></td>
</tr>
<tr>
<td>Stage #2 Seaweed Soak</td>
<td>140</td>
<td>280</td>
<td>420</td>
<td>560</td>
<td>700</td>
<td>840</td>
<td>980</td>
<td>1,120</td>
<td>1,260</td>
<td>1,400</td>
<td>1,540</td>
<td>3.6 %</td>
<td></td>
</tr>
<tr>
<td>Seaweed Nutleaves tots</td>
<td>420</td>
<td>840</td>
<td>1,260</td>
<td>1,680</td>
<td>2,100</td>
<td>2,520</td>
<td>2,940</td>
<td>3,360</td>
<td>3,780</td>
<td>4,200</td>
<td>4,620</td>
<td>9.6 %</td>
<td></td>
</tr>
<tr>
<td>Soak Weight</td>
<td>500</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stage #3 Refreshed Leaven</td>
<td>400</td>
<td>800</td>
<td>1,200</td>
<td>1,600</td>
<td>2,000</td>
<td>2,400</td>
<td>2,800</td>
<td>3,200</td>
<td>3,600</td>
<td>4,000</td>
<td>4,400</td>
<td>8.5 %</td>
<td></td>
</tr>
<tr>
<td>Liquid Leaven</td>
<td>400</td>
<td>800</td>
<td>1,200</td>
<td>1,600</td>
<td>2,000</td>
<td>2,400</td>
<td>2,800</td>
<td>3,200</td>
<td>3,600</td>
<td>4,000</td>
<td>4,400</td>
<td>8.5 %</td>
<td></td>
</tr>
<tr>
<td>Wheat Sourdough Culture</td>
<td>200</td>
<td>400</td>
<td>600</td>
<td>800</td>
<td>1,000</td>
<td>1,200</td>
<td>1,400</td>
<td>1,600</td>
<td>1,800</td>
<td>2,000</td>
<td>2,200</td>
<td>4.3 %</td>
<td></td>
</tr>
<tr>
<td>Stage #4 Dough Stage Analysis</td>
<td>888</td>
<td>1,616</td>
<td>2,424</td>
<td>3,232</td>
<td>4,040</td>
<td>4,848</td>
<td>5,656</td>
<td>6,464</td>
<td>7,272</td>
<td>8,080</td>
<td>8,888</td>
<td>17.3 %</td>
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</tr>
<tr>
<td>Add stage #1</td>
<td>400</td>
<td>800</td>
<td>1,000</td>
<td>1,000</td>
<td>2,000</td>
<td>2,000</td>
<td>2,000</td>
<td>2,000</td>
<td>3,000</td>
<td>3,000</td>
<td>3,000</td>
<td>5.6 %</td>
<td></td>
</tr>
<tr>
<td>Add stage #2</td>
<td>400</td>
<td>800</td>
<td>1,000</td>
<td>1,000</td>
<td>2,000</td>
<td>2,000</td>
<td>2,000</td>
<td>2,000</td>
<td>3,000</td>
<td>3,000</td>
<td>3,000</td>
<td>5.5 %</td>
<td></td>
</tr>
<tr>
<td>Add stage #3</td>
<td>400</td>
<td>800</td>
<td>1,000</td>
<td>1,000</td>
<td>2,000</td>
<td>2,000</td>
<td>2,000</td>
<td>2,000</td>
<td>3,000</td>
<td>3,000</td>
<td>3,000</td>
<td>5.5 %</td>
<td></td>
</tr>
<tr>
<td>T. 65 Strong Flour</td>
<td>4,000</td>
<td>8,000</td>
<td>12,000</td>
<td>16,000</td>
<td>20,000</td>
<td>24,000</td>
<td>28,000</td>
<td>32,000</td>
<td>36,000</td>
<td>40,000</td>
<td>44,000</td>
<td>85.5 %</td>
<td></td>
</tr>
<tr>
<td>Water</td>
<td>2,800</td>
<td>5,600</td>
<td>7,200</td>
<td>8,000</td>
<td>10,000</td>
<td>12,000</td>
<td>14,000</td>
<td>16,000</td>
<td>18,000</td>
<td>20,000</td>
<td>22,000</td>
<td>43.0 %</td>
<td></td>
</tr>
<tr>
<td>Stage #5 Add Yeast</td>
<td>100</td>
<td>200</td>
<td>300</td>
<td>400</td>
<td>500</td>
<td>600</td>
<td>700</td>
<td>800</td>
<td>900</td>
<td>1,000</td>
<td>1,100</td>
<td>2.1 %</td>
<td></td>
</tr>
<tr>
<td>Water</td>
<td>50</td>
<td>100</td>
<td>150</td>
<td>200</td>
<td>250</td>
<td>300</td>
<td>350</td>
<td>400</td>
<td>450</td>
<td>500</td>
<td>550</td>
<td>1.1 %</td>
<td></td>
</tr>
<tr>
<td>Stage #6 Add Salt</td>
<td>115</td>
<td>230</td>
<td>345</td>
<td>460</td>
<td>575</td>
<td>690</td>
<td>805</td>
<td>920</td>
<td>1,035</td>
<td>1,150</td>
<td>1,265</td>
<td>2.5 %</td>
<td></td>
</tr>
<tr>
<td>Total Batch Weight</td>
<td>8,823</td>
<td>17,946</td>
<td>25,896</td>
<td>34,852</td>
<td>43,808</td>
<td>48,864</td>
<td>60,896</td>
<td>72,928</td>
<td>84,960</td>
<td>97,992</td>
<td>110,032</td>
<td>49.0 %</td>
<td></td>
</tr>
<tr>
<td>YIELD</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Scaling wt in grams</td>
<td>8823</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Recipe 4: Seaweed brown soda bread

### Jimmy G’s Seaweed BROWN SODA BREAD

<table>
<thead>
<tr>
<th>Stage</th>
<th>Ingredients</th>
<th>Gm.</th>
<th>Method</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Wholemeal Fine Flour</td>
<td>200</td>
<td>Bake at 180°C</td>
</tr>
<tr>
<td>1</td>
<td>Wheat Germ</td>
<td>50</td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Salt</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Baking Powder</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Bread Soda</td>
<td>8</td>
<td>Blend on machine with dough mixer,</td>
</tr>
<tr>
<td>1</td>
<td>Vegetable Oil</td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>ARON Seaweed</td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Buttermilk</td>
<td>818</td>
<td>Add buttermilk to dry ingredients and knead very gently to clear. Scale at 560g</td>
</tr>
</tbody>
</table>

### Processing details:

- **Dough Temperature**: 28°C
- **Fermentation Time**: none
- **Seeding Weight**: 560g
- **Intermediate Proof**: none
- **Shape**: 2 pieces scale directly into 300g pan shape
- **Final Temperature**: 125°C
- **Bake in rectangular frame |

### BROWN SODA BREAD with Seaweed

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>1 MIX</th>
<th>X2</th>
<th>X3</th>
<th>X4</th>
<th>X5</th>
<th>X6</th>
<th>X8</th>
<th>X10</th>
<th>X12</th>
<th>X14</th>
<th>X16</th>
<th>X18</th>
<th>X20</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kg/g</td>
<td>Kg/g</td>
<td>Kg/g</td>
<td>Kg/g</td>
<td>Kg/g</td>
<td>Kg/g</td>
<td>Kg/g</td>
<td>Kg/g</td>
<td>Kg/g</td>
<td>Kg/g</td>
<td>Kg/g</td>
<td>Kg/g</td>
<td>Kg/g</td>
<td>Kg/g</td>
</tr>
<tr>
<td>100% Wholemeal</td>
<td>300</td>
<td>700</td>
<td>1,400</td>
<td>2,100</td>
<td>2,800</td>
<td>3,500</td>
<td>4,200</td>
<td>4,900</td>
<td>5,600</td>
<td>6,300</td>
<td>7,000</td>
<td>7,600</td>
<td>8,300</td>
</tr>
<tr>
<td>Tara Pinnacle Flour Soft</td>
<td>200</td>
<td>400</td>
<td>800</td>
<td>1,200</td>
<td>1,600</td>
<td>2,000</td>
<td>2,400</td>
<td>2,800</td>
<td>3,200</td>
<td>3,600</td>
<td>4,000</td>
<td>4,400</td>
<td>4,800</td>
</tr>
<tr>
<td>Wheat Germ</td>
<td>50</td>
<td>100</td>
<td>200</td>
<td>300</td>
<td>400</td>
<td>500</td>
<td>600</td>
<td>700</td>
<td>800</td>
<td>900</td>
<td>1,000</td>
<td>1,200</td>
<td>1,400</td>
</tr>
<tr>
<td>Salt</td>
<td>10</td>
<td>20</td>
<td>40</td>
<td>60</td>
<td>80</td>
<td>100</td>
<td>120</td>
<td>140</td>
<td>160</td>
<td>180</td>
<td>200</td>
<td>220</td>
<td>240</td>
</tr>
<tr>
<td>Baking Powder</td>
<td>8</td>
<td>16</td>
<td>32</td>
<td>48</td>
<td>64</td>
<td>80</td>
<td>96</td>
<td>112</td>
<td>128</td>
<td>144</td>
<td>160</td>
<td>176</td>
<td>192</td>
</tr>
<tr>
<td>Bread Soda</td>
<td>8</td>
<td>16</td>
<td>32</td>
<td>48</td>
<td>64</td>
<td>80</td>
<td>96</td>
<td>112</td>
<td>128</td>
<td>144</td>
<td>160</td>
<td>176</td>
<td>192</td>
</tr>
<tr>
<td>Vegetable Oil</td>
<td>15</td>
<td>30</td>
<td>60</td>
<td>90</td>
<td>120</td>
<td>150</td>
<td>180</td>
<td>210</td>
<td>240</td>
<td>270</td>
<td>300</td>
<td>330</td>
<td>360</td>
</tr>
<tr>
<td>ARON Seaweed Powder</td>
<td>15</td>
<td>30</td>
<td>60</td>
<td>90</td>
<td>120</td>
<td>150</td>
<td>180</td>
<td>210</td>
<td>240</td>
<td>270</td>
<td>300</td>
<td>330</td>
<td>360</td>
</tr>
<tr>
<td>Buttermilk</td>
<td>818</td>
<td>1,636</td>
<td>3,252</td>
<td>4,868</td>
<td>6,484</td>
<td>8,100</td>
<td>9,716</td>
<td>11,332</td>
<td>12,948</td>
<td>14,564</td>
<td>16,180</td>
<td>17,796</td>
<td>19,412</td>
</tr>
<tr>
<td><strong>Total Weight</strong></td>
<td>14,664</td>
<td>29,328</td>
<td>58,656</td>
<td>87,984</td>
<td>117,312</td>
<td>146,640</td>
<td>175,968</td>
<td>205,296</td>
<td>234,624</td>
<td>263,952</td>
<td>293,280</td>
<td>322,608</td>
<td>351,936</td>
</tr>
<tr>
<td><strong>YIELD SODAS</strong></td>
<td>3</td>
<td>6</td>
<td>11</td>
<td>16</td>
<td>21</td>
<td>27</td>
<td>32</td>
<td>37</td>
<td>42</td>
<td>48</td>
<td>53</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>SCALING WT / in grams</strong></td>
<td>560</td>
<td>1,120</td>
<td>1,680</td>
<td>2,240</td>
<td>2,800</td>
<td>3,360</td>
<td>3,920</td>
<td>4,480</td>
<td>5,040</td>
<td>5,600</td>
<td>6,160</td>
<td>6,720</td>
<td>7,280</td>
</tr>
<tr>
<td><strong>YIELD SCONES</strong></td>
<td>30</td>
<td>60</td>
<td>90</td>
<td>120</td>
<td>150</td>
<td>180</td>
<td>210</td>
<td>240</td>
<td>270</td>
<td>300</td>
<td>330</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>SCALING WT / in grams</strong></td>
<td>110</td>
<td>220</td>
<td>330</td>
<td>440</td>
<td>550</td>
<td>660</td>
<td>770</td>
<td>880</td>
<td>990</td>
<td>1,100</td>
<td>1,210</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Source: Developed for this study
Recipe 5: Seaweed Danish pastry

Jimmy G's Seaweed Danish

Yeast & Laminated Pastry

<table>
<thead>
<tr>
<th>Stage 1</th>
<th>Dough Stage</th>
<th>Ingredients</th>
<th>Gr.</th>
<th>Method</th>
</tr>
</thead>
<tbody>
<tr>
<td>T-80 Baker's Flour</td>
<td>2000</td>
<td>SPIRAL MIXER</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Milk</td>
<td>1000</td>
<td>A Minutes; Heat Speed</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Water</td>
<td>1400</td>
<td>3 Minutes; Fast Speed</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yeast</td>
<td>20</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Salt</td>
<td>3 g</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sugar</td>
<td>4 g</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Milk Powder</td>
<td>10 g</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>NOH bake pro</td>
<td>200</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Puff Powder</td>
<td>10 g</td>
<td>Leave in fridge overnight to ferment</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stage 2</td>
<td>Lamination Stage</td>
<td>Butter</td>
<td>500</td>
<td>Soften Butter 84%</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Place in freezer 30 min for 0 °C</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Add the Butter over 3% of the dough.</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td></td>
<td></td>
<td>9799</td>
</tr>
</tbody>
</table>

Detail:

<table>
<thead>
<tr>
<th>Temp/Time</th>
<th>Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dough Temperature: 30 °C</td>
<td>Formed 45 min at room temp, stretch and fold, shape and wrap in plastic, place dough in fridge.</td>
</tr>
<tr>
<td>Bulk Fermentation Time 12-15 hrs</td>
<td>Overnight - Cover dough in fridge @ 3-4 °C</td>
</tr>
<tr>
<td>Lamination Stage 1</td>
<td>Roll out dough, sheet to 10 mm, freeze for 15 mins</td>
</tr>
<tr>
<td>Lamination Stage 2</td>
<td>Make 2-4 layers (4) invert sheet to 15 mm, freeze for 20 mins</td>
</tr>
<tr>
<td>Lamination Stage 3</td>
<td>Make a half turn (3) layers, sheet to 10 mm, freeze for 20 mins</td>
</tr>
<tr>
<td>Lamination Stage 4</td>
<td>Sheet dough to 3.5 mm</td>
</tr>
<tr>
<td>Shape</td>
<td>Cut using a heart or shaped cutter, add pear and custard fillings, fold over the top drop as you拍照.</td>
</tr>
<tr>
<td>Egg wash carefully, taking care not to egg wash the cut edges.</td>
<td></td>
</tr>
<tr>
<td>Place in Proof box.</td>
<td></td>
</tr>
<tr>
<td>Give second egg wash after 45 minutes.</td>
<td></td>
</tr>
<tr>
<td>Final Proof Time</td>
<td>40 - 60 mins</td>
</tr>
<tr>
<td>Baking Temperature</td>
<td>205 - 210 °C</td>
</tr>
</tbody>
</table>

Further Details: Notes for Pain au Chocolat.

For Pain au Chocolat, the pastry is cut into rectangular strips of 100mm x 50mm. A chocolate bar is placed at the bottom, folded in over the pastry and two more are added. The pastry is rolled up, egg washed and placed in the proof box, spray for Cinnamon. They are egg washed after 45 mins and baked the same as Cinnamon.
Recipe 6: Seaweed flapjack

---

Seaweed Hazelnut Flapjacks

**THE PAstry EXPERTS**

<table>
<thead>
<tr>
<th>Stage</th>
<th>Ingredients</th>
<th>Grams</th>
<th>Method</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Baked Oats 240</td>
<td></td>
<td>Mix together in a large bowl</td>
</tr>
<tr>
<td></td>
<td>Dry Cranberry 20</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Hazelnuts 80</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>(chopped)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Seaweed 8</td>
<td>100</td>
<td>Wipe in a sievey until mixed well</td>
</tr>
<tr>
<td></td>
<td>Wheatmeal Flour 80</td>
<td>100</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Butter 120</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Honey 40</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Brown Sugar 120</td>
<td>120</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Golden syrun 60</td>
<td>60</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Total 761.8g</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Processing details:**

1. Turn mixture into a lined Swiss roll tray (9 x 11")
2. Bake and allow cooling in the tin.
3. Cut through when baked.

**Further Details/Notes:**

The flapjacks may be cut into squares or into bars.
## Seaweed Flapjacks

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>1 M10</th>
<th>X2</th>
<th>X4</th>
<th>X5</th>
<th>X9</th>
<th>X10</th>
<th>X12</th>
<th>X14</th>
<th>X16</th>
<th>X18</th>
<th>X20</th>
<th>Bakers%</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Kg/g</td>
<td>Kg/g</td>
<td>Kg/g</td>
<td>Kg/g</td>
<td>Kg/g</td>
<td>Kg/g</td>
<td>Kg/g</td>
<td>Kg/g</td>
<td>Kg/g</td>
<td>Kg/g</td>
<td>Kg/g</td>
<td>Based on 100%</td>
</tr>
<tr>
<td>Rolled Oats</td>
<td>240</td>
<td>480</td>
<td>960</td>
<td>1,920</td>
<td>2,400</td>
<td>2,880</td>
<td>3,360</td>
<td>3,840</td>
<td>4,320</td>
<td>4,800</td>
<td>5,280</td>
<td>60%</td>
</tr>
<tr>
<td>Dry Cranberry</td>
<td>29</td>
<td>40</td>
<td>80</td>
<td>120</td>
<td>160</td>
<td>200</td>
<td>240</td>
<td>280</td>
<td>320</td>
<td>360</td>
<td>400</td>
<td>33%</td>
</tr>
<tr>
<td>Roast Chopped Hazelnuts</td>
<td>88</td>
<td>100</td>
<td>200</td>
<td>400</td>
<td>800</td>
<td>1,200</td>
<td>1,600</td>
<td>2,000</td>
<td>2,400</td>
<td>2,800</td>
<td>3,200</td>
<td>133%</td>
</tr>
<tr>
<td>Misto Seaweed</td>
<td>1,8</td>
<td>3,6</td>
<td>7,2</td>
<td>10,8</td>
<td>14,4</td>
<td>18,0</td>
<td>21,6</td>
<td>25,2</td>
<td>28,8</td>
<td>32,4</td>
<td>36,0</td>
<td>3%</td>
</tr>
<tr>
<td>Wholemeal Flour</td>
<td>58</td>
<td>120</td>
<td>240</td>
<td>360</td>
<td>480</td>
<td>600</td>
<td>720</td>
<td>840</td>
<td>960</td>
<td>1,080</td>
<td>1,200</td>
<td>100%</td>
</tr>
<tr>
<td>Butter</td>
<td>120</td>
<td>240</td>
<td>480</td>
<td>720</td>
<td>960</td>
<td>1,200</td>
<td>1,440</td>
<td>1,680</td>
<td>1,920</td>
<td>2,160</td>
<td>2,400</td>
<td>200%</td>
</tr>
<tr>
<td>Honey</td>
<td>69</td>
<td>100</td>
<td>200</td>
<td>400</td>
<td>800</td>
<td>1,600</td>
<td>2,400</td>
<td>3,200</td>
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<td>5,000</td>
<td>6,000</td>
<td>87%</td>
</tr>
<tr>
<td>Brown Sugar</td>
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<td>240</td>
<td>480</td>
<td>720</td>
<td>960</td>
<td>1,200</td>
<td>1,440</td>
<td>1,680</td>
<td>1,920</td>
<td>2,160</td>
<td>2,400</td>
<td>200%</td>
</tr>
<tr>
<td>Golden Syrup</td>
<td>88</td>
<td>100</td>
<td>200</td>
<td>400</td>
<td>800</td>
<td>1,200</td>
<td>1,600</td>
<td>2,000</td>
<td>2,400</td>
<td>2,800</td>
<td>3,200</td>
<td>133%</td>
</tr>
<tr>
<td>Total Batch Weight</td>
<td>791.8</td>
<td>1,303.6</td>
<td>2,727.2</td>
<td>4,893.8</td>
<td>5,455.4</td>
<td>6,018.0</td>
<td>6,581.6</td>
<td>7,145.2</td>
<td>7,708.8</td>
<td>8,272.4</td>
<td>8,836.0</td>
<td>100%</td>
</tr>
<tr>
<td>YIELD</td>
<td>1</td>
<td>2</td>
<td>4</td>
<td>5</td>
<td>7</td>
<td>9</td>
<td>11</td>
<td>13</td>
<td>14</td>
<td>16</td>
<td>18</td>
<td></td>
</tr>
<tr>
<td>Scaling wt in grams</td>
<td>762</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

Source: Developed for this study
Appendix I – Questionnaire cover page
Name: James A. Griffin

Course: BSc (Hons) in Baking and Pastry Arts Management

I am currently an undergraduate student in my final year on the Baking and Pastry Arts Management Degree programme at Dublin Institute of Technology, Cathal Brugha Street. As part of our final year it is required of us to complete a dissertation on a subject of our choice. My dissertation is focusing on the area of the potential health benefits of seaweed in food. The following questionnaire is an investigation into the public’s awareness of seaweed use in food and baked goods. I would be grateful if you could take a few minutes to fill out this short questionnaire with appropriate answers. It should take no more than five minutes to complete. Please answer all questions fully and honestly in order for the study to be accurate. All questionnaires will remain anonymous and confidential.

Thanking you in advance for taking the time to read and complete this questionnaire.