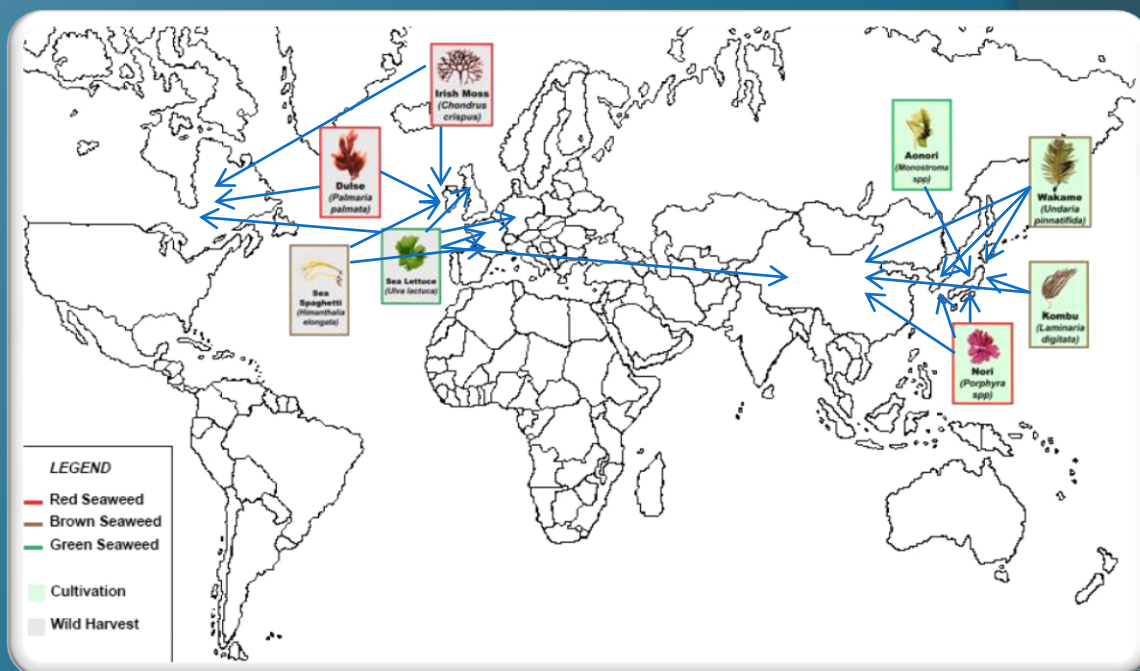


# THE IMPORTANCE OF SEAWEEDS IN FOOD

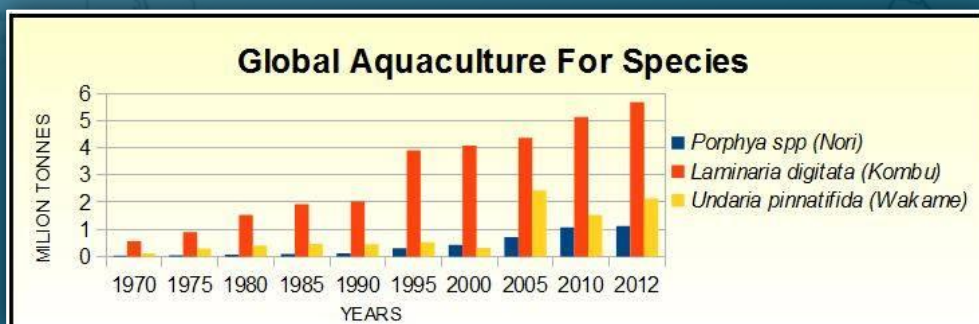
## Objectives:

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

## 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 cousine 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 existence of ecologic production in Spain.