



SEAWEEEDS

(Vegetables of the Sea)

Health Benefits: mineral rich, detoxify heavy metals, e.g. lead, mercury (alginates in seaweed bind), hypothyroidism, can be a useful adjunct to cancer therapy for side effect reduction.

Types

- Nori (used in Sushi): red — protein, calcium, iron.
- Arame: brown — potassium, calcium.
- Dulse: local — purple-red; source iodine.
- Kelp: local — source iodine.
- Kombu: brown — used in soups, high in iodine.
- Wakame: brown — protein, mineral rich, used in miso soup.
- Hijiki: brown — mineral rich espec. Calcium.

Uses: soups, stews, salads, flavouring and table condiment (e.g. baked potato, bread, pizza bases), fish and seafood.

Available from: Tesco (sea weed table condiment), health shops, some Sainsburys (sushi kits, range of clearspring seaweeds).