

Fruit, veg and seaweed comparison

Seagreens in a loaf of bread has approximately the same amount of vitamin B2 as 100g of blackberries or broccoli

Nutrient density in most nutrient dense species in class

Nutrient	Fruit	Vegetable	Seaweed
per 100g	raw blackberry	boiled broccoli	dried <i>Ascophyllum</i>
Vitamin B1	0.02 mg	0.05 mg	0.03 mg
Vitamin B2	0.05 mg	0.05 mg	0.75 mg
Vitamin B3	0.50 mg	0.70 mg	2.00 mg
Folate	34.00 mcg	64.00 mcg	60.00 mcg
Vitamin C	15.00 mg	44.00 mg	125.00 mg
Vitamin D	0.00 mcg	0.00 mcg	1.00 mcg
Potassium	160.00 mg	170.00 mg	2500.00 mg
Calcium	41.00 mg	40.00 mg	2000.00 mg
Magnesium	23.00 mg	13.00 mg	700.00 mg
Iron	0.07 mg	1.00 mg	57.50 mg
Zinc	0.20 mg	0.40 mg	13.00 mg
Selenium	trace	trace	15.00 mcg

- Food Standards Agency 2008, Seagreens Healthcare Summary 2009

Dried seaweed contains: 15 times the vitamin B2, 3-4 times the vitamin B3, 3-8 times the vitamin C. 15 times the potassium, 50 times the calcium, 50 times the iron, 30 times the magnesium, an element in which a large proportion of the population is deficient and in which deficiencies are well correlated to high blood pressure. Many elements present in seaweed are not present in fruit and vegetables, namely B12, D and K, trace elements such as selenium and zinc, and polysaccharides such as algin, fucoidan, laminarin and mannuronic acid.