

Seaweed is the new salt

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Seaweed could replace high levels of salt in supermarket ready meals.

Scientists have found seaweed can be used as a healthy alternative to salt without altering the taste.

Around 75 per cent of our daily salt intake comes from processed foods, with many adults eating more than the recommended six grams a day limit. Too much can causes strokes.

Researcher Dr Andrew Fairclough said: "Seaweed could have a massive effect on the food industry and the health of millions."