

Seaweed backed as salt replacement for ready meals

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SEAWEED could replace salt in supermarket ready meals, a study has found.

Sheffield Hallam University scientists say Britons' health could be vastly improved by seaweed capsules in meals.

The average UK adult consumes 50 per cent more salt than the recommended limit of six grams per day.

And 75 per cent of the daily intake comes from processed food.

Too much salt can triple a person's blood pressure, causing heart attacks and strokes.

The researchers believe using seaweed could prevent 70,000 heart attacks and strokes a year.