

Table S1. The nutritional contents of the selected seaweed species

Algal spp.	Carbohydrate %	Protein %	Lipid %	Ash %	Fiber %	Calories (kcal 100 g-1 DW)
<i>D. spiralis</i>	49.20	19.81	2.13	33.1	34.458	2.952
<i>H. cuneiformis</i>	38.58	23.54	3.60	26.570	11.008	2.809
<i>P. myrica</i>	45.20	22.54	5.21	36.84	37.534	3.179
<i>S. cinerum</i>	29.22	25.13	1.67	28.360	23.202	2.324
<i>S. euryphyllum</i>	55.60	12.34	2.69	45.91	17.34	2.959
<i>S. latifolium</i>	57.32	15.15	2.61	42.380	24.988	3.134
<i>S. trinodis</i>	46.89	16.89	2.57	41.610	27.922	2.782
<i>T. decurrens</i>	52.25	17	1.93	29.82	20.962	2.944