

FOOD NEWS



EAT UP YOUR SEAGREENS

The Japanese swear by it, though over here it's more of an acquired taste. But even if it's not your idea of a treat, you can benefit from seaweed's goodness. It's low in sodium (a quarter of what's in most low-salts) and fat, contains 15 different vitamins, fibre and a range of amino acids, and is a rich source of iodine. Use it as a table condiment, as a culinary ingredient or in capsule form. You'll find the Seagreens wild wrack seaweed range at health food stores and delicatessens.