挪威北部養殖的糖海帶(*Saccharina latissimi*)：加工過程中潛在有毒元素的減少與養殖深度的相關性

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摘要

糖海帶 (*Saccharina latissimi*) 做為日常食用越來越受到關注，但其體內含豐富多種潛在毒性元素限制了攝入量，為確保食用安全性，需使用養殖或加工方式降低各元素含量，目前已發現煮沸可以有效降低碘含量，但無法預測，因此，本文將不同深度養殖的糖海帶經沖洗及煮沸處理，以評估深度對加工處理後，對潛在有毒元素的影響，尤其是碘、鎘、砷。結果顯示，養殖深度越深碘含量越高，對鎘和砷的含量則無顯著影響。而加工後，深度就不影響碘含量，經過沖洗及煮沸，碘平均減少85 %，砷為43 %，對鎘、鉛及汞沒有影響。而較深的海藻，能有較高的碘的減少率，1 公尺減少82 %，9 公尺減少87 %。因此，潛在毒性元素最終含量不取決於養殖深度，加工類型和程度決定了養殖深度及環境對潛在毒性元素的影響。最後，每日需攝取量及可耐受攝取量的評估，提供消費者更完善攝食建議量。

關鍵字: 糖海帶（*Saccharina latissima*）、海藻、加工、烹調、養殖深度、碘、重金屬、潛在毒性元素、挪威北部、可耐受膳食攝取量

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