

Seagreens.

Improve your diet with this tasty option

DABBERLOCKS, sea tangle, thongweed and whistle wrack — how do you fancy some of these sprinkled over your Sunday lunch?

For these intriguing names all belong to nutritious seaweeds which, believe it or not, can be processed and used as an alternative to salt.

As most of us eat far too much salt — up to three times more than we need — the alternative could be just what the doctor ordered. As a recent television programme explained, salt is contained in unexpected places such as bread, so we often eat it without realising. In health terms, one gram of salt (sodium chloride) contains 397mg (39.7 per cent) of sodium. Even salt alternatives contain at least 13 per cent of sodium. But a new product from Seagreens, made from organic seaweeds which grow among uninhabited Norwegian islands, contains just 3.5 per cent of sodium and offers a tasty and healthy alternative to salt.

Seaweed Culinary Ingredient (£2.99 for 75grms) is granulated whistle wrack seaweed, harvested straight from the Arctic waters. The ingredient, which contains minerals, vitamins and amino acids, can be sprinkled directly on to food or used when cooking anything from stir-fries to pizzas, with its distinctive, nutty taste.

Seagreens also produces a Seaweed Table Condiment (£3.99 for 60gm) which is small pieces of wild wrack that can be ground in salt mills or in the specially commissioned Seagreens mill (£7.50).

Alternatively, Wild Seaweed

Food Capsules (£12.99 for 60) contain all the minerals and trace elements essential for health including more than 15 vitamins. The recommended dosage of two capsules a day equate to a large plateful of broccoli — just for the iron content alone. This makes a marked contribution to the five servings of fruit and vegetables we are advised to eat daily.

All three products have been approved by The Vegetarian Society and the Vegan Society and are accredited with the Soil Association Organic Standard. Seagreens' managing director Simon Ranger, who ran The American Pioneer Restaurant in Bristol in the Seventies, says the properties of the plants found in this vast, underwater garden can help improve digestion, blood pressure and general immunity.

For further information or to find out your nearest stockist contact Seagreens Ltd on 0171 723 5968.



Seagreens' salt alternative

◆ Seagreens will be holding tastings and demonstrations at the General Nutrition Centre on the ground floor of **The Galleries, Broadmead, Bristol**, on **Saturday March 13** from 10.30am. Our special offer entitles readers to 25 per cent off all its Seagreen products up until 2pm upon presentation of this coupon, subject to stock availability.