THE IMPORTANCE OF SEAWEEDS IN FOOD

Objectives:

• Introduction to seaweeds as food
• Recognise the most popular species used as food
• Seaweed implementation and consumption in the west
• Seaweeds and ecologics

Edible Seaweeds

Seaweed Production and Future Prospective

Conclusions

• Seaweeds has been used as food in different parts of the world during centuries.
• It’s a good source of protein, vitamins and minerals. Good substitute to meat and fats.
• Introduction to west countries due to immigration and Asian couisine fever.
• Kombu, Wakame and Nori are the most consumed seaweeds and their production is increasing year by year.
• Still seen as exotic products for west consumers but it has a great potencial.
• Good acceptance in Spain as an ecologic food and existance of ecologic production in Spain.