

# NUTRITIONAL CHART OF SEAWEEDS



<b>½ c = 16g =.563 oz</b>	<b>Dulse</b>	<b>Nori</b>	<b>Laminaria Digitata</b>	<b>Alaria</b>	<b>Sea Lettuce</b>	<b>Bladderwrack</b>	<b>Kombu</b>	<b>Ascophyllum</b>
Protein (% dry matter)	12-21	15-37	8-14	9-20	15-25	5-10	6-11	5-12
Fat (%)	0.7-3	0.12-2.48	1	1-2	0.6-1	0.5-2	0.5	2-4
Carbohydrate (%)	50	50-76	48	46	42-46	62	61	42-64
Vitamin C (ppm)	150- 280	130- 1110	12-18	100-500	100-200	100-700	13-18	500-1650
Beta-carotene (ppm)	456	4500	336	41	310	present	-	35-80
Vitamin B1 (ppm)	7	3-6	5	5.5	2.5	-	-	1-5
Vitamin B2 (ppm)	2.5	10-29	22	0.3-1	12.4	-	-	5-10
Vitamin B3 (ppm)	2-19	50-98	34	5	98	-	-	10-30
Vitamin B6 (ppm)	9	112	86.3	62	0.1	-	-	0.1-0.5
Vitamin B12 (ppb)	89000	10,000-20,000	120-600	50	6000	-	-	0.8
Vitamin E (ppm)	-	3300	8.9	-	9.1	-	-	260-450
Calcium (ppm)	2000-8000	2000-8000	12,400-13,200	11,670	7300	2500	8910-9282	1000-3000
Iodine (ppm)	150-550	150-550	800-5000	165	240	500	5000	700-1200
Iron (ppm)	56-350	56-350	50-70	126	870-1370	150	100	101-176
Magnesium (ppm)	2000-5000	2000-5000	6400-7860	8960	2800	1	5670-6944	5000-9000
Phosphorus (%)	-	-	-	-	1	0.35	-	0.15
Manganese (ppm)	10-155	7-83	1-16	1-14	347	130	1-16	10-15
Sodium (%)	0.8-3	0.5-3.2	2-5.2	4.6	1.1	4	3-3.4	3-4
Zinc (ppm)	28.6	41	28.6	34	20	14-80	30	70-240
Copper (ppm)	10.8	7.9	5	6.8	7.3	4	3	18-35
Potassium (%)	7.8	3.5	11	7.4	0.7	4.3	5	2.3
Alginate acid (%)	-	-	Mannitol 7.5	-	-	18-22	18 (Mannitol 14)	26
Laminarin	-	-	0-18%	Retinol .75 ppm	-	Fucoidan 16-20%	16%	10%

\*\* The vitamin and mineral content of all wild harvested seaweeds varies considerably throughout the year. This chart gives an indication of the seasonal and environmental change. Source of classification and nutritional analysis is from *A Guide to Commercially Important Seaweeds* by Jim Morrissey, Stefan Kraan, and Michael D. Guiry. Research is ongoing worldwide to determine exactly how bio-available these nutrients from seaweeds are in humans.